

SEPTEMBER 2024

A GREAT PLACE TO LIVE

VOL. 43 • NO. 9



heatherpoal1@yahoo.com -

www.heatherpoa.com



Staff & Phone Numbers

Keith Elder	President, Grounds and Lochs
Joe Cuccio	. Corporate Secretary, Security
Veronica Reese	Treasurer
Rickie Pelletier	1st VP, Building, RV Compound
Myrna Stover	Director At Large, Events
Laurie Fasulo	Office Administrator
Judy Huffman	Heather Newsletter Editor

As a reminder, the newsletter is available on the HPOA website – www.heatherpoa.com. So if you are away, you can still find out what's going on.

HPOA OFFICE	Heather Newsletter Editor
HPOA Office: 9100 Nakoma Way	, Weeki Wachee, FL 34613
Laurie Fasulo, Office Administra	ator 352-596-5028
Gate House (NOT FOR EMER	GENCY) 352-596-4011
Hernando County Sheriff's Of	fice 352-754-6830
Police (EMERGENCY ONLY) .	

DEADLINE

The deadline for the next issue of The Heather Newsletter is October 8, 2024.



You can send the article in PDF format to <u>heatherpoal1@yahoo.com</u> or drop off your typed article at the HPOA office, attention Editor. Thank you.

JOIN US FOR YOGA

On Monday, Wednesday, and Friday at 8:30am for \$3.00 a class, come and join us at The Heather Community Center!

Just bring a mat, a belt or solid strap for your Yoga exercises. Please arrive at least 10 minutes early since we close the doors promptly at 8:30am. – June Ziegler

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IMPORTANT MESSAGE: TO ALL HEATHER CONDO AND HOMEOWNERS

Please <u>**DO NOT**</u> drive across the median centers on St. Andrews Blvd. and Heather Blvd.

Not only are you posing danger to people walking or riding bicycles and other vehicles, but you also are damaging the grass and plants.

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President's Corner Keith Elder

I hope everyone had a great Summer with friends and family. Remember, school was back in session so watch out for the kids and please slow down. Also remember we are sharing our streets with golf carts and more people are getting them, so just keep an eye out.

We know that many homeowners use the ponds for irrigation. That is not a problem. Please remember when the ponds are low to try to refrain from using the ponds for irrigation at those times.

The Board has recently decided to send an extra letter to homeowners who are delinquent in paying

their dues **before** we send them to the lawyer for collection of late dues which is compounded by additional legal fees. At this time folks our monthly HPOA dues are just \$24.00 a month. So, we ask that you remain current in paying your dues!

Get involved with our community - We are looking for Heather property owners (who are in good standing with our deed restrictions) to be a part of the A&D committee and the Fine Committee.

Hope to see you monthly at our Board meetings which are usually held the 3rd Monday of the month at 7:00pm!





PLEASE BRING OLD EYE GLASSES TO THE Heather office for the Lions Club to give to those in need. Thank you!



The Heather Library

The Heather Library needs volunteers! Visit with Kathy and Audrey every Wednesday at 11am to help organize books, magazines, and puzzles. Thank you!

Architectural and Design Committee

Although the months of July into August were hot and rainy many of our homeowners did keep up with their lawn maintenance. It is appreciated and does beautify the community! As a homeowner in Florida you realize that keeping up with lawn maintenance from February through October entails cutting your grass more often than every two weeks!

Again, please remove any SIGNAGE THAT IS IN PUBLIC VIEW other than advertising property for sale. The Deed Restrictions are explicit – Article VI, Section 4, F.

This committee as well as the Fine committee are looking for volunteers (in good standing) to offer just a few hours of your time a month. A good explanation of the A&D committee is noted in Article VII, Section 3 of the Deed Restrictions.

