

The Lake Heron "Banner"

Lake Heron is a welcoming, caring, vibrant and well managed community we call home.



Volume 22 – Issue 1

2023 Board of Directors:

- President - Max Saus
- V. President - Ron Bowman
- Treasurer - Tiffany Wells
- Secretary - Mark Cravens
- Director at Large - Linn Torres

GAME NIGHT



Bring your games and a snack to share!
HOA will provide soft drinks and ice.
January 27, 2024 7-9 p.m.

RSVP by January 14th
Chris Kardos @ 813-381-0014

Email your articles for the next issue to
Dee Ryder at Dee_Ryder@Verizon.net
put "For The Banner" in the Subject line Please ...
Only emailed items will be accepted.
February 2024 Banner Deadline is January 25, 2024

Lake Heron HOA does not recommend nor endorse any advertisement printed in the Banner.



Annual
Membership
Meeting
will be on
January 15th,
2024
at 7:00 PM
in the Clubhouse

December Board Meeting

2023 was a good year. The finance committee was able to keep our monthly assessment at \$232.00. Only one big expense turned up, we needed a new well pump. All other projects went as planned or cost a lot less, like the park trail repairs which were done by volunteers.

The Christmas party was a great success. Many thanks to our new Social Chairperson, Chris Kardos for going way beyond our imagination. No lack of food or fun for all who attended.

Going to miss Ron Bowman on the board next year. He decided to retire after many years of doing a great job on the board. Always a good voice of reason. Again, thanks for all your help. Please, help us when you can.

Do your best to attend the annual meeting on January 15th at 7:00 PM. We always need your input from the community.

~Max Saus - President

From the Cook's Corner

Sweet Potato Lentil Stew

Yield: 6 servings.

Ingredients

4 cups vegetable broth

3 cups sweet potatoes, peeled and cubed (about 1-1/4 pounds)

1-1/2 cups dried lentils, rinsed

3 medium carrots, cut into chunks

1 medium onion, chopped

4 garlic cloves, minced

1/2 teaspoon ground cumin

1/4 teaspoon ground ginger

1/4 teaspoon cayenne pepper

1/4 cup minced fresh cilantro

1/4 teaspoon salt

DIRECTIONS

In a 3-qt. slow cooker, combine the first nine ingredients. Cover and cook on low for 5-6 hours or until vegetables are tender. When done stir in cilantro and salt.

**Minutes Lake Heron Board Meeting
December 11, 2023**

Call to order: 6:30 PM Clubhouse and combined Zoom.

Present at the meeting: Max Saus, Ron Bowman, Tiffany Wells, Linn Torres, Mark Cravens, **Quorum Established.**

Proof of Due Notice Posted: 48 Hrs.

Prev. Minutes: Ron motion to waive reading, 2nd Max.

Committee Reports

Finance- John Copeland-chairman spoke. Final CD of \$102,000 finished at a 4.91% yield for 16 months. Cost to convert was \$625. Projected 2024 rates for CDs lower.

Treasurer- Tiffany Wells. October 2023 Budget \$23,725.35, spent \$26,934.23, \$3,208.88 over budget.

Grounds/Irrigation- Angela Hester. Nothing new.

Architectural Control- Rachael Powers, not present. Angela to send board communications regarding approved and denied applications.

Clubhouse- Angela with UPI. no reservations.

RV Parking- Max Saus. 1 open spot available for rent. No problems.

The Park Team- 2 gardeners retired and gained one gardener. Trimming done.

Parking Enforcement-new sign at Clubside now.

Social Committee- new chairman-Christ Kardos. Holiday party with 64 and fun. Next event-Game night in January via an online poll for which day (1/26 or 1/27).

Welcome Committee- Tiffany Wells-Grebe Ct listing still active. No new owners.

Old Business:

Social Committee Chairperson-Chris Kardos. Max motion, Ron 2nd, Unanimous.

WI-FI sign posted at the pool-done

Replacement boot estimate from roofer-install started.

Bank CD update-see above.

Sidewalk/brick wall repairs update. Starts end of Dec./beginning Jan.

New Business:

Minutes be posted faster on the UPI website. Angela will post sooner.

Laker mailbox at the clubhouse parking lot/beside mailboxes. No for profit boxes on non-profit property.

Update tennis court sign (no animals in fenced in court area)-reminder of no dogs and new 911 signs are going up on the gate and pool area.

Review quotes on palm tree trimming. Quotes by January.

Review new quotes for fertilizing. Quotes by January.

Vote coming for BOD members on January 15th. Ron Bowman is not seeking reelection. Thank you, Ron, for years several on several boards!

Electronic Banner Distribution-Tiffany/Angela working on opt-in list.

Please pick up your dog poop. It is a Pasco county law as well. Discussion regarding waste bags station.

Parliamentary procedure update-John Copeland. Next meeting is NOT a board meeting (no board voting), but the annual membership meeting on January 15th to select 3 new board members (Max, Ron and Tiffany). Meeting chaired by the President and Minutes by the Secretary. Angela Hester will be on site to monitor votes and will solicit volunteers for vote counting.

