



Honor Flight South Florida is a 100% all-volunteer organization, dedicated solely to honoring all veterans in Broward, Dade, and Monroe counties. In the final chapters of their lives, it's a race against time to fly these veterans to Washington, D. C. to visit and reflect at the memorials built in their honor.

First priority for a trip is given to World War II veterans. Terminally ill veterans of any service period may be given the same priority as WWII veterans (physician statement required.)

The veteran's one-day mission to Washington, D. C. includes round-trip airfare, deluxe bus transportation throughout Washington with police escorts, meals, commemorative tshirts, and other amenities needed to travel comfortably. Disabled veterans are also welcome; with advance arrangements, honor chairs and oxygen are available.

Visit the website below and click the Veteran tab to fill out an online application or call the phone number below.

Information at honorflightsouthflorida.org Phone: 855-359-1838



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<u>howardwinter@comcast.net</u> <u>http://howardwinter.matrix.southfloridamls.com</u>

Howard Winter Realtor

SINGLE FAMILY HOMES AND PLEXES FOR SALE !!!!!!



CALL FOR MORE INFO. MANY MORE UNITS ALSO FOR SALE....



Board Meeting Dates6
Bulk and Garbage Pickup
Bus Schedule7
Calendars23-26
Clubs & Activities20,21
Communicating with the Board5
Directors' Contact Information4
Entertainment14,15
From the President4
Gym Rules & Etiquette18
Helpful Phone Numbers7
Household Hazardous Waste
Maintenance Auto Debit Form33
Maintenance Procedures16
New Monthly Maintenance Payments
Newspaper Deadlines6
Notice to Landlords9
Plantation News27
Puzzles
Recycling Guidelines31
Safety Tips10,28,32,41,43
Swimming Pool Rules18
WEB Site/Social Media Alert32



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LW ANNEX & GYM 1301 NW 87 Lane Plantation, FL 33322

LAUDERDALE WEST NEWS

LAUDERDALE WEST BOARD OF DIRECTORS AREAS OF RESPONSIBILITY 2023

Business Offices (954) 473-8219

0	JOANNE HILL, President				
(25)	Notary Public; Legal; HVAC Project; LW Newsletter; Estoppels				
1 Del	Contact: Extension 114 Email: jhill@lauderdalewest.org				
0	, , , , , , , , , , , , , , , , , , , ,				
EM.	BARBARA BUCCI, 1 st Vice President				
4	Maintenance Department; Landscaping/Trees; Roof Repair/Replacement				
100	Contact: Extension 124 Email: bbucci@lauderdalewest.org				
\cap	HAL SPECTOR, 2 nd Vice President				
130	Plex Insurance Certificates; HO3/HO6 Insurance; Late Letters; Memorial				
and a state	Board; Board Agendas; Security Cameras				
11 28	Contact: Extension 112 Email: hspector@lauderdalewest.org				
	MARLENE NEWMAN, Secretary				
257	Lease Applications/Approvals				
200	Contact: Extension 113 Email: mnewman@lauderdalewest.org				
Mill Disearch W					
150	PAULINE GOSSELIN, Assistant Secretary				
1251	Notary Public; Sales Applications/Approvals; Volunteers; Library				
	Contact: Extension 127 Email: pgosselin@lauderdalewest.org				
~	BERNADETTE BRODMERKEL, Treasurer				
4.4.4	Notary Public; Finance; Pest Control; Irrigation				
	Contact: Extension 104 Email: bbrodmerkel@lauderdalewest.org				
102 E					
	ALFREDO ARROYO, Director				
	HVAC Project; Exterior Painting; Post Painting Inspections; Pools/Spas				
100	Contact: Extension 111 Email: aarroyo@lauderdalewest.org				
A State of the second s					
ales to	ANNA BENDER, Director				
6.68	Room Rentals; Party Time; Special Events; Social and Entertainment;				
1003	Resident Relations; Lost & Found				
	Contact: Extension 103 Email: abender@lauderdalewest.org				
	JOHNNY MCLEAN, Director				
1000000	Facilities Management (HVAC; Elevator; Alarms); Parking Lot/Roadway				
	Paving; Gym; Custodial				
	Contact: Extension 125 Email: jmclean@lauderdalewest.org				
(P)	KRISTI WOODS, Director				
400	Notary Public; Blue Stream; Technology; Purchasing;				
2	Modifications/Architectural Review				
	Contact: Extension 109 Email: kwoods@lauderdalewest.org				
100	SALLY ZAYAS, Director				
of the same	Beautification Project; Property Inspections; Painting Inspections; Association Insurance, Pet Accommodations				
1.00					
	Contact: Extension 117 Email: szayas@lauderdalewest.org				
	D 4/02/2024				

Rev. 1/02/2024

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DISCLAIMER

PLEASE BE ADVISED THAT LAUDERDALE WEST COMMUNITY ASSN NO. 1 INC AND LAUDER-DALE WEST NEWS DO NOT ENDORSE ANY OF THE ADVERTISERS HEREIN. THEREFORE, WE ARE NOT RESPONSIBLE FOR ANY CLAIMS, DEFECTS IN PRODUCTS, WORKMANSHIP OR TIMELINESS IN THE PERFORMANCE OF THE WORK. THE ADAGE "LET THE BUYER BE-WARE" APPLIES.



I certainly hope you all survived the Holidays and are keeping to the New Year's Resolutions you may have made. I am trying!!

As I am writing this at the end of December, the HVAC project is going strong and very near completion. Hallelujah!

The auditorium should be completed for our show on February 24th. It is Michelle Foster, the Music of Carole King. One of my favorite singers. I can't wait to get back to "normal" in the clubhouse, whatever normal is! And wait til you see the auditorium! Because of the flooding, we had to replace the carpeting, dance floor, light fixtures, paint, and more. A special thanks to Kristi Woods, Alfredo Arroyo, Charlie Gervolino and Diane Burke for their dedication and hard work getting all these projects together and finished in time for the show. Also, to Jeff Bender and Mark, our electrician, for getting all the lighting up and running and the audio/visual room back together.

In addition to the six shows in 2024, we will have several Party Times throughout the year. We need to socialize again and dance the night away! I know Anna Bender will be coordinating these and we will be posting dates soon. Please attend. We do have so much fun.

During our budgeting process, inquiries were made about the cost of printing and mailing this newsletter. As I have said several times at our meetings, if you do not want to receive the newsletter by mail, please notify Connie Guzzi at 954-473-8219, Extension 120 and she can remove your name from our mailing list. The LW News is always on our Website and often posted before it is received in the mail. There were also questions about its repetitiveness. The LW News is about giving you information regarding living here in Lauderdale West – the do's and the don'ts. Yes, it may be repetitive, but it must be for new owners and for those that just don't always take the time to read it. You would be surprised by some of the questions we Directors receive. We say that the information is in the newsletter and we hear "Oh, I don't read it." Really??? Then don't get it delivered.

Our Board elections are coming up. We are always looking for candidates for the Board. Please think about running. Yes, it is hard work and your Directors put in a lot of time and energy running the business that is Lauderdale West, and dealing with the concerns of our residents. We need people who are dedicated, honorable and willing to put the time in on a daily basis. If that is you, you must submit your "Intent to Run" with Marlene Newman, our secretary, no later than noon on Thursday, February 15th.

The Annual Meeting will be held on Monday, March 25th. We open the meeting at 10 AM, close it and reconvene at 7 PM, at which time your new Directors and Officers will be sworn in.

I thank you for reading this message and wish you health and happiness.

DIRECTORS' PHONE EXTENSION AND EMAIL ADDRESSES LAUDERDALE WEST 954-473-8219

ext. 111

ext. 103 ext. 104

ext. 124

ext. 127

ext. 114

ext. 125

ext. 113 ext. 112

ext. 109

ext. 117

Alfredo Arroyo
Anna Bender
Bernadette Brodmerkel
Barbara Bucci
Pauline Gosselin
Joanne Hill
H. Johnny McLean
Marlene Newman
Hal Spector
Kristi Woods
Sally Zayas

aarroyo@lauderdalewest.org abender@lauderdalewest.org bbrodmerkel@lauderdalewest.org bbucci@lauderdalewest.org pgosselin@lauderdalewest.org jhill@lauderdalewest.org jmclean@lauderdalewest.org mnewman@lauderdalewest.org hspector@lauderdalewest.org kwoods@lauderdalewest.org szayas@lauderdalewest.org

Communicating

With the increased use of the internet and text messaging, we often expect instant communication and responses. This is especially true of owner communications with the Lauderdale West Board of Directors. Because your communication to the Board may raise certain legal issues for not responding timely, and sometimes emails end up in spam filters, the Association must insist on certain formalities regarding communication.

• Your first step should be to check our Website (www.lauderdalewest.org), as many of our governing documents are available to view or download from there.

• If you don't find what you are looking for, write your request

Do not send requests via email or text message.

• If it is a request to view a document (e.g., I want to see the financials for December), it need not be sent via Certified Mail.

with the LAUDERDALE WEST BOARD OF DIRECTORS

• The Board will set up an appointment within ten (10) business days of receipt of the letter.

• The Association is not obligated to provide you with copies, but merely to allow you to review the document(s)

• If you wish something copied, you will be charged twenty-five cents per page.

• If it is a written inquiry (e.g., Why did we choose Contractor A vs Contractor B for this project?), it needs to be sent to the Board via Certified Mail.

• The Board will respond within thirty (30) calendar days of receipt, unless one of the statutory extensions applies.

The Lauderdale West Board of Directors cannot take any action on information provided in a letter, voice mail or phone call without the name and LW address of the person making the report.

Thank you for your cooperation.

PLEASE RESPECT OUR BOARD MEMBERS' PRIVATE TIME

As we are all aware, our Board of Directors is a team of volunteers. Please have respect and allow them their private time. They are in the office Monday through Friday from 9:00AM until Noon to carry out the business of Lauderdale West and to address your issues. Please do not interrupt their private time by calling their personal phone number or arriving on their doorstep. Either call their extension, which can be found on page 3 of this Newsletter, and leave a voice message, or wait until the following business day and go into the Clubhouse to talk to them. If you have a true emergency, please call 911. *Thank you* for your consideration of our Lauderdale West Board of Directors.

Please remember... BE COURTEOUS

There is never a need to be rude to anyone, whether in person or on the phone. The Board Members and our Business Office Volunteers, our Maintenance Admin and the Maintenance Team are all busy working for you, the Lauderdale West Community. Please be courteous to them.

Unless you have an absolute emergency, during our regular business hours, your situation will be addressed the following workday.

If you have an active plumbing leak, turn off the water shutoff valve to that sink or toilet or at the main valve outside your home or plex. If you cannot physically turn off the valve, call a neighbor or friend to do it for you. Yelling and threatening will not get your problem addressed any sooner.

Remember, be respectful and courteous!

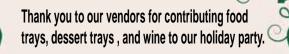
Thank you.

Lauderdale West Board Meetings

February/March 2024 Wednesday, February 21 – 10 AM – Room 113 Wednesday, March 20 – 10 AM – Room 113

The Board meetings are **open to all residents of LW**. Meetings are subject to change or cancellation. Please check the Community Channel 901, the Lauderdale West Website (www.lauderdalewest.org) or signage at the Main Clubhouse for changes or cancellation notification. If you have signed up for email or text messages, you will be informed accordingly.

Videos of previous Board Meetings are available on the Lauderdale West Website Owners' Corner and the most recent are available on BlueStream Channel 902.



Broward Boys PaintingIrrigation TechnologiesEntekBlue StreamBeach Pest ControlCore SecurityEDJ Lawn ServiceSCI Roofing



FOR THE APRIL/MAY 2024 ISSUE Articles are due February 16, 2024 New advertisers due February 7, 2024 Returning advertisers due February 14, 2024

ALL DEADLINES ARE FIRM

Email to: newspaper@lauderdalewest.org or drop off at room #121 The Newspaper Office is open Monday, Wednesday, and Friday from 9 **AM** until **noon**

Lauderdale West

INCOF ODED ATION

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Main Clubhouse	Daily	8:00AM – 9:30PM
Business Offices	M–F	9:00AM – Noon
Gym	Daily	6:30AM – 9:00PM
Main Swimming Pool	Daily	6:00AM – 9:00PM
Satellite Swimming Pool	Daily	Dawn to Dusk

at Lauderdale West

Please be aware that a Lauderdale West ID **is required** to purchase tickets at Resident prices for the Live Shows. A drivers license will NOT be accepted.

PROTECT YOUR HOME NETWORK FROM CYBER CRIMINALS



Use the highest security settings on your router and turn on encryption to make it harder for cyber criminals to get access.



Change default passwords on devices that connect to your network, such as a router, smart TV, or video game console. The manufacturers' passwords may be available on the web.