Grounds & Lochs
Aqua Scope is doing a terrific job of working on our ponds for us. You may not know he does use an airboat in the ponds to get to the center of the pond. He also uses a boat so with all the rain that we have been getting the ponds look really good and he is on top of it. Aqua Scope comes out and does extra spraying if he sees that the first spray doesn't take at no extra cost to us. Keith Elder
COME DANCE WITH US: Love to dance? Come and enjoy dancing on Wednesday, September 4, from 6:00pm – 9:00pm and every following Wednesday at the Heather Community Center. We play music

from the 1940's through the 1980's. The first visit is free.

Morning Line Dancing resumes this month starting Tuesday, September 10 at 10:30am. The classes are only \$5.00 per class. Come join us and bring a friend!

David Mussatto

GATEHOUSE NEWS

Why do we celebrate Labor Day? Many of us work. We don't need a holiday to remind us of what work is and the difficulties and rewards that come with it. But through the course of a year, we don't often get the opportunity to reflect on why we do our jobs the way



we do, where our current workers' rights came from and the price many people paid to secure those rights for us today. That is worth remembering.

Hoping it has started to cool off a little. Please drive more carefully in the morning and afternoon when the children are going and coming home from school.

Wishing you all a blessed and safe September!

The Gatehouse Staff

I

ATTN HEATHER RESIDENTS!

Are you on Facebook? The name of our group is, **"The Heather Community Residents Weeki Wachee, FL."** We presently have 669 members. It is the fastest way we have to communicate with ALL residents. If you need assistance to learn how to use this great tool and are on Facebook, please contact me, BOBBI GLENN 352-346-3635. We will be announcing many new ideas in this group. So join us today! Perhaps you can spread the word to other Heather residents. Thank you

SIGN UP TO HELP IN 2024 WITH EVENTS & ACTIVITIES Please indicate your specific interest and the dates you're available.

Name:

Email: _____

Tell us how you're able to help:

Phone:

(Please return to the office.)

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UPCOMIMG EVENTS

• 10/26/2024 • FALL FEST (FAMILY EVENT)

• 12/21/2024 • XMAS FORMAL DINNER (ADULTS ONLY)

> • **RSVP** • AT THE CLUB HOUSE WITH LAURIE

> > MORE TO COME
> > VOLUNTEERS NEEDED

August 3rd Meet & Greet at the Heather

The Meet and Greet on 8/3/2024 was a good turnout.

Thank you to all that attended. I enjoyed meeting new neighbors and cannot wait to see you all again.

The **next event** is the **Meet N Greet for the Furry Friends on September 7th at 11am.** I'll be waiting with treats. See you soon.

Also, look out for other smaller events on the door of the office and on our new Bulletin Board out front at the main entrance.

Myrna Stover

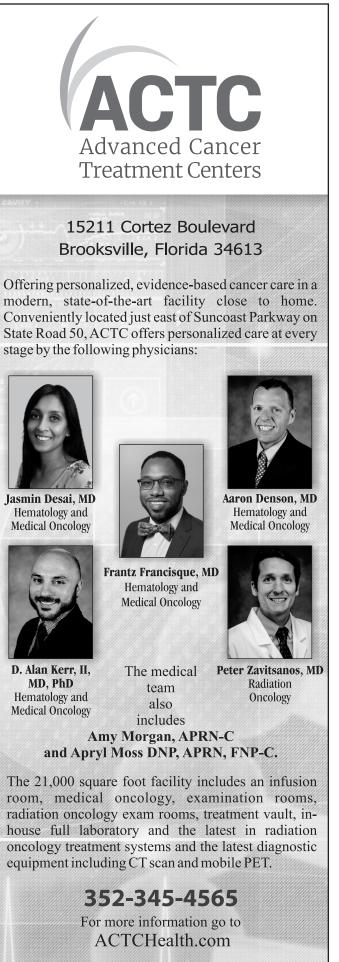


September Inspirational Quotes

"What we have once enjoyed, we can never lose. All that we love deeply becomes part of us." -Helen Keller (author, activist, educator)

"Like a bird singing in the rain, let grateful hemories survive in time of sorrow." -Robert Louis Stevenson (novelist, poet, travel writer)"

"The tans will fade but the memories will last forever." -Unknown



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Editor's Column

Judy Huffman

We've all heard the expressions – "time is short", "take time to appreciate the small moments", "take time to appreciate one another", "take time to smell the roses". But how often do we really think about those expressions in our everyday lives?

