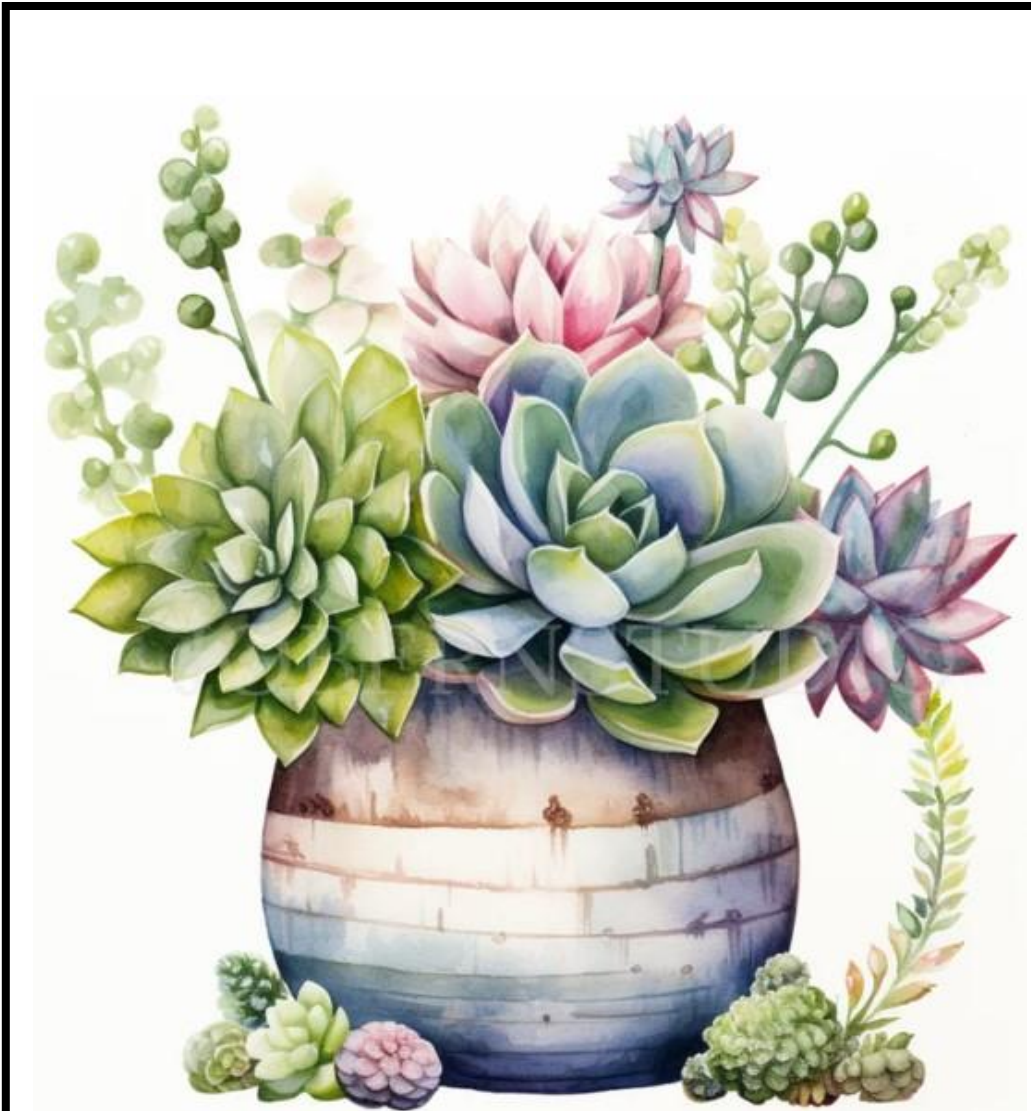


The Lake Heron "Banner" III

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



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.
April 2024 Banner Deadline is March 25, 2024

Volume 22 – Issue 2

2024 Board of Directors:

- President - *Max Saus*
- V. President - *John Copeland*
- Treasurer - *Tiffany Wells*
- Secretary - *Mark Cravens*
- Director at Large - *Linn Torres*

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



Annual
Membership
Meeting
will be on
March 11th, 2024
at 7:00 PM
in the Clubhouse

Interested in Attracting Hummingbirds?

