

THE FLASH

Fountain Lakes Newsletter

APRIL 2019

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Good Bye to Snowbirds

This is the month Fountain Lakes will be saying goodbye to most Snowbirds

Florida Power and Light has suggestions on their website to help seasonal customers maximize savings, and prevent potential issues while away. Here is one of them: If you have a manual thermostat FPL recommends setting your air conditioning system to 80 degrees for detached homes and townhouses, and 77 degrees for condos and apartments. These measures control the relative humidity (RH) in your vacant home by providing dehumidification to help prevent mold growth.



- Energy efficiency tips:
- Always set the A/C fan switch to the "auto" mode.
- Ceiling fans are not necessary since your A/C already circulates the air.
For Mould Prevention:
- For programmable thermostats: Set your A/C to run at 72 degrees for just two hours each morning before sunrise and at 88 degrees the rest of the time.
- For non-programmable thermostats: Set your A/C to run at 80 degrees while you are away.
- If you live in a condo or apartment, set your A/C at 77 degrees.
- For maximum energy savings:
- Use portable dehumidifiers instead of air conditioning. Set dehumidifiers at 58 percent by sinks and showers, one for every 1,000 square feet. Be sure to place the dehumidifiers so the water runs into the drain.

More Snow Bird Information

In April many snowbirds are leaving and could be passing leftover food on to their neighbours and friends so it is good to know what the dates mean:

"Sell by" lets the store know how long to display products for sale. The product should be purchased prior to this date. "Sell by" is typically found on perishables like meat or poultry.

Eggs can be consumed two to three weeks after their "sell by" date. After that, eggs can be frozen raw or cooked for up to twelve months — as long as they're out of their shells first.

Sour cream can be eaten up to 3 weeks after the "sell by" date.

"Best if used by" is a recommendation for best

quality or flavor, not safety.

"Use by" indicates when a product will start deteriorating in quality and flavor as determined by the manufacturer. Sealed yogurt is edible for one to two weeks after its expiration date. You can keep unopened boxes or bags of pasta for one to two years after the expiration date has passed. While it may not taste as fresh as the day you bought it, unopened cereal stored in a cool, dry place can be eaten four to six months after the expiration date has passed.

To be certain your cereal stays fresh, it's better to just stick it in the freezer for up to a year.

Irrigation Information

Remember that you do not need to turn your irrigation off in the rainy season, as the land does not get really wet from rain under your eaves or under your trees and so the irrigation is still worthwhile. We certainly learned that, with our foxtail ferns taking a big hit from not getting enough water when we turned the irrigation off in the rainy season last year. Another reason to leave the irrigation on is that the irrigation heads should pop up regularly to stop them from growing over with grass. You pay the minimum every month for irrigation whether you use it or not, so you are not saving any money by turning the water off during the rainy season

Front Gate for Contractors

All residents of Fountain Lakes, please remind your contractors and maintenance people to use the front gate at the flashing light off 41 to enter Fountain Lakes, even though their GPS will direct them to the back gate off Williams. They cannot get in that Williams gate and they cause traffic backups of residents as they have to back up to get out of the entry lane. The back gate was clogged up for almost 10 minutes last week with a large truck trying to get back out.

Best Roasted Vegetables

Leave the cut vegetables to be roasted uncovered in the refrigerator overnight; by drying them out, you're ensuring that they'll brown nicely when you roast them the next day.

New Library area for Children

The Board Of Governors at Fountain lakes approved a resident's offer to start a new section in the library especially for children. This will include a reading chair and a small carpeted area for a story time to be held once a week. We presently have about 200 books.

Parents will be asked to stay with their child and supervise their behavior whenever they use the library.



ANY DONATION OF CHILDREN'S BOOKS WOULD BE WELCOMED.

An Easy Way to improve Décor

The most cringe-worthy visual mistake in home décor many people make is framed artwork that is hung too high. The ideal height for artwork is at the height of an average woman's eye level, or around 56-58 inches, from the ground to the middle of the frame. If it is a group of frames, then the centre of the group should be at 56-58 inches. It is better to err on the low side than the tall side when hanging art. If you're hanging something above a piece of furniture, keep the art within inches of the top of the furniture, and make sure the piece of art is large enough to visually hold that spot. Your living space—and the art itself—will instantly look more high end with these strategies.

