



Glen Oaks Manor Newsletter

www.glenoaksmanor.com

July 2022 – September 2022

PRESIDENT'S REPORT

Glen Oaks Manor is a special place we call home and as described for another community, NOT JUST ANYWHERE! Spring Cleaning and WATER, WATER, EVERYWHERE and not a drop to drink dominated our last quarter. As the HOA Board implements our rules and regulations, please drag out those documents to see if you are complying. Any questions, let me know, there are no ridiculous ones. I will be happy to help you. You might not know that Casey Management and your President inspect our grounds routinely; look for us in the GOM golf cart.

Tree trimming our urban forest came to the forefront as we engaged Terry's Tree Service, our authorized vendor with a certified arborist together with the City Arborist, to implement our annual sprucing up. Every tree is inventoried and assessed for trimming. A sophisticated spreadsheet, available for resident perusal, is our tool.

After our HOA Attorney counseled us that 21 GOM residents owned the live oaks in their Courtyard C and that the Association maintained these trees, we went back to the drawing board to protect the HOA with a new policy. "The GOM HOA will not reimburse any owner of a developer-planted oak tree in Courtyard C for trimming, cutting, or removal. If there is an issue with such a tree, the owner must reach out to Casey Management for their assistance." The HOA will continue to maintain these developer-planted oak trees.

The Association and its officers have new emails only for GOM business. It is another effort at transparency. As an HOA GOM cannot take a political approach to governmental affairs but I encourage our residents to get involved with the string of parks, trails and recreational endeavors being proposed all around us. With the Legacy Trail stretching to Lakewood Ranch, a complete overhaul of Bobby Jones, and refurbishment of the 17th Street facilities including the dog park, I envision GOM a pedal in the Green Necklace.

Finally, I would be remiss if I did not bring to your attention the HEROIC efforts undertaken by JAN PEARCE and GLORIA LOWE to save the shrubs at the 12th Street Entrance after a main irrigation line break. You have no idea how these women, as in pioneer days, carried buckets of water (I do mean buckets!!), watered these plants and brought them back from near death. I thank their husbands and Chris Anderson in Villa 50 for water and hoses.

Thank you to the incredible HOA board members and committee members who are looking to the future. Thank you, residents, for maintaining the high standards of Glen Oaks Manor. I just have one favor to ask--Be Safe!

Thank you,

Elsie Souza

President & Board Member

Glen Oaks Manor
Board of Directors
2022

President

Elsie Souza
Villa 192, 3916
941-894-8954

presidentgom@gmail.com

Vice President

Judy Johnston
Villa 112, 3642
412-913-0880

vicepresidentgom@gmail.com

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secretarygom7@gmail.com

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treasurergom@gmail.com

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Lon Ladwig
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941-350-3544

architecturalgom@gmail.com

Landscape Committee Chair

Jan Pearce
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941-870-4828

landscapegom@gmail.com

Maintenance Committee Chair

Rick Randall
Villa 82, 3734
973-900-0529

maintenancegom@gmail.com

PLEASE DO NOT PARK IN THE GRASS AND ASK YOUR VISITORS TO OBSERVE THE SAME. DAMAGE TO IRRIGATION PIPES AND SPRINKLER HEADS IS THE HOMEOWNER'S RESPONSIBILITY. IF YOU ARE PLANNING A LARGE GATHERING, CALL CASEY MANAGEMENT AND ASK TO BORROW "KEEP OFF THE GRASS" SIGNS.



Casey Condominium Management

4370 S. Tamiami Trail, Suite 102

Sarasota, FL 34231

Phone: 941-922-3391

Bridget Spence

BSpence@caseymanagement.com

STREET CAPTAINS 2022

STREET VILLAS	ADDRESS	NAME EMAIL	TELEPHONE # VILLA #
1N 165-169	3802-3810	Ken Abraham fiveabes@comcast.net	630-479-5007 167
2N 147-158	3831-3842	Jerelynn Frankford gigifrankford1961@gmail.com	828-200-7005 157
3N 170-177	3823-3830	Carol Hart hrtprt@verizon.net	941-284-8119 171
4N 41-46, 159-164	3900-3911	Janice Appel janiceappel@gmail.com	941-228-7848 163
5N 178-185	3843-3850	*** WE NEED YOU ***	
6N 29-40	3921-3932	Mike Tippery mtipper@verizon.net	941-685-3722 c 941-379-9472 h 32
7N 186-193	3912-3919	Donato Gradone donatogradone00@gmail.com	908-377-2872 190
8N & 13N 1-3, 16-18	3967-3971	*** WE NEED YOU ***	
9N 12-15, 194-197	3961-3965 3933-3940	Barbara Simmons bsimmons2422@comcast.net	941-720-1595 197
11N 4-11	3951-3958	Ray Stockwell rfsplymi@aol.com	941-955-8026 10
1W 47-50, 101-106	3601-3621 3700-3706	Mary Lou Fanelli matthew723@aol.com	941-366-8977 103
2W 107-119	3622-3646	Beverly Heinemeyer tebehein@comcast.net	941-928-7739 c 941-952-0806 h 115
3W 120-133	3687-3691 3650-3678	*** WE NEED YOU ***	
1S 51-60	3707-3718	Doreen Dunn doreend721@gmail.com	941-587-7030 52
2S 61-70	3719-3729	Susan Stavros susanstavros@yahoo.com	941-400-8556 81
3S 71-83	3731-3743	Susan Stavros susanstavros@yahoo.com	941-400-8556 81
4S 84-96	3745-3757	Susan Stavros susanstavros@yahoo.com	941-400-8556 81
Glen Oaks Dr 19-28	3941-3950	Phyllis Woodroof phylliswoodroof@verizon.net	941-350-0951 25
Glen Oaks Dr 97-100	3759-3765	Carlos Gonzalez carlosandresgdc@gmail.com	941-307-0503 99
Glen Oaks Dr 134-140	3680-3696	Randy Orde rorde@comcast.net	941-879-6658 145
Glen Oaks Dr 141-146	3812-3822	Randy Orde rorde@comcast.net	941-879-6658 145

HURRICANE PREPAREDNESS

By Burt Gloor

One of the downsides of living in paradise is hurricane season, which runs from June to November. If you're considering what items you need to have on hand in preparation, the short list provided below is what I've purchased, mostly on Amazon. It is not exhaustive but provides a good beginning.