Understand how your security cameras, connected appliances and media streaming devices collect and use your personal information.

DATABASE UPDATE! WE NEED YOUR HELP! TEASE

If you are receiving mail from Lauderdale West addressed to you and your deceased spouse, parent or significant other, please contact the Applications and Approvals office either by phone or email. (Telephone: 954-473-8219 Ext. 127 or pgosselin@lauderdalewest.org). We require a copy of the death certificate to update our records. Please comply if appropriate. This is very important. Thank you.



Beach Environmental (Pest Control)	954-458-1104
Blue Stream	954-282-6578
Broward County Health Department	954-467-4700
City Hall – General Information	954-797-2200
Code Enforcement	954-797-2267
Fire Department – NON-emergency	954-797-2150
Florida Power & Light (FPL)	954-797-5000
LW Maintenance	954-473-2595
Plantation Recycling	954-452-2535
Poison Control Hotline	800-222-1222
Police Department – NON-emergency	954-797-2100
Suicide Prevention Lifeline	988
Water Department	954-797-2290
Westside Hospital	954-473-6600
* To reach the MAINTENANCE Departm	ent during
regular hours, please call: 954-473-259	95.

Leases:leaseapplications@lauderdalewest.orgMaintenance:maintenancedept@lauderdalewest.orgSales:salesapplications@lauderdalewest.org

ATTENTION OWNERS!

If you plan to list your home/plex for sale, it is very important that you contact Director Pauline Gosselin via email: pgosselin@lauderdalewest.org, or by phone: 954-473-8219 ext. 127 and advise her of your intentions. In that way we can begin the Lauderdale West Association exterior inspection process so as not to hold up a closing.

You must also notify your real estate agent/broker to advise Director Barbara Bucci via email: bbucci@lauderdalewest.org, or by phone: 954-473-8219 ext. 124 if a roof inspection is required. **NO ONE** is allowed on your roof without approval from the LW Association unless they are accompanied by our approved representative. All roof inspections require an appointment.

Thank you for your anticipated cooperation.



FYI - LW'S ACCOUNTANTS

Please be advised the accountants for Lauderdale West are: Juda, Eskew & Associates 8211 W. Broward Blvd., Suite PH1 (5th floor) Plantation, FL 33324 954-577-9700

Mail your maintenance assessment to:

Maintenance Assessments PO Box 189115 Plantation, FL 33318-9115

Payments are due on the **FIRST** of each month



MONTHLY MAINTENANCE PAYMENTS are due on or before the first day of each month; NOT the 5th, NOT the 10th.

Plexes	\$494.00
Single Family Homes	\$488.00

If not paid by the 10th, a late fee will be assessed, and you will receive a letter from the our accountants with a \$25 administration fee to be paid by the homeowner. If payment is not made within 30 days, expect to receive a collection letter from the Lauderdale West attorneys.

Once your account is turned over to our attorneys for collection, you will also be responsible for their fees **(\$229)** for the preparation and service of that collection letter plus FedEx postage. Please remember, all fees are subject to increase.

PLEASE READ: IMPORTANT MESSAGE

Monthly maintenance and plex special assessment payments must NOT be taken to the Lauderdale West Clubhouse. They should be mailed to Juda, Eskew & Associates or delivered to their office.

Mailing and physical addresses can be found on page 8 of this Newsletter.



AVOID SELLING DELAYS Applications and Approvals

If you are planning on selling, please clean up the outside of your home. Any plants, trees or bushes on the common area must be removed; awnings cleaned and painted; flower beds weeded; and patios and driveways pressure washed. The most common holdup in processing the sale of your home is the seller's delay in cleaning up the outside of their home. Be proactive – avoid delays and clean up now!



If you have sold or are selling your home in Lauderdale West and will be moving out, you may hold a one-day sale provided you receive permission from Director Anna Bender. Should you not get permission, you will be asked to shut down the sale immediately.

Please remember, you may not place any signs on Lauderdale West property. Thank you for your cooperation and best of luck in your new home.

NOTICE NO SIGNS ALLOWED

SIGNS of any kind, are **NOT** permitted on Lauderdale West property, except during elections. Candidates' signs may be erected 10 days prior to an election and must be removed within 7 days after an election. Lauderdale West property includes all areas outside your home, including any grassy areas, your driveway, any public area, including stop signs, trees, and utility poles. Signs for open houses, garage sales, parties, **etc. are not allowed.**

Signs will be removed, and the owner will be subject to fines.

If you have lost items in our Community check with the Lobby Assistant in the Main Clubhouse who will check with Anna Bender for those lost items.



OFFICE PROTOCOL

For our Board to be more efficient in the handling of their responsibilities, a procedural policy is in place.

1. Please make your first stop the Front Desk in the Lobby.

2. Provide your name, address, and the area of your concern.

3. The Lobby Assistant will then notify the Board Member overseeing that area that you are waiting in the Lobby.

Residents are discouraged from just walking into any Board Member's office with their concerns. Residents are also discouraged from lingering around a Board Member's door. We ask that you wait in the Lobby - you will be called when it is your turn.

EVERYONE'S TIME IS IMPORTANT AND THIS WILL ENSURE THAT ALL RESIDENTS ARE SEEN IN A TIMELY MANNER.

We ask for your cooperation, which will enable the Board to budget their time to conduct the business of Lauderdale West. Thank you.

Have you discontinued your telephone land line? Are you using a cell phone instead? Do we have your correct contact information? If you have not already done so, please complete the Resident Contact Update Form on our Website: www.lauderdalewest.org. Just click on the "Resident Contact Update" tab to fill out the simple online form. The tab can be found on the main page, third tab on the left in light blue.

If you do not have access to a computer and the internet, you may obtain a form in the Main Clubhouse at the front desk.

It is vital that you complete the Resident Contact Update Form at your earliest opportunity to ensure your information is correct and current.



• Landlords are responsible for the upkeep of their property.

• The Association will now accept service requests from Landlords or tenants.

• You must contact the Maintenance Department for all service requests for the property at 954-473-2595.

• Landlords are responsible for ensuring the fobs and LW ID assigned to the renter(s) are returned to the Director in charge, Marlene Newman, prior to a new renter being approved.

Joanne Hill, President



VOICE AND TEXT MESSAGE SERVICE

Please add our Lauderdale West telephone number to your contacts to prevent our calls from being tagged as potential spam. It is 954-473-8219.

If you subscribe to our text messages, please add our outgoing text number to your contacts; it is 844-500-8542. DO NOT reply to text messages with questions or comments. To keep costs down, we only pay for outgoing messages. If you have a question or comment, please contact the appropriate Director or our Webmaster. Directors' names and their areas of responsibility are listed on page 3 of the LW News, on www.lauderdalewest.org, and Blue Stream Channel 901. Our Webmaster can be reached by email at webmaster@lauderdalewest.org.



If your pole light is not working, ensure the switch inside your home is on. If it still does not work after dark or it stays on during the day, call the **Maintenance Department at 954-473-2595**. They can also replace any missing or damaged numbers on your globe.

(INHERITANCE) OR FAMILY REAL ESTATE TRANSFERS

Lauderdale West is required to maintain correct, up-to-date information on all homeowners. If you inherit a plex or single-family home in Lauderdale West, you must notify the Sales Applications Office immediately @ (954) 473-8219 Ext. 127. Before we can change the name in our records, we will need information from you, such as a completed application which can be found on our website. We will also need a copy of the death certificate and a copy of the legal papers giving you rights to the property.

When we have updated our records, you will be able to live here or sell the home. This also applies if you are transferring the property to another family member or a trust. Written Board approval is required of all owners regardless of how you acquired the property. We cannot issue a Certificate of Approval if we do not have the complete and correct information that can be found in the application. Remember, you cannot rent the property for one year after acquisition of title. Thank you for your cooperation.

PLEASE SIGN IN / AFTER HOURS LOG

To promote safety and quick response time for First Responders, everyone coming into the Main Clubhouse **after 12 Noon** must sign the Logbook on the front desk. Since you may possibly be in the building alone, we ask that you sign in with your name, the area you are going to, time in **AND** please sign out upon exiting the building. Should an emergency arise, this could save your life, as the Responders need to know who is in the building and where you are located. Although it is an extra step for you, we are working to ensure everyone's safety.

Thank you for your cooperation.



All Lauderdale West owners and residents **MUST** use their fobs when entering the Clubhouse, gym, pools, and all other areas. **DO NOT** open a door for anyone. We have discovered that people are opening doors for or allowing others to enter the facilities as they enter, and non-residents are using our facilities. This could be a **safety issue**. As a resident or owner please do not expect someone else to allow you to enter when they open a door or to open a door for you.

Be alert and be responsible. Thank you.



As a Lauderdale West resident, you should be aware that **NO VEHICLES** are authorized to park on the lawns. Lately it has been noticed that residents are not adhering to this requirement. If you park on your lawn or allow others to do so and your sprinklers are damaged, the cost to repair will be yours and yours alone. Additionally, if it is noticed that a vehicle is on the lawn it may be towed at the owner's expense.

PLEASE, NO PARKING ON THE LAWNS. THANK YOU!



Lauderdale West rents out Room 113 for small resident family gatherings with no more than 50 people. The cost to rent room 113 is \$150; set up and cleanup is \$100; security deposit is \$500, payable in three separate checks.

The paperwork required to rent room 113 is as follows: photo ID; Declaration page for your Homeowners/Renters Insurance; three checks as stated above.

If you are interested, please call the Clubhouse any morning from 9 AM until Noon and you will be directed to the room coordinator, Anna Bender (954-473-8219 Ext. 103).



It has been noticed by residents and Board Members that people are coming to our social functions dressed inappropriately for such occasions. Therefore, a dress code has been implemented for all Party Time events, Professional Shows, and other social activities. Shorts worn by either men or women **WILL NOT** be permitted. Be advised that you will not be allowed into the activity. Please, dress appropriately!



🙊 BLACK RODENT BAIT BOXES 💋

LAUDERDALE WEST NEWS

We live in a water community and wherever you have water, you are more susceptible to rats. Throughout our community, there are rodent bait boxes set up by our pest control company to deter/kill rats/rodents. Each box is numbered and has been strategically placed on the property against the house.

• Do not move the boxes. The boxes MUST remain where they have been placed. Each box is marked on a map and must remain in that spot.

- You will be **fined** if the box on your property is not in its designated position.
- Do not TOUCH the boxes. They are filled with poison.
- If a rodent problem occurs, call maintenance at 954-473-2595 and report it.

• Broken or missing bait box replacement cost is \$22. The resident will be charged when one is missing.

VOLUNTEER OPPORTUNITIES

Lauderdale West needs you! We are a Community run by residents. Our Board of Directors are all volunteers. There is always a need for volunteers. There are many opportunities to work in an area of your choice; make new friends; learn a new skill or use the skills you have. You can work as much and as often as you would like. Call Pauline Gosselin at 954-473-8219 ext.127.

Needle Disposal Used needles must be disposed of in a Sharps container. A Sharps container can be purchased for minimal cost at: Prescription Pad Pharmacy 333 NW 70th Avenue, Ste 102, Plantation Phone 954-791-2000 Once the container is full, it can be dropped off at this pharmacy and a new container obtained.

Helpfal Information

ABOUT LIVING IN LAUDERDALE WEST

HOLIDAY DECORATIONS Neither Lauderdale West nor any of our vendors are responsible for any damage done to your holiday decorations. This includes decorations on common ground or on your porch or patio. You are responsible to remove any electrical wires which cross common ground as this creates a dangerous condition, especially when our landscapers and other vendors are present. If decorations create any damage to the building or common area, the owner will be charged for the cost of repairs.

LANDLORDS Please remember that you cannot rent your property until you have owned it for one year. All tenants must complete an Application for Residency which is available on our website. All leases and lease renewals must be approved by the Board before the tenant can move in. Contact Director Marlene Newman for additional information.

MAILBOX SAFETY We recommend that you not place any outgoing mail in the mailbox in front of your home. In the past, individuals have been known to remove that mail. You can safely deposit your outgoing mail in the blue Postal Service Mailbox located at the end of the parking lot of the Main Clubhouse or take it directly to any U. S. Post Office. Incoming mail should also be removed from your mailbox at your first opportunity.

MODIFICATIONS If you are planning to make any changes to your home, you must complete an Application for Modification. All modifications must be approved by the Board before any work is started. Modifications may include A/C, windows, doors, patios, enclosures, electrical, plumbing, and widening of driveways. The City of Plantation requires permits for most modifications which includes plumbing and electrical work. Contact Director Kristi Woods for additional information.

