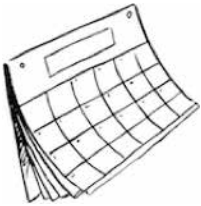




# The Woodlands Word @ Rivendell

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August 2019



## Rivendell Calendar of Events - August 2019

Please note: the following committees will not be meeting in August: Social Committee, Maintenance Committee and Communication Committee.

August 1. Bridge Group meets 1:00 – 4:00 pm. Contact Deb Jones at 517-515-4994 for more information

August 7. Board of Directors Meeting 4:30 pm at OUR SAVIOR LUTHERAN CHURCH, 2705 N Tamiami Trail, Nokomis

August 12. School Starts Monday August 12, 2019

August 12. Rivendell Book Group meets the second Monday of the month at 7:30 pm. This month's event will be held at 803 Placid Lake Drive. Please contact Pat Sobczak at 941-918-4633 or [ptrcsob@aol.com](mailto:ptrcsob@aol.com). To learn more please go to page 6 of this newsletter.

August 15. Bridge Group meets 1:00 – 4:00 pm. Contact Deb Jones at 517-515-4994 for more information

August 27. Architectural Review Committee (ARC) meets the last Tuesday of the month at 4:30 pm at the Cottages Clubhouse. Contact Maureen Emmons at [mauremmons@ymail.com](mailto:mauremmons@ymail.com)

**To make any additions or corrections, please contact Lesley Sterling: 703-919-0744 or [lesley.sterling@yahoo.com](mailto:lesley.sterling@yahoo.com).**



## Controlling Mosquitoes Around Your Home

### By the Ponds and Preserves Committee

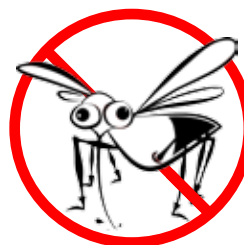
The month of June brought much-needed rains to Rivendell, but rain also brings those pesky mosquitoes. Not only are their nasty bites annoying, some of these pests carry very undesirable diseases. **The best defense against mosquitoes? Prevent or remove breeding sites around your home!**

Mosquitoes breed in ditches, birdbaths, bromeliads, lawn ornaments, plant saucers, outdoor containers, swamps, puddles near homes, clogged rain gutters, mangroves, abandoned pools, and many other small places where sitting water collects. However, mosquitoes rarely lay eggs in ponds or lakes, as there is a wealth of natural predators that consume the larvae.

It is important to dump all outdoor containers several times each week to prevent sitting water. Property owners may consider removing bromeliads in home gardens or treat them with a specific larvicide safe for plants and animals, as each plant can harbor several hundred larvae. Check out "Mosquito Bits" - a granular larvicide available from Amazon and other sources.

Sarasota County is also focused on mosquito management and uses a variety of techniques to track and reduce populations, including placing mosquito fish in small water bodies where needed (free of charge), installing traps, and spraying responsibly. For further information, visit Sarasota County Mosquito Management Services, or call 941-861-5000.

Let's all do our part to reduce mosquito breeding sites around our own homes so we can enjoy our summertime in the great outdoors at Rivendell.



**Say "NO" to  
Mosquitoes!**



## Low-Maintenance Zones (LMZs) Now On All Community-Mowed Shorelines Are You Doing Your Part?

### By the Ponds and Preserves Committee

At the June Board meeting, a motion was unanimously passed to install LMZs on all community-mowed shorelines to help control erosion. This is a big step and will affect roughly one-third of our over-seven-miles of pond shoreline. It is also a clear indication of the strong support of our Board for the recommendations of the Ponds and Preserves Program. The contractor will maintain the LMZs to the community standard of a "neat, uniform, manicured appearance."

Roughly one-third of our shoreline abuts Preserve or Upland areas in their natural state. These shorelines do not exhibit erosion. The remaining third, roughly, is adjacent to homes. Much of this shoreline is still mowed close to the edge of the pond, thus encouraging erosion. Each voluntary LMZ installed by a homeowner moves us closer to more fully controlling erosion on Rivendell ponds.

If you live adjacent to a pond and you have an LMZ, thank you for your support! If you live adjacent to a pond and do not yet have an LMZ at your house, please do your part with your neighbors to help your community manage our ponds in a responsible way. Working together we can keep Rivendell's ponds and preserves as healthy and beautiful assets of our community.