Here are some plants that have the nectar that Hummingbirds love and will grow in this part of Florida. (Zone 9b) I know some areas have had the Zones changed, I'm sticking with 9b for ease and I'm old school.... ~Dee Ryder

Blue Sage - Blue	Cardinal Flower - Red
Butterflyweed - Orange	Tropical Sage - Red
Elegant Blazingstar - Purple	Firebush - Red
Coral Honeysuckle - Red	Dotted Horsemint - White

From the Cook's Corner***Frozen Strawberry Margarita Dessert******Ingredients:***

1 cup finely crushed pretzels
1/4 cup brown sugar
1/2 cup finely chopped nuts
1/2 cup melted butter
1/4 cup lime juice
2 Tbsp. orange juice
2 Tbsp. lemon juice
14 oz. can sweetened condensed milk
10 oz. pkg. frozen strawberries in syrup, thawed
1 cup whipping cream
2 Tbsp. powdered sugar
1 tsp. Vanilla

Preparation:

Combine crushed pretzels, brown sugar, nuts, and melted butter in small bowl. Press into bottom of ungreased 10" spring form pan and chill until firm.

Combine all of the juices with the sweetened condensed milk in a large bowl and beat until smooth. Puree strawberries with juice in a food processor and add to the condensed milk mixture; beat until combined.

In small bowl, beat whipping cream with powdered sugar and vanilla; fold into strawberry mixture, then pour over chilled pretzel crust. Cover and freeze until firm. 8-10 servings

Lake Heron Homeowners Association, Inc.
Annual Meeting
January 15, 2024 / 6:30 P.M.
MINUTES

Call to order: 6:45 P.M.

Call the Roll: Max Saus, Ron Bowman, Tiffany Wells, Mark Cravens, Linn Torres.

Quorum Established: (70 ballots) 163 owners (1 delinquent - $162 * 30\% = 49$ ballots needed).

- Proof of Due Notice Posted: 48 Hrs.
- Prev. Minutes: Max motion to waive reading, 2nd Ron.

PRESIDENTS REPORT:

- Explained importance of voting on all issues. Called for nominations from the floor for Board of Directors. (None)
- Opened the floor for discussion while votes were being tallied.

New Business:

Palm tree trimming contract to be discussed at the February 2024 meeting. Upcoming palm tree contract bid specs requested before the February meeting for that board.

Tie orange tape around trees if you don't want them trimmed.

Questions/Comments from Floor:

- Residents - problem of animals running free (not on leashes) and owners using their units as alleged rescue homes, needs to be discussed with the new board and UPI in February.
- Update: roof boot replacements are in process. 200 boots are being replaced.
- Update on fertilizer contract. Green Bandit contract was awarded, and they will start March 2024.
- No other comments from residents.

UPI announced results of BOD election:

- 2 Year Term: Max Saus (Pres), John Copeland (VP), Tiffany Wells (Treas),
- 1 Year Carry Over: Mark Cravens (Rec/Sec), Linn Torres (At Large)

Adjourn: 7:15 PM

Lake Heron Homeowners Association, Inc.
Organizational Meeting
Immediately Following Annual Meeting
January 15, 2024

1. CALL TO ORDER
2. APPOINTMENT OF OFFICERS
3. ADJOURNMENT

Call to order: 7:20 PM Clubhouse

Present at the meeting: Max Saus, John Copeland, Tiffany Wells, Linn Torres, Mark Cravens, and Angela Hester.

Quorum Established.

Proof of Due Notice Posted: 48 Hrs.

New Business:

Review and approve new meeting schedule for 2024.

Appointment of officers.

Max Saus, President

John Copeland, Vice President

Tiffany Wells, Treasurer

Mark Cravens, Secretary

Linn Torres, Director at large.

John motion, 2nd Tiffany. Unanimous vote.

Adjournment: 7:40 p.m.

Some One Was On My Roof

In Case You were Wondering.....

Sun Coast Roofers is the association’s roofing contractor. A few months ago during a routine repair they discovered that a roofing vent had deteriorated and could cause a leak. Upon an inspection they found more vents had deteriorated and they informed our property manager and the board. These are only the vents over the toilets, not the other roof vents.

Since then we have had all the vents inspected and in addition the supplier of the vents had their own inspector check all our vents. Of the roughly 300 toilet vents about 200 appear to have a manufacturing defect. Although these vents are long out of warranty our contractor, Sun Coast, has negotiated on our behalf some relief from the manufacturer. I’m pleased to report that Sun Coast has been successful and the manufacturer has supplied new vents as well as a contribution to the labor cost for replacement. Sun Coast Roofers replaced the defective vents in mid-January and we expect we will not have to replace our roofs before 2030.

***All irrigation repair requests should now go to
our UPI Property Manager, Angela Hester,
at ahester@univprop.com or call 813.980-1000***

Did You Know?

The Lake Heron HOA enforces the following parking standards. The Lake Heron HOA Covenant and Restrictions, Article XI, Section 2 states "No owner shall park a vehicle in such a manner that the vehicle obstructs or interferes with access to any garage." Also, "No vehicle shall be parked on the road every vehicle shall be parked either in the garage or on the driveway."