PARKING Overnight parking is not permitted on any street in Lauderdale West. Parking at the Main Clubhouse and the Annex (Satellite Clubhouse) is limited to those using the clubhouse facilities, the pools/spas, or the tennis courts. Other parking requires written Board approval, and a limited parking permit is available. There is no overnight

parking in **ANY** of our parking lots without prior permission to do so. A notice will be placed on illegally parked vehicles before being towed at the vehicle owner's expense. Follow the directional arrows in all parking lots to avoid a fine.

SPEEDING The speed limit in Lauderdale West is **25 miles per hour**. All our walkers and bike riders have the right of way. Slow down when you see them. Stop at all stop signs. Signal for all turns. Follow the directional arrows in all parking lots and drive slowly. Driving through the parking lots as a short cut is **not permitted**. Violators will be fined. Plantation police are asked to monitor our roadways.

WALKING There is traffic early morning and late evening hours in Lauderdale West. Residents need to be careful walking in the dark. You should wear reflective clothing, carry a flashlight, and remember to walk against the traffic if there is no sidewalk.

WIDENING OF DRIVEWAYS If sprinkler heads and pipes are destroyed during the widening process, they must be replaced by Irrigation Technologies, Inc. and the resident will be charged for the replacement. Each job is priced differently depending on the part and labor. When that is complete, the resident is responsible for replacement of the sod.

TRASH All trash must be placed in City of Plantation blue bags **at least 5 FEET** away from your mailbox. Trash pickup is on Tuesdays and Fridays. You are permitted to place trash out **after 5** PM the night before.

<u>RECYCLE</u> All recycle items **MUST** be placed in City of Plantation clear bags or paper bags **at least 5 FEET** away from your mailbox. Recycle pickup is on **Tuesday only**. Boxes must be flattened first and placed alongside the clear bags.

BULK PICKUP You may put large bulk items at the curb. Please see the Newsletter calendar for the exact date or refer to the Plantation Waste Management website. All items **MUST** be placed **at least 5 feet** away from your mailbox, trees, and street signs so as not to interfere with the grabber arm. **Black bags will not be picked up.**



• To Kristi Woods, Jeff Bender and Mark, our maintenance electrician, for their hard work and late hours in relocating computers and electronics during our constant moving of offices due to the HVAC Replacement Project.

• To all our maintenance guys for the physical moving of desks, computers, file cabinets, etc. for the Project.

• To Alfredo Arroyo, Diane Burke and Charlie Gervolino for their continued tireless efforts in bringing the HVAC Replacement Project to a conclusion.

• To Steve Taylor, who has been here before 7 AM every morning to open the clubhouse for the workers during the Project.

• To Sam Normandia, Debbie Hevia and Sandra Espinoza. They make Barbara Bucci's office run very smoothly, especially during all the construction. Lots of Kudos to all three.

• To Roni Lipcsee, Shelley Calhoun, William Oramas, Flor de Maria Duque and Edna Navarro for their support on Sally Zayas' various community projects.

• To Lana Famiano and Connie Guzzi, Editors of the LW News, for their outstanding work throughout the year to keep our residents informed of all things Lauderdale West.

• To Jeff and Anna Bender, Mary Davidowski and Kerry Ann Osborne for their proofreading and wordsmithing skills for the LW News.

• To all our Lauderdale West volunteers who give their time and knowledge in an effort to keep our Community running as smoothly as it does.

• To Kerry Osborne, Mary Rickel and Brenda Waples for their assistance in the Applications and Approvals Office. Many thanks from Pauline.

• To Charlie Gervolino who is a great partner to Alfredo and Johnny.

• To Sandra Spector, who works from home, and Judy Buono who assists Marlene Newman with rentals.

• To Jeff Bender and Rikki Johnson for their help on the Website, videotaping our meetings and everything else they do for Lauderdale West, such as email and text blasts.



Anthony Ruggiero Maria Satut



Our Lauderdale West Community has established principles of conduct for the general good and welfare of all our owners, tenants, and guests. Every resident of our Lauderdale West Community has the right to live peacefully in their home and has the right to expect that the value of their property will be upheld in a reasonable manner.

The Board of Directors would like to remind everyone of the following:

- For the safety of everyone, we MUST follow all parking restrictions and the directional signs in the parking lots.
- Owners, tenants, and guests are required to follow our documents and rules and regulations.
- Owners are responsible to maintain the exterior of their homes (gutters, awnings, patios, landscaping).
- Residents are not permitted to install any plants, shrubs, or trees without written Board approval.
- Owners, tenants, and guests are required to follow City ordinances regarding animals.
- Owners are required to seek approval for all home modifications in advance.
- Front pole lights and rear security lights must be kept on at night.
- Owners are responsible for their tenants and guests.
- Residents must respect quiet times from 10:00 PM to 8:00 AM.
- Non-adherence to the Lauderdale West documents and rules and regulations will result in the resident being fined accordingly.

For more information, please visit <u>www.lauderdalewest.org</u> (Owner's Corner) for a full explanation of our violation procedures and fines.



MICHELLE FOSTER February 24, 2024 A Celebration of the Music and Life of Carole King

Sweet Seasons returns audiences to the generation shaped by the songs of the greatest female songwriter of all time: Carole King. You'll hear King's #1 hits as well as songs she wrote that were made famous by other renowned artists. Sweet Seasons looks back into the tapestry of not only the music, but also the professional life and times of Carole King. Events in her life defined King's music, and as it turned out, an entire generation.

Michelle Foster brings a vibrant sound to the material you know and love. Come out for a reminiscent evening of simpler times...of Sweet Seasons.



LIVE ENTERTAINMENT 2024					
SHOW DATE	ENTERTAINMENT	TICKET SALES BEGIN			
Feb 24	Sweet Seasons – Michelle Foste The music of Carole King	er Feb 12			
Apr 20	Rocky and the Rollers <i>Hits from the 50's, 60's and 70's</i>	Apr 08			
May 11	Jason Petty – Classic Nashville A musical journey through the hist	-			
Sep 14	Jersey Tenors The newest Opera/Rock Mash-up	Sep 02			
Oct 19	Eric Kearns Voices of legends singing impress	Oct 07			
Nov 2	Carol Bufford Show Celebrating the songstresses of the	Oct 21 ne 1960s			

*Note: Reserved seats must be purchased the first week of ticket sales



SEATS ARE AVAILABLE FOR LIVE SHOWS

Reserved seating is available for Lauderdale West residents (2 per household) for the live shows. Check with staff in the ticket office to reserve specific seats for the shows. They will be able to identify which seats are available. You don't pay for the tickets until you pick them up for the show. No extra charge: they are the same low price of \$15 for residents. This allows you to have the same seats for all the great shows.

Reserved seat tickets must be picked up the first week of ticket sales for a show or they will be made available to the general public on a first come, first served basis.

Stop by the Ticket Office in the Clubhouse Main Lobby and pick out your seats.

2024 TICKET OFFICE PROCEDURES

- The ticket office is open Monday through Friday, 9:30 AM to 11:30 AM, usually the two weeks prior to the show.
- The ticket office is open the night of the show from 6:30 PM to 7:30 PM.
- Reserved seat tickets **MUST** be picked up the first week of ticket sales or they will go into "general" sales the following week.

• Attendees arriving after the show has begun @ 8 PM **MUST** sit in the back in order to not disturb others.

• You must show your Lauderdale West ID to purchase tickets at the Resident price of \$15. Drivers License will not be accepted.

- Guest tickets may be purchased for \$20 each.
- We cannot put any tickets aside. We cannot exchange, refund or resell tickets.
- Tickets may be purchased with check or money order PREFERRED Cash will be accepted if check or money order is not available – No credit cards accepted.
- A resident may pick up their neighbor's tickets for them, with their neighbor's ID.
- Proper attire should be worn to the shows. NO SHORTS. NO HATS.
- No cameras, picture taking, or videos are permitted.
- No cell phone flashlights are permitted.
- Please follow the rules and enjoy the shows!



Don't miss out on all the fun at Lauderdale West!

Make sure you get your tickets at the Clubhouse in advance of the event.

February Events

- Feb 6 Women of Lauderdale West in TBD 11:00 AM
- Feb 12 Ticket Office opens for February show 9:30-11:30 AM
- Feb 20 Hadassah in TBD 11:30 AM
- Feb 24 Live Show in LW Auditorium Michelle Foster/Sweet Seasons 8:00 PM

March Events

- Mar 5 Women of Lauderdale West in TBD 11:00 AM
- Mar 19 Hadassah in TBD 11:30 AM

April Events

- Apr 1 Ticket Office opens for April show 9:30-11:30 AM
- Apr 2 Women of Lauderdale West in TBD– 11:00 AM
- Apr 16 Hadassah in TBD 11:30 AM
- Apr 20 Live Show in LW Auditorium Rocky and the Rollers 8:00 PM
- Apr 29 Ticket Office opens for May show 9:30-11:30 AM

SHOW TICKETS

LW ID is required to purchase tickets. NO SHORTS NO HATS NO PICTURES VIDEO FLASH LIGHTS PERMITTED

Checks PREFERRED

No credit cards Will accept cash No exchanges, refunds or credit issued



MAINTENANCE PROCEDURES

If you have a situation which requires the Maintenance Department, you MUST contact the Maintenance Office directly at 954-473-2595 or by email: maintenancedept@lauderdalewest.org. **DO NOT** address our maintenance staff concerning your issue as this will only delay your job getting done.

If the work to be done is outside your home, you do not need to be at home when the work is performed.

EMERGENCY PROCEDURES: Maintenance staff is not available for emergency calls after business hours or on weekends. If you have a plumbing or electrical emergency after business hours or on a weekend, you must call an outside contractor at your own expense. If you have a "medical emergency", please call 911 immediately.

<u>REMEMBER</u>: Contact the Maintenance Office at 954-473-2595, Monday – Friday 8 AM – 4 PM or email: maintenancedept@lauderdalewest.org



All gutters are the responsibility of the homeowner. They must be kept clean, both inside and out – meaning the owner must remove, on a regular basis, all leaves and trees that may be growing out of the gutters. If the debris in the gutter causes damage to your roof or fascia board, you will be held responsible for all repair costs.

Gutters should be cleaned every other month, especially if you have trees near your homes.

ROOFS

NO ONE is permitted on your roof EXCEPT LAUDERDALE WEST APPROVED

contractors. If you hire a contractor to clean or repair your roof, and they damage your roof in any way, you are responsible for all repair costs.

IMPORTANT MESSAGE

Our maintenance workers have found that many of our water spigots/fountains have been TWISTED to fill containers or water bottles. This makes them loose and will eventually ruin them where they cannot be repaired. Please – **DO NOT** twist or turn the spigots for our water outlets.



PLUMBING PROBLEMS



To avoid plumbing problems, **DO NOT** flush cigarette butts, flushable cleaning wipes, paper or cloth towels or diapers. Please, **ONLY** flush toilet paper.

WATER VALVE Shut-off

If you are remodeling a kitchen or bathroom, it is your contractor's responsibility to move the water shut-off valves for easy access.



PLANTATION CODE

PERMIT REQUIRED REQUIRED

You need a City of Plantation permit to make any plumbing or electrical changes. You also need to complete the paperwork with our Director in charge of modifications, Kristi Woods. A permit ensures a plumbing or electrical change is done properly – to code. It is for your protection.



By Bernadette Brodmerkel

EXTERMINATION

Beach Environmental is very busy with termite fumigation. If it was determined your home has termites, you will **not** be tented immediately.

Be aware that you may lose some plants if they are inadvertently placed under the tent.

Both Dry Wood Termites and Formosan Subterranean termites have been found on property. The process for destroying them is a little different. A trench is dug around your home, and the chemical is placed in the trench. You do not have to stay out of your home for any amount of time. You may, however, not want to be there while the technicians are working with these chemicals.

FYI: These types of termites are attracted to the bushes and plants around your house. You may want to consider removing them.

The outside of your home is sprayed monthly. If you have an issue with ants or spiders, please keep a can of Raid on hand. Beach Environmental technicians are not sent out mid-schedule. If bugs outside your home pose a health issue (bees, wasps, red ants) it will be addressed.

Spraying for Carpenter Ants is **NOT** covered under our service contract. If you choose to have Beach Environmental spray, there is a fee of \$85.00 which the homeowner pays.

Beach Environmental charges a special rate to Lauderdale West residents of \$22.00 per month for a yearly contract of monthly spraying. It is recommended that payment be made by CASH OR CHECK!! If you choose to pay with a credit card, the cost is \$25 per month. And if you pay a year in advance the cost is only \$20 per month. One time treatment is \$50.

Because residents have been canceling fumigation, Beach Environmental is now charging the resident, not the Association, a \$500.00 cancellation fee.