- The Woodlands Word article – Nov. 2018: Rivendell Board Encourages Voluntary Low-Maintenance Zone
- More details: Maintaining a Rivendell Voluntary Low-Maintenance Zone
- Visit Rivendell Ponds & Preserves website

Many restaurants that participated in the Savor Sarasota Restaurant Event have extended their participation dates. This dining event features multi-course menus at \$16 per person for lunch and/or \$32 per person for dinner.

The website provides an updated list of participating restaurants that have extended the time period. The website also includes their menus. The website allows one to search by restaurant name, type of food and also by location. Do check the website frequently as restaurants are added or deleted, and to determine if either or both lunch and dinner are available for a particular restaurant. [www.visitsarasota.com/savor-sarasota/restaurants](http://www.visitsarasota.com/savor-sarasota/restaurants)

A few of the participating restaurants include Andrea's, Bevardi's Salute! Restaurant, Bonefish Grill in Venice, Captain Brian's Seafood Market & Restaurant, Cassariano Italian Eatery in Venice, Café Barbosso, Café Gabbiano, C'est la Vie, Chaz 51 Bistro, Chef Rolf's New Florida Kitchen, Crab & Fin, Mona Lisa, Ophelia's on the Bay, Patrick's 1481, Ruth's Chris Steak House, Sardinia Restaurant, and The Rosemary.

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## Scenic Caspersen Beach

By Nancy Dobias and ~ photos by Nancy Dobias

An acquaintance mentioned that Caspersen Beach had changed, and not for the better it seemed that more rocks than ever had appeared on the beach, making it difficult to navigate. So, in between rainstorms, I zipped down to Caspersen Beach to check it out. The first thing that amazed me was how many people still go to the beach even though there were rip-tide warnings and storms were going to be moving in and out all day. This was just the lull between the storms.



The rocks certainly didn't stop beach-goers from going in the water, but they did avoid the section of the beach that had a heavy algae bloom washing onto the shore. There was just a slight odor to it because the bloom was thick. The algae bloom didn't bother the pelicans. On more than one occasion, they dive-bombed down to snag a tasty treat.

If you're looking for a change of beach and you're not "married" to the white sand of Siesta Beach, you might try Caspersen Beach. Lots of folks go there to read, look for the elusive sharks' teeth or just soak up some sun, and you just can't beat the view on Caspersen Beach.



The next thing that I noticed was that there WERE more rocks, but what I envisioned was not what was reality. I had pictured a coastline devoid of sand and the need to gingerly make your way from one boulder to the next in order to enter the water. Wrong! Instead there was a line of rocks where the waves were breaking and although you'd have to make your way AROUND them, it wasn't as though you were on a reef and having to deal with nothing but rocks. I could see where it might be tough for the very young, especially if a wave might push them into one of the rocks but older kids should have no problem picking their way in and around the rocks.





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## Places to Go: Crowley Nature and Cultural History Center

The Crowley Nature and Cultural History Center offers nature trails and boardwalks, youth and adult programs, a children's discovery path, a museum and pioneer area, as well as various events. The self-guided nature trail winds through the property from dry pine flat woods, through a shady oak hammock, over the Maple Branch swamp, and out to the edge of the Tatum Sawgrass Marsh along the Myakka River. The wide trails offer easy walking conditions for all ages and abilities. Visitors receive a booklet for the self-guided trail that details native flora and fauna.



The 1889 Tatum-Rawls House at Crowley is one of the oldest examples of pioneer Florida architecture still standing in Sarasota County. Volunteers helped restore the house, providing a record of southwest Florida's rural history.

**Hours:** We are open Saturday – Sunday to the public 10 am to 5 pm in fair weather.

**Admission:** Adults: \$6.00; Kids, 3 - 12 years old: \$2.00; Under 3: Free. Active military complimentary (with valid ID).

**DIRECTIONS from Interstate I75:** Take exit #210 Fruitville Road and drive EAST 10 miles to the dead end. Turn RIGHT on Myakka road. Go 3 miles; Crowley is on your LEFT. If you travel over the bridge to the north entrance of Myakka State Park, you missed us by a mile. Approximate distance from Rivendell is 30 miles or about 45 minutes.