Recently I've given much more thought to these expressions because my beloved younger sister who had been battling cancer for over 3 years succumbed to brain cancer.

Jo, as I called her, was a devoted, loving mother and wonderful sister who possessed Christian family values. She had a pleasant smile and hearty laugh and was somewhat carefree. She worked hard and struggled for all those years when she was a single parent. She loved her two children and granddaughters and was "tickled pink" as she experienced her little great-grandchildren. Since we lived in different states after we married and had families, we saw each other less frequently. We often spoke by phone to catch up with one another's busy lives. We never failed, however, to be together at least a few times a year and on one big holiday to enjoy each other and to express our caring love for each other. As I think about all those meaningful conversations and family events. I also think that there may have been things we didn't get to say to one another. And yet I know how much she loved me as much as I love her. And I will cherish her memory and know that every time I think of her, she'll be in my heart.

So, thank you for reading my little tribute to my sister. And I wish and pray that you enjoy and relish every moment with your families and friends. loved ones and neighbors and that you take some of **these expressions** to heart and don't let them fade away but experience and think about them.



877-869-9700 The Bluffs **Qualified Property Management** 877-869-9700 Heather Walk Sentry Management 727-942-1906. ext. 53523 The Fairways Susan Mackert 352-686-7940 Heather Sound Michele Hernandez 314-614-6984 Let's Play Bingo

NFORMATION

IF YOU LIVE IN

THE CONDOS OR VILLAS

The Greens

call Qualified Property Management

Join us for BINGO every Wednesday at 1:45pm, in the month of August. Dates are 9/4, 9/11, 9/18 and 9/25 at The Heather Community Center.

> Bring a friend, meet new friends and have fun!

Rickie Pelletier



WE DO NOT OFFER EVERY PLAN AVAILABLE IN YOUR AREA. ANY INFORMATION W PROVIDE 15-LIMITED TO THOSE PLANS WE DO OFFER IN YOUR AREA. PLEASE CONTACT <u>MEDICARE.GOV</u> OR I-800-M DICARE TO GET INFORMATION ON ALL OF YOUR OPTIONS Page 10 • The Heather • September 2024

The Fairway

I'd like to share more information with you about the "Republic" trash situation. I have found out that the meeting regarding the bidding on the new trash contract will not be for several months. I have made several other contacts including the man who is running against John Allocco for the Commissioner role. Let's be hopeful that a new person will be responsive!

Please read the following email that provides some significant information about the charges we're experiencing for our Fairway community. It would be most helpful too if all our Fairway owners contact these individuals and express the unjust and unfair charges for our trash collection.

Saundra Piercy

President

352-346-7267

The following are the numbers to be reviewed by the Commissioners for total clarity of the injustice that has been going on for years because of a thoughtless decision that was made in the 90's on a complex like no others in the county of Hernando.

Private residences pay \$45.96 per quarter or \$183.84 yearly for their trash removal. Each home has one barrel to accommodate whatever number of people reside in the dwelling.

The Fairway pays \$13,150.08 for 24 barrels. Each condominium has mostly one to two residents occupying the unit. We are charged for a 72 barrels pickup but only have 24 barrels. The 24 barrels has been adequate with no objection from Republic.

If we were paying the just amount for the 24 barrels our annual fee would be \$4,412.16. This is beyond our being grossly overcharged.

When I multiplied 72 X \$183.84 which is the residential charge by 72, it came out to \$13,236.48. I subtracted the \$13,150.08 which we are paying and the difference is \$86.40. It appears that this \$86.40 is the discount that Republic insists they are allowing us. I believe they referred to it as a "discounted rate."

Again, the truck stops at 12 parking lots to pick up 24 barrels and not driving from house to house to pick up 72 barrels that we are being charged for. Though our 12 buildings consist of 72 units, Republic only has to stop 12 times and not 72.