1. First aid kit.
2. Fire extinguisher.
3. Two battery-operated LED camping lanterns with extra batteries.
4. One strong battery torch spotlight with extra batteries.
5. One portable gas camping stove with extra propane canisters.
6. One solar cell phone charger. It's the size of a large cell phone, but the solar panels fold out when needed. (In event of a hurricane, we probably won't have electricity to charge phones and there's the possibility that the cell towers will be down.)
7. One gallon of water per resident for each day. It is recommended that you store at least a three-day supply of water.
8. At least a three-day supply of canned goods.
9. If you have a propane BBQ grill, it is recommended that you have a second backup propane tank.
10. Cash in small bills.

For more information, go to the Sarasota County website at

<https://www.scgov.net/government/emergency-services/hurricane-preparedness>

STREET CAPTAIN INFO

Here in Glen Oaks Manor, we have a group of volunteers known as Street Captains, who have taken on the task of visiting new residents and providing them with a welcome packet. The names of the Street Captains and their assigned villas are in the directory and on page 4 of this newsletter.

If you have recently moved in and have not been contacted by your Street Captain or received a welcome packet, let Judy Johnston (412-913-0880, Villa 112) know so she can facilitate this process.

VICE PRESIDENT REPORT

The street captains met on May 1st at my home. In total, eight street captains attended the meeting. Those attending were Bev Heinemeyer, Carol Hart, Jerelynn Frankford, Mary Lou Fanelli, Donato Gradone, Ray Stockwell, Ken Abraham, and Janice Appel. Nancy Dillard, Elsie Souza, Tony Souza, and Linda Cordisco were also in attendance.

After some social time and wine and cheese, we reviewed the role of the street captains as outlined in the GOMHA document. Not surprisingly, the group gravitated to the role of welcoming new people to the community. The group shared stories of their work in this way and as such decided that the job description needs to highlight their role as a welcome person in the community. We reviewed the welcome packet and agreed that it was well done. It was discussed that if street captains highlighted key regulations of the HOA, then we might reduce the frequency of new homeowners engaging in activities that are not permitted.

The group then turned its attention to thinking about events within the manor that could build community. Janice Appel supported by Donato Gradone, made a strong case for monthly events that would bring residents together. Out of this came a schedule of events for the last half of the year. In October if the board approves, it will be a Scarecrow Stroll headed by Donato. In November, will be a garage sale with a Friday night social. (Donato will reprise his role as heading up the garage sale.) In December, Carol Hart made a strong case for an open house where folks could not only see holiday decorations, but also see the ways in which residents have renovated their homes.

The group decided that it would meet quarterly. As such our next meeting will be at the end of July or first week of August. These meetings will continue at my home with sufficient wine and cheese. The date will be announced closer to its happening. I want to thank each person who attended for their willingness to engage and all the street captains for their hard work.

I hope this gets you up to speed on what your street captains have been doing. We have a few streets without captains and would like to invite residents on those streets to join our merry band. Streets in need of a captain are Terrace 3 West, Court 5 North, and the combined Courts 8N & 13N. Please contact me at (412) 913-0880 if you would like to volunteer. Also, if you need a File for Life, please contact your street captain. (This is a Sarasota County Fire Department form for your medical and emergency contact information that is to be displayed on your refrigerator to assist EMS personnel called to your home.)

Thank you,

Judy Johnston
Vice President & Board Member

TREASURER REPORT

The Glen Oaks Manor Homeowners Association remains financially sound. As of 31 March 2022, we had \$144,570.11 in the operating bank accounts and \$448,533.23 in the reserve bank accounts. This report was at the end of our 2021-22 fiscal year and showed that our budget execution rate was 98.6% with a budget surplus of \$18,907.88. These figures are preliminary and will not be official until after any required adjustments are made and our independent auditor completes his report this summer. When the audit is finalized, I will share the results with you. As voted at the annual meeting, any surplus will be carried over into the current fiscal year which we have now entered.

The 2022-23 budget that was distributed with your annual meeting documents was approved at the February Board meeting. Our current report as of 31 May 2022, shows \$135,911.13 in the operating bank accounts and \$461,977.55 in the reserve bank accounts.

Thank you,

Nancy Dillard
Treasurer & Board Member



We would like to introduce you to Beacon! He is the newest addition to our family, and we couldn't be happier! Beacon's story is special because of how we got him. Shawn and I were in line at the Blue Beacon RV Wash in Shreveport, LA. Shawn noticed a very small dog running alone and getting ready to run up on the highway. I hopped out of the truck and ran over to him and grabbed him. He was only 7-8 weeks old, no tags and no person with him or anywhere in sight. I took him back to the truck and gave him water. We looked around for almost 2 hours but there were no houses or people around, so we decided we would take him with us to Texarkana and start posting in lost dog forums on Facebook. We had a local reach out to us who informed us that where we found him was known for a local homeless encampment that had strays and litters of puppies that were never cared for. We tried to re-home him as we were not looking for a puppy at that time, but the universe had other plans for us! The re-homing situation did not work out and we decided that he was supposed to be with us and so we kept him. We named him Beacon because of where we found him, and he has a blue collar! He is almost 5 months old now, healthy, happy, and super spunky. He is keeping Pepper on his toes and is learning from him every day!