Included are vehicles parked in a driveway perpendicular to other cars, with wheels on the street. The deed restrictions also prohibit **commercial vehicles, trucks, residential vehicles, or trailers on any lot or on the Common Areas** except a vendor requested by a homeowner or resident during normal working hours. We have overflow, or guest parking, at the first turn in Aaron Court by the RV storage area and at the very end of Lake Heron Drive by the park. The Aaron Court lot is limited to thirty (30) days unless the vehicle is being used. The Lake Heron lot is limited to seven (7) consecutive days. Long-term storage is available in the RV park. The clubhouse parking lot is for short-term parking only (7 days). Vehicles must be removed for at least 24 hours before returning to a parking area. Only vehicles that have current registration, that are operable and/or meet Florida safety standards, will be allowed to park in any lot. Vehicles with Dealer Plates, as opposed to Temporary Plates, are deemed commercial vehicles, and are not allowed to use common parking lots.

There are numerous signs in Lake Heron prohibiting on street parking or parking on the grass anywhere. There are also signs notifying which towing company is used by Lake Heron.

The HOA will enforce this standard in a reasonable manner. It is our intent to prevent parking clutter and traffic blockages, but not to "hassle" homeowners, residents, or their guests who engage in momentarily parking momentarily is defined as no longer than several hours, definitely not overnight, and not interfering with traffic flow.

Improperly parked cars will be given a written notice. If a car or vehicle is not removed in a reasonable time, a 2nd notice will be issued on the vehicle. Upon the 3rd improper parking incident, the car will be towed at the owner's expense.

Please cooperate by properly parking all your vehicles. If you have guests or commercial services, please tell them where they can park. If you have an unusual situation, like a party at your house, ask your neighbors if they will allow your guests to temporarily over-flow in their driveway.

Thank you,
~**Lake Heron Parking Enforcement Committee**



Dementia

Dementia is something that enters most of our minds at one time or another. Some of us have had family members or friends who have developed this condition. The overwhelming majority of cases are caused by Alzheimer's disease.

What happens to the brain in this disease? Abnormal proteins called "amyloid plaques" are deposited in the brain, which disrupt the normal functioning of neurons. Neurons make up the "wiring" in the brain, and they communicate with one another by the use of neurotransmitters, which are chemicals that flow through them, one neuron to the next. This process is what underlies the occurrence of thought, memories, and many other brain functions. How and why amyloid plaques are deposited in the brain is unknown, but they can be detected by MRI scanning, and their detection is highly suggestive of Alzheimer's disease in a patient who has typical symptoms, such as memory loss, confusion, and many others. (see below)

There are factors that are associated with Alzheimer's, including diabetes, stroke, HIV disease, hearing loss, social isolation, excessive alcohol intake, and a family history of dementia, among others. Simply having one or some of these doesn't mean you will get Alzheimer's, but their presence can predispose to it. Interestingly, higher educational levels reduces risk. Depression, thyroid disease, and vitamin B 12 deficiency, can mimic Alzheimer's.

What symptoms does Alzheimer's produce? First, let me point out that losing your keys, forgetting names, forgetting why you went to a certain room, for example, do not mean that you have dementia. These are a part of normal aging. But getting lost going to familiar places, difficulty remembering names of family members or good friends, and difficulty balancing the checkbook, for example , are not part of normal aging, and could indicate dementia. Other suspicious symptoms may include uncharacteristic anger or paranoia, emotional lability, marked memory loss, confusion, language difficulty, poor judgement , loss of social skills resulting in inappropriate behavior, deterioration of activities of daily living, such as dressing, hygiene , and eating, and, in general, marked personality changes; these are all examples of what could be the onset of Alzheimer's.

How is Alzheimer's treated? Unfortunately, currently available drugs have not proven to provide much benefit. Newer drugs are being developed; their effectiveness is not yet known. But there are things that can be done. Treat depression, thyroid disorders, and vitamin B12 deficiency, if present, since they can mimic Alzheimer's. Give supportive care, such as assistance in activities of daily living, like dressing and eating. Keeping familiar possessions in the patients environment can be useful. Leave a light on near the patient at night. Very careful sedation at night, in consultation with a physician, can be considered if the patient wanders, which some do. Sedation can be deleterious, so this must be done carefully. Avoid restraints.

What can we do ourselves to lower our risk for Alzheimer's? Be social. Interact with other people. Challenge our brains. Read. Learn new things, such as a new language. Do the crosswords. Follow a healthy lifestyle; eat a healthy diet and exercise. Treat hearing loss and diabetes, if present. Moderate alcohol intake.

~**Bram Smith, MD**



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

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)	John Copeland
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

Finance Committee
 Tiffany Wells-Chairperson
 John Copeland
 David Powers

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
 Chairperson - Open 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/>