



LAS VERDES NEWS

The Official Publication of the Las Verdes POA

MARCH 2022

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LAS VERDES NEWS

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FROM THE PRESIDENT

FRONT ENTRANCE BEAUTIFICATION PROJECT CONTINUES

Several larger trees have been planted and soon you will see shrubs and flowers being planted as well. Approximately 2200 items will be planted in the next few weeks.

We hope you enjoy all the events that our POA and the Clubs sponsor. People work hard planning these events and appreciate your participation. We are looking into having some events in the later spring and possibly in the summer as well.

Tom Massey
President, Las Verdes POA

Happy St. Patrick's Day!



Monday night Zumba class. Note: the young girl pictured enjoys watching the class. Participants must be sixteen years of age.



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5280-124, 5370-321, 5310-212, 15500 & 15684 Bottlebrush Cir, 5081 Forsythia St.,
15803 + 15904 + 15807 Forsythia Cir., 5328 and 5496 Viburnum Cir., 5395 + 5423
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UPCOMING EVENTS

DUELING PIANOS CONCERT ON WEDNESDAY, MARCH 9

It's not too late to
get your reserva-
tion for the Dueling
Pianos event on
Wednesday, March
9, at 7:00 p.m.

Cost is \$22.00.
BYOB. Dessert and
coffee included.
See Lisa or Diane
in the Clubhouse
on Wednesdays or
Fridays at 10:30 a.m. for reservations.



ITALIAN AMERICAN CLUB'S UPCOMING EVENTS

Our next meeting is on Sunday, March 13 at
7:00 p.m. and our picnic will be on Sunday,
March 27 at 5:00 p.m. in the Clubhouse. The
meal will be catered by Park Avenue Grill and we will
be dancing to the music of Vinnie. Please see the flier
on page 9 for all the details. All are welcome!

We are sponsoring a Casino Bus Trip on Tuesday,
March 29. The bus departs Las Verdes at 10:00 a.m.
and will leave the casino at 3:00 p.m. The cost is
\$24.00 and you will receive \$10.00 in free play. Ev-
eryone is invited to join us! Make your reservation by
calling Linda Untender at (561) 926-6104.

Carolyn Giovannini
President, Italian American Club

SNOWBIRDS CLUB YEAR END LUNCHEON ON MARCH 15

Please join us for our last event of the season,
a beautiful luncheon at Indian Springs Country
Club at noon on Tuesday, March 15.

The cost is \$42.00 for members/\$45.00 non-mem-
bers. Everyone is invited. For reservations or if you
have questions, please call me at (617) 538-5267.

Please bring a self-addressed stamped envelope as
we will be sending out the schedule for 2023 events
in October. You can drop off your envelope in the
office as well.

Thank you for your support. We had a fun season
together!

Pat Delaney
President, Snowbirds Club

BOOK DISCUSSION GROUP

Attention Readers: On Tuesday, March 1, at 7:00
p.m. in the Clubhouse, there will be a meeting
for those wishing to learn about a new Book
Discussion/Book Club.



It will be chaired by Diane
Costello, a retired New York
Librarian.

Please join us! It should be
fun!

Judy Morad

COUNTRY WESTERN NIGHT ON SATURDAY, APRIL 9

You are cordially invited to our Country Western
Party in the Clubhouse on Saturday, April 9 at
6:00 p.m.

Kenny Law and the
Lawmen will be back
with us providing our
entertainment and
there will be line dance
lessons.



Catering will be provided by Lucille's Bad to the Bone
BBQ including chicken and ribs. Dig out your boots
and bandanas and join the fun!

Cost is \$27.00. BYOB. See Lisa or Diane in the Club-
house of Wednesdays or Fridays at 10:30 a.m. for
reservations.

LAS VERDES POA BOARD MEETING MINUTES

February 15, 2022

The meeting was called to order by President Tom Massey at 7:00 p.m., and we opened with the Pledge of Allegiance.