A Perfect Florida Appetizer

Carefully peel 5 clementines removing all the white pulp bits, so that each wedge is clean and dry. Melt the chocolate you most favour (dark, milk chocolate, white chocolate or caramel like Hersey's Gold) in the microwave, stirring it until creamy. You might want to do several separate flavours of chocolate.

Dip each orange slice into the chocolate so half of it is coated and lay it on a sheet of wax paper or parchment. Sprinkle a high quality salt on the chocolate while it is wet. Put in the fridge to cool until ready to serve. Serve in neat rows on a white serving plate.

The burst of the sweet orange combined with the salted chocolate is delightful... very summery.....very Florida!



News from Board of Governors Meeting

Our Master Covenants have to be totally rewritten and updated with current language to bring them to current legal standards, to bring them in line with Florida law 720, and to reflect our current needs. Our Master board has selected the lowest bid to complete this work. Interestingly enough the person who is doing it is the son of the man who wrote the original documents, so there is a long history of understanding our community

Black top, road repair and new white painted lines are completed on Fountain Lakes Blvd.

No contractor work is allowed to be done in Fountain Lakes on Sundays and holidays.

Work like roofing and landscape work cannot be done except between the hours of 7 AM to 6 PM Monday to Saturday. If it is emergency work that has to be done on your home, you would need to simply make the emergency nature of the work known to your association.

No contractors can have gate codes or stickers. Contractors can get in the front gate during the hours contractors are permitted to work in here, 7am -6pm Monday-Saturday. If you need a contractor to come in after hours or on Sundays for emergency work, you will have to arrange to let him or her in yourself.

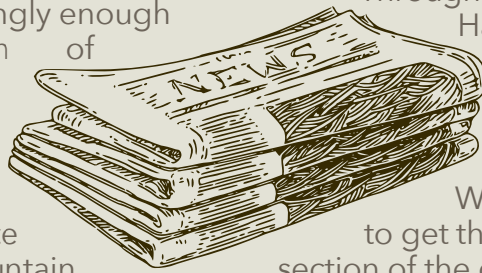
The equipment in the gym is being fixed

The screened room will be cleaned on Thursdays, not Mondays, so that it is always as clean as possible for the weekend

Bids for bocce and tennis court lighting are coming in soon

Great news....Our money is being better managed this year with our new management company. Last year, in the entire year, there was a total of \$25.00 earned in interest. This year, because our new board and new management company is handling our money in a much more effective way, we have

earned \$320.00 so far this year. Our money is being properly invested to earn the best interest rates when it is not being used. Good going Master Board!



Through the ongoing efforts of Pam Dionise, Halfway Creek is being cleaned up to combat flooding in Fountain Lakes. \$500 has been saved by the process that is being used. There is a blockage downstream from us. Work has been going on for two years to get the Municipality to clean out their section of the creek. More flow could be coming our way from the 2020 project, so it is important that the impact on our community be mitigated and that the Municipality does their part. Thanks Pam for your hard work.

There have been quotes for upgrading the sports courts and all of them are going to have improvements made to them. Our recreational facilities are being constantly upgraded and repaired as having these resources are important for both the physical, social and emotional well-being of our residents

The storage unit lights are fixed. One unit is vacant, one will be vacant March 31, and some storage renters have not yet paid. Those units will have locks put on them until money is forthcoming.

There has been discussion of changing the pool to a saltwater pool, which is often a healthier manner of water treatment that also feels better to swim in. Commercial pools, like ours, require a backup Chlorine system, therefore it's not economically feasible to change to salt water at this point, and this is on hold and is being looked into for the

Join Us

The Fountain Lakes Mahjong group is welcoming new experienced players as members.

The April Calendar is available at the office for residents who do not receive their newsletter by email. The calendar is attached to the emailable newsletter. We also attached the events from the Healthy Living Centre at Coconut and Via Coconut. There are wonderful program there, that are free or a very low cost, to maintain the health of people in this Estero community. What a great resource!

April Events and Lectures at Coconut Point Healthy Living

239-468-0050

23450 Via Coconut Point · Estero, FL 34135

Walking Club Meet Up (Mondays and Wednesdays)
8:00 AM

Free Blood Pressure Screening (Tuesdays)
9:00 AM - 1:00 PM

SHINE Counseling (Mondays)
9:00 AM - 3:00 PM
Call 866-413-5337 to request an appointment.