We are a small community and cannot absorb being unfairly and unjustly overcharged. I wonder if any thought has been given to considering one of your loved ones residing here and being retired and living on a fixed income!

In my previous emails to you I have asked you for answers to two questions and have not received a response. I was able to get the cost numbers on my own.

I am very disappointed in the lack of interest you have extended to this major problem. We have been in communication with you and Republic for a long period of time and get the same negative response each time we come to you for help. No new consideration and thought it put into this. Your response is that the decision to handle our situation was made in the 90's end of subject. This is 2024. A new contract is being negotiated. I was told previously to address this at this time. The time is here. I am addressing it. This email is absolute information so I trust some energy will be put into this at this time.

The Board would very much like to meet with you regarding this very important matter. Please let me know a time and place.

Thanking you for our consideration.

[The Greens]

Hello neighbors

Looks like we avoided another could have been a heart breaker storm. I know some of us incurred Debby's wrath, but it could have been much worse.

As summer is moving along quickly, get outside and enjoy the sun and the humidity. But make sure you wear sunscreen to prevent sunburn, and possibly skin cancer in the future.

Take in Pine Island or Weeki Wachee State Park with friends and family. Try standup paddleboarding or kayaking, both provide outdoors excitement and great exercise.

Then come home to the peace and tranquility of the Greens.

Have a wonderful summer.

Rich Mayer

Pickett's Park Pool

Request for Pickett's Park Pool committee to provide us with some monthly news for our newsletter! Please call the Heather office to give us your name(s) and contact information.

Thank you,

Judy Huffman, Editor

Heather Sound

I have been out of town lately, but I have to tell you that it's great to be home.

We are grateful to have had very little damage from the storm. The lake is looking much better.

And a special thank you to Jack for fixing the pool light! The pool is perfect!

Enjoy!

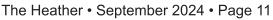
Diana Regan

The Bluffs

Attention: Bluffs Homeowner's Board – We look forward to placing Bluff's News in our monthly newsletters. Please contact the Heather office to leave your name(s) and contact information.

Thank you,

Judy Huffman, Editor





I can fix anything. . . . Cheaply!

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Offices Hernando, Citrus and Pasco Phone: (352) 683-1963 www.willtrust.com



2024

F	RIDAY	SATURDAY	
6 8:30am 12pm	Yoga Class HPOA Office closed	7 11am Heather Furry Friends	
13 8:30am 10a 12pm	Yoga Class Sew Happy HPOA Office closed	14 PRIVATE EVENT	
20 8:30am 12pm	Yoga Class HPOA Office closed	21	
27 8:30am 12pm	Yoga Class HPOA Office closed	28	



Word Search

Classical Composers LS MEND Е S ОН Ν D L 7 E E F D А В F F Ο В В R O D А н Х Ν А S F κ F F Ν 7 G B S F Н D G F R S R В Ρ E G D U v х R M S Ζ С Ρ M Т G н Ν G Κ А С Т Т R А Ζ Ο M F Q G Y G E R G S Κ G D Ρ I н Ν Ν Ν Μ S А Ν MΡ AGA В Ν Ν D

Bizet	Offenbach
Brahms	Pachelbel
Bruch	Paganini
Delius	Puccini
Dvorak	Purcel
Elgar	Rameau
Gluck	Rossini
Gounod	Scarlatti
Grieg	Schumann
Handel	Tchaikovsky
Haydn	Telemann
Hoist	Verdi
Liszt	Wagner
Mendelssohn	Weber
Mozart	

How to solve wordoku puzzles You only need logic and patience to solve a wordoku. Simply make sure that each 3x3 square region has only one letter from the word TREMBLING. Similarly, each letter can only

		Т		Ν				L			
Е							G				
	Ν		Е	L		В	R	Т			
G					Т		М				
	L		Ν					Е			
В	Е	M		R	G		L				

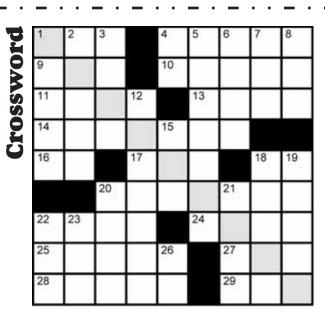
R

G

Wordoku

appear once in a column or row in the larger grid. The difficulty on this puzzle is medium.