Thank you,

Tricia Burchett
Newsletter Editor



SAVE THE DATE



IT'S THAT TIME OF YEAR AGAIN!

Contact Donato Gradone at donatogradone00@gmail.com for more information or to volunteer

1. Volunteers Needed for placing signage/markers for participants
2. Volunteers Needed for directing traffic/parking
3. Volunteers Needed for Placement/Removal of Signage on Saturday

RESIDENTS ONLY: Friday November 4th from 3:00pm-6:00pm

SALE DATE: Saturday November 5th from 8:00am – 3:00pm

(RAIN DATE: Friday November 11th 2:00pm-5:00pm/Saturday November 11th 8:00am-3:00pm)

PARTICIPANT RULES

NO PARKING ON GRASS – Participants to enforce

NO BLOCKING OF STREETS – Participants to enforce

NO BLOCKING OF MAILBOXES until after delivery of mail – Participants to enforce

We will place an indicator on each participants mailbox to eliminate *non-participants* from being disturbed.

Please display items for sale in garage or driveway – **NOT ON GRASS**

Please remove all items from driveway at close of sale

COST: \$5.00 per participant for advertising, signs, etc.

MAKE CHECKS PAYABLE TO:

GOM Homeowners Association & give to Donato Gradone (Villa 190) **by Tues OCT 25th**

A Note from Management -

Vacation season is here. I was able to get away and reset and recharge. Many are anxious to get away and start seeing the world again. June 1st also brings Hurricane Season! We have all heard that the 2022 Season may be very active. We encourage you to take time now to know what you will do in case a storm heads our way. We do ask that you make sure that you have all loose items inside your home 72 hours ahead of any pending storm. This may also be a good time to make sure your gutters are cleaned out and that your drains are clear.

We also ask that you take time to look at your villa from the exterior and see if you have any maintenance that is needed on woodwork, shutters, screens, cages, or fences. Many people have been doing upgrades to their villas both inside and out. Remember, if you are looking to do any exterior changes, please contact me first to make sure you have the proper paperwork on file and approvals in place before starting exterior projects.

Wishing everyone a Safe, Healthy and Fantastic Summer!

Thank you for the opportunity to be the property manager for Glen Oaks Manor.

Bridget Spence

bspence@caseymanagement.com



Lange's Pool Service

Terry Lange
Owner
CPO LIC# 635975

Business Cell: (941) 374-3776
Cell: (507) 530-7993
terrylange@hotmail.com
Bradenton/Sarasota, FL

Pat's Barber Shop

935 N. Beneva Road
Sarasota, FL 34237

(941) 365-5441

Mondays - Fridays 9^{am} - 5^{pm}
Saturdays 8^{am} - 4^{pm}
Closed on Sundays



Your Ad Could Be Here

SECRETARY REPORT

Atrium Ideas: Designing that 11 by 7-foot space

When I bought my villa in 2020, we were bemused and a little confounded by the atrium. I'm a first-time homeowner and buying a home was a big goal of mine. I stalked Trulia listings and watched a LOT of episodes of House Hunters in the years before I started looking for a home of my own. I had never seen a home with such an "odd" little feature. Was it a room? A patio? A display area? It's technically indoors but.....not exactly.... it's not under air and the sunroof is screened. It's a room that it rains in. I did not get it.

We are lucky enough to have 2 beautiful outdoor spaces to enjoy, a shaded porch with a courtyard and a huge lanai. Do we need a third outdoor space? How do we make it a unique and fun spot to enjoy?

In meeting our neighbors and attending several open houses within our community, I've seen multiple homes that have enclosed the atrium and integrated it as part of their living/dining area. We didn't want to do that. At least not right now. So, we started brainstorming and planning for our odd little indoor maybe outdoor room.

We started by removing everything the previous owner had out there. She used it kind of as a plant room, but it was neglected, overgrown and a bit moldy. The floor covering was large polished black rocks with a narrow path of pavers, it was treacherous to walk on and looked uninviting. We took all of it out (saving the beautiful, polished rocks) and repurposed them later in our courtyard.

We are fortunate enough to have an end unit, so our atrium gets decent light. That helped us decide what plants to grow. Because it can be a damp area that traps moisture, we have found orchids and other air feeders really thrive in the space. If you're a middle unit, look for plants that like the shade such as ferns, foxtails, bromeliads, and peace lily. If you have a black thumb, but still want some greenery in your space, I have sourced some beautiful (and believable!) silk plants at Hobby Lobby and Home Goods.

We've had good luck so far with what we've chosen. We built trellises along the walls and hung several rows of potted orchids, there are always at least one or two that have buds that last weeks at a time. Sometimes we're lucky and they all bloom together and it's magical. Right now, we have a nice outdoor egg chair sourced from Wayfair and a little cocktail table. Our atrium is now a nice little outdoor haven to read, have a snack and gaze at the orchids.

Continued next page

One of my home improvement goals for this year is to convert the atrium into a butterfly garden. I got the idea after I was gifted a bouquet of live butterflies which we released in the lanai. Unfortunately, they were quickly eaten by our population of anoles and frogs. It was quite a bloodbath! We plan to seal up the atrium screens this spring, cultivate some milkweed, and buy a variety of butterflies at Flutterby Gardens up in Bradenton. I'm very excited and will report back on my progress.