Beach Environmental has placed bait boxes behind your homes to deter rodents and each month these boxes are checked. Also, SCI (our roofing company) has placed screens on each stack on your roof to prevent the rats from coming into your attic. Additionally, Home Depot has \$5.00 screens that you can place on the downspouts of your gutters to prevent rats from climbing into gutters and possibly into your home. If these preventive measures fail for **\$85.00** Beach Environmental will set traps in your attic to catch and remove these rodents. Lauderdale West is not responsible for this expense.

We have snakes in our area. Home Depot has a product called Snake Away. Buy this and keep it in your home just in case. This is a very effective product.

Please do not feed the ducks or geese. They can find their own food. They will eat what you give them and leave a big mess afterwards. We then receive calls from residents complaining about the mess.

IRRIGATION

Aside from timers that need adjustments, most of our irrigation calls are for water hitting cars and driveways.

We cannot help it when it is windy, and sprinklers are on. I was advised that our sprinkler heads are approximately 12 inches from driveways. Each time Irrigation Technologies receives a work order about "sprinkler adjustments" and there is nothing wrong, Lauderdale West is charged a fee.

Our monthly maintenance agreement does not cover windy days. Most of us use the garage for our cars; those who don't will be subject to water hitting the cars. My advice: get a shammy and wipe down your car. This will clean water spots. Also, if water spots are on your windows, CLR will clean it up beautifully. It does take a little elbow grease but, it works.

Home Depot sells sprinkler guards. Placing these guards will prevent the sprinklers from spraying your car or driveway.

We do not have on-site technicians. They are here 2 weeks a month. You will not get an immediate response to your request, but issues will be addressed. If there is an emergency, technicians will be here.

JKA is the vendor responsible for fertilizing and weeding our lawns. They place yard signs after the job is completed. Thirty minutes after completion of the job, it is safe for you and your animal to walk on the lawn. If you're able, please remove these yard signs and dispose of them. And as you're walking, if you see these signs on other lawns, please help us by removing and disposing of them. Thank you.



ALLERGIC TO:

SULFUR?

Then you need to know this: The main pool and both spas have salt filtration systems. The salt mixture contains sulfur! If you use them, you may have a reaction. Please be aware!



SWIMMING POOL HOURS

The main pool is open from 6:00 AM to 9:00 PM and you must leave the pool area by that time. The Annex/Satellite pool is open from dawn to dusk.

SWIMMING POOL RULES

This is just a reminder: Everyone must follow the posted pool rules.

• There is no lifeguard on duty; use of the pool and pool area is at your own risk.

• Only residents and their guests are allowed in the pool area.

• **NO** animals are allowed in the pool area or the Patio Plaza outside the pool area.

• The pool gate **MUST** remain closed. Do not prop open a pool area gate.

• Showering is required **BEFORE** entering the pool per the Broward County Department of Health.

· Allow residents who are swimming laps the right of way.

• Diving is **NOT** allowed.

• Children must be supervised by an adult, **at all times**, in the pool area, especially when they are in the water – THERE IS NO LIFEGUARD ON DUTY.

• No child under the age of 16 is allowed in the spa/hot tub.

• No jumping, running or loud noise is allowed in the pool area.

• No food, drink or glass is allowed in the pool area. Plastic water bottles are allowed.

• Vacate the **pool area** during rain, thunder, or lightning – sitting under the metal awnings is dangerous.

• Incontinent or non-trained individuals must wear swim diapers.

• No smoking or vaping is allowed in the pool area.

The Lauderdale West Community Association reserves the right to deny the use of the pool or pool area to anyone at any time for just cause.

If you fail to follow the above rules, you will be asked to leave the pool area and your pool privileges may be revoked. If the posted rules and the rules set forth above are violated, the pool will be closed.

ALLERGY

1. Gym equipment is available on a **first come first served basis**.

RULES FOR USE

OF THE GYM

1301 NW 87 Lane

Hours: 6:30 AM – 9 PM

2. Wear proper attire. Swimsuits and flip flips are **not allowed**. Shirts and closed-toe shoes are required.

3. No food or beverage, except water in plastic bottles, is allowed in the gym.

4. No one under the age of 18 is allowed in the gym.

5. The gym is for the exclusive use of Lauderdale West residents. Outside guests are not allowed.

6. Use of the equipment while alone is discouraged. Use the "buddy system" to be safe.

7. Do **NOT** remove any equipment from the gym.

8. The gym is under camera surveillance.

9. Disregard of any of these rules may result in a fine or removal of these privileges.



1. Wipe down/clean equipment before and after use. Antibacterial wipes, Lysol and a paper towel dispenser are available for your use.

2. Do not stare at, crowd, or touch anyone else without permission.

3. Use one piece of equipment at a time.

4. If someone is using the machine you wish to use, be patient until they are done.

5. If someone is waiting for a machine that you are using, you are allowed a total of 20 minutes on that machine, not 20 minutes after that person arrives.

Respect Others!
PLEASE & THANK YOU



ATTENTION ALL DOG OWNERS!



Hello LW Community!

As previously stated in our LW News, we began our LW pet registration project in October. We requested all LW residents to register their dogs. To make the process easy, you were able to request and submit the application through email by writing to **szayas@lauderdalewest.org**.

For those who do not have email, we made pet registration applications available at the front desk. Our objective was to make the process easy. If you have not already registered your pet and received your LW tag, following are the requirements:

- 1. Complete a Lauderdale West Pet Registration Application.
- 2. Provide a letter from your healthcare provider.
- 3. Provide a current vaccination record.
- 4. Provide a photo of your dog.
- 5. Comply with all City and County ordinances.

We look forward to working together. We are available Tuesday and Thursday from 10 AM – 12 PM. If you have any questions, please feel free to call me at **954-473-8219 ext. 117** or at my email listed above.

Thank You, Sally Zayas

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PROTECT YOUR SELF AND YOUR DOG



When it gets dark it is important that you and your dog are protected when out walking. We would advise that you have your dog wear a blinking collar or vest and that you carry a flashlight. It has been mentioned that drivers cannot always see people walking their dogs on the street in the early hours of the morning or after dark in the evening. Please, heed this warning and protect yourself and your dog.





so like the ripples in the river deep

your love sashays through

the shadows and shoals of my heart

although the years have changed me

and the uphill climbs aren't as easy

the profound truth is

you still fit into my definition of love

© 2023 Lydia Shutter



Liliana Bonnet (954-588-2386) y Alfredo Arroyo (954-249-3851) se han ofrecido para atender consultas sobre temas relacionados con la Associacion. Pueden llamarlos si requieren orientación y/o ayuda.

Liliana Bonnet (954-588-2386) and Alfredo Arroyo (954-249-3851) have volunteered to assist Spanish speaking homeowners with any concerns with Association matters. Please call if you need help.



Each year we build and paint toys for children to be distributed during the holiday season. We need woodworkers and people to paint those toys throughout the year. Why not join us for this wonderful cause? We are in the Wood Shop Monday through Friday from 8:00 AM to 1:30 PM. Hope to see you there.

LW CLUBS, GROUPS and ACTIVITIES

LW GLUDƏ, UNUUFƏ AIIU AGTIVITICƏ					
CLUB	CONTACT	PHONE	EMAIL	TIME/DAY	LOCATION
Bayberry Garden Circle	Judy Watson	954-547-1007		10 AM 3 rd Thursday	Room 208
Bridge	Trudy Woronoff	954-635-6664		1-4 PM 1 st Sunday	Room 208
Cards	Sandy Spector	954-423-3293		1 PM Tue & Wed	Room 208
Ceramics	Anne Karic	305-766-6462		7 PM Wednesday	Room 106
Hadassah	Susan Rose	954-424-8494	mssrose@aol.com	11:30 AM 3 rd Tuesday	LW Auditorium
Kalookie	Carmen Delisser	754-235-4518	carmendelisser@yahoo.com	7-9:30 PM Friday	Room 208
Low Impact Exercise	Penny Temple	954-608-8132		8:30-9:30 AM Mon-Fri	Room 111
Low Impact Exercise	Sue Valentini	515-201-7303			
Mah Jongg Tournament	Bobbie Kalkstein	954-472-5566		Noon Friday	Room 206
Ping Pong	Stu Sosniak	954-881-1875		Call for Pickup Game	Room 207
Poker Players	Joe Gillardi	954-475-1944			Room 208
Pool Players	Paul Wagner	954-778-0135		1-3 PM Mon & Fri	Room 202
Pool Players	Paul Wagner	954-778-0135		7-9 PM Thursday	Room 202
Scrapbooking Workshop	Cyndie Schmidt	843-452-4972	cynthiascrapbooks@gmail.com	12-3 PM 4rd Thursday	Room 106
Sewing Circle	Shirley Jenkins	954-314-7318	516-376-8318 cell	1 PM Monday	Room 106
Social Tennis	Rene Gonzales	305-724-8465	rrguitare30@gmail.com	9 AM Sun – 8 AM Sat	Tennis Courts
Social Tennis	Rene Gonzales	305-724-8465	rrguitare30@gmail.com	6 PM Tue & Thu	Tennis Courts
Spanish Club	Aura Giron	321-412-1557		7 PM 2 nd Thursday	Room 113
Stained Glass	Brunia Duval	954-476-4226	bruniaduval@yahoo.com	1-3 PM Wed & Fri	Room 106
Women of LW, Inc.	Pinky Trapani	954-472-1652		11 AM 1 st Tuesday	LW Auditorium
Wood Shop	Steve Taylor	954-473-8233		8 AM-1:30 PM Mon-Fri	Room 104
Wood Shop	Willie Padilla	754-667-2912			



By Pinky Trapani 954-472-1652

First from my heart, a recap of December 2023. The holiday party for Kids in Distress went off without a hitch. On December 12th we boarded the bus to join Santa and all 170 gifts that you ladies and a gentleman donated to bring such joy and laughter to 98 children. Many thanks go out to Sam, Cyndi, and Henry for putting up the "Angel Wish Tree" for us to decorate with 98 names and their wish from Santa. This was accomplished beautifully and couldn't have happened without your help.

A huge thank you for the generous gifts from Mr. Scott Biederman of SCI Roofing with his warm wishes and a check for \$1,000, Jerry of Broward Boys Painters' thoughtful donation of \$100 and another donation of \$500 from Biederman Tire Center. Adding the proceeds from our lunches, donations, and raffle tickets we were able to donate a gift of \$5,100 to purchase eight of ten badly needed items to help nurture and educate the children. The remaining two items were donated soon after. A huge thank you to the anonymous donor of two \$200 gift cards for our raffles which greatly increased the raffle donation. Such an extraordinary ending to 2023; with a big thank you to everyone for your support!

January luncheon was held at the Asian Buffet and Grill with 60 plus members attending. This was a change from The Olive Garden which hosted us for two months. A big thank you goes to Rachael Williams, General Manager, and

her wonderful staff.

The casino bus ride to the "Big Easy" on January 29th, chaired as always by Kay Wilson and Gypsy Royce. Hope-fully everyone returned home happy as winners! Our future bus ride date is to be announced.

At the time of this writing, our February luncheon date and location was still undetermined. Hopefully we will be able to meet in our beloved Clubhouse. Leila Maisa and our callers will notify everyone of the details. As always, you can find the latest information on channel 901 and 902. Jeff, Rikki and your newspaper staff work hard to get all the important information to you.

It goes without saying, all the work that you ladies put forth to help make our lunches fun and successful, does not go unnoticed. We couldn't do without everyone's help. To my drivers who take me everywhere, a heart felt thank you. Many thanks to our Board of Directors who work so hard and diligently with many extended hours for the benefit of our community.

Until next time, may peace, love, courage, and wisdom bring us into 2024 with fun and friendship for our worthy cause, "Kids in Distress".

Blessings!



By Susan Rose, President | 954-288-8494 - Mssrose@aol.com

February may be the shortest month, but it has lots going on. We also have lots going on in Hadassah as of the time I'm writing this article. It has not been confirmed if we can use the Clubhouse so be sure to check channel 901, and inside the Clubhouse for the location of our meeting. Our Board meeting will be at my house February 6 at 9:30AM. Everyone is welcome to join us. February 13 we are planning lunch bunch at the Tower Deli on University Dr across from the Tower Shops. We meet at 11:30, pay for our own lunch and make a minimum donation of \$5 to Hadassah.

Hadassah's Heart Health month is February. We learn ways to stay healthy, eat healthy and be active. Come join us for our salad bar lunch and fruit dessert. Our meeting is tentatively scheduled for Room 113 in the LW Clubhouse at 11:30 on February 20. Karen Pellegrini (954-205-1939) is taking reservations. Plan on paying ahead for the meeting. It's always great seeing our friends and meeting new people and learn about upcoming activities like bingo!