Roll Call: There were thirteen associations present: Banyan, Bottlebrush (2), Copperleaf, Cypress, Evergreen, Forsythia, Laurel Oak (2), Oleander, Oliveleaf, Palmetto, Philodendron, Seagrape, and Viburnum. Four absent. There was a quorum.

Approval of Minutes: There was a motion by Bill Moffa to waive the reading of the last minutes, seconded by Jim Fogarty, motion passed.

Treasurer's Report: Vice President Joe Downey read the report as of 1/31/2022.
Total Operating Cash: \$1,123,430.16
Total Reserves: \$829,512.69
Total Operating and Reserve Funds: \$1,952,942.85

There were no questions. A motion was made by Jack Walsh to approve the Treasurer's Report as read, seconded by Jim Fogarty. Passed.

President's Report: President Massey reported that all his topics will be addressed under the New or Old Business.

Old Business: PARKING LOT AND ROAD RESURFACING – President Massey reported that the project is nearly complete, the reflective yellow striping and reflectors have been done, and all that remains is some white striping.

FRONT ENTRANCE – The grass has been dug out in areas and larger trees have begun to be planted. There will be 2200 plants and shrubs being planted in the next three weeks.

PIPES – We are in the process of doing two pipes. You will note the equipment over near Philodendron where they are pumping mud out so the pipes can be relined. We continue to wait for the water to recede so they can be re-lined. President Massey said it is quite an interesting and amazing process to see the work performed.

HOTWIRE – We will receive our last payment of \$103,000 from Hotwire, so our costs will be going up next year with a bigger increase.

There was a motion to accept the Old Business Report by Jack Walsh, seconded by Bill Moffa. Passed.

New Business: CAMERAS FOR CONDO BUILDINGS- President Massey lead the discussion about installing cameras on each of the ten condo buildings that would cover the parking lots to assist in security and would give us the ability to look at video recordings if there should be any issues.

Woody Argall asked what the cost would be? President Massey said the cost is about \$9,000.00 per building, or between \$80,000 - \$90,000. Angelo Murgo asked if we have collected any money from capturing things on camera. The answer is yes, especially at the front gate, where we've collected money for repairs due to damage to the gates by vehicles. Diane Andruski understands our desire to provide a safe community for all the residents, but is concerned about the cost/benefits. A suggestion was made by several Board members to test cameras on two condo buildings to make sure they work sufficiently and that the expenditure is worth it. Isaiah Moriarity asked what the breakdown of cost was: materials/installation and the life expectancy of the cameras. Access Master said the equipment should last about ten years. President Massey said the cost is about 50/50 for the cameras and the installation. Angelo Murgo asked if there are monitors in the Guard House? Yes, the guards see all the cameras. President Massey added that the office can see the cameras on the computers and that he can also see the cameras on his cell phone.

President Massey will get quotes for cameras and installation on two buildings and we will vote on this next month. It was determined the trial period to see if cameras are worthwhile will be one year. The two buildings that will have cameras installed will be the two that we have had problems with in the past. A final question was asked whether a different vendor would have better pricing. President Massey said we would rather not have two different software systems to monitor and it is unlikely our current vendor would allow another company to use their software.

There was a motion to accept the New Business Report by Jack Walsh, seconded by Jim Fogarty, motion passed.

Good and Welfare: A question was asked about the chain link fencing that is exposed now that bushes were removed at the front entrance and if there were extra panels of the regular fencing. President Massey said that we do have extra fencing, but the goal of the new plantings is to hide the fences. If the chain link is visible, we will install the other panels.

There was some concern about people coming on the property via the Linton entrance without permission and that visitors go to that entrance and back up the traffic. President Massey said we have two signs there stating it is a "Resident Only Entrance" but that Google Maps and Apple Maps send people to that entrance, which is our biggest issue. He stated that someone is trying to work with Apple and Google on this, and that we should remind our guests to use the Military Trail entrance. A comment was made that we have beautiful pickle ball courts that many enjoy using. One challenge is that with only one gate, games are disrupted for new people to get to a court. President Massey reported we had three companies come out to give us quotes on adding a gate, and none of them have gotten back to us. Willie will follow up.