G



Across

1. Letter before zee 4. Maxim 9. Mr. Potato Head piece 10. Pertaining to birds 11. Islamic sect 13. Nose out 14. Monk's haircut 16. Therefore 17. School org 18. Element #2's symbol 20. Handler 22. Maple genus 24. Prefix with type 25. Sink feature 27. Terminate 28. "Beats me!"

29. Freelancer's enc.

- Down
- 1. Adam and Mae 2. AOL competitor
- 3. The Emerald Isle
- 4. Cellist Yo-Yo --
- 5. Blanket
- 6. It ebbs and flows
- 7. Playground game
- 8. Undivided
- 12. Headache helper
- 15. Western tribe
- 18. Reddish brown
- 19. Eat away at
- 20. Withdraw gradually 21. Runs out of steam
- 21. Runs out o 22. Sum (up)
- 23. French vineyard
- 26. Thumbs-down

H.P.O.A. Board of Director's Meeting

August 19, 2024

Provisional Minutes until approved on ____September 16, 2024______

Rickie Pelletier called the meeting to order at 7:00 pm - PLEDGE

Board members present: Rickie Pelletier- 1st VP, RV Compound; Joe Cuccio-Corporate Secretary, Security; Veronica Reese-Treasurer(Excused: Keith Elder-President, Grounds/Lochs, Buildings; Myrna Stover-2nd VP, Events

Members present: Brian Pankz, Chris Donaldson, Bobbi Glenn, Larry Stevens, Barbara Jamalkowski, Donna Poveromo, Nicolette Lock, Maria Londono

Corporate Secretary: Joe made the motion to approve and accept the July 15, 2024 minutes. Rickie 2nded, all were in favor. Motion carried.

President/Administration Report: Rickie stated that in Keith's absence he would be conducting the meeting.

Treasurer Report: Veronica reported that financials still look good

Heather News: Any articles for the newsletter need to be in by September 10th for the October newsletter. Nothing further to report.

A & D Committee: Rickie reported that Lisa Cleveland had completed the proposed revisions on the Deed Restrictions and the Board would be reviewing them when Keith returns. If everything is satisfactory then they will be forwarded to the attorney for review and comments.

Security: Joe reported that the Gatehouse continues to remain fully staffed. He also reported that we have received a proposal from a private Security company and the Board will be reviewing and discussing when Keith returns issues (i.e. armed vs unarmed, insurance coverage)

RV Compound: Rickie reported that 3 Seasons offered a proposal to spray the compound to get rid of the weeds. This will be done every other month. Rickie made the motion to accept the proposal. Vote: Rickie & Joe – Yes, Veronica – No.

Rickie also reported that there are no openings in the Compound even though there appear to be empty spaces.

Grounds & Lochs: In Keith's absence Rickie reported that AquaScope had been on the ponds in the airboat breaking up the sediment and slime to

open up the flow of the water. Keith has spoken to AquaScope and they will be using the airboat on Thursdays and Fridays.

3 Seasons is now mowing every week and they are doing a much better job of pruning the trees and shrubs and picking up the debris so the grounds are looking much better.

Rickie also reported that the new sign has been temporarily installed at the front of The Heather. We are currently getting quotes to wire it for lighting.

Building: Nothing to report

Events: Myrna requested \$75 for the Furry Friends event on September. Rickie made the motion to approve Myrna's request. Veronica 2nded, all in favor. Motion carried.

Myrna also requested \$200 deposit for 4 inflatables for the Fall Festival on Oct 26th. Rickie made the motion to approve the request. Veronica 2nded, all in favor. Motion carried.