Some people have reserved tickets for the Lauderhill Performing Arts Center to see Memphis on February 22. If you have not turned in your food choice please call me ASAP, 954-288-8494. March has a reputation for windy weather and the start of spring. L'Chayim Hadassah has chosen March 12 to go to lunch at the Jacaranda Country Club at 11:30. Please call Gypsy Royce (973-715-7811) and let her know if you are coming so we can reserve seats for our group. March 19, we have a fun meeting planned, bring your creative ideas and join us for quiche, salad and dessert. We will be meeting in Room 113 at the Lauderdale West Clubhouse. We must have reservations ahead of the meeting. Call Karen Pellegrini (954-205-1939) and reserve your place. Bring a friend or someone new to the community. Purim starts March 24. Save April 16 for our annual Passover Seder. More information will follow as we get closer.

Hadassah's work is never done. Your donations continue medical innovations, advocacy for human rights, support for children who are displaced and education. Sometimes you'll hear someone say what do I gain from Hadassah's work. If you know anyone who has had or has a family member with cancer, Hadassah has been instrumental in stem cell therapy that's being done all over the world. If you have questions or want to find out more about Hadassah call me. Have a great month and stay healthy.



WHAT TO DO IF YOU LOSE YOUR CELL PHONE

Mobile phones are infinitely important to us. Nowadays our phone is an extension of our body, using it to be social; using it to pay for things instead of carrying our wallets; calling a taxi; the list goes on. Hopefully this never happens to you, but just in case, you may want to save this article in case you lose your phone.

So, what should you do? Your phone, after all, has all your pictures, and an app may be linked to your bank account. Well, first, check that it isn't just in your hand.

Not there? Let's take a deep breath and continue.

1. Call your phone

Yep, this classic trick. Find another phone to call your phone immediately. Nothing? Ok, moving on.

2. Use a "Find My Device" service

Search for your phone securely. Your information is never revealed, and location data is secure. The service has been designed to be simple to use. Just follow the walkthrough instructions to locate your phone.

3. Remotely lock your phone

If you don't have a screen lock set, you may be able to lock your phone remotely with **Find My Device**.

4. Tell your family and friends

Notify your family and friends that you have lost your phone. Post a message on social media. Your network will then know that it's not you if someone calls.

5. Freeze your bank account

If any application on your phone is linked to your bank account, don't forget to call the bank to freeze your account. Continue to keep an eye on your financial statements.

6. Change app passwords and log-in credentials

Most of the apps on your phone don't require passwords but sit down and take some time to change all the passwords for your social media and online shopping apps.

7. Report your SIM loss to your provider

Call your phone carrier and report the loss of your SIM card. They will require a password, but your passport details and name will also work to freeze your SIM. Or you can visit the nearest branch.

8. Report to the police

If you happen to have an iPhone and enabled the "Find My iPhone" feature, there's still a chance to get it back. Report your phone stolen to the police, and if you are lucky, they may even get it back for you if they stumble across it. However, don't put too much hope in this method. The best thing to do is change your passwords, make sure nobody can steal any money, and move on with your life.

Wednesday	Thursday	Friday	Saturday
Contractions	HAPPY EASTER	1 Employee Appreciation Day 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 206 Noon Mah Jongg 106 1 pm Stained Glass 202 1-3 pm Pool Playing 208 7 pm Kalookie	2 Read Across America Day Satl 8 am Social Tennis
6 National Oreo Cookie Day 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 106 1 pm Stained Glass 208 1 pm Cards 106 7 pm Ceramics	7 National Be Heard Day 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 113 9:30-10:30 am Blood Pressure 208 10:30 am Cards 106 10-3 Scrapbooking Sati 6 pm Social Tennis 202 7 pm Pool Playing	8 International Women's Day 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 206 Noon Mah Jongg 106 1 pm Stained Glass 202 1-3 pm Pool Playing 208 7 pm Kalookie	9 National Meatball Day Satl 8 am Social Tennis CELEBRATE NATIONAL MEATBALL DAY MARCH 9TH
13 Good Samaritan Day 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 106 1 pm Stained Glass 208 1 pm Cards 106 7 pm Ceramics	14 Popcom Lover's Day 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 113 9:30-10:30 am Blood Pressure 208 10:30 am Cards Satl 6 pm Social Tennis 202 7-9 pm Pool Playing 113 7-9 pm Spanish Club	15 Consumer Rights Day 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 206 Noon Mah Jongg 106 1 pm Stained Glass 202 1-3 pm Pool Playing 208 7 pm Kalookie	16 National Corndog Day Satl 8 am Social Tennis
20 Spring Equinox 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 113 10 am LW Board Meeting 106 1 pm Stained Glass 208 1 pm Cards 106 7 pm Ceramics	21 International Day of Forests 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 113 9:30-10:30 am Blood Pressure 205 10 am Bayberry Garden Circle 208 10:30 am Cards Satl 6 pm Social Tennis 202 7-9 pm Pool Playing	22 National Goof Off Day 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 206 Noon Mah Jongg 106 1 pm Stained Glass 202 1-3 pm Pool Playing 208 7 pm Kalookie	23 National Puppy Day Satl 8 am Social Tennis
27 World Theatre Day 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 106 1 pm Stained Glass 208 1 pm Cards 106 7 pm Ceramics	28 Maundy Thursday 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 113 9:30-10:30 am Blood Pressure 208 10:30 am Cards Sati 6 pm Social Tennis 202 7-9 pm Pool Playing	29 Good Friday 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 206 Noon Mah Jongg 106 1 pm Stained Glass 202 1-3 pm Pool Playing 208 7 pm Kalookie	30 National I Am in Control Day Satl 8 am Social Tennis

2024	Sunday	Monday	Tuesday
F E	PLEASE NOTE Since this calendar must be prepared weeks in ad- vance, there may be last- minute changes. We sug- gest you verify dates on BlueStream Channel 901. Revised 01-10-2024	KEY TO LOCATIONS AUD = Auditorium BC = Bocce Court EXT = Outside of Lw LIB = Library SATL = Satellite TO = Ticket Office	HAPPY ERIOVABIDG DIV
B R	4 Rosa Parks Day Satl 9 am Social Tennis 208 1-4 pm Bridge	5 World Nutella Day 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 108 1 pm Sewing Circle 202 1-3 pm Pool Playing 208 7 pm Cards	6 Lame Duck Day 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 111 9:30 am Hadassah Board Mtg TBD 11 am Women of LW, Inc 208 1 pm Cards Satl 6 pm Social Tennis
U	11 Super Bowl Sunday Satl 9 am Social Tennis	12 Lincoln's Birthday 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer TO 9-11:30 am Ticket Office Opens 108 1 pm Sewing Circle 202 1-3 pm Pool Playing 208 7 pm Cards	13 Mardi Gras 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 208 1 pm Cards Satl 6 pm Social Tennis
A	18 Daytona 500	19 Presidents' Day	BULK PICKUP
R Y	Satl 9 am Social Tennis	104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 108 1 pm Sewing Circle 202 1-3 pm Pool Playing 208 7 pm Cards BUSINESS OFFICES CLOSED MAINTENANCE CLOSED CLUBHOUSE OPEN	104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer TBD 11:30 am Hadassah Gen Mtg 208 1 pm Cards Satl 6 pm Social Tennis
Flower Of The Month: IRIS	25 Rubber Ducky Day Satl 9 am Social Tennis	108 1 pm Sewing Circle	27 National Retro Day 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 113 10 am Women of LW Bd Mtg 208 1 pm Cards Satl 6 pm Social Tennis

FEB 2024 - MAR 2024

Wednesday	Thursday	Friday	Saturday
Happy valentine's Day!	1 Change Your Password Day 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 208 10:30 am Cards Satl 6 pm Social Tennis 202 7-9 pm Pool Playing	2 Groundhog Day 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 206 Noon Mah Jongg 106 1 pm Stained Glass 202 1-3 pm Pool Playing 208 7 pm Kalookie	3 The Day the Music Died Satl 8 am Social Tennis
7 Ballet Day 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 106 1 pm Stained Glass 208 1 pm Cards 106 7 pm Ceramics	8 Boy Scout Anniversary 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 208 10:30 am Cards Satt 6 pm Social Tennis 202 7 pm Pool Playing 113 7-9 pm Spanish Club	9 National Pizza Day 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 206 Noon Mah Jongg 106 1 pm Stained Glass 202 1-3 pm Pool Playing 208 7 pm Kalookie	10 Lunar New Year Satl 8 am Social Tennis
14 Ash Wednesday 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 106 1 pm Stained Glass 208 1 pm Cards 106 7 pm Ceramics	15 Susan B Anthony's Birthday 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 106 12-3 pm Scrapbooking 205 10 am Bayberry Garden Circle 208 10:30 am Cards Satl 6 pm Social Tennis 202 7-9 pm Pool Playing	206 Noon Mah Jongg	Happy Lunar NEW YEAR 2024 17 Random Acrs of Kindness Day Satl 8 am Social Tennis
21 National Grain Free Day 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 113 10 am LW Board Meeting 106 1 pm Stained Glass 208 1 pm Cards 106 7 pm Ceramics	22 George Washington's BDay 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 208 10:30 am Cards Satl 6 pm Social Tennis 202 7-9 pm Pool Playing	23 Iwo Jima Day 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 206 Noon Mah Jongg 106 1 pm Stained Glass 202 1-3 pm Pool Playing 208 7 pm Kalookie	24 Forget Me Not Day Satl 8 am Social Tennis MICHELLE FOSTER SWEET SEASONS 8:00 PM - JBA \$15 Residetns - \$20 Guests ID Required
28 Floral Design Day 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 106 1 pm Stained Glass 208 1 pm Cards 106 7 pm Ceramics	29 Leap Year Day 104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 208 10:30 am Cards Sati 6 pm Social Tennis 202 7-9 pm Pool Playing	PRESIDENT'S DAM	Relebration of the Husic and Life of Carole King "Michelle Foster Spaces."

FEB 2024 - MAR 2024

2024	Sunday	Monday	Tuesday			
Μ	PLEASE NOTE Since this calendar must be prepared weeks in ad- vance, there may be last- minute changes. We sug- gest you verify dates on In- House Channel 901. Revised 01-10-2024	KEY TO LOCATIONS AUD = Auditorium BC = Bocce Court EXT = Outside of Lw LIB = Library SATL = Satellite TO = Ticket Office				
	3 National Anthem Day	4 National Hug a G I Day	5 Day for Disarmament			
A R	Satl 9 am Social Tennis 208 1-4 pm Bridge NATIONAL ANTHEM DAY	104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 108 1 pm Sewing Circle 202 1-3 pm Pool Playing 208 7 pm Cards	104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 113 9:30 am Hadassah Board Mtg TBD 11 am Women of LW, Inc 208 1 pm Cards Satl 6 pm Social Tennis			

	10 Daylight Saving Time Begins	11 National Napping Day	12 National Girl Scout Day			
C	Satl 9 am Social Tennis	104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 108 1 pm Sewing Circle 202 1-3 pm Pool Playing 208 7 pm Cards	104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 208 1 pm Cards Satl 6 pm Social Tennis			
H			BULK PICKUP			
	17 St. Patrick's Day	18 Awkward Moments Day	19 St Joseph's Day			
	Satl 9 am Social Tennis	104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 108 1 pm Sewing Circle 202 1-3 pm Pool Playing 208 7 pm Cards	104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer TBD 11:30 am Hadassah Gen Mtg 208 1 pm Cards Satl 6 pm Social Tennis			
1001	24 Palm Sunday	25 National Medal of Honor Day	26 National Spinach Day			
Flower Of The Month	Satl 9 am Social Tennis	104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 108 1 pm Sewing Circle 202 1-3 pm Pool Playing 208 7 pm Cards	104 8-1:30 Wood Shop 111 8:30-9:30 am Low Impact Exer 113 10 am Women of LW Bd Mtg 208 1 pm Cards Satl 6 pm Social Tennis			
DAFFODIL	Easter Sunday 31					



Plantation City Council meetings are generally held the 2nd and 4th Wednesday at 6:00 p.m. in Council Chambers at Plantation City Hall, 400 NW 73rd Avenue. Periodically, meetings may be cancelled, or special meetings may be held. Please call the City Clerk's Office at City Hall to verify (954-797-2237).