Jack Walsh moved to adjourn the meeting; seconded by Nat DeVardo, motion passed.

The meeting adjourned at 7:35 p.m.

Respectfully submitted,
Sonja Nelson, Secretary Las Verdes POA



Military Trail entrance plantings in process.



Pipe relining project near Palmetto/Philodendron.



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Tuesday, March 29

The Italian American Club welcomes everyone to join them on a bus trip to The Isle Casino.

Cost is \$24.00. Receive \$10.00 in free play. Bus leaves at 10:00 a.m. and departs the casino at 3:00 p.m.

Call Linda Untender at (561) 926-6104 for reservations.



Snowbirds Club Card Party



DUELING PIANOS



Wednesday, March 9, 7:00 p.m.

Ebony and Ivory. Put on your black and white casual clothing and dancing shoes and join us in the Clubhouse for a night of exciting piano music. Bring your neighbors and music requests!

\$22.00. BYOB. Dessert and coffee included.

For reservations see Lisa or Diane in the Clubhouse on Wednesdays or Fridays at 10:30 a.m.

WANTED

Las Verdes Residents
to attend our
Country Western Night
Saturday, April 9, 6:00 p.m.

- Catering by Lucille's Bad to the Bone BBQ
- Music by Kenny Law and the Lawmen
- Line Dance Lessons
- Cost is \$27.00 per person. BYOB.

For reservations see Lisa or Diane
in the Clubhouse
Wednesdays or Fridays at 10:30 a.m.

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ITALIAN AMERICAN CLUB PICNIC

**Sunday,
March 27**

5:00 – 9:00 p.m.



COST: \$25.00 Members, \$27.00 Guests
Catering by Park Avenue Grill

MENU: ¼ BBQ Chicken, ½ Rack Baby Back Ribs, Baked Beans, Mac & Cheese, Coffee, Dessert, Soda - BYOB

MUSIC: Dancing to the music of "VINNIE"

RESERVATIONS: Mondays and Wednesdays (starting 3/2/22)
6:00 – 7:00 p.m. at the Clubhouse

QUESTIONS: Call Chickie at (561) 866-0575

If you are putting a table together, bring the names with the money when you make reservations.

Everyone is welcome!