How are you using your atrium? I would love to hear your ideas and maybe even sneak a peek! In exchange, you can come enjoy my butterflies. Email me with your atrium ideas at SecretaryGOM7@gmail.com

Thank you,

Kate Higgins
Secretary & Board Member



MAINTENANCE COMMITTEE REPORT

Working with the former MC, I am continuing the daily work required to keep GOM in working order. My new committee is approved and working on current issues as well as planning for the future. One of our largest projects is the current irrigation system which is very old and in need of constant repair. We hope to have a plan for the irrigation system repair/replacement approved by the end of the year - ready to put into next year's budget.

If you have any issues and/or problems with irrigation, please report it to Casey Management ASAP so that we can correct.

Please do not engage the guys who are working as that only confuses the situation.

Thank you,

Rick Randall
Maintenance Committee Chair & Board Member

Scotty Ledford

REALTOR

Thinking of selling?

Prices have never been higher!

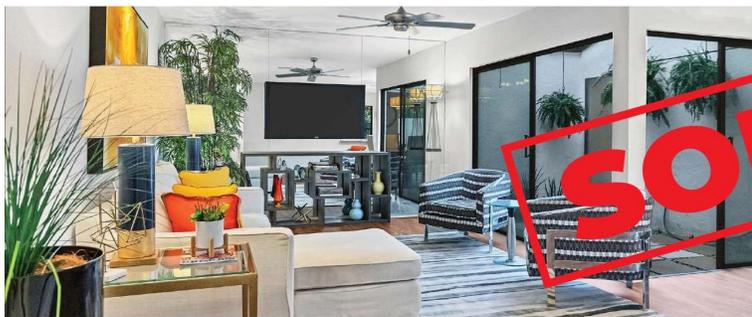
If your home is updated or all original, we have buyers for your villa! We have 4 or 5 investors if the home needs repairs and updates. We have cash buyers and we have buyers wanting totally renovated homes all in Glen Oaks Manor! *Please call me... "List and sell...With Scotty L"*



Fine Properties
941.400.7360
scottyledford1@gmail.com
ScottySellsSarasota.com
f/ScottySellsSarasota
Specializing in
Glen Oaks Manor
Home Sales
f/GlenOaksManor

FOR SALE for \$549,000 ...
3948 Glen Oaks Manor Drive

Large private courtyard with your own PRIVATE pool and screened cage overhead. This is a split 2 bedroom floor plan (2nd bedroom is an ensuite with privacy pocket door). Ample sized kitchen allowing room for a bistro table, living & dining rooms with crown molding and focus on the atrium, family room, den in the master bedroom & 2 car garage. Front courtyard area w/ pavers & landscaping. Updates galore include a new roof 2019, new HVAC in 2020 AND replacement ductwork PLUS programmable thermostat, new super gutters and pool cage in 2013. Manhattan-modern Interior remodel includes Polished granite/marble, high end kitchen with newer maple cabinets w/42" uppers, textured frosted glass panels, under cabinet lighting, pull-out shelves & lazy-Susan, Sub Zero refrigerator, stainless steel counters, slide in convection range, Bosch dishwasher. Other updates include posh light fixtures & ceiling fans, slate floor atrium with water & electric. Master bedroom has a walk-in closet, French doors with frosted glass panels, large master bath w/2 vanities, Water closet, separate shower, free standing oversized spa & soaking tub, frosted swing out window to atrium. Pool has also been updated w/new pebble tech surface, paver pool patio, child fence protection, pool heater.



JUST SOLD for \$498,888 ... 3931 Glen Oaks Manor Drive

END UNIT/CORNER UNIT Courtyard Pool Home Villa. Your villa has a large private courtyard with your own PRIVATE pool and screened cage overhead. There is a full wall of glass windows & sliders overlooking your courtyard pool vista. The other side of this home has a beautiful, private atrium letting the Florida sunshine drench your living areas with natural light. This split 2 bedroom floor plan includes dedicated entry foyer, an ample size kitchen with room for a bistro table, living & dining rooms, family room, den, indoor laundry room & 2 car garage. Updated villa with new and stylish tile and vinyl flooring. Kitchen updated with "Diamond brand" wood, dove tail, soft close cabinets, granite counters & glass backsplash, GE "CAFE" Series SUITE of Granite stainless appliances includes double convection oven. Expanded Master bathroom...both bathrooms have been updated, new hurricane louver panel and impact window in front of home, replacement impact garage door, updated electric panel, NEW 18,000 watt generator with propane tanks, HVAC replaced 08/2019. Newer (2018) pool cage/screens, newer pebble tech surface, new pool heater, beautiful paver pool deck.



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941.308.7546 | SarasotaDermatologist.com