### **DIRECTIONS using Route #70:**

**WEST:** Take route #70, exit #217B, travel to Verna Road. Turn RIGHT and travel SOUTH for approximately 6 miles to the Crowley entrance on your left.

**EAST:** Take hwy #70 to Verna Road. Turn LEFT. Travel approximately 6 miles to Crowley entrance on your LEFT.

[www.Crowleyfl.org](http://www.Crowleyfl.org) 16405 Myakka Road, Sarasota, FL 941-322-1000



## Reminder: Install a Voluntary Low-Maintenance Zone Along Your Pond

The Rivendell Board passed a motion to encourage homeowners who live adjacent to a pond to install a voluntary low-maintenance zone and help reduce erosion and nutrient runoff.

- ✓ Zone should be 6 feet wide and the full width of your property. Install stakes or flags to mark the area.
- ✓ Grass in the Zone should be maintained at a height of 12 inches. A weed trimmer or long-handled hedge trimmer works well.
- ✓ Prevent clippings from going into the pond and avoid clipping aquatic plants.

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## Book Group Schedule by Pam Babbitt

The book group will meet on August 12, at Pat Sobczak's home, 803 Placid Lake Drive. Please call Pat at 918-4633 if you plan to attend. The book selection is *A Woman in the Window* by A. J. Finn.



The Book Group meets on the second Monday of the month at 7:30pm. All Rivendell residents are welcome; please notify the month's hostess if you plan to participate. Books are selected based on recommendations from group members who have read the book. Members volunteer to either lead a book discussion or host the group in their home. Following is the future schedule:

September 9: *The Great Alone* by Kristin Hannah

October 14: *The Age of Innocence* by Edith Wharton

November 11: *An Officer and the Spy* by Robert Harris

December 9, 2019: *Killers of the Flower Moon* by David Grann

January 13, 2020: *Where the Crawdads Sing* by Delia Owens



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## Da Vinci German Restaurant By Catherine Middleton

This is a fairly new addition to the "restaurant scene" in Osprey and it has gotten rave reviews from its diners and on the Nextdoor website. My friend and I had dinner there last week and it was quite good. What you feel immediately upon entering the renovated venue is the warmth of the pleasantly-decorated surroundings and the friendliness of the staff. Of course, it is a family-owned restaurant and our server was Patrick (the son) with efficient assistance by Amanda (the daughter). I am no expert when it comes to German food, but my friend has been eating it for years and declared it was prepared perfectly. We started with the Farmer's Salad that was crisp and fresh with a tangy light dressing which can be served on the side. We both had the pork schnitzel with homemade spätzle and mushroom gravy. We do not eat dessert but I'm told the Black Forest cake is to die for. Beverages include beer and wine. And talk about a convenient location! It is just on the other side of the Trail in the strip mall near Frankie's.

Their website has a lot of information:

<https://www.davinci-germanrestaurant.com>

Enjoy!



Catherine Middleton and Guest ~  
photos by Catherine Middleton

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## Full Capacity

I met a man visiting from Germany at a Rotary event. I noticed he wore a hearing aid manufacturer that I work with frequently. I saw him struggle to hear the Rotary presentation we were attending. Yet he was wearing a higher end model with a wide range of programming options.

I spoke with him after our meeting and he said he has trouble hearing in restaurants, at meetings, and talking with his wife. I groaned at the last one. Not listening to my wife, Karen, has gotten me into trouble over the years.

When he came into the office, I read out his hearing aids and only one program was being used. He travels the world, attends meetings, eats out regularly and socializes. He is wearing the top of the line model and did not have access to all the abilities of his hearing aid.

I taught him the full capacity of his hearing aids and established programs for his variety of situations. I also set a program that prioritized his wife's voice to use when they are at home together or in the car. This was their favorite setting.

I've met a lot of people who have under programmed hearing aids. Some common complaints are: "I sound as if I am in barrel", "everything is muffled" or "it sounds tinny." Less frequent complaints, "it sounds sharp", "everything is shrilly" and "her voice is too harsh." Some of the more entertaining ones are: "I sound like I'm underwater", "it sounds like there are bees everywhere" and "everything echoes." These sound irritants can be easily corrected with a slight program adjustment.

Programming a hearing aid is a skill I have developed in the 17 years working in this industry. Having worked with over a thousand people, I am very good at translating your description of sounds into what you want the program to deliver. If you struggle to hear well and wonder if there could be a better setting to your program, call for an appointment 941-244-9300.

