

# The Lake Heron "Banner" III

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



MOTHER'S DAY PORTRAITS



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Email your articles for the next issue to  
Dee Ryder at [Dee\\_Ryder@Verizon.net](mailto:Dee_Ryder@Verizon.net)  
put "**For The Banner**" in the Subject line Please ...  
Only emailed items will be accepted.  
**June 2024 Banner Deadline is May 26, 2024**

Volume 22 – Issue 4

### 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.



HOA  
Board  
Meeting  
will be on  
May 13th, 2024  
at 6:30 PM  
in the Clubhouse

**No Zoom**

### ***April Board Meeting***

After the main signs at Lake Heron Drive and Aaron Court were repainted I got the idea to add more lighting to them. With the help of John Copeland we got the added lighting up. Came home after dark and none of them were working. Stopped at the Lake Heron entrance to see what the problem was. Walked up to them and they turned on. OK, I did not program them right. So Mark Cravens reset them and they look great at night. I know, if all else fails read the directions.

For those residents who would like window inserts in their front door contact the ACC with your home improvement form and a picture of the your proposed door.

Discussed future clubhouse repairs and renovations plus the pool deck painting for 2025. These costs will come out of reserves.

Thanks to Bob Spalding we have a new volunteer to monitor the pool area. He is doing a great job. Maybe someone else would also like to help the community as a volunteer. Not much time or effort involved, we just need people who care.

There is a Townhall Meeting on May 6th at 6:30 PM. Do come and bring your concerns and the ways to help your community.

*~Max Saus - President*

***You're Invited!***

**Lake Heron  
TOWN HALL MEETING**

**Community Clubhouse (21361 Lake Floyd Drive)**

**Monday, May 6th - 6:30PM-7:30PM**

**No RSVP is required. Talk openly, share opinions,  
ideas, & ask questions.**

***We hope to see you there!***

**MINUTES**  
**Lake Heron Board Meeting**  
**April 8, 2024**

Call to order: 6:33 PM Clubhouse.

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

Proof of Due Notice Posted: 48 Hrs.

Prev. Minutes: John motion to waive reading, 2<sup>nd</sup> Tiffany, unanimous.

**Committee Reports**

**Finance-** Tiffany Wells. Nothing to report.

**Treasurer-** Tiffany Wells. February 2024 Budget \$23,778.94, spent \$17,634.80, \$6,144.14 under budget. Sprinkler repair budget \$416.67, spent \$1,363.96.

**Grounds/Irrigation-** Angela Hester. Nothing new.

**Architectural Control-** Rachel Powers. ARC forms are to be turned in before work. Window ARC approval reminder email via Angela to residents.

**Clubhouse-** Angela with UPI. 1 new reservation.

**RV Parking-** Max Saus 3 new spaces. Will put notice at the Hammocks bulletin board.

**The Park Team-** Linn Torres-Need to budget for potential brick sidewalk repairs. If under \$5k it is a budgeted item, if over \$5k, it is a reserve amount. People are leaving poop bags in the green area by the mulch stockade area-please stop!

**Parking Enforcement-**Linn Torres-nothing.

**Social Committee-** Mark Cravens, interim chair. Adults only mingle and BYOB April 20, 5:30 p.m. May 4<sup>th</sup>, 5:30 p.m. is the Kentucky Derby. BYOB. All invited.

**Welcome Committee-** Tiffany Wells-1 sold, 3 listed for sale.

**Old Business:**

Discuss revised front door standards with window inserts. Roll forward after townhall meeting and poll via the Musings.

Townhall meeting on May 6th. 6:30 p.m. Beverages/snacks provided.

Clubhouse repairs and renovations in 2025. Estimates will be obtained.

Tennis court surface cracks. Contractor coming out this month.

Better nighttime lighting for the entrance signs. Lights purchased. In process of being installed.

**New Business:**

Thanks to Bob Spalding we have a volunteer to monitor the pool area.

Tennis Courts are not reserved. First come/first served. Courtesy is 1 hour of play if someone is waiting.

Adjournment: 7:08 p.m.

Next Meeting is May 13, 2024.



*Experience the 150<sup>th</sup> Kentucky Derby RACE!  
May 4, 2024 at 5:30 p.m.  
At the Clubhouse  
B.Y.O.B.*

Come and cheer the running of the Kentucky Derby  
Share some hors d'oeuvres, snacks or dessert!  
Catch up with your friends and neighbors!

See you Saturday, May 4<sup>th</sup> at 5:30 p.m.

***Please Note That All Exterior Improvements Need To Be Approved  
By Our Architectural Control Committee.***

From our "Request for Home Improvement" form request on the community website:

In an effort to protect each individual Homeowner's rights as well as those of the Homeowners collectively, ***it is a requirement of the Association that any Homeowner or group of homeowners, considering improvement to, or alterations of the appearance of their property submit a "Request for Home Improvement" form to the Architectural Committee (ACC.)***

**This request must be in writing and must be approved by the ACC in writing prior to the commencement of any work.**

Improvements requiring prior approval include, but are not limited to: patios, lanais, screen entries, alterations to exterior walls or roof, hurricane shutters, Fios boxes, landscaping changes, and docks.

***The Association reserves the right to ask any Homeowner to remove any architectural change made without the prior approval of the ACC and or in violation of the Homeowners Association covenants.***

The Association also reserves all under the law to enforce said covenants, and restrictions. You will be given six (6) months to complete your project from the time of approval after which time you must submit a new request for approval form.

Please submit your request to: Lake Heron Home Owners Association, Inc. C/O University Properties, Inc. 3018 N. U.S. Highway 301, Suite 950 Tampa, Florida 33619 OR Email: ahester@univprop.com OR FAX: 813-980-2233

***It has been a year since we reminded you to do your free inspection for termites!***

Who wants termites????

I know you don't, and I don't either!!!

Did you know you have a **FREE** termite inspection included with your HOA dues?

That is correct. You have **FREE**, yearly inspections that then come with the warranty through Wright Termite and Pest Control.

Most of us are in a connected, 3 or 4 unit building that is built of wood frame. It is best to keep inspecting yearly and treating if termites are found to protect your entire building.



There are two types of termites to look out for: **Subterranean** termites that live in the ground and make tunnels up into a house. Typically, their tunnels look like small mud tubes. They have to always have moisture and they head for rotten wood.

behind it. Or they fly they want to set up a looking for damaged



The other is **drywood** termites. They usually have a small hole from boring into wood trim or drywall to get to the wood around "swarm" when their colony is getting too large, and new colony and are often attracted to light. They too are or rotting wood for the colony to eat.

Wright Termite has over the past 12+ years performed our soil treatment (Termidor) on a 5-year, rotation basis between the buildings. This treatment is to create a "barrier" around the perimeter of our buildings to help stop subterranean. If Wright termite comes across live, swarming drywood termites they typically spot treat to kill them in the unit(s). Historically, we have had very few problems.

Although I'm definitely not a termite inspector or an authority on termites, I do see damage done by termites all the time in my real estate business. You want to keep leaves out of gutters and valleys. Why? Water backup. You don't want to cause rotting plywood or support rafters by water backing up. That rotting wood is "food" for both types of termites.

Thankfully, it is easy to reduce your exposure for that by blowing off leaves, pollen, small limbs and having your house termite inspected once a year for **FREE**.

**Contact Wright Termite and Pest today at 813-948-0229 to schedule your 2024 inspection** (and then setup a yearly inspection on your calendar)! Your yearly inspection qualifies you for your termite warranty treatment and is the best way to help protect your investment (and your neighbor's investment in your building). If everyone gets their inspections done yearly, it is a win-win situation.

Have a great Spring and here's to no termites!!!!

**~Mark Cravens, Secretary Lake Heron Board of Directors**

***Neighborly Reminder About Our Backyards...***

Our backyards are NOT community property. They are privately owned. Please be respectful and not trespass in other backyards or let your dogs walk or poop in other's backyards. This is true for yards that back up to other townhome lots or to the lake.

Thank you.

**~Lake Heron Board of Directors**

## *Heartburn*

Heartburn, also known as acid reflux, is something that most of us have had at one time or another. For the majority of us, it is a minor annoyance. But for some, it can be quite troublesome. On occasion, it can indicate other, sometimes more serious, conditions.

What is heartburn exactly? Most people experience the sensation of burning under the breastbone or in the upper stomach. It is caused by acid coming from the stomach up into the esophagus, the tube connecting our mouths and stomach. This happens because what is known as the “esophageal sphincter”, which is a sort of valve between the esophagus and stomach, doesn’t perform its function correctly and becomes lax, allowing stomach acid to move into the esophagus. The “lazy” valve occurs due to some medications, some foods, or just another part of the aging process.

For some, heartburn can occur after a meal, upon lying down, after ingesting spicy food, alcohol, chocolate, or caffeine, or after experiencing stress. Some cough, lying in bed, due to inhaling stomach acid coming up the esophagus because of assuming the supine posture. But precipitating factors vary widely from person to person. What to do? If the lying position is the provoking factor, wedge shaped pillows are available to elevate the upper body. Avoid foods that provoke symptoms. Avoid eating at least 2 hours before bed. There are also medications over the counter and by prescription, that can help. Antacids, such as maalox, mylanta and tums, usually give quick relief, by neutralizing stomach acid. The so called “H2 blockers” such as Pepcid, may take 1/2 hour to an hour to work. and “Proton Pump Inhibitors” such as Prevacid, Lansoprazole, Nexium and Prilosec, take 1 to 4 days to have an effect, and are better suited for chronic symptoms. Both of these drug classes work by suppressing the formation of stomach acid.

There are possible complications that can accompany heartburn and acid reflux. Rarely, severe esophagitis, or inflammation of the esophagus, can cause bleeding and an increase in heartburn-like symptoms. Barrett’s esophagus, a premalignant condition, also occasionally occurs. If heartburn is severe or frequent (more than 2 to 3 times per week), consult your doctor.



### ***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.

## **No More Zoom Calls for the Meetings**

***All irrigation repair requests should now go to  
our UPI Property Manager, Angela Hester,  
at [ahester@univprop.com](mailto:ahester@univprop.com) or call 813-980-1000***

**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 or NEW WINDOWS?**

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/>