Adjournment: 7:16 p.m.

Next Meeting is the Annual Membership Meeting: January 15, 2024.

***All 2024 Board of Directors Applicants Bios
are on Pages 4 and 5.***

***Mail in your ballots as soon as you receive them OR bring them
to the Clubhouse from 6:30-7:00pm on January 15th, 2024***

~John Copeland

There is one opening for a new member on the Board of Directors for the term of 2024/25. I believe I am the best qualified member of Lake Heron to fill that vacancy.

I hope you will agree and honor me with your vote. Here is why I believe I am best qualified:

1. Since 1998 I have been a volunteer and sometimes chairman of the Building Committee, Architectural Control Committee, Community Center and Finance Committee. I have served six terms on the Board of Directors, including President.
2. As chair of the Finance Committee I have been responsible for the annual budget and funding reserves.
3. Since 2005 I have mentored each new board member including annual training sessions for the board and served as the boards Parliamentarian.
4. Outside of Lake Heron I have been a member of Community Association Institute (CAI), a national organization providing education for managed communities, and served 8 years on the Pasco Alliance of Community Associations (PACA) including 5 years as President.

This is a long list of the past but the point of it all is that I know the job, and offer that experience plus integrity to community. I've worked with the two directors running for reelection, Max Saus and Tiffany Wells and support their reelection.

Under our countries system of representative form of government your responsibility is to select your representative that you believe is best suited to manager your association's business affairs. I hope you will give me your trust and your vote.

~Max Saus

I am running to be a board member for the next two years.

I moved here in 2001, right after 911, and have been on various committees and the board for many years. I was president twice, in charge of many committees, including Finance, and wrote many of the deed restrictions and standards. My experience will benefit the board. I hope you vote for me again as I will always do my best for our community.

~Tiffany Wells

Tiffany lives full time in Lake Heron with her husband, Jason of 19 years, two daughters, Hailey (19) and Olivia (11), 1 dog (Bolt) and 3 cats (Leo, Leia, and Kali). In her personal time, she enjoys traveling with family, visiting neighbors, and baking.

Tiffany worked in retail management for 8+ years in New York. Currently, she is employed for EFI Global Inc., a full-service environmental, engineering, forensic investigation, and specialty consulting services firm serving a variety of industries in both the public and private sector, as a client services representative for several large national clients. She has extensive experience in finance management, project management, client relations, and management skills.

Tiffany has been serving on the Lake Heron board of directors as Treasure for a little over a year, the Finance committee, banner distribution and co-admin of the Lake Heron Musings social media page. She is committed to continue making the community of which she is part of the best it can be, both for the quality of life in the community and the preservation of property values. She will always work to serve the interests of the community and its members.

~Mark Toney

You may recognize me as a 25 year community member by my daily walks throughout the neighborhood with my dog Rio and my signature hat. I have decided to run for open positions at this year (2024) annual Board of Directors Meeting.

I am retired and a full time Lake Heron resident. If elected, my goal as board member is to ensure our community funds and decision making are with common sense solutions and due-diligence without prejudice or favoritism.

It's time for our community to bond together, not divide.

Your vote for me is greatly appreciated and I value your support.

Cheers to all,

Mark Toney (Resident since 1998)

THE CHANGE WE NEED, THE VOICE WE DESERVE

How Much Do You Weigh?

Many of us, especially as we age, develop a weight problem, and it can be difficult to lose weight. Let's face it, we all like to eat, and, in some cases, don't exercise enough, which magnifies the problem. Some 42% of Americans have a weight problem. The possible consequences of being overweight include cardiovascular disease, diabetes, high blood pressure, arthritis, certain cancers, and a shorter life span. Most of us also feel better and have more energy if our weight is normal or near normal.

How can we determine if we're overweight? One way is measuring our BMI, or body mass index. Basically, the BMI tells us if we have too much weight for our height. Graphs to figure BMI are easy to find on the internet. A normal BMI is less than 25. If your BMI is between 25 and 30, you are considered overweight. If your BMI is greater than 30, you are considered obese. These are arbitrary weight ranges, mostly for the purpose of determining appropriate treatment. If you are overweight or obese, as little as 5 to 10 % weight loss can lower your blood pressure by 3 points, and lower your blood sugar. Remember that, if you're overweight (or obese), any weight loss is helpful. You don't necessarily need to reach a normal BMI to benefit. But after substantial weight loss, I have seen patients who have normalized their blood sugar, and actually have cured their diabetes. I have also seen high blood pressure cured in the same way.

So, what can we do to lose weight? It can be challenging, as we who have tried it know. Dietary alteration is the first step. There are a plethora of diets out there, some effective, some less so. The one thing that these diets all have in common is a reduction in calorie intake, which is the foundation of weight loss. Exercise certainly helps, but is more effective in maintaining weight loss than in causing it. The Mediterranean and DASH diets are two of the best. These diets have been shown to normalize weight and to lower the risk for heart disease. Details are available on line. Sometimes it can be helpful to simplify the process. I tell patients to try cutting down on portion size, first by removing one quarter, then one third, and finally, one half, from their plate. This eliminates the need to follow a complicated diet.