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**CERTIFIED HEALTH COACHES:** **Dr. Maggi Verhagen & Deb Holton-Smith RN BSN** offer "solutions to optimal health" with their simple 5 + 1 program. Join the BeSLIM Club plan with our portion-controlled meals and lose an average of 10 lbs per month. Our coaching is FREE. Call to see if this is a good fit for you! Better Together, Neighbors!!! For consult call **Deb** at **845-661-9883** or email for information **GetSLIM@Holton-Smith.com**

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**COMPUTER REPAIR, TECH SUPPORT, AND TECHNOLOGY TUTOR:** Setup-Build-Troubleshoot-Repair all your technology needs including virus removal, home technology installations and computer equipment. Learn more about all your devices. I have been a Rivendell resident for 12 years, attended Pine View School, and graduated UCF with a degree in Information Technology. For Rivendell residents only, my fee is \$25 per hour. Contact: **Ben McClannahan** Cell: **727-410-2413** Email: **Bmccclann04@gmail.com**

**DOG WALKER, HOUSE SITTER SERVICE:** **Lena Ho**, a Rivendell resident who has lived here for 15 years, has had experience walking and caring for dogs. I can visit and take care of your dogs and assist in maintenance of your home such as watering plants and sending updates while you are away. References provided. **Lena Ho**, cell: **407-575-0565** email: **lho@bu.edu**

**HOUSE PAINTING, HANDYMAN WORK, & HOME WATCH SERVICES:** Rivendell resident with 30 years of experience enjoys assisting neighbors with economical, meticulous, professional quality house painting - interior & exterior. Also help with general home upkeep - light electrical, plumbing & carpentry jobs, etc. Are you a snowbird or landlord? I can watch your home or help with rental upkeep (home detailing & deep cleaning for move-ins or move-outs). References provided upon request. Call **Charles Tanguy**: **941-539-5647** or email **ctanguy@verizon.net**

**IS YOUR LAMPPOST LIGHT STAYING ON or NOT LIGHTING AT ALL?** Rivendell resident **Bill Bloom** will repair your problem. Replacing a sensor is \$45 and includes all parts, labor, and cleaning. Replacing a burned-out bulb is \$18 and includes a new bulb and cleaning. Call **941-587-8439**.

**LUNA RESTORE:** For pool/lanai deck restoration and staining, interior/exterior painting, and "fix-it" projects to update and improve the appearance of your home, contact **Vic** at **LUNA RESTORE 941-735-2324**.

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**PERSONAL WELLNESS COACH, PERSONAL TRAINER, PILATES AND YOGA INSTRUCTOR:** **Kelly McClannahan** is a Rivendell resident since 2004. She is a certified Health Coach with the Dr. Sears Wellness Institute and a Certified Personal Trainer through NASM. I offer several tiers of coaching including nutritional coaching in which I will teach you simple changes you can make nutritionally for better health and weight loss. In addition, if you'd like to add fitness, we can group or personal train. I also offer cabinet makeovers and healthy cooking lessons in your home. Call me for information and details: **727-423-8208** or email **kellymcclannahan@yahoo.com**

**PET SITTER, HOUSE SITTER:** An adult resident of Rivendell for 15 years, I love cats, dogs, birds, & bunnies. Also very qualified to take care of your home while you are away. A dependable daily (for pets), bi-weekly, weekly, or monthly visit can be scheduled. Or I can stay at your home. My experience & references provide peace of mind that your pets and/or house are being well cared for. Call **Carolanne Haddock** at **941-539-6176**.

**PET SITTER SERVICE, HOUSE SITTER SERVICE:** Rivendell resident and Pine View high school student who loves pets and has previous experience walking neighbors' dogs, will walk your dogs and care for any of your pets. As well, she can visit and care for your home daily or weekly to carry out chores such as water plants, check and send home updates while you are away etc. Have references. Please call **Erica** at **(941) 786-8478**.