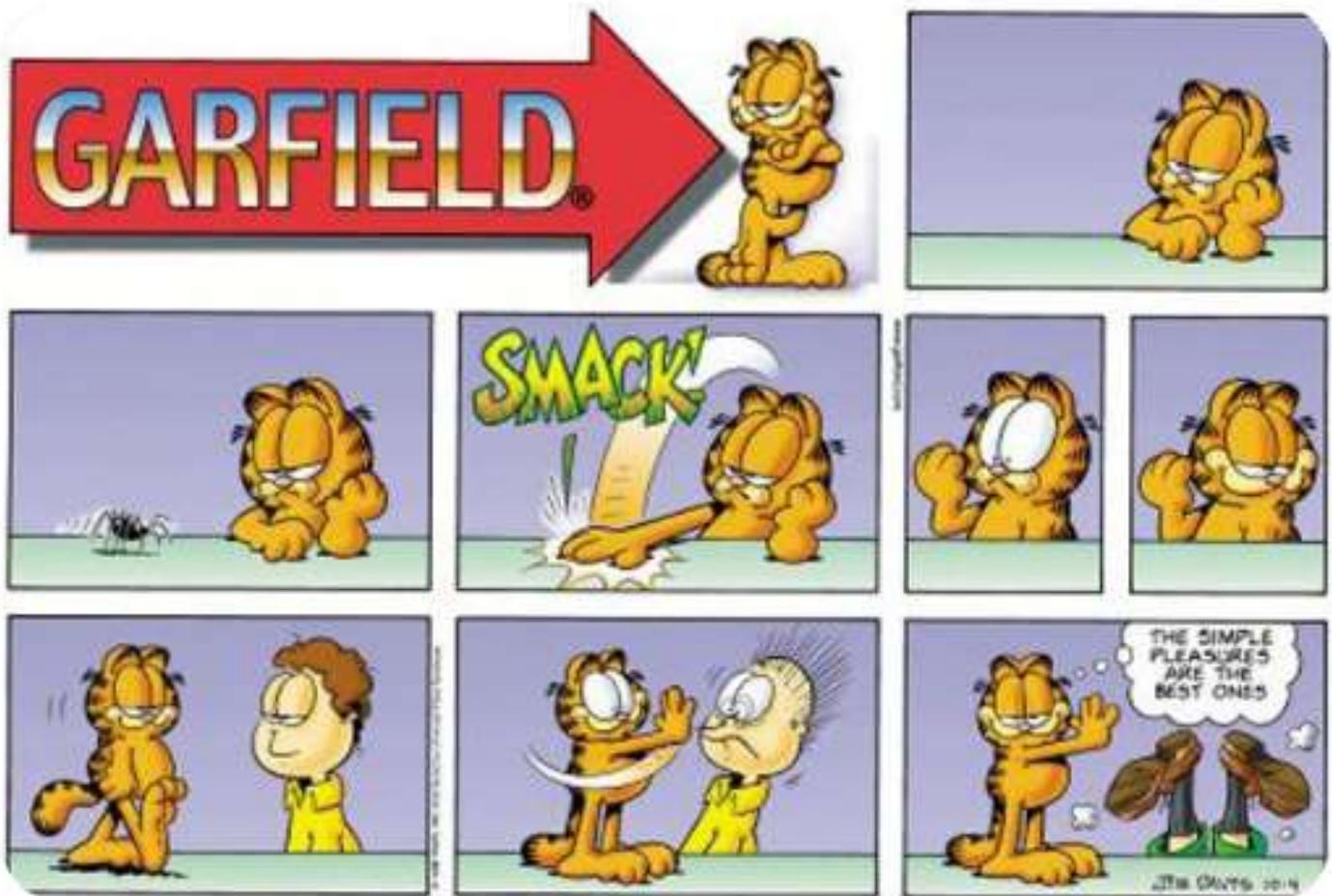
Exclusions apply. Please call or see front desk for more details.

ARCHITECTURE COMMITTEE REPORT

With all the covid issues, our association has not been as active. Summer is approaching. It is time to do some spring cleaning. As we walk around our GOM, we see more things that need attention. Downspouts and their extension need painting. Shutters need repair, rocks should not be placed on the sill to hold them open, fix them. Split rail wooden fences are decaying and falling down. The fences can be removed and a new hedge replacing it for a clean look. Political flags and pots are cluttering common areas and should be removed. The hurricane season is approaching. Winds can make these items damaging flying projectiles. We want our property values to keep going up. Everyone enjoys clean and well-kept properties. Let us together clean up our villas and common areas. Ask if you need help. Have a great summer and enjoy GOM.

Thank you,

Lon Ladwig
Architecture Chair and Board Member



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STREET CAPTAINS NEEDED

3W, 5N, 8N & 13N ARE IN NEED OF STREET CAPTAINS. THESE VOLUNTEERS WILL BE THE POINT OF CONTACTS FOR ALL RESIDENTS ON THEIR ASSIGNED STREETS. YOU WILL NEED TO INFORM YOUR STREET IN THE EVENT OF EMERGENCIES OR OTHER IMPORTANT EVENTS. THIS IS A GREAT WAY TO BE INVOLVED WITH YOUR NEIGHBORS AND THE HAPPENINGS ON YOUR STREET.

CONTACT JUDY JOHNSTON

OR BRIDGET SPENCE IF INTERESTED

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Sarasota Commons Shopping Center
In the very corner under the setting sun image



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UNITED STATES
POSTAL SERVICE

LANDSCAPE COMMITTEE REPORT

Happy Summer to all Glen Oaks Manor residents from Jan Pearce, the new landscape chairman and board member. My predecessor, Emilio Quintana, has sold his villa and left the area. My thanks to him and his committee for their efforts on behalf of all of us. Fortunately, some of his committee members have re-upped and a few new ones joined the panel. Many have a much longer history here than mine (we came in January 2021) and can help keep our efforts on the right track. Committee members are: Linda Cordisco, Donato Gradone, Edie Kaplan, Nelda Reinhart, and Gloria Lowe.

At our first meeting, we identified renovation of the 17th St. Prudence entrance as a priority, along with active efforts to maintain and improve the appearance of our beautiful surroundings. There will be a very limited number of new plantings in deference to Florida's long hot summer, which can incinerate young plants in short order. Two areas of new turf have been installed along the lake, and the old, overgrown blue plumbago plants there will be replaced with new ones. Three young flowering trees (two jacarandas and a tabebuia) on the north shore will benefit from much-needed water flow when individual bubblers, similar to those on other lake trees, are installed.

To improve and maintain our community's landscape, committee members chose specific areas of our property to inspect and report on regularly for irrigation problems, plant malfunctions and general maintenance issues. Emergencies will be reported immediately to Casey Management. In our first month, several minor fence issues have been addressed, along with irrigation failures.