MARCH 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 6:00 p.m. Card Night 7:00 p.m. Book Discussion Group	2 Ash Wednesday 8:30 a.m. Tennis 9:00 a.m. Bocci Club 9:30 a.m. Zumba 6:00 p.m. Card Night	3 8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 7:00 p.m. Bingo	4 8:30 a.m. Tennis 9:30 a.m. Zumba	5 8:00 a.m. Pickleball
6 8:00 a.m. Pickleball	7 8:30 a.m. Tennis 10:00 a.m. Pool Workout 12:30 p.m. Craft Club 5:00 p.m. Zumba 6:00 p.m. Card Night	8 8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 10:00 a.m. POA Workshop 1:00 p.m. Bridge Club 6:00 p.m. Card Night 6:00 p.m. Laurel Oak Mtng.	9 8:30 a.m. Tennis 9:00 a.m. Bocci Club 9:30 a.m. Zumba 6:00 p.m. Card Night 7:00 p.m. Dueling Pianos	10 8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 7:00 p.m. Bingo	11 8:30 a.m. Tennis 9:30 a.m. Zumba	12 8:00 a.m. Pickleball 10:00 a.m. Banyan Meeting
13 Daylight Savings Time Begins 8:00 a.m. Pickleball 7:00 p.m. Italian American Club Meeting	14 8:30 a.m. Tennis 10:00 a.m. Pool Workout 12:30 p.m. Craft Club 5:00 p.m. Zumba 6:00 p.m. Card Night	15 8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 12:00 p.m. Snowbirds Luncheon 1:00 p.m. Bridge Club 5:30 p.m. Bottlebrush Mtng. 6:00 p.m. Card Night 7:00 p.m. POA Meeting	16 8:30 a.m. Tennis 9:00 a.m. Bocci Club 9:30 a.m. Zumba 6:00 p.m. Card Night	17 St. Patrick's Day 8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 10:00 a.m. COP Meeting 1:00 p.m. Bridge Club 7:00 p.m. Bingo	18 8:30 a.m. Tennis 9:30 a.m. Zumba	19 8:00 a.m. Pickleball
20 8:00 a.m. Pickleball	21 8:30 a.m. Tennis 10:00 a.m. Pool Workout 12:30 p.m. Craft Club 5:00 p.m. Zumba 6:00 p.m. Card Night 7:00 p.m. Copperleaf Mtng.	22 8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 6:00 p.m. Card Night	23 8:30 a.m. Tennis 9:00 a.m. Bocci Club 9:30 a.m. Zumba 6:00 p.m. Card Night 7:00 p.m. Coconut Palm Annual Meeting	24 8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 7:00 p.m. Bingo	25 8:30 a.m. Tennis 9:30 a.m. Zumba	26 8:00 a.m. Pickleball
27 8:00 a.m. Pickleball 5:00 p.m. Italian American Club Picnic	28 8:30 a.m. Tennis 10:00 a.m. Pool Workout 12:30 p.m. Craft Club 5:00 p.m. Zumba 6:00 p.m. Card Night	29 8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 10:00 a.m. Italian American Club Casino Bus Trip 1:00 p.m. Bridge Club 6:00 p.m. Card Night	30 8:30 a.m. Tennis 9:00 a.m. Bocci Club 9:30 a.m. Zumba 12:00 p.m. Bocci Lunch 6:00 p.m. Card Night	31 8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 7:00 p.m. Bingo		

SIX STEPS TO RESET YOUR SLEEP SCHEDULE

Adults need 7-9 hours of sleep every day for mental and physical health. But many adults fall short of this for many reasons such as shift work, advanced or delayed sleep timing, artificial light exposure, fluctuating sleep hours, behavior choices, caffeinated drinks, stress and emotional difficulties or jet lag. Sleep deficiency may lead to learning, concentration and reaction time problems, so it is important to get enough sleep each night. Despite the many reasons that disrupts a healthy sleeping schedule, you can still reset your sleep routine with the following steps.

Step 1. Make Consistency a Priority



Habits are formed through consistency and repetition. Pick a time when you will sleep and wake up and stick to this schedule even on days off. Starting is always the hardest part, but give it a try because it can be worth it when your body gets into a routine.

Step 2. Get Your Light Right

When exposed to light, the brain stops producing melatonin, the hormone that makes us sleep. In the morning, get natural light as much as possible by opening curtains or taking a walk outside. This will help you wake up faster and may also help

you feel alert. At night, reduce artificial lights before bedtime. This includes the light from phones, TVs and computers. Consider light blocking curtains if your bedroom is not dark enough.



Step 3. Skip Naps During the Day

If you don't have a consistent sleep schedule, taking naps in the afternoon can further complicate sleeping patterns. Please avoid long naps as well because waking up from long naps may cause grogginess. If you really need your naps, please keep them under 30 minutes and before 3 p.m. to not disrupt your sleep at night.



Step 4. Exercise Regularly

Regular exercise has many health benefits, including sleep health. Exercise promotes the

production of melatonin which can help you get to sleep faster at night. You don't need to do intense workouts, even a morning walk will do. If you wish to have an intense workout, you may do so but make sure it will be 2 hours before your bedtime.



Step 5. Limit Alcohol and Caffeine

While alcohol may make you feel sleepy, alcohol intake may reduce your quality of sleep by making you prone to awakening. Caffeine on the other hand, may prevent you from getting sleepy at your set bedtime. Avoid consumption of alcohol and/or caffeine especially in the late afternoon or evening.