**POOL MAINTENANCE:** **Leslie Casanova**, Rivendell resident, is the owner of a Pool Maintenance and Service company, **Kraken Pool Service Inc.**, which services over 140 customers in the area. We offer full service weekly pool maintenance & bi-weekly programs. For Rivendell residents only, we offer a special price of \$39 for the first month of service to new customers. There are different options for service starting at \$57 per month. Please call **941-993-5548** or email **info@krakenpools.com**



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**TRAVEL SERVICES** - Tired of fighting the internet and wasting hours researching your own trip components? After over 30 years in the travel industry, I have purchased a Cruise Planners - American Express franchise and am now a full service "no fee" travel agency, operating out of my home here in Rivendell. Please check out my website [www.angelltour-sandcruises.com](http://www.angelltour-sandcruises.com) where you can search various cruises and tours to your heart's content. For Rivendell residents only: I will waive my "New Client Upfront Deposit" requirement of \$100.00 to plan your trip. Just send an email to [mary.angell@cruiseplanners.com](mailto:mary.angell@cruiseplanners.com), and in the subject line show "add me to your database", to start receiving Cruise Planners' specials as they're released. **Mary Angell 941-918-1990.**

**TUTORING:** Pre-med student with experience being a peer tutor at Boston University's Educational Resource Center and working at Varsity Tutors. Graduated from Boston University in 2018 as a double major in human physiology and nutritional sciences with a minor in dance. Subjects I tutor in are ACT prep, biology, nutrition, and high school math. **Lena Ho**, cell: 407-575-0565 email: [lho@bu.edu](mailto:lho@bu.edu)

### Rivendell Residents

Please send your name, phone number, and a description of the service you can provide to other Rivendell residents.

Email your information to  
**Marilyn at [marilynprobert@gmail.com](mailto:marilynprobert@gmail.com)**

## Quote Hemingway

"Now is no time to think of what you do not have. Think of what you can do with what there is."



**Ernest Hemingway**

(The Old Man and the Sea)

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Erectile Dysfunction is a result of poor blood flow to the penis. Due to the narrowing of blood vessels, some men find it difficult to get and/or keep an erection. Temporary solutions like pills and needles may not be fully effective for some men.

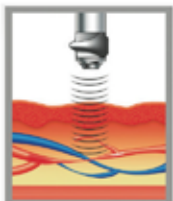


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\*\*[https://wellspanmedical.com/wp-content/uploads/2016/02/Urology-Advances-Shockwave-Therapy\\_Mens-Health-Reference.pdf](https://wellspanmedical.com/wp-content/uploads/2016/02/Urology-Advances-Shockwave-Therapy_Mens-Health-Reference.pdf)



## Architectural Review Committee Report - June 25, 2019 NEW TIME: 4:30 PM

Meeting called to order 4:29 PM

Quorum present: Neil Agruss, Susan Lanza, Richard Jurick, Alex Castro, Joe Zwerling

Board Liaison: Maureen Emmons, Acting Chair

	Request	Address	Assigned To	Second	Status
1	Remove dead tree	1025 Oak Preserve Ln	Neil Agruss	Susan Lanza	Approved
2	Landscape plan	1140 Mallard Marsh Dr	S. Lanza/ R. Jurick	Alex Castro	Approved
3	Hurricane windows	1152 Mallard Marsh Dr	Joe Zwerling	Alex Castro	Approved
4	Landscape front	1176 Mallard Marsh Dr	Susan Lanza	Rich Jurick	Approved
5	House paint	556 Meadow Sweet	Cottages BOD	Rich Jurick	Approved
6	Fence	1340 New Forest Ln	Maureen Emmons	Susan Lanza	Approved
7	Cage door	1184 Mallard Marsh	Susan Lanza	Rich Jurick	Approved
8	Remove trees	757 Placid Lake	Susan Lanza	Rich Jurick	Approved
9	Plant lime tree	820 Golden Pond	Susan Lanza	Joe Zwerling	Approved
10	Paint front door	940 Scherer Way	Joe Zwerling	Susan Lanza	Approved
11	Remove/replace trees	1205 Lost Creek	Joe Zwerling	Neil Agruss	Approved
12	Redo front landscape	1060 Scherer Way	Joe Zwerling	Alex Castro	Approved
13	Paint front door	579 Meadow Sweet	Alex Castro	Rich Jurick	Approved
14	Yard art	579 Meadow Sweet	Alex Castro	Susan Lanza	Approved
15	Lanai screen door	579 Meadow Sweet	Alex Castro	Neil Agruss	Approved
16	New front door	583 Meadow Sweet	Alex Castro	Susan Lanza	Approved

Paint Palette: Sherwin Williams has been non-responsive. Beth at Lighthouse to contact them.