My tenure started with a bang when our elderly irrigation system sprung a major leak and jeopardized all the plantings at the 12th Street entrance. What was originally diagnosed as a faulty system part mushroomed into an emergency requiring under-the-street excavation to be solved. (TruScapes irrigation team rendered quick service.) In the meantime, Gloria and Dick Lowe and I completed a 2-day fire drill using large buckets of water and multiple hoses (connected to the spigot of a generous villa owner) to rescue our limp, desiccated foliage. Happily, our vegetation survived, and the landscape budget was spared a major expenditure.

Elsie Souza, GOM president, Donato Gradone, Gloria Lowe and I accompanied our arborist on a

Continued next page

2.5-hour mission as he reviewed every oak tree for roof, street and root clearance, as well as for signs of disease. The city arborist will review our arborist's recommendations on a scheduled early June visit to the property. After that, our trees will be trimmed in accordance with their findings.

Three new owners asked for and were granted appointments to discuss landscape changes which they wished to make on common grounds in front of their villas. This enabled them to get on-the-spot information about how to comply with our landscape standards and how to make required application in writing before planting.

Some new owners may not understand that all property on the lawn in front of the split rail fence, in front of the front window, and alongside the villa is common property. As such, any proposed landscape changes need to be submitted by mail, fax or hand to Casey Management, before the work is started on the form "Application for Planting Landscape on Common Ground." This form is included in our buyer's information packet. The request will then be reviewed by the landscape committee and the GOM board for compliance. I am at 941-870-4828 for landscape questions.

Maintaining and, hopefully, upgrading our beautiful landscape is important to me, an interested, dedicated gardener with a Florida master gardener designation. In my pre-retirement life, I was a journalist (last job in the U.S. as an economic/finance reporter at the Washington Post) and at the International Herald Tribune in Frankfurt, Germany, after that. After a few years in the U.S. government (public information officer, speechwriter and finally head of public affairs for a government agency) and later work in the finance industry, my husband and I purchased a Florida business where I served as general manager until its sale several years ago.

If you have suggestions for landscape improvement or guidance, please feel free to contact me or members of the committee. Our budget may be limited, but our ambitions are not.

Thank you,

Jan Pearce
Landscape Chair & Board Member



by Edie Kaplan, B.S. Alternative Medicine, Villa 104

If you are reading this article, I bet you have some aches, pains, old injuries, and traumas in your body. So, who doesn't? But guess what! We don't have to live with the discomfort anymore. There's a world-class specialist right here in Sarasota who can treat and fix joint, back and neck problems. His name is Mark Walter, M.D.

Dr. Walter has pioneered the field of Regenerative Orthopedics for the last 20 years and is considered one of the top Stem Cell Orthopedic specialists in Florida. Dr. Walter received his M.D. degree from McGill (1980) and completed his residency in Family Practice and Sports Medicine in 1982. He went on to do five years of post-doc fellowship work in Regenerative Orthopedics with the world-renowned Hackett-Hemwall foundation, in association with the University of Wisconsin.

During that period Dr. Walter was mentored by and worked with some of the top regenerative orthopedic teachers in the world. Dr. Walter is a leading expert in myofascial pain generators and ligament and tendon regeneration.

Three years ago, this writer was suffering unbearable hip pain, brought on by a fall from a horse in my teens. I went to Dr. Walter, and he treated me with my own platelets. The procedure is called Platelet Rich Plasma therapy. Since the platelets came from my own blood, autologous, there was no risk of a bad reaction to a foreign substance. My blood was drawn, placed in a centrifuge to concentrate the platelets, an anti-clotting factor was added, and then the platelet rich plasma was injected into the problem areas. I could swear Dr. Walter has x-ray vision because he is so adept at finding the problems. I had two treatments and have been fine for these three years.

Today, I am undergoing another treatment for my hip, knee and the long tendon that connects the two areas. Three days after the first of two treatments, I'm in much less pain and stiffness. If the problem recurs in another three years, I will then select Stem Cell Therapy. Call to make your own appointment soon... 941-955-4325. Check out his website: www.StemCellOrthopedics.com

Don't wait, you're worth it!

PLEASE PICK UP AFTER YOUR DOG. THERE ARE A NUMBER OF PET WASTE STATIONS AROUND THE LAKE. PLEASE USE THEM.

IT IS ACTUALLY A CRIME NOT TO PICK UP AFTER YOUR PET:

Sec. 8-32. - Removal of dog excrement.

It shall be unlawful for any person who owns a dog, or for any person who has charge, custody, or control of a dog, to fail to remove feces excreted by the dog on public or private property, other than property of its owner. Such person shall carry with them plastic bags or other containers for removing and disposing of the feces in a lawful and sanitary manner.

(Ord. No. 17-5209, § 2, 7-17-17)

https://library.municode.com/fl/sarasota/codes/code_of_ordinances?nodeId=PTIITHCO_CH8AN



PLEASE PICK UP AFTER YOURSELF. CIGARETTE BUTTS ARE ALSO LITTER, DON'T DO IT!

Cigarette butts are the world's largest environmental litter problem, clogging our stormwater drains and polluting our beaches and bays. Most come from drivers disposing of their butts on the road. In Sarasota County, cigarette butts are the single largest source of litter.

Using portable ashtrays keeps our roadways, beaches and waterways clean for current and future generations. Request one from the link below.

https://sarasotacountygovernment.formstack.com/forms/portable_pocket_ashtray_request



Glen Oaks Manor HOA: We're all in this together

Understanding, patience, and knowing how to compromise can go a long way. After living here for almost two years (first time in an HOA), I have made some observations. These are based on first being a resident of GOM, and secondly on being a member of a committee (Landscape), third spearheading the garage sale. Most of my interactions with other residents have been very pleasant and then some not so pleasant.