Step 6. Create an Inviting Sleep Environment

Avoid noise. Loud noises can prevent you from falling asleep or can distract you while you are

sleeping. Find the best mattress and bedding for you and on top of that, you can add soothing scents like lavender to promote relaxation and to help you fall asleep. If these steps are not enough for you to reset your sleep schedule, you may consider talking to your physician for professional help.



Sources: Sleep Foundation, Sleep.org, and Healthline

Day of the Green - Word Search

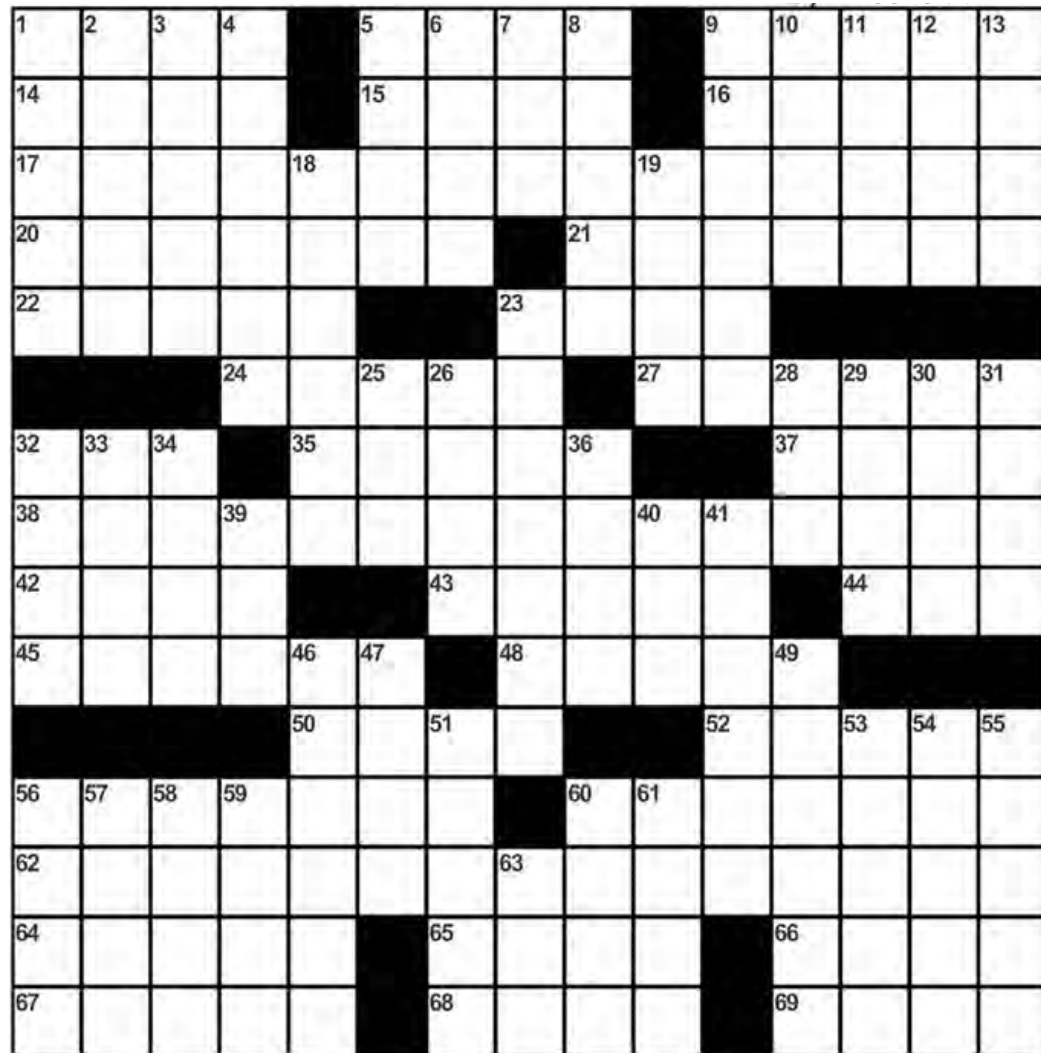
S X C I K Q B H V F O U R L E A F C L O V E R J
 F D U D H L C I M S G C F E Q V G A O F S N U J
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 A J P J C R H N S I E L E H W A J R P O G K T T
 B Z T D T O C Z L L L T L K Z Y E N R N O I S E
 B E X S R C N S E B F T A I G O L D V R O N O E
 A X K N D W I N Z U M I G N E E R G S R D G Q N
 G S S E A V P T D D E L H E P I P G A B L S A T
 E F E I H C S I M Q W R R A I N B O W H U T Y H
 S Y E W E A R I N G O F T H E G R E E N C I U M
 I A I M S C Q I S V O B F S A I N T V L K C H O
 K D R A N E H A R P B G A N C D L A D T O K X G
 H I I R F L G X V B L A R N E Y U D H X M D P N
 E L S C D T K C O R M A H S S F C Z A L E C H K
 H O H H B I Y X V Z X Z D J L F K X L E G E N D
 S H F V D C O T J P O T A T O G Y E U G O R B T

ALE	BAGPIPE	BLARNEY	BROGUE
CABBAGE	CARROTS	CELTIC	CLOVER
COINS	CORNED BEEF	DONNYBROOK	DUBLIN
EMERALD ISLE	FOUR LEAF CLOVER	GAELIC	GOLD
GOOD LUCK	GREEN	HARP	HOLIDAY
IRELAND	IRISH	JIG	LEGEND
LEPRECHAUN	LIMERICK	LITTLE PEOPLE	LUCKY
MAGICAL	MARCH	MISCHIEF	PATRON
PINCHES	POTATO	RAINBOW	SAINT
SEVENTEENTH	SHAMROCK	SHILLELAGH	ST PATRICK
ST PATTYS DAY	TRADITION	WALKING STICK	WEARING OF THE GREEN

March Crossword Puzzle

ACROSS

1. Emulate a quarterback
5. Leak through slowly
9. Prepares for a boxing match
14. With the bow, to a violinist
15. All done
16. Hushed
17. 1986 "fish out of water" film
20. Hot and sultry
21. Condiment in gourmet cooking
22. Perspiration
23. Nicholas I was one
24. Become embedded
27. Tire protector
32. Recede like a tide
35. One way to cook eggs
37. Common beverage
38. Cause for ahem?
42. Edible Pacific tuber
43. Part of a drum kit
44. Ribonucleic acid, familiarly
45. Old sailor
48. Rustic poems (var.)
50. Christian Coalition, e.g.
52. ___ Island (immigration landmark)
56. Partial paralysis
60. Not at all harsh
62. Good thing to have in the jungle
64. Farm mudholes
65. Big-mouthed pitcher
66. Noted canal
67. Is inclined
68. "Friends" friend
69. Changes hair color




DOWN

- | | |
|--|--|
| 1. Formal accords | 31. Pro_ (in proportion) |
| 2. It points the way | 32. Semiaquatic salamanders |
| 3. Rifle attachment | 33. Hillside, to the Scottish |
| 4. Like a party animal | 34. When doubled, one of the Society Islands |
| 5. 37-Across, e.g. | 36. Be in charge of |
| 6. Opposite of good | 39. "In_ We Trust" |
| 7. Anago, really | 40. Make an attempt |
| 8. Fourth estate | 41. Cosmetics queen Curtis |
| 9. Shape learned in preschool | 46. Be preoccupied with |
| 10. Corny bits of wordplay | 47. Flippant |
| 11. Verdi classic | 49. Assaulted with goo |
| 12. Walk dizzily | 51. Purple willow, e.g. |
| 13. Proofreader's direction | 53. Distrustful |
| 18. Multi-armed creatures | 54. Private film producer, informally |
| 19. Unable to hear | 55. Eyelid lumps |
| 23. "Poly" attachment, in school names | 56. Whispered attention-getter |
| 25. Have on | 57. Poker pay-in |
| 26. B-movie machine guns | 58. Form of precipitation |
| 28. Major ATM manufacturer | 59. Barely managed |
| 29. It can open for you | 60. Bottom of the barrel |
| 30. Impressive style | 61. Does the wrong thing |
| | 63. A couple |