CITY OF PLANTATION 2024 CITY COUNCIL MEETINGS

February 7, 2024 February 21, 2024

March 6, 2024 March 27, 2024 (Public Hearing on CAFR)



THE CITY OF PLANTATION AND BAPTIST HEALTH *Present* 2024 ROCK THE PARK SERIES



- FEB 3BRASS EVOLUTION Covering Chicago, Earth,
Wind & fire & other popular horn bands of the 70s & 80sMAR 1GDR A Tribute to the Greatest Decade of RockAPR 6THE VTB BAND (Valerie Tyson Band)
- The Best of Dance, Classic Rock, Motown & More **SMOKIN RENEGADE** - A Tribute to Boston & Styx

Live Music & Food Trucks Concert begins @ 7:00 PM Food Trucks open at 6:00 PM

NEW LOCATION Pine Island Park 320 S Pine Island Road



Volunteer Park: 12050 W. Sunrise Boulevard 954-452-2558

Every Saturday from 8:00am – 2:00pm

Plantation hosts a Farmers Market featuring fresh, certified Organic and non-Organic produce, locally produced honey, homemade hummus, plants and orchids, fresh cut flowers, breads and Danishes, olive oils, cheeses, dips, spreads and more. It is located at Volunteer Park, from 8:00am to 2:00pm, and runs year-round.

The City of Plantation established its Farmers Market for the purpose of providing the Plantation community access to fresh and wholesome goods. But in addition to that, our hope is that Plantation's Farmers Market will become a weekly event that families will look forward to attending; that it will help them feel connected to the community and the friends and neighbors they may see there. We hope to see you there!





When you hire someone to do work in your home, be sure to check their insurance and license for your protection. The person/company should have a current license issued by the City of Plantation if their business is in Plantation. Be sure to see a copy of their insurance to confirm they have coverage.

Many jobs require a permit from the City of Plantation. It is important that you do your research. Call the City **BEFORE** work begins to determine if you need a permit. **DO NOT** rely on your contractor to inform you of that fact.

Whatever you do, **NEVER** hire someone who just knocks on your door and offers to do work for you. That decision may cost you in the long run for poor workmanship and problems that could arise for which they cannot fix/pay. They may scam you and cause more damage to your property.

Do not wait until there is a problem and wish you had hired a licensed/insured worker.

IMPORTANT NOTICE LW LANDSCAPING

We continue to deal with old and overgrown plantings on common areas that were installed by homeowners without written Board approval and have not been maintained regularly. We are removing these plantings because they are in the pathway of the mowers and interfere with proper lawn maintenance such as fumigation, fertilization, irrigation, and grass trimming. These overgrown plantings on the common area provide a haven for snakes, rats and racoons which can pose danger in our Community. To replace these plantings, we plan to install smaller flowering trees which will not pose a hazard during storms.

If you have written approval for these plantings, please contact the Board immediately to avoid removal of your plantings. This is the only notice you will receive before plantings are removed.

LW Board of Directors



There have been incidents of home burglaries in Lauderdale West. The Police Department has increased patrols in LW, but as our City expands we need to be more vigilant about protecting our homes.

- Keep doors, windows, and garage locked whenever possible.
- Arm your security alarm system before leaving or retiring for the night.
- Install an alarm system if you don't have one.
- Upgrade your door locks.
- Make it look like someone is home.

Call the police non-emergency number, 954-797-2100 or call 911 if the situation is a true emergency.



A SPECIAL MESSAGE FROM THE PLANTATION POLICE DEPARTMENT

There continues to be incidents in our area of people knocking on doors claiming to be various vendors seeking entry into our home. If allowed access to the home, they may rob or cause harm to the resident.

We are also aware of the theft of items left or stored on patios. Please DO NOT leave valuable items outside and make sure your home and vehicle are always locked. In these difficult times it is critical that we continually be aware of our person, surroundings, and valuables.

PLEASE DO NOT OPEN YOUR DOOR TO STRANGERS. AND CERTAINLY, DO NOT ALLOW THEM INTO YOUR HOME. DO NOT LEAVE VALUABLES UNSECURED.



NEW MONTHLY MAINTENANCE PAYMENTS

Beginning January 1, 2024, our monthly maintenance payments will be:

- Single Family Home \$488
- Plexes \$494

If you have automatic payments through your bank, be sure to advise them of the increase. Please notify your bank or whoever writes your checks, of the increase. Automatic payments through our accountants, Juda Eskew & Associates, will be adjusted automatically.

Avoid writing a check every month and save time and postage. Use Auto-Debit from your bank and your payments will always be on time and you will not need to notify your bank of future payment increases.

The form is in the Lauderdale West Newsletter, available for download on our website at <u>www.lauderdalewest.org</u> or by scanning the QR code below.

If you mail checks, **DO NOT MAIL TO THE CLUBHOUSE ADDRESS**, as it will delay your payment. Mail payments to:

RETURN ADDRESS



Juda Eskew P.O. Box 189115 Plantation FL 33318-9115

PAYMENTS ARE DUE ON THE FIRST OF EACH MONTH





HOUSEHOLD HAZARDOUS WASTE (HHW) & ELECTRONIC RECYLING

The City of Plantation and the City of Sunrise have partnered to provide residents with opportunities to safely dispose of household hazardous waste (HHW) and electronics. Drop-off events are held on Saturdays throughout the year and are open exclusively to residents of Plantation and Sunrise **free of charge and with proof of residency**.

Convenient drive-thru services provide staff to unload your hazardous waste; you are encouraged to remain in your vehicle. You are asked to keep the hazardous waste products in their original containers, or to label them clearly. All lids must be sealed tightly, and leaking containers should be placed in a large plastic container.

The dates and locations for 2023 are:

Plantation Location Public Works Compound 750 NW 91 Avenue Plantation, FL 33324 Hours: 9:00 AM – 1:00 PM Dates for 2024 will be available later Sunrise Location Public Works Complex 10500 NW 55 Street Sunrise, FL 33351 Hours: 9:00 AM – 1:00 PM Dates for 2024 will be available later

Household Hazardous Waste (HHW) includes paint, tires, and similar materials. Electronic Materials include computers, computer monitors, televisions, printers, scanners and similar devices. Neither HHW nor Electronic Materials are collected as solid waste, recyclable, or bulk trash.

ONLY the City of Sunrise allows you to bring 2 boxes of paper to be shredded on-site.

ALTERNATIVE WASTE DISPOSAL SITE

The City of Plantation, in conjunction with Wheelabrator, offers all residents the opportunity to dispose of Yard Waste, Furniture, White Goods, Household Hazardous Waste, and Electronics on one Saturday each month at the following location. Proof of residency required.

Wheelabrator South Broward

4400 S State Road 7 Davie, FL 33314 954-581-6606

Hours of Operation

Saturdays – 8:00 AM – 4:00 PM Closed on Holiday weekends

ELECTRONIC RECYCLING & DISPOSAL

Free drop-off of certain electronics waste, specifically batteries, DVD players, speakers, stereos, VCRs, laptops, computers, wires and cables, battery backups, servers and monitors is available at the following location. Please call for specific drop-off dates.

Urban Mining Residential Drop-Off 3983 NW 19 Street

Lauderdale Lakes, FL 33311 954-906-1609 Hours of Operation

Tuesday – 7:00 AM – 11:00 AM

Friday – 1:00 PM – 4:00 PM

RESIDENTIAL MEDICAL WASTE DISPOSAL

Prescriptions should be sealed with tape and placed into your blue garbage bag. **NEVER** flush medications down the toilet or sink. They will contaminate the drinking water supply.

Needles need to be placed into a Sharps container and can be dropped off at:

- Prescription Pad Pharmacy, 333 NW 70 Avenue, Ste 102, 954-791-2000
- Cost is \$5/2 containers. (Cost is waived if a new container is purchased.)

For more information on the disposal of prescription medications, please contact the Broward County Health Department, 954-467-4700.

BULK & GARBAGE PICKUP BULK PICKUP DATES Tuesday, February 13, 2024 Tuesday, March 12, 2024

items out until Monday afternoon AF-TER 5 PM the day before Bulk Pickup is scheduled. Place Bulk Pickup at least

5 feet AWAY from the mailboxes, trees, and street signs.

Thank you for your cooperation.

BULK PICKUP – Our next Bulk Pickups will be Tuesday, February 13, and Tuesday, March 12. The following items will not be accepted: batteries, black bags, chemicals, concrete including bricks or pavers, electronics, fencing, fluorescent bulbs, glass not properly wrapped, insecticides, oils and paints, paint cans, x-rays, construction materials, tires. (For disposal of these items, refer to the article on Household Hazardous Waste & Electronic Recycling on page 30). To ensure the safety of Waste Management drivers, mirrors, glass tabletops, windowpanes, plate glass, etc., will only be picked up if they are properly and safely placed in a rigid container. Any broken glass must be placed into a secure container and marked as glass. If items are small enough, they must be put in clear bags. Black bags will not be accepted. Empty cardboard boxes will be accepted.

• BULK PICKUP DATES FOR FUTURE Months

February 13 March 12 April 9

GARBAGE PICKUP – On Tuesday - blue bags and clear recycle bags should be placed at least 5 feet AWAY from your mailbox. On Friday – blue bags only, also 5 feet from your mailbox.
Bags must not be put out until 5 PM the night before pickup.



Here are 7 rules to live by:

1. <u>"EMPTY AND CLEAN IF YOU WANT TO BE</u> <u>GREEN"</u>

Do not contaminate other recycling materials with food particles and liquids. This can damage containers and make them unfit to be recycled.

2. <u>"DON'T BAG RECYCLABLES"</u>

Only put loose items into recycling bag. The recycling facility does not have time to untie bags, so they will be sent to the landfill.

3. <u>"COATED PAPER CAUSES PROBLEMS"</u>

Waxy paper cups and shiny or sparkly gift bags are examples of coated paper. If they have been treated or coated, they cannot be recycled.

4. <u>"GREASE IS GROSS"</u>

Oil and water don't mix; when the grease from your recyclables transfers to other paper goods, it can spoil the batch of mulch at the paper mill. Parts soiled by grease should be cut out of paper materials. Toss only clean cardboard into recycling.

5. <u>"IF IT TANGLES, THEN IT MANGLES"</u>

Tanglers are items that can get stuck in the equipment at a recycling facility. Don't recycle ropes, strapping, zip-ties, hoses, wires, chains, cords.

6. <u>"DON'T BE A DANGEROUS DUMPER"</u>

Certain items can be dangerous when mixed with recycling: batteries, light bulbs, medications and lighter fluids are examples of unsafe items.

7. <u>"IF IN DOUBT, THROW IT OUT"</u>

Do not add to the financial and environmental cost of trucking garbage from recycling facilities to landfills.



GARBAGE & TRASH PICKUP

The Post Office has asked that we **NOT** place trash and recycle bags against the mailbox posts. These bags should be **at least five feet away** from the mailbox post on the driveway or lawn. Bulk trash items should be even farther away and not close to any trees or other objects that may interfere with the grabber arm used to pick up the bulk trash.

FEB 2024 - MAR 2024





For your personal safety at all times, always be aware of your surroundings and follow the guidelines below.

• Never open your door to anyone you do not know or did not invite.

• Double check with the utility company if a worker just knocks on your door. Call the company to verify the work order for your home.

• ALWAYS lock the doors to your home and your vehicle.

• Do not give anyone your personal information, especially your social security number, bank account information, birth date.

• Do not walk alone - use the buddy system and walk during daylight hours.

• Post your NO SOLICITATION sign and do not be afraid to call the Police non-emergency number (954-797-2100). It is always better to be safe than sorry.

• Lauderdale West Maintenance team all wear Lauderdale West shirts, not vests.

FOR YOUR SAFETY, PLEASE DO NOT OPEN YOUR DOOR TO ANYONE YOU DO NOT KNOW.



Please be aware! Any method used by Lauderdale West to communicate with you will be by posting in the Lauderdale West News, on our existing Website, (www.lauderdalewest.org), communicated on Lauderdale West stationery, in our Email blasts or text messages or on the BlueStream Community Channels 901 and 902.

Any other online networks, Websites, Facebook pages, etc. are **NOT** sanctioned by Lauderdale West Community Association No. 1, Inc. Even though Lauderdale West may be included in the title and participants may be residents of Lauderdale West, they are **NOT** endorsed by and have nothing to do with Lauderdale West Community Association No. 1, Inc. **BE CAUTIOUS WHEN SHARING YOUR PERSONAL INFORMA-TION AND BE AWARE OF FALSE INFOR-MATION COMMUNICATED ON THESE SITES.**







Tel: 954.577.9700 Fax: 954.475.1897

Or email to customerservice@homeownercpa.solutions

Fax to 954-475-1897

Maintenance Fee Auto Debit Authorization

Association Name:	
Name on Deed:	
Property Address:	
Mailing Address:	
Name of Bank :	
(US Bank Only)	
Name on Bank Account:	
Home Phone:	Daytime Phone:
Email Address:	

I have included a **Blank Voided Check** and hereby authorize my financial institution to debit my account in the name of my Condominium or Homeowners Association. I understand the debit will appear on my bank statement under the description of <u>"Association Lock Box."</u> between the 5th and the **10th** day of each month, if a monthly assessment, or between the 5th and **10th** day of the first month of the quarter, if a quarterly assessment. In addition, I understand this auto debit will **continue until I notify my association in writing** <u>30 days</u> prior to canceling or changing the bank account used for the auto debit. I also give the association authority to change the auto debit, as maintenance fees are changed by the Board of Directors, in future years.

PLEASE ATTACH A BLANK VOIDED CHECK TO THIS FORM

Return this form by the 21st of the month PRIOR to start month.

Start Month	& Year:								
Assessmen	t Frequency:	_Monthly							
Maintenanco	e Fee: \$	_Special Assessment: \$_		her \$					
Describe:									
You will be sent a letter confirming the month EFT will start.									
ACCOUNT MUST BE CURRENT PRIOR TO START MONTH									
I authorize a one-time payment in the amount of \$ to bring my									
Initial box	accour	nt current as of		(Date)					
P	LEASE RETAI	N A COPY OF THIS FO	DRM FOR `	YOUR RECORDS					
Signature:			Date:						

You may email this form to <u>customerservice@homeownercpa.solutions</u> or for secured delivery Fax to 954-475-1897

digitalDefense

AT HOME AND ON THE ROAD FROM AAA

You wouldn't leave your house unlocked when you go on vacation, but are you protecting your online identity when you travel? Here are some tips from AAA.

• **Use advanced protection:** Enable multifactor authentication such as a one-time logic code sent to your smartphone for accounts like Facebook, Google and Drop Box.

• **Turn off Bluetooth when not in use:** Bluetooth-enabled accessories such as earpieces and external keyboards are convenient, but cybercriminals can pair with your phone's open Bluetooth connection and use it to steal personal information.

• **Don't fall for phishing scams:** Phishing scams use attractive offers to entice shoppers to click on links within emails. If you receive an email with a deal that looks too good to be true, or if it has a link or attachment that seems suspicious, don't click on it.

• Avoid public Wi-Fi networks: Conducting personal business, like online banking or shopping on public networks, can allow attackers to intercept your information. To check your credit card statement or shop online while traveling, switch to your mobile device's data internet connection.

• **Keep your device software updated:** And while you're at it, make sure you have good antivirus and anti-malware software on your devices.

• **Don't connect your mobile device:** Connecting to any computer or charging station that you do not control, such as a charging station at an airport terminal or a shared computer in a library, with a USB cable can allow software running on that computer to access your sensitive data or install new software on your device.

Take precautions to make sure you always keep your online identity safe.



954 770-7506 tamistg@bellsouth.net Llinas Realty Group, Inc. "Alway\$ \$aving \$eller\$"

Hey Landerdale West

Llinas Realty Group, Inc.

I AM TAMI STOGNER

I'm your neighborhood realtor!

This is the time to sell! Have you ever wondered how much your home is worth? I am up to date and familiar with the neighborhoods' true value for current homes. I can help you sell your home and find a buyer who loves Lauderdale West as much as you do!

Here to help with all your Real Estate Needs!

Call Me Today For A Free Comparative Market Analysis!

Tips for Preventing Distracted Driving

Although most distractions are avoidable, some distractions are impossible to completely prevent – instead they must be managed. Driving requires your full attention. You can take charge of eliminating distractions to focus on the road ahead.

Here are AAA's Top 10 Tips to Avoid Distractions While Driving

1. Fully focus on driving. Do not let anything divert your attention, actively scan the road, use your mirrors, and watch out for pedestrians and cyclists.

2. Store loose gear, possessions and other distractions that could roll around in the car, so you do not feel tempted to reach for them on the floor or the seat.

3. Make adjustments before your get underway. Address vehicle systems like your GPS, seats, mirrors, climate controls and sound systems before hitting the road. Decide on your route and check traffic conditions ahead of time.

4. Finish dressing and personal grooming at home – before you get on the road.

5. Snack smart. If possible, eat meals or snacks be-

fore or after your trip, not while driving. On the road, avoid messy foods that can be difficult to manage.

6. Secure children and pets before getting underway. If they need your attention, pull off the road safely to care for them. Reaching into the backseat can cause you to lose control of the vehicle.

7. Put aside your electronic distractions. Don't use cell phones while driving – handheld or hands-free – except in absolute emergencies. Never use text messaging, email functions, video games or the internet with a wireless device, including those <u>built</u> into the vehicle, while driving.

8. If you have passengers, enlist their help so you can focus safely on driving.

9. If another activity demands your attention, instead of trying to attempt it while driving, pull off the road and stop your vehicle in a safe place. To avoid temptation, power down or stow devices before heading out.

10. As a general rule, if you cannot devote your full attention to driving because of some other activity, it's a distraction. Take care of it before or after your trip, not while behind the wheel.

Prestige Impact Windows & Doors

A DBA of



1931 NW 150 Ave., Suite 208 Pembroke Pines, FL 33028

954-961-5300

100% Financing Available!

Structural issues with your family room or den?

We Can Help!

FEB 2024 - MAR 2024

Answers, page 39

Puzzles & Quizzes

ACROSS -

- 1) Native of Novi Sad
- 5) Sassy, like a shampoo brand?
- 9) Riding costume
- 14) Cafe ____ (black coffee)
- 15) Gray-matter creation
- 16) Freezing home
- 17) Birdbath organism
- 18) Godmother, sometimes
- 19) Senator who made the rounds?
- 20) Bird-brained baseball instructors?
- 23) Snacked on
- 24) Army bunk
- 25) Initial start
- 28) Pain spasm
- 30) It's canceled when it's accepted
- 33) It puts you off-course
- 34) Chat
- 36) Keg contents, sometimes
- 37) Like average grades
- 38) Result of a bird-brained dissection?

BIRD BRAIN

1	2	3	4		5	6	7	8		9	10	11	12	13	-
14	+	+	+		15	1	+			16			1		1
17	+	+	+		18	+	+	+-		19	-	+	+	-	
20	+	+	+	21		+	+	+	22		+	t			
23	+			24	+	+			25		+	+	26	27	
28	+	+	29		i.	30	31	32		+		33	+	+	
			34	1	35		36		+		37		+	+	-
	38	39			t	40		1		41			t		
42					43				44						
45		1		46		+		47		48	1	49	50	51	
52		+	53		1			54	55			56			Ī
		57	+			58	59	1.7			60		+		1
61	62		1			63		1	1		64	t	+	1	-
65		1	1			66		1	+		67		+		1
68	1	-	-			69	-		1		70	1	-	-	

- 42) Feature of some modern
- stadiums 43) Model, originally
- 44) Sphere
- 45) Cousin of an ostrich 46) One submitting a 1040

- 63) Java can be found in it
- 64) Ready to be picked
- 65) Strongboxes
- 66) Talese and Goldin
- 67) Aphrodite's husband
- 68) Pharaoh's land
- 69) Buttocks, in slang
- 70) Nag, e.g.

DOWN

- 1) Speak irritably to
- 2) Stone Age tool
- 3) Square- (sailing ship)
- 4) Highlands hill
- 5) Key instrument?
- 6) Chemical extractions
- 7) You may get a hand here
- 8) "Bye now!"
- 9) Loftily situated
- 10) Shoelace end
- 11) Response to a sneeze
- 12) A positively charged atom
- 13) Amount of bricks?
- 21) Cousteau's bailiwick
- 22) Certain facial blemish
- 26) Opposite of west
- 27) " can play that game"
- 29) Jack's giant, for one
- 31) One of the five senses
- 32) Kentucky boxing legend
- 35) It has two pieces on the beach
- 37) Cries openly
- 38) Scholarly reference book
- 39) Disperse oil in water
- 40) Nada

By Carla Azure

- 41) One of the Muses
- 42) Bear's lair
- 46) Woodlands
- 47) Pine products
- 49) Comedic takeoff
- 50) Emulates Romeo and Juliet
- 51) Least wild
- 53) Drag behind
- 55) Make ashamed
- 58) "The Metaphysics of Morals" author
- 59) Jacob's twin brother, in the Bible
- 60) Duffer's sandy challenge
- 61) Fair (copyright issue)
- 62) Clothing attachment

48) Anything of material value 52) A Rockefeller 54) Have something

- 56) In the style of, on menus
- 57) Bird-brained posterior?
- 61) Practical

FEB 2024 - MAR 2024

LAUDERDALE WEST NEWS

Soduku (answers page 39)

1		2				7		6
			3		2			
8				1				5
	8			2			6	
		1	4		8	3		
	5			7			2	
4				3				2
			6		9			
7		6				4		9

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BCOTASSESSMENT & SERVICES





By DAVID OUELLET

HOW TO PLAY: The words are found in all directions - vertically, horizontally, diagonally, backward. Circle each letter of a word found and strike tr off the list. The letters are often used more than once so do not cross them out. It is best to ind the big words first. When you find all the words listed in the clues you'll have a number of letters left over that spell out the WONDERWORD.

REN	IEME	BERI	NG 19	913						1	lover	mber	10, 2	023
н	м	А	Е	D	А	м	н	w	0	R	D	0	0	W
А	А	D	1	R	Е	U	N	I.	0	Ν	0	т	Е	1
в	R	R	т	R	D	С	Е	I.	0	D	т	Ν	н	L
Е	S	1	1	S	С	Ν	L	т	А	0	R	D	0	S
R	н	А	0	S	1	R	А	А	т	R	N	0	F	0
в	А	Ν	U	υ	н	т	А	R	в	А	т	С	F	Ν
0	L	0	1	N	N	С	U	F	G	Е	F	к	А	т
s	L	Ρ	М	1	1	Е	н	н	т	в	А	к	Е	R
С	А	L	Е	0	т	Ν	м	А	С	Е	т	1	н	Е
н	Ν	Е	т	Ν	R	т	Р	0	N	А	Е	N	т	А
А	D	υ	1	S	А	R	Ν	Е	W	D	R	G	s	т
м	в	х	к	s	м	А	L	L,	А	D	R	А	0	Y
Р	0	R	0	F	1	L	м	R	R	С	E	А	Ρ	D
N	А	R	Ν	А	L	Р	А	L	А	С	Е	м	1	т
Р	т	R	А	D	Е	Р	R	Е	M	E	E	R	Е	S

Adrianople, Aircraft, Baker, Boat, Central, Champ, Declare, Dock, Etta, Film, Ford, Gandhi, Grand, HaberBosch, Harishchandra, Hoffa, Hudson, King, Land, Made, Marshall, Martin, Nixon, Note, Otto, Ouimet, Palace, Parachutist, Parade, Parks, Peace, Plan, Post, Premieres, Reunion, Rosa, Small, Taft, Time, Trade, Train, Treaty, Unions, Wilson, Women, Woodrow

Answer, page 39

Solution: 10 letters



www.tmralph.com Online funeral information and Prearrangements

LAUDERDALE WEST NEWS

LW COMMUNITY ASSOCIATION HOME INSPECTION

OWNER:		UNIT #	DATE:	REINSPECTION
ADDRESS:		PU	RPOSE:	
AWNINGS	REPAIR POWER	WASH PRIM	E/PAINT	_ MUST BE OPEN COMPLETELY
				REMOVE DOWNSPOUT
FRONT PORCH	/RAILINGS REPAIR	POWERWASH _	PAINT _	CLEANOUT
ΒΑϹΚ ΡΑΤΙΟ	REPAIR POWER	WASH PAIN ⁻	T REMO	VE CLUTTER/STORAGE/POTS
SIDE WALKWA	Y REPAIR POWERV	VASH PAINT	REMO	VE CLUTTER/STORAGE/POTS
MAILBOX	REPAIR CLEAN	PAINT	CALL MAI	NTENANCE FOR REPAIR
LIGHTPOLE				
WINDOWS	REPAIR CLEAN	REMOVES	SIGNS	
DRIVEWAY	REPAIR POWER	WASH PAI	INT	SWALE
DOORS	REPAIR CLEAN			
REMOVE	ALL PLANTS IN (COMMON ARFA		
	PAVER WALKWA			
	ROCKS/STONES			
			LIGHT PC	DLE MAILBOX
	TREES/STUMPS		LIGHT I G	(in albox
	CLUTTER/STOR/		RED	
	WALKWAY LIGH			
	PLANTING BED		T AWAY FROM	и номе
	PLANTING BED			
	EXCESSIVE POT			
	PLANTING BED			
	POTS MUST BE			
	EMPTY POTS/H			
	DECORATIONS			
	ALL STRUCTURE	S		
TRIM	TRIM/SHAPE AI	L BUSHES UNDER	WINDOWS	
		L OTHER FRONT B		HEIGHT
	TRIM/SHAPE AL			
	TRIM/SHAPE AL			
		L CORNER BUSHES		
		252		
MAINTAIN				
	INSTALL BORDE		R BED	
	REPAIR/POWER			
	INSTALL MULCH	1		
 HOMEOWNERS ALL PLANTINGS 	ARE RESPONSIBLE FOR MA MUST HAVE WRITTEN BOA	INTAINING THE EXT	ERIOR OF THEIF	-
FAILURE TO COM	PLANTINGS WILL BE REMO MPLETE THE WORK IS A VIO /OU NEED ADDITIONAL TIN	DLATION OF OUR ASS	SOCIATION DO	4 DAYS NOTICE" CUMENTS AND MAY RESULT IN A FINE.
	YOUR H	IOME NEEDS ATTE	NTION: YES	NO Rev 1/3/2

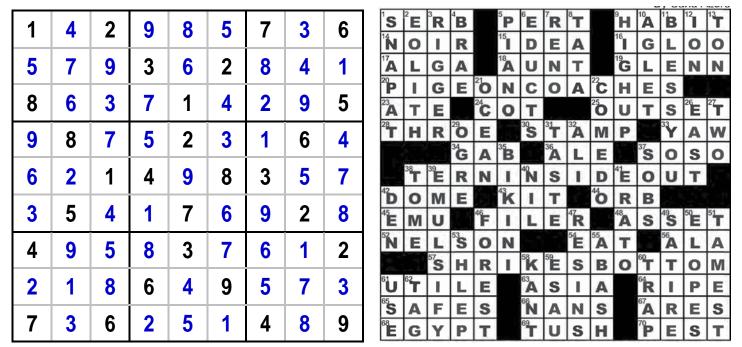
38

FEB 2024 - MAR 2024



Soduku answer to puzzle on page 37

Crossword answer to puzzle on page 36



Wonderword Answer: **ONEHUNDRED** (Puzzle on page 37)



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Fraud Prevention Checklist

Keep your account(s) secure: What you can do now to help fight fraud.