New Business: Due to the fact that the old microphone was no longer working and several people asking if we were going to replace it, Laurie found a 2 mic system, complete with receiver for \$119. Joe made the motion to purchase the system, Veronica 2nded, all in favor. Motion carried.

Joe reported that the Board had decided to use Spherion Staffing to provide us with a person well versed in Quickbooks Online to come to the office about 14 hours a week (as needed) to train Laurie in the Bookkeeping area of the system. This would be a temporary situation. Joe made the motion to hire, Veronica 2nded. All in favor, motion carried.

In an effort to provide space needed for the library, Rickie made the motion to reorganize the library space. Joe 2nded, all in favor. Motion carried.

Rickie brought up the idea that he and Keith had regarding Poop Stations for the dogwalkers in the community. The Board decided to Table the discussion. Joe 2nded. Motion carried

Rickie also brought up Myrna's idea of building a 6-8" platform for the community center. This was also Tabled. Veronica 2nded. Motion carried.

Meeting was adjourned by 1st VP Rickie Pelletier at _8:05_p.m.

Next meeting will be _____September 16, 2024 ______at ____7:00 p.m.

Joe Cuccio – Corporate Secretary

Balance Sheet

As of July 31, 2024

					TOTAL
Total Credit Cards					\$4,054.75
Other Current Liabilities					
940					-397.71
941					0.00
Building Rental Security Deposits Received					-870.00
Designated Donations					650.00
Direct Deposit Payable					-240.96
Payroll Liabilities			25 E		
940					149.54
941					0.00
Bloom - Midland Funding LLC					456.39
FL Unemployment					-6.40
Tetal Payrell Liabilities					-599,53
RV Key Deposit					1,370.00
Total Other Current Liabilities					\$1,110.86
Total Current Liabilities	14 mil		- 1		\$5,165.61
Tetal Liablities					\$5,165.61
Equity					
Federal Taxes					-2,012.00
Opening Balance Equity					8,452.29
Reserves					0.00
Equip/Replace/Repair					18,541.00
Lochs					6,000.00
Painting					0.00
Paving					5,000.00
Pump/Sprinklers					12,500.00
Roof					25,500.00
Tetal Reserves	1.20	C3 (ē			67,541.00
Retained Earnings					372,374.84
Net Income					-21,603.81
Total Equity		1.0		3.000 C	\$424,752.32
TOTAL LIABILITIES AND EQUITY	11.000	50.55		177	\$429,917.93



1

FAX: 352-683-7095

8339 County Line Road • Spring Hill, FL 34608

SUPPLIES, SERVICE, REPAIRS, AUTHORIZED WARRANTY CENTER FOR ALL MAJOR BRANDS WEEKLY FULL SERVICE STARTING AT \$100



Balance Sheet As of July 31, 2024

ASSETS	10 100.00						TOTAL
Current Assets							
Bank Accounts							
Regions Bank checking (4677)							111,194.77
Regions Bank MM - Reserves (5797)						71,300.97
Regions Treasury Note (9cCM)							138,783.62
Tetal Bank Accounts			1			14.1	\$321,279.30
Accounts Receivable							
Accounts Receivable (A/R)							-72,677.42
Total Accounts Receivable			1.				\$-72,677.42
Other Current Assets							
Undeposited Funds							1,390.00
Tetal Other Current Assets		1+10			116-11		\$1,390.00
Total Current Assets		-					\$249,991.94
Fixed Assets							
Air Conditioners							11,251.26
Building							243,384.07
Building Improvements							23,447.44
Total Bulleing							266,831,51
Furniture & Equipment							52,982,41
Outside Equipment							16,727.94
Sign							16,025.40
Sprinkler Systems							8,482.00
Total Fixed Assets	e	10 Julies					\$372,300.52
Other Assets							
Depreciation							-192,374.53
Total Other Assets	1.0000000000000000000000000000000000000				-	1	\$-192,374.53
TOTAL ASSETS			(1) 1000000	10 1 (marked at 1	COMP. D		\$429,917.93
IABILITIES AND EQUITY							1000
Liabilities							
Current Liabilities							
Accounts Payable							
Accounts Payable							0.00
Total Accounts Payable		1000		19682		1255	\$0.00
Credit Cards							
Regions Visa (0043)							4,054.75