Dr. Paul A. Weiner

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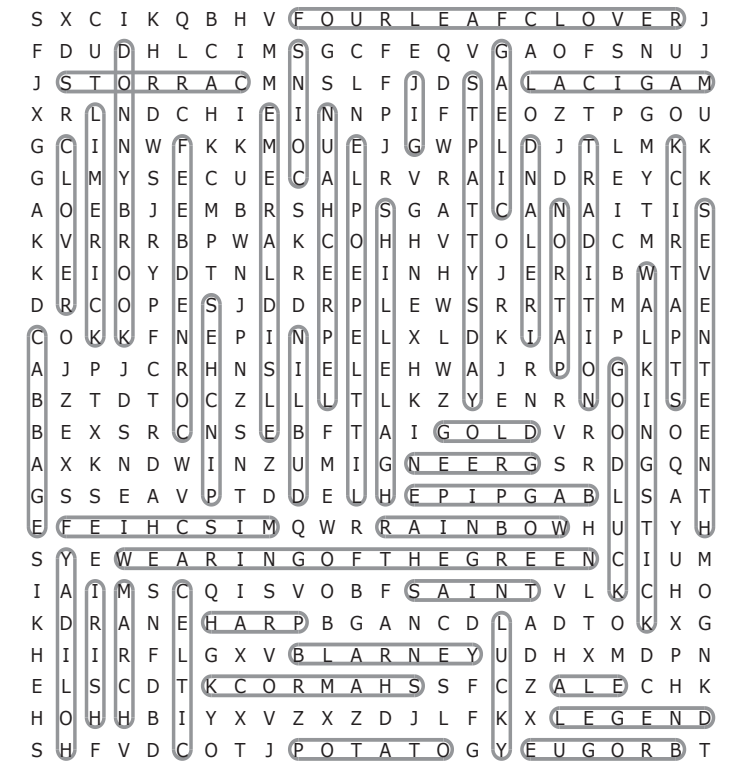
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Word Search Solution



SUDOKU

How to play:
Each 3x3 square should contain numbers 1-9, when completed correctly all nine columns down and all nine columns across will contain numbers 1-9 with no repeats.

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

Howard A. Bueller, M.D., F.A.A.D.

Diplomate, American Board of Dermatology
 Fellow, American Academy of Dermatology
 Fellow, American Society for Mohs Surgery



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Crossword Puzzle Solution

1	P	A	S	S	5	S	E	E	P	9	S	P	A	R	S	13			
14	A	R	C	O	15	O	V	E	R	16	Q	U	I	E	T				
17	C	R	O	C	18	O	D	I	L	19	D	U	N	D	E	E			
20	T	O	P	I	C	A	L	21	S	E	A	S	A	L	T				
22	S	W	E	A	T	23	T	S	A	R									
					24	L	O	D	G	E	27	F	E	N	D	E	R		
32	E	B	B	34	P	O	A	C	H	36					37	C	O	L	A
38	F	R	O	G	I	N	T	H	E	T	H	R	O	A	T				
42	T	A	R	O	43	S	N	A	R	E	44	R	N	A					
45	S	E	A	D	O	G	46			47	I	D	Y	L	S				
					50	B	L	O	C	52	E	L	L	I	S				
56	P	A	R	E	S	I	S	60	L	E	N	I	E	N	T				
62	S	N	A	K	E	B	I	T	E	R	E	M	E	D	Y				
64	S	T	I	E	S	65	E	W	E	R	66	E	R	I	E				
67	T	E	N	D	S	68	R	O	S	S	69	D	Y	E	S				

Sudoku Puzzle Solution

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



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102 Coconut Palm , 15995 Laurel Oak, 215 Coconut Palm
15756 Philodendron, 312 Banyan, 5344 Viburnum Cir,
117 Oleander, 120 Palmetto, 15656 Bottlebrush Cir, 201 Evergreen