The final step for weight loss is the so called "bariatric surgery", used only when a patient is massively overweight. In this surgery, alterations are made on the stomach or small intestine, such as gastric banding, to compress the stomach, which induces early satiety. Bariatric surgery can be quite effective. Medication is another means of weight loss. Several medications can be used, either with or without surgery. These should be discussed with your doctor, and include some antidepressants, semaglutide (wegovy, ozempic), tirzepatide (mounjaro), and others.

Some patients, who are unable to exercise for various reasons, tell me that lack of exercise is the reason they are unable to lose weight. Exercise certainly helps to facilitate weight loss (as well as having many other health related benefits) but excess calorie intake is by far the most important cause of weight gain. Consider this example. If you eat a 500 calorie jelly donut, you will have to run 5 miles (or similar exercise) to burn those calories. It's much easier to forgo the jelly donut than to don your running shoes and embark on that 5 mile run. Encourage everyone who needs to lose weight to diet first and foremost, and when possible, to exercise as well.

~*Bram Smith*

Garbage and Recycling - This is a paid service

Waste Connections (727-847-9100) picks trash up Tuesday and Friday mornings.

Recycling is picked up Wednesday morning. Your recycling container should have a "Recycle Sticker" on it. Boxes must be broken down and stacked inside another box or cut and twined together for easy pickup. Please be sure to refer to the items not permitted list.

If your trash/recycling is not being picked up weekly, please call 727-847-9100 to confirm you have an account set up and payment is being received quarterly.

If you have any questions, please contact the vendor directly at:
(727) 847-9100

wasteconnections.com

Reminder – When Home or Away

You can still get The Banner and keep up with Lake Heron news by accessing the Lake Heron website.

Access to Lake Heron Web Page

- 1) Type into your internet search page "**univprop.com**"
- 2) Locate "**Association Pages**" in the contents list in the left border
- 3) Lake Heron's number is 4350. Put your mouse in the number list and scroll down to 4350 and click on it.
- 4) The website will now open with the calendar of events for the clubhouse. To reach other pages just scroll down (or Page Down).

On our web page you'll find copies of The Banner, Board Minutes, Directors and committee Chairpersons. Our standardized forms in printable copies are on the web page.

Information To Set Up Zoom For Lake Heron Meetings

In order to attend the Zoom meeting you will need to download the [Zoom.us](https://zoom.us) app by going to www.zoom.us/download and click to sign up. You will need a camera and a microphone on your computer in order to participate. On the scheduled date and time of the meeting you would click on join a meeting and you will be asked for the following information in order to be a part of the meeting:

MEETING ID: 219 022 5906 / PASSCODE: 2020

This page will be updated in the New Year

See the updated information about the Garbage pickup and Recycling at the top of this page

Lake Heron Contact Information:
Property Manager - Angela Hester
University Properties Inc. 813-980-1000
or email her at... ahester@univprop.com
Website - Univprop.com - HOA# "4350"

<u>Volunteers</u>	<u>Name</u>
Board (President)	Max Saus (813-948-4538)
Board (V. President)	Ron Bowman
Board (Treasurer)	Tiffany Wells(845-532-2434; Tiffany.L.Wells@outlook.com)
Board (Secretary)	Mark Cravens(813-361-0399; Lheronsecretary@gmail.com)
Board (Director A. L.)	Linn Torres

Park

Linn Torres - Chairperson	Rachel Powers
Kathy & Sam Gray	Linda Brunner
Lee Carter	Jerry Miller
Pam Schwebl	Mark & Jill Cravens
Bonnie Mikulla	Bill & Jennifer Prall
Sheila King	Max Saus
Beatriz Patino	Barb Charvat
Mike Flanagan	

Social Committee
 Chris Kardos - Chairperson
 Mark and Jill Cravens

Newsletter Delivery

Vickie Morris	Beverly Patterson
Olivia & Tiffany Wells	Sherry Williamson
John Copeland	Maria Saldarriaga
Hoke Cash	Robert Spaulding

Newsletter Editor Dee Ryder

Welcome Committee
 Tiffany Wells-Chairperson Michael Flanagan
 Sherry Williamson

Grounds and Irrigation
UPI (Angela Hester) 813-980-1000

Architectural Control
 Rachel Powers - Chairperson Vickie Morris
 Bill Prall

RV Park
 Max Saus - Chairperson Larry Kelly
 Hoke Cash

Community Center and Courts
UPI (Angela Hester) 813-980-1000

Wright Termite & Pest Control - 813-948-0229



HOA Dues

Homeowners can now pay association dues with credit cards if they wish.

Simply go to **www.univprop.com** and click on pay credit card payment and follow the link.

Visa, Master Card, American Express and Discover Card may be used.

If the homeowner does use the credit card there is a 5% convenience fee the homeowner is charged.

Thinking of putting in a PORCH?

Remember, you need to contact the ACC committee and Angela Hester with UPI for forms, approvals and standards.

You can see the standards at:
<https://www.univprop.com/resources/association-pages/hoa-4350/>