1. Use your bank's mobile app

 The mobile app is the best way for you to stay on top of any suspicious account activity. You should be able to set up alerts, lock or unlock your card, dispute a transaction and more through your bank's mobile application.

2. Check your contact information

- You're not the only one protecting your account. Your bank and credit card company are working to protect you. If they spot an issue, they want to get in touch with you the quickest way possible.
- Provide your mobile number so they can alert you to potential fraud.

3. Create a strong unique password

- Strong passwords are 8 or more characters long and include a combination of numbers, symbols and upper and lowercase letters.
- Use multifactor authentication when possible.

4. Protect your devices

• Keep your phone, tablet, and computer up to date with the latest browser, operating system and antivirus software.

5. Keep your account information secure

- Go paperless.
- Never write your PIN on the back of your card.

6. Know the red flags that signal a scam

- Scammers pressure people to send money, threaten law enforcement action or demand gift cards as a form of payment.
- Remember, if you provide your information or send money to a scammer, there is often little your financial institution can do to help get your money back.

7. Fight fraud with these quick tips

- **Do not share your information.** Your financial institution will never ask you to give personal information in an email, text, or non-secure website.
- **Do not click on suspicious links.** Be wary of unsolicited links from unknown sources.
- Do not be intimidated. Scams often try to create urgency or alarm by threatening to close or suspend your account if you don't take immediate action.
- **Do not be fooled.** Never transfer money to someone's account claiming that they need the money for urgent help or protection.
- **Do not share security codes.** If your financial institution sends you a security code by text or email to confirm your identity, never share it with anyone else.

^{*}Zelle and the Zelle related marks are wholly owned by Early Warning Services, LLC. Early Warning Services. LLC is owned by Bank of America, BB&T, Capital One, JPMorgan Chase, PNC Bank, US Bank, and Wells Fargo.

IRS AND SECURITY SUMMIT PARTNERS WARN TAXPAYERS OF NEW SCAM Unusual delivery service mailing tries to trick people into sending photos, bank account information

IR-2023-123

WASHINGTON — The Internal Revenue Service warned taxpayers to be on the lookout for a new scam mailing that tries to mislead people into believing they are owed a refund.

The new scheme involves a mailing coming in a cardboard envelope from a delivery service. The enclosed letter includes the IRS masthead and wording that the notice is "in relation to your unclaimed refund."

Like many scams, the letter includes contact information and a phone number that do not belong to the IRS. But it also seeks a variety of sensitive personal information from taxpayers – including detailed pictures of driver's licenses – that can be used by identity thieves to try obtaining a tax refund and other sensitive financial information.

"This is just the latest in the long string of attempts by identity thieves posing as the IRS in hopes of tricking people into providing valuable personal information to steal identities and money, including tax refunds," said IRS Commissioner Danny Werfel. "These scams can come in through email, text or even in special mailings. People should be careful to watch out for red flags that clearly mark these as IRS scams."

The Security Summit – a coalition between the IRS, state tax administrators and the nation's tax industry – continues to warn people to protect their personal information to protect against tax-related identity theft as well as scams like this.

In this new scam, there are many warning signs that can be seen in many similar schemes via email or by text. An unusual feature of this scam is that it tries tricking people to email or phone very detailed personal information in hopes of stealing valuable information.

Please, as we enter the tax season, be aware, be careful and be safe.

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IN-HOME CARE

LAUDERDALE WEST NEWS

FEB 2024 - MAR 2024



There have been coyote(s) spotted in Lauderdale West. Coyotes are generally not a threat to people and are usually easily scared off. Killing and removing coyotes from a community can open a space for another alpha male or female to move in. Coyotes are highly organized in their social structure and removing one or two individuals can disrupt that hierarchy and cause more young to be born at a faster rate. Coyotes can also benefit the ecosystem by providing natural effortless pest and rodent control. To reduce your chances of a negative encounter, we recommend the following:





IT'S RACCOON SEASON! By Bernadette Brodmerkel, Director

Some residents have called regarding raccoon sightings in the area. We have an issue with the BIG iguanas. Just an FYI, the raccoons eat the iguana eggs. So, it is a good idea to leave the raccoons on property.

Please understand these critters have been living in Lauderdale West since before we were here.

It is very difficult and costly to trap and relocate each raccoon. LW DOES NOT PAY FOR RAC-**COON TRAPS.** If you want raccoons trapped, Beach Environmental will do so for a fee of \$500 to the resident. Call Beach at 954-458-1104.

Suggestion, please DO NOT feed them. Please secure your trash pails so they cannot find their meals close to your home. Eventually, if there if no food source, they will leave and find another place to live.

And while I have your attention, please remember to leash your dogs.

1. Secure all attractions, also known as human related food sources, (pet food, garbage, bird seed, fallen fruit, etc.) as this is commonly what brings covotes to the area.

2. Pets are best protected when they are accompanied by their owner even in a fenced yard, kept inside, and walked on short (6 foot) leashes.

3. Reinforce the coyotes' fear of humans with sudden loud noises and threatening gestures:

 Yelling, deploying air horns, pots and pans, aluminum cans filled with nuts, stones, or coins.

 Squirt with a water hose, slingshot, paintball gun, to deter coyote(s).

If you notice any dead of half-eaten ducks in our community, please contact the Maintenance Department at 954-473-2595 and provide an address to have the carcass removed.



42



Safeguard Your Data with These Security Tips



Cyberattacks are on the rise, which means it's important that we take the right measures to protect ourselves. With almost everything relying on digital these days, our personal data is more susceptible to breaches.

How can you be more cyber-aware, you may ask? We've got ya! Read below for a list of best practices and activities to help keep you and your data safe!

Ensure multiple layers of protection!

- Install anti-virus and anti-malware software on your computer and keep up with regular updates.
- Be cautious of using unsecure WiFi networks!
- When setting up a new network, always change the default password to a new one. Using numbers, capitalized letters, and punctuation marks can help strengthen your password.
- Set your computer screen to automatically lock when inactive.

Keep an eye out for suspicious emails to avoid phishing

- Be aware of emails or requests from suspicious parties, especially addresses that don't seem legitimate. Do you recognize the sender's email address? If not, do not click on any links or respond with any personal information.
- Another sign of fraud to look out for is if the email address does not match the name previewed in the message or if the domain isn't from the company allegedly sending it. When in doubt, try calling the sender to see if their email is legitimate.

Limit your personal digital footprint

- A good rule of thumb is to always check the default settings on your social media and any websites that store your information, and always limit the information you provide.
- Regularly check your mobile device's privacy settings, especially after software updates, and adjust them to limit what personal information is shared.

Safeguard your online financial transactions

- Never enter any banking or payment information on an *HTTP* website. Always make sure it is *HTTPS*.
- Review your credit history and financial statements regularly to look for suspicious transactions.

Following these easy tips and tricks is a great way to protect yourself and be more cyber aware!

The Legend of St. Valentine

From where did Valentine's Day originate? The history of the holiday—and the story of its patron saint—is shrouded in mystery. We do know that February has long been celebrated as a month of romance, and that St. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition. But who was Saint Valentine, and how did he become associated with this ancient rite?

The Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred. One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death. Still others insist that it was Saint Valentine of Terni, a bishop, who was the true namesake of the holiday. He, too, was beheaded by Claudius II outside Rome.



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Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons, where they were often beaten and tortured. According to one legend, an imprisoned Valentine actually sent the first "valentine" greeting himself after he fell in love with a young girl-possibly his jailor's daughter-who visited him during his confinement. Before his death, it is alleged that he wrote her a letter signed "From your Valentine," an expression that is still in use today. Although the truth behind the Valentine legends is murky, the stories all emphasize his appeal as a sympathetic, heroic and-most importantly-romantic figure. By the Middle Ages, perhaps thanks to this reputation, Valentine would become one of the most popular saints in England and France.



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VALENTINE'S DAY TRIVIA

Wearing your heart on your sleeve is more than just a phrase.

In the Middle Ages, young men and women drew names to see who their Valentine would be, the *LA Times* reports. According to Smithsonian, they would wear the name pinned to their sleeve for one week so that everyone would know their supposed true feelings.

Cupid's bow and arrow weren't just for show.

In Roman mythology, Cupid is the son of Venus, the goddess of love and beauty. He's often depicted with a bow and arrows to pierce hearts and cast a spell of love.

Men and women prefer candy to flowers.

Both men and women prefer to receive chocolate over flowers, according to the National Confectioners Association. The survey also found that chocolate sales represent 75 percent or more of Valentine's Day candy purchases.



Virginia Eliza Poe (née Clemm; August 15, 1822 – January 30, 1847) was the wife of American writer Edgar Allan Poe. The couple were first cousins and publicly married when Virginia Clemm was 13 and Poe was 27. Biographers disagree as to the nature of the couple's relationship. Though their marriage was loving, some biographers suggest they viewed one another more like a brother and sister. In January 1842, she contracted tuberculosis, growing worse for five years until she died of the disease at the age of 24 in the family's cottage, at that time outside New York City.

On Valentine's Day in 1846, Virginia wrote this acrostic poem to her husband. Note that the first letter of each line spells out his name.

Ever with thee I wish to roam— Dearest my life is thine. Give me a cottage for my home And a rich old cypress vine, Removed from the world with its sin and care And the tattling of many tongues. Love alone shall guide us when we are there— Love shall heal my weakened lungs; And Oh, the tranquil hours we'll spend, Never wishing that others may see! Perfect ease we'll enjoy, without thinking to lend Ourselves to the world and its glee— Ever peaceful and blissful we'll be.

Em with the I wish to a Dearent my life is think. give one a collage for my home cloud a rich old cyprose Removed from the world with its sin and a word the talling of many tongues . done alone shall goud as when we have shall head my weakened houge ; And Oh, the transpil hours will spond, Anes winhing that others may see! Parfect sale we'll enjoy, without thinking to lond Ormalion to the world and its give Even peaceful and thisful we'll be. Saturday Salmary 14, 1848.







★ sleep ★ better

THREE WAYS TO SLEEP BETTER Aspire Magazine July 2023

As we age, sleeping habits are likely to change. You may find yourself falling asleep or waking up earlier, or you may need less deep sleep. There are some changes, however, that shouldn't be ignored: Disturbed sleep and waking up tired all the time are two of them.

Insomnia can have a drastic effect on your mental health; it has been linked to depression, anxiety, memory loss and other issues that can affect your quality of life. And let's be honest: The less sleep you enjoy, the worse your mood.

If you're displaying any signs of insomnia, you should visit your health care provider. After the visit, they may make recommendations such as:

1. Stick to a bedtime. If you fall asleep at 10 pm, make sure you're always falling asleep at that time (or pretty close to it). That way, your body can get into a routine and isn't upset by sudden changes in sleep habits.

2. Avoid caffeine later in the day. Skip the afternoon cup of coffee – it could be keeping you up at night. Limit coffee or tea to one cup a day in the morning to reduce your chances of sleep disruption into the night.

3. Avoid using smart devices right before bed. The blue light emitted from your phone or tablet could be affecting your ability to fall asleep. Power down at least an hour before calling it a night.







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