Fourth Trimester Club (Every other Thursday - 4/4, 4/18)
12:00 - 1:00 PM

Moms and children under 1 year
SWFL Produce Box Pickup

(Fridays)
4:00 - 5:30 PM
To place an order visit swflproduce.com

Dementia Care Giver College: The Role of Spirituality
4/1/2019 • 10:00 - 11:30 AM
RSVP

Meniere's disease: A Common Cause of Vertigo and Imbalance
4/1/2019 • 4:00 - 5:00 PM
Dr. Samuel Hill, otolaryngologist

Trying to Quit: Smoking Cessation Group
4/2/2019 • 5:30 - 6:30 PM
Call 877-819-2357 to RSVP

Cooking Demo: Persian Cuisine
4/3/2019 • 11:00 AM - 12:00 PM
Fee: \$5

Identity Theft
4/4/2019 • 4:00 - 5:00 PM
RSVP

Family Yoga
4/6/2019 • 9:00 - 10:00 AM

Mobile Blood Drive
4/8/2019 • 10:00 AM - 2:00 PM
Walk-ins welcome

The How and Why of Aesthetic Services: Are They Right for Me?
4/8/2019 • 11:00 AM - 1:30 PM

Dr. Cherrie Morris, obstetrics & gynecology
RSVP

Balance, Dizziness & Vertigo: Gait Disturbance in Later Years
4/8/2019 • 4:00 - 5:00 PM

Dr. Jon Brillman, neurologist
Pop-up Zumba Class
4/9/2019 • 3:00 - 4:00 PM
Fee: \$5
RSVP

Finding Hope for Living Well with Parkinson Disease
4/10/2019 • 10:00 - 11:00 AM
RSVP

Plant-Powered Living Series
4/10/2019 • 12:00 - 1:00 PM
RSVP

Introduction to Mindfulness
4/10/2019 • 3:00 - 4:00 PM
RSVP

Skin Cancer Screening
4/12/2019 • 9:00 AM - 12:00 PM
Call 239-468-0050 to schedule an appointment

Head & Neck Cancer: A Hard thing to Swallow
4/12/2019 • 11:00 AM - 12:00 PM
RSVP

Cooking Demo: Ancient Grains
4/12/2019 • 1:00 - 2:00 PM
Fee: \$5

The Mind & Body Yoga Retreat
4/13/2019 • 8:00 AM - 3:00 PM
Call 239-468-0050 for information and to register

Dementia Care Giver College: Planning for the Future - Legal and Financial Considerations
4/15/2019 • 10:00 - 11:30 AM
RSVP

How an Occupational Therapist/Vision Specialist Can Help with Balance, Dizziness, and Vertigo
4/15/2019 • 4:00 - 5:00 PM

Lunch & Learn: Aging In Place
4/17/2019 • 11:00 AM - 1:30 PM
RSVP

Community Guided Meditation for Earth Day
4/17/2019 • 2:30 - 3:00 PM

RSVP

Healthy Happy Hour
4/17/2019 • 4:00 - 5:00 PM
RSVP

Earth Day Panel Event
4/18/2019 • 3:00 - 4:00 PM
RSVP

Memory Café
4/19/2019 • 10:00 AM - 12:00 PM
Call 1-800-272-3900

How Physical Therapy Can Help with Balance, Dizziness and Vertigo
4/22/2019 • 4:00 - 5:00 PM

Medicare RN Wellness Visit
4/23/2019 • 3:00 - 4:00 PM
RSVP

Men's Health Panel: Health is Wealth
4/23/2019 • 4:00 - 5:30 PM
Dr. Salvatore Lacagnina, internal medicine
RSVP

Movie Matinee: Just One Drop
4/24/2019 • 10:00 AM - 12:00 PM
Book Club: The Truth About Food
4/24/2019 • 1:00 - 3:00 PM
(Author: Dr. David Katz)
RSVP

Community Yoga Class
4/25/2019 • 5:00 - 6:00 PM
Preventing and Detecting Skin Cancers

4/26/2019 • 9:00 - 10:00 AM
Dr. Fett Desmond, dermatologist
RