



### Board Meeting Highlights

Meetings were held in June and August. Once again, ACB issues took up a great deal of the time at the June meeting. Trees continue to be the number one issue. Newer building materials were also discussed such as metal roofs and exterior materials such as Hardy board. Work on the medians has been completed. Flags were discussed due to the Volusia County ordinance regarding the displaying of flags. Parking of boats and trailers in driveways is prohibited and remedies were discussed. Thanks to our 4th of July Committee (Teri Christopher), the parade was a success. The upcoming Yard Sale and Oktoberfest were discussed at the August meeting. It was decided that a meeting will be held on September 21st to finalize the plans. Code enforcement continues to be an issue. As a reminder, whether or not a resident is a member of the HOA, they have to abide by our covenants. The HOA now has 126 members. We hope more residents will join. The dues are only \$100 for the year. Most of the budget goes maintenance and updates to our common areas. As a reminder, the annual meeting is November 2nd @ 7:30PM held at Immanuel Presbyterian Church on Orange Camp Road. Several Board positions will be filled. All residents are encouraged to attend the meeting but only HOA members can vote. Once again, we desperately need more residents to get involved. Please come to a meeting to see what we do and how you can help.

### .....Key Information.....

POISON CONTROL.....800-222-1222  
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 Duke Energy .....800-228-8485  
 VOLUSIA CO ROAD & BRIDGE.....386-822-6422  
 Report pot holes, drainage issues, signs & mowing  
 VOLUSIA CO ANIMAL CONTROL .....386-248-1790  
 VOLUSIA CO CODE ENFORCEMENT.....386-736-5925  
 In residential areas, motor vehicles my not be parked in the front yard except on driveways.  
 W VOLUSIA TRANSFER STATION.....386-423-3862  
 For recycling and household hazardous waste  
 WATERING DAYS (before 10am)/*Daylight Saving Time*...  
 Even house # Thurs & Sun; Odd house # Wed & Sat  
 Eastern Standard Time...Even house # Sun, Odd house #

### LETTER FROM THE CHAIRMAN

Long Leaf Plantation’s Fourth of July parade was a big success with a large turnout. It was especially nice to see all the children and new families participate. It was most heartening to see the homeowners out in their yards waving to us as we walked by. Thanks to all the volunteers who helped organize the parade, provided watermelon and water to drink. In particular, a special thanks to Russ and Nancy Grant for once again hosting the event, and to John, Denise, Ed and the Raulersons for affording this gimpy Chairman relaxing golf cart rides to, thru, and from the event.

Remember that Oktoberfest is coming October 21 starting at 5:00 PM. Please also remember the Annual HOA meeting on November 2nd with refreshments at 7:00 PM, the meeting starting a 7:30 PM at Immanuel Presbyterian Church, 811 Orange Camp Rd., Deland and. Hope to see you there!

It has come to my attention that a number of residents are not getting approval for outdoor changes to their homes including their mailboxes. The Board will be sending out a list of covenants in the near future to re-acquaint the residents with the items that require ACB approval. As I noted in the last newsletter: whether or not you are a member of the HOA, if you live in the development you are bound to observe these stated covenants. Among a few of the items covered were:

- House construction materials and colors,
- Mail box appearance,
- No parking on the grass (also a Volusia County restriction),
- Mature tree and arboreal canopy preservation,
- Disposition of boats, trailers, unused vehicles
- Livestock restrictions and proper pet practices,
- Fencing and swimming pool protection.

Finally the HOA Board does not exist in an alternate reality. If you are interested in serving on the HOA Board please let Nada Acquaro [nadaacquaro@gmail.com] know of your interest as elections are coming up late October.

Duncan MacKenzie  
Chairman, Long Leaf Plantation Homeowners Association

**NEXT HOA MEETING: As always, residents..... September 21st, 6:30PM, at 494 Black Ironwood Drive.**

## BOARD OF DIRECTORS

**Duncan MacKenzie - Chair**  
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**Michael Company - Vice Chair**  
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**Rebecca Verrastro - Secretary**  
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386-310-2404

**Teri Christopher – Treasurer**  
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**Nada Acquaro**  
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## ARCHITECTURAL CONTROL BOARD

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\*\*\*\*\*

## COMMITTEES

### —Maintenance—

**Teri Christopher**  
386-956-8895

### —Membership—

**Nada Acquaro**  
954-681-1313

### —Yard Beautification—

**John & Teri Christopher**  
386-956-8895

\*\*\*\*\*

## NEWSLETTER

**Rebecca Verrastro**  
386-310-2404

**Carol Noyes**  
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(C) 386-956-9461

# CERTIFIED MONARCH BUTTERFLY SANCTUARY (504 BLACK IRONWOOD)

On Friday, July 21, our wildflower garden was visited by 6 members of the Garden Club of DeLand [GCD] to see if the number and type of flowers qualified it as a **Certified Monarch Butterfly Sanctuary**. We are thrilled to say it did!! We are Garden #220, registered in DeLand, FL, as part of **Monarch City USA**.

Three years ago when we "torched" our backyard so we could plant native wildflowers to support the **5 "B's"** [bees, butterflies, birds, bats and bunnies - and recently an armadillo that we've named Amethyst], we didn't realize we could apply as a Monarch Sanctuary until Matt Kemm, of Kemm Services, told me about this in Spring when doing a sprinkler repair.

The application to become a sanctuary is on the GCD's website [only Deland zip codes are eligible] and notes the need to have a minimum total of 20 nectar and host/larval food plants, including 3 different host plants with a minimum of 5 milkweed plants [the only host plant for Monarch butterflies] and a minimum of 5 different nectar plants for food. The application recommends native wildflowers [especially native milkweed] and lists several host plants and the types of butterflies each one hosts, along with a long list of common and native wildflower nectar plants.

For host plants, we had originally planted several milkweeds, and then added parsley/dill/fennel for the Black Swallowtails, and native Passion Vine for Zebra Longwings and Gulf Fritillary. Our native wildflower nectar plants include Black-Eyed Susan, Blanket Flower, Horsemint, Ironweed, Stokes Aster, Tickseed [our State Wildflower], Tropical Sage, Coral Honeysuckle, Firebush, Blue and Coral Porterweed, and non-native Penta, Lantana and a Chaste Tree.

Happily, this summer we've been "visited" by 3 types of caterpillars and 10 types of butterflies: Monarch, Zebras [our State Butterfly], Gulf Fritillary, Julia, Eastern Tiger Swallowtail, Eastern Black Swallowtail, Spicebush Swallowtail, Common Buckeye, Red Admiral Gray Hairstreak, Red-banded Hairstreak, and some I haven't been able to identify.

The voracious appetite of caterpillars has been a happy surprise!! We've replanted fennel and dill at least 2 times and added passion vines. Monarch caterpillars eat the milkweed leaves and even munch on the stems, but milkweeds grow back easily. Stems without leaves can be cut and rooted in water and replanted, or just left in the ground with new leaves popping out quickly and when milkweed pods open, seeds can be gathered and replanted or left on the white "feathers" that are scattered by the wind.

**It is a sobering fact the number of Monarch butterflies has decreased to the point that migrating Monarchs have been placed on the critically endangered**

**list due to habitat loss, the use of herbicides, even the planting of non-native milkweed which may be grown with insecticides and/or have parasites in the leaves.**

Our part to support Monarchs is simple:

1. Care enough to take action.
2. Ask for and plant FL native milkweeds [Asclepias tuberosa, incarnata, or perennis] and FL native wildflowers.
3. Watch for these beautiful creatures to visit your garden!

**You'll see our metal award and Monarch Butterfly hung on one of the oak trees in our front yard, along with bug houses and other whimsical**



## UPCOMING EVENTS

Long Leaf Plantation has 3 events coming up in these next 3 months:

1. Biannual Garage Sale -- October 14th from 7:30AM to 1:30 PM. Rain date: October 28th.
2. Oktoberfest -- October 21st @ 5:00 PM
3. Annual HOA Meeting -- November 2ND @ 7:00 PM

### GARAGE SALE:

As most of you know, we hold community-wide garage sales twice a year, in Spring and Fall. The Fall Yard Sale usually draws the most buyers as many people are scouting for Holiday items.

### OKTOBERFEST:

This is a great way to get to know your neighbors better. We will have a DJ, a keg of beer for the adults, a Bounce House for the kiddos, and various yard games. We are hoping for a nice turnout this year. We scheduled the celebration for a little later. ....



### ANNUAL MEETING:

The meeting is being held at Immanuel Presbyterian Church DeLand, 811 Orange Camp Road. We encourage all members to attend this meeting. We review what has gone on in the past year and discuss any future plans. The minutes from the previous meeting are read and a financial report is given. The doors open at 7:00 PM for refreshments (apple cider, water, and baked goods). The meeting will begin at 7:30 PM. This is a good time to voice your questions, concerns, and ideas for the neighborhood.

## TRY THE MIND DIET

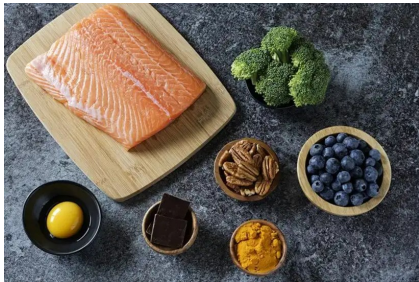
This brain-healthy eating pattern is a hybrid of the Mediterranean diet and DASH diet (Dietary Approaches to Stop Hypertension). It stands for "Mediterranean-DASH Intervention for Neurodegenerative Delay." The MIND diet focuses on food groups that research shows can help protect against age-related cognitive problems like Alzheimer's disease. The diet can also help lower blood pressure, which is a risk factor for Alzheimer's disease.

The MIND diet encourages eating more of these food groups:

- Beans: 3 servings a week
- Berries: at least 2 servings a week
- Fish: 1 serving a week
- Leafy greens: at least 6 servings a week
- Other vegetables: at least 1 serving a day
- Nuts: 5 servings a week
- Olive oil: use as your primary added fat
- Poultry: 2 servings a week
- Whole grains: at least 3 servings a day
- And it recommends eating less of these foods:
- Pastries and sweets: less than 5 servings a week
- Red meat: less than 4 serving a week
- Cheese and fried foods: less than 1 serving a week
- Butter: less than 1 tablespoon a day

Recommended reading: How to Keep Your Brain Healthy: The SilverSneakers Guide

Taken from the SilverSneakers Newsletter. You can read the full article at: <https://www.silversneakers.com/blog/8-delicious-ways-to-eat-your-way-to-better-brain-health/>



## YARDS OF THE MONTH

Congratulations to our Yard of the Month Winners! Thank you for helping to make our neighborhood beautiful! Remember, only paid HOA members are eligible for this award, so if you'd like to be considered, make sure you've sent in your annual dues of \$100. And be a good neighbor and consider nominating a yard you love by calling John or Teri Christopher at 386-956-8895.

### MAY

Jeffrey and Cynthia Dolzal  
855 Torchwood Dr



### JUNE

Michael and Pam Katz  
503 Princewood Dr

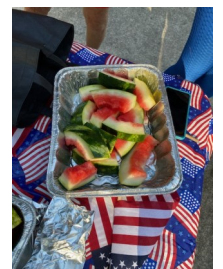
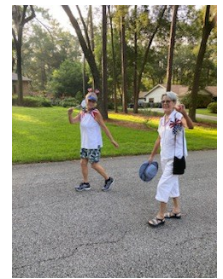
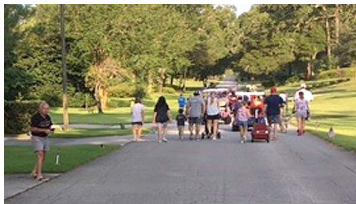


### JULY

Jeff and Katie Rouhselange  
1018 Torchwood Dr



## PARADE PICTURES



### HOA MEETINGS:

As always, residents are encouraged to attend board meetings and volunteer their services. The next board meeting is September 21<sup>st</sup> at 6:30PM at 484 Black Ironwood.

# MANY THANKS TO OUR ADVERTISERS FOR THEIR SUPPORT!

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