#2: Trellis sketch to be resubmitted for ARC review.

#5: Colors approved: Sherwin Williams base: Toasty 6095, trim: Bagel 6114, door: Real Red 6868

#11: Stumps must be ground and sod planted in its place.

Meeting adjourned: 5:13PM

Next meeting **August 27** at 4:30 PM at the Cottages Clubhouse. Request cutoff **August 20**.



## Rivendell Community Contacts

### Committees

#### Communication Committee

**Chair:** Barb Gahry (barbgahry@gmail.com)  
 Board Liaison: John Fitzgibbon  
 Block Captains Lead: Mitzi Bruck  
 Newsletter: Linda Pearlstein, Marilyn Probert,  
 Kay Mruz, Carol Heckert, Norma Lee Rhines  
 Directory: Kay Mruz  
 Reporters: Mike Bergman,  
 Lesley Sterling  
 Webmaster: Gary Mruz

#### Architectural Review Committee (ARC)

**Chair:** Maureen Emmons (mauremmons@ymail.com)  
 Board Liaison: Maureen Emmons  
 (mauremmons@ymail.com)  
 Members: Neil Agruss Alex Castro, Richard Jurik,  
 Susan Lanza, Joseph Zwerling

#### Maintenance Committee (MC)

**Chair:** OPEN  
 Board Liaison: Larry Dobias  
 Members: Dave Gill, Carole Myles, Ken Heckert,  
 Sallie Hawkins, Kevin Humbert, Greg Volack

#### Document Committee

**Chair:** OPEN  
 Board Liaison: John Fitzgibbon  
 Members: Ken Alarie, Ken Heckert, Mike Bergman,  
 Steve Bragg, Carol Heckert, Joe Sefack, Robert Thierfelder

#### Ponds & Preserves Committee

**Chair:** Frank Freestone (paddlemania@verizon.net)  
 Board Liaison: Larry Dobias  
 Members: Dave Gill, Ken Heckert, Tom Hurban,  
 Carolyn Kenney, Edith Norby, Sue Remy,  
 Norma Lee Rhines, Melle Lee Warren, Nancy Sinclair

#### Social Committee

**Chair:** Carolyn Kenney (kenneycsrq@gmail.com)  
 Board Liaison: John Fitzgibbon  
 Members: Kristen Ellison, Barbara Gildner Kathy Halaiko,  
 Sallie Hawkins, Deb Jones, Adele Kellman,  
 Lenora McComas, Barbara O'Brien, Melle Lee Warren

### Rivendell Board of Directors

**Ray Capuano**, President  
 (raycapuano1@gmail.com)

**Maureen Emmons**, Vice President  
 (mauremmons@ymail.com)

**Larry Dobias**, Treasurer  
 (dobiasle@gmail.com)

**John Fitzgibbon**, Secretary  
 (john.fitz48@gmail.com)

**Steve Bragg**, Director At Large  
 (smbragg@ilstu.edu)

### Sub-Association Boards of Directors

**The Cottages:** John Martin, President; Bill Vanik, 1st Vice President; Bob Metelko, 2nd Vice President; Bev Piraino, Treasurer; Carol Costa, Secretary.

**Patio Homes:** Bob Thierfelder, President; Dan Tavares, Secretary; Dave Rollinson, Treasurer.

**The Villas:** Dianne Enger, President; Barbara Loe, Vice President, Treasurer; Mary Poremba, Secretary.

### Lighthouse Property Management:

941-966-6844 x604

**Property Manager:** Beth Miller  
 (bethmiller@mgmt.tv)

**Assistant Property Manager:** Natalie Munno  
 (Natalie@mgmt.tv)

### Rivendell Website

www.rivendellcommunity.com

Contact Lighthouse Management for password to RESIDENTS section.

### Woodlands Word Deadline:

Submit articles and information to Marilyn Probert  
 (marilynprobert@gmail.com)  
 by the tenth of the month.

### Updates to the Contacts Page:

Kay Mruz (siestakeysunset6@gmail.com)

### Nuisance Alligator

Call Florida Fish & Wildlife - SNAP 866-392-4286  
 Do Not Call Lighthouse Property Management

### Sarasota County Sheriff

**Non-emergency Number: 941-316-1201**  
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