Below are a few of my observations:

- Officers, Committee Chairs, and Committee Members volunteer their time
- They are all trying to do a good job
- Their assignments aren't the only thing they have going on in their lives
- Taking a role as an Officer, Committee Chair, or Committee Member gives you a different perspective
- We are equals, and not employees or servants to each other
- One can offer an opinion without being loud, demanding and demeaning to others
- Points get across much better in a calm tone
- As they say, Rome wasn't built in a day, things take time to get through a process
- We don't have an unlimited source of funds (unless you want your HOA fees to rise)
- Not everyone can get their way when situations arise
- Giving respect to others comes back ten-fold

Thank you,

Donato Gradone
Villa 190

MONTHLY MEETING UPDATE

Monthly meetings take place every 4th Monday of the month. We have moved the time to 5:00pm to help working members be able to attend the meetings.

Meetings are still being held at the Faith Presbyterian Church, located at the northwest corner of Beneva Road and 12th Street.

We hope to see you there!

Coming soon to a street near you!

For the first time in Glen Oaks Manor, an October Scarecrow Stroll, for you, created by you (and your neighbors)... These should give you an idea of what might be lurking around the corner... Who said you're too old to have fun on Halloween? More information to come...



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4 STEPS TO LASTING BEHAVIORAL CHANGE*

By Steve Horowitz, Ph.D. – Villa 64

Although changing an undesirable behavior may seem simple, putting it into practice is not. Whether you're trying to discover why you have such a hard time doing the things you know you should or simply looking for that motivation you had yesterday but can't find this morning, this behavior change journey can be challenging. It requires constant learning and the skillful application of what you learn in order to adjust your goals, strategies, and behaviors. Behavior change requires: (1) Observing your own actions and their effects; (2) Analyzing what you observe; (3) Strategizing an action plan; and (4) Taking action.

In the **Observation stage**, the core skills are *self-awareness* and *self-monitoring*. You do this by focusing on something internal, such as your feelings about yourself and your efforts. Shifting your focus to internal factors allows you to get the information you need to make necessary adjustments. Are your cravings real hunger, emotional eating, or appetite? Are you really pushing yourself to get your heart rate up to where it needs to be during your cardio sessions? The best way to get these answers is through self-honesty and self-monitoring.

In the **Analysis stage**, the core skill is *critical thinking* about yourself and your behavior. Adopt a certain attitude towards yourself that's similar to the attitude a scientist has towards the experiment she is conducting. You must be willing to see whatever is there; not just what you want to see in order to confirm your pre-existing assumptions. And it must be non-judgmental. The purpose isn't to catch yourself doing something wrong so you can reprimand yourself, but rather to figure out why you did or didn't do something. Instead of getting angry at yourself for having a piece of cake when you are trying to avoid sweets, just tell yourself, "Okay, I made a mistake. Now I need to get right back into my behavior change plan."

In the **Strategy stage**, the core skill is *creative thinking*. If you decide that something needs to change, *imagine* what things will be like after you have made the changes. See yourself having fun walking around the lake, having a glass of juice instead of drinking alcohol, or feeling relaxed while driving in heavy traffic. What do you need to get from where you were to this new imagined place? Many times, the people we socialize with may be couch potatoes or love sweets. Do you have friends who smoke or drink while you are trying not to? This is important! In some cases, you may actually have to stop seeing old friends or avoid visiting your favorite restaurant or bar for *at least* six months to allow for the new behavior(s) to become a habit.

In the **Action stage**, the core skill is *process thinking*. You are probably used to solving problems by thinking in terms of different outcomes: burning 500 calories a day instead of 200; increasing your exercise heart rate from 90 to 110 beats per minute (with your doctor's permission), and so on. This may require knowing how to find the extra time needed, digging deeper to find the motivation and perseverance to get through the discomforts, and changing your priorities and values, if necessary. Doing a behavior change with a friend can be a real motivator. Sometimes it's fun to make small wagers to see who sticks to their plan the best. For example, the non-winner must pay for a dinner or movie. You may need to be your own best motivator, coach, cheerleader and fan, all rolled into one. Get to know yourself well enough to acknowledge what works for you and what doesn't. It's important to give yourself feedback *only* in positive terms. "Okay, I didn't walk today. I've walked 4 days this week and I know that I will walk tomorrow," instead of "You're such a jerk! Get your fat butt off the sofa and walk!"

It's a great idea to keep a journal where you focus on simply observing your own reactions or the results you get from different behaviors and strategies that did or didn't work. For example, keep a record of how much time you walked or how many calories you ate today. Good luck!

*With thanks to Dean Anderson, Behavioral Psychology Expert

community pet spotlight



Boz the Basset is a gregarious guy and loves nothing more than saying hello to everyone around the neighborhood. He's a friendly boy-a CB bit of a jumper- and gets some teasing over his 'tyrannosaurus' legs! He is 5 going on 6 years old; middle-aged for the breed but he behaves like he's a puppy. Loves food, attention, and his afternoon naps.

Keep a watch out-he is a frequent neighborhood walker.

-Stan Yonkauski - Villa 91

Muffin is a 2 ½ year old "Spoiled" Havanese that can be seen daily walking her "Owner" around the GOM Pond. She loves all the attention from her other doggie friends and their owners as well in the Manor.

-Terry & Beverly Heinemeyer - Villa 115



If you are interested in having your pet shown in our newsletter, please email Tricia Burchett at triciaburchett@gmail.com and include a photo and a brief description. All entries will be published! Tell your neighbors and friends! There are many wonderful pets in the neighborhood that we would love to showcase!