Profit and Loss May - July, 2024

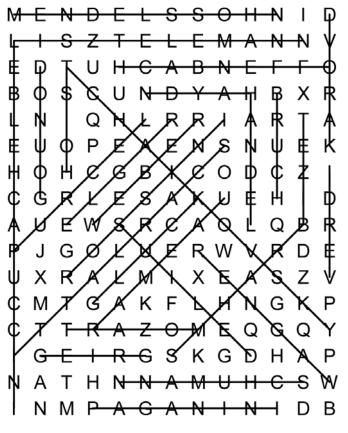
		-									TOTAL
Payroll Taxes			0		1.1						
940											74.73
941											1,719.29
SUI				1.115.1							12.46
Total Payroll Taxes											1,806.48
Sick											80.00
Vacation		-									280.00
Total Payreli											24,800.91
Payroll - Garnishment Professional Fees											458.50
Accounting											649.66
Consulting fees											119.33
Legal Fees											340.03
Newsletter Editor											425.00
Total Professional Fees			20162	100							1,534.02
QuickBooks Payments Fees											54.85
Repairs & Maintenance											-48.63
Trash Pickup											45.66
Total Repairs & Maintenance									1.00		-2.97
Security											26.61
Sheriff's Patrol											8,280.00
Utilities											
Electric											6,964.84
Telephone-Spectrum											956.86
Water & Sewer											1,211.16
Total Utilities								17.5.0			9,132.86
Total Expenses	1-12				1.000				0750	22	\$87,551.27
NET OPERATING INCOME							Linesa	an al black			\$-21,507.61
Other Income											· · · · · · · · · · · · · · · · · · ·
Credit Card Processing											3.80
Total Other Income			1.1.1		-		100			5 444	\$3.80
Other Expenses											
Bad Debt Expense											24.00
Refunds to Members											76.00
Total Other Expenses		0.772	0.0000	12		023	81 T.				\$100.00
NET OTHER INCOME				14					4.11		\$-96.20
NET INCOME		10,000	A Transform	1000		$-2\pi (1-1) = 0$	-		$\lambda (m)$		
							-				\$-21,603.81

Profit and Loss May - July, 2024

			5 V 7	TOTAL
Income				
Building Rental Income				750.00
Estoppel Fees				1,575.00
Hernando County/Maint Income				700.00
Interest Income				712.90
Lot Fee Income				58,457.00
Lot Late Fee Income				870.00
RV Compound Income				3,120.00
Social Activities Income				264.07
Social Activities Expense				-405.31
Tetal-Secial Activities Income				-141.24
Tetal Incame				\$66,043.66
GROSS PROFIT	1 2 2 1		11	\$66,043.66
Expenses				
Bank Charges & Fees				24.92
Building Maintenance				6,989.29
Janitorial Supplies				79.61
Pest Control Indoor Only				56.06
Tetal Building Maintenance				7,124.96
Computer & Internet				
Yahoo email				53.97
Total Computer & Internet		1-1-1-1		-53.97
Insurance				
Business Liability- PCS				14,914.51
Total Insurance		1.000		14,914.51
Maint, Grounds				808.58
Maint. Lakes				880.00
Maint. Lakes - AquaScope				880.00
Mowing, Landscaping, gas- 3 seasons				15,669.00
Tree / Scrub Removal or clean-up				575.00
Total Maint. Grounds				18,812.58
Office Supplies				1,801.64
Meals				18.88
Postage				325.52
Postage Certified Letter Fee				189.51
Total Postage	17-17-17-1-1			515.03
Total Office Supplies		1		2,335.55
				504.00
Payroll				22,114.50
Gross Wages				22,114.50
Holiday Mileage Reimbursement				15.93

PUZZLE Answers

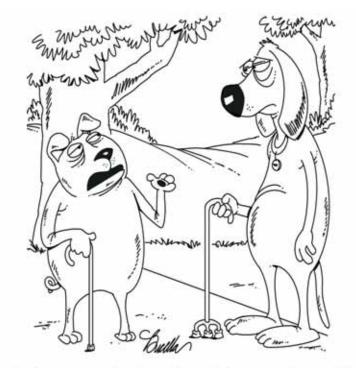
Word Search



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Crossword





"Did you ever think we'd reach the age when we'd be discussing our flea, tick and heartworm meds?"

Wordoku

Heather Walk News

Greetings from Heather Walk, where this month we would have had the great Honor to wish one of our long time residents, Elsie King, a wonderful 100th Birthday on September 13th. Sadly, we have received the news that Elsie has passed away, just short of her big day.

If you knew Elsie, you know she had a long history of being very involved in our community. She was an avid golfer back in the day, participating in The Heather Women's League and was also a member of The Dunes. She was always there to support Night Golf and Sunday Scrambles. She was well known on The Heather Golf Course for her love of the game! Sadly, we will have to wish her a Happy Heavenly Birthday on September 13th. Hugs for her family and for ALL her friends on Heather Walk. Rest in Peace, Elsie. You won't be forgotten.

Puttanesca Chicken

(A delicious crock pot recipe) Serves at least 6

Ingredients:

- 3 3 l/2 lbs. of skinless, trimmed chicken thighs and breast meat cut in 3–4-inch large pieces
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 126-oz. jar pasta sauce
- 115-oz can diced tomatoes with garlic
- 1 small can of sliced black olives, drained
- 2 tablespoons drained capers
- 1 heaping teaspoon lemon zest
- 3 plus cups of hot cooked Orzo Pasta
- Parmesan cheese (optional)

Directions:

Place uncooked chicken pieces in a 3 ½ - 4-quart slow cooker. Sprinkle with salt and pepper. In a medium bowl combine pasta sauces, capers, lemon zest, olives and garlic powder. Pour over chicken.

Cover and cook on low 6-7 hours or high 3 ½ hours. Serve over pasta and if desired, sprinkle with Parmesan cheese

Buon Appetito, Judy Huffman

At our last Board Meeting, we established a Nominating Committee to help find candidates for our upcoming Board positions, which will occur in November. If you are interested in running for the HOA Board of Directors, please contact Sue Tolbert, who is our current Board member who is heading up this committee. Jimmy can help you with access to webinars that may help educate you on the position of HOA Board of Director.

Just as a quick reminder, as we enter Hurricane season, please take care to secure all loose items that could become projectiles during a storm.

Stay cool and enjoy all the beautiful flowers that have bloomed along Heather Walk's many gardens.

Until next time, Donna Poveromo

Improve Your Balance

Are you able to stand on one leg for 10 seconds? Based on a 2022 published study in the *British Journal of Sports Medicine* the duration may be a marker of one's future health.

The research found that people ages 51 through 75 who were unable to stand on one leg for 10 seconds have almost double the usual risk of premature death. The observational study found only an association between balance ability and early death. The test is a way to gauge your balancing skill and give you a sense of your fall risk.

Here's how to do it:

- Stand near a counter or chair if necessary.
- Keeping your arms at your sides, slowly place the top of your right foot against
- your left calf.
- Keep your gaze straight ahead and stand that way for 10 seconds.
- Repeat, reversing leg positions.

Or another option is to raise one leg, so your foot is about 6-12 inches above the floor. Hold the pose for 20 to 30 seconds or longer. Practice daily and see how much your balance improves.

- Harvard Men's Health Watch 2024 Article



Rudi Seligman, CFS Investment Specialist Glen Lakes resident

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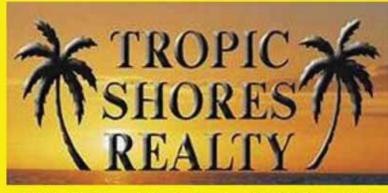
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