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Tales From Another World – World War II

By Dale Moore – Villa 64

There are those who argue for the good old days and others who sing the praises of our modern technological society. But I confess that even from this vantage point of age, I'm not sure which was better ... there are good and bad things about both. But I am sure of one thing. They are VERY different worlds. Yet, unfortunately, there is one common factor. There was a war then. And wars continue.

My earliest memories go back to being a child during World War II. Unlike the recent wars, the total population of the country was involved in that war, including us kids. We each had a part to play. We all understood, our country was at risk.

As a 2nd grade pupil in elementary school, I especially remember Tuesdays. Tuesdays were stamp day. With a sense of pride and patriotism we'd march up to Miss Northcott's desk, our dimes in our clean scrubbed hands (well they were clean when we left home) to buy our Defense War Stamps which we then pasted into booklets called Liberty Bond Books. When you amassed \$17.50 in stamps you could turn the booklet in for a real war bond. (I still have my last half-filled book in my desk.) Fortunately, the war ended, and I didn't need to buy another war bond. So, while my dad, my uncles, and my neighbors were off fighting the war, we kids did our part by saving our dimes for stamps. It didn't cross our minds to use the dime for a candy bar. First, it just wasn't the right thing to do. And second, chocolate was rationed so there were very few candy bars to be had.

To give you some idea of what an important part the war played in the life of this six-year-old, my grandmother took me once to the movies. The newsreels were ALL about the war. As we exited the theater I said to her, "Grandma, when the wars over there won't be any more news will there?"

Even such mundane things as walking home from school involved the war. Chanting as we walked, "Step on a crack...break Hitler's back!" we made every effort to step on every crack in the sidewalk. We'd try anything to bring the war to an end.

Because Mom stayed with my dad, moving from base to base, when I turned six and it came time for me to start school, they decided I should live with my grandparents during the school year. War broke up families then, just as it does today, stealing children's lives from their parents. At Christmas I'd always get a box from my folks. Sometimes it was clothing, sometimes a new toy or a book, and sometimes candy. There was no Skype... no cellphones... no instant messaging... no e-mail and long-distance phone calls were VERY expensive and very rare. So, I would go months without being able to talk with Mom or Dad, the only communication was by mail. (Postage was three cents and, yes, the stamps had a war design on them.) But on Christmas I always got a call from them. I can't remember a Christmas with them in our own home until after Dad came home from the war.

So Grandma took me to school on that fateful first day. Every time I walked the hall past the auditorium, I was reminded of the war, for there, mounted on the wall beside the doors where we went in, was an honor roll of former students now fighting in the war. The names included Robert Banks and George Banks, my uncles, and if I had known to look closely, I would have seen the names of John Norman and William Norman, twin boys who lived down the street from my parent's house.

Continued next page

Twenty-one years later John Norman would become my stepfather. Dean Orwell's name had a gold star after it. Even as a first grader I knew that the names on that honor roll that had a gold star behind them had been killed in the war. I knew that because in almost every house in our neighborhood in the front window there hung a little pennant with stars on it, the number of stars indicating the number of people in that family who were serving in the war. The stars were blue or gold ...blue if the person was still serving. Gold if he had been killed. Dean Orwell had walked this very hallway, had been in this auditorium, just four years ago and then he had been one of the first ones killed in the attack at Pearl Harbor.

There were no 24-hour television stations no CNN no MSNBC. Come to think of it, there was no TV. We got our war news from the radio in the living room, or the newspaper or as I said, from the newsreels at the movies and from letters from the front. I remember Grandma, not a big newspaper reader, always reading Ernie Pyle's column in the Toledo Blade. Ernie Pyle was a well-known news reporter embedded with the army. It was he who coined the phrase "dog-faced soldier", as a complement to our fighting men and women. Uncle Bob, had let Grandma know that Pyle was with them, had gone in with them when they went into Normandy. So, while Uncle Bob could not tell her where they were or what was going on, she knew by reading Ernie Pyle. Pyle would later be killed in a battle in Okinawa.

Sometimes, when we picked Grandpa up after work at 11:00 pm, if I didn't have school the next day, he would let me walk the streets with him. As an Air Raid Precaution Warden, he walked several blocks, always at night, ensuring there was no light coming out of any house. It was a necessary precaution in case the Germans tried to bomb a city there would be no lights to guide them. During the blackout, one was not allowed to even smoke outside. Cars had special headlights if they had to be on the road during a total black-out. Every home had blackout shades you pulled down if the air raid siren went off after dark. And there were significant fines if you allowed light to show from your house during an air-raid drill. I remember the air raid drills during school, scurrying to get under our desks. We had seen pictures of children, like ourselves, in England and France in bombed out homes and schools so we knew what Herr Hitler could do. Yes, even as a child I understood we are ALL at war.

My last memories of the war were on April 12, 1945, and on Sept. 2, 1945. April 12, I came home from school, and we listened to the news on the little RCA radio which sat on the table at the end of the sofa. President Franklin Roosevelt had died. He was the only President us kids ever heard of. What was going to happen to us now? Unlike the Kennedy funeral 16 years later there were no TV cameras so we could not see what was going on. So families gathered around the radio to listen to the drums of the parade or the strange voice of Harry Truman. September 2nd I was with my family when we heard on the car radio, that Japan had surrendered. The war was over. Suddenly, the streets were so crammed with people, laughing, shouting, partying, cars were hardly able to move. I had never seen so many people in my life.

The war was over. Well THAT war was over. My Dad, and other dads and moms, husbands, wives, sons, and daughters were on their way home. And I could go home and sleep in my own bed. And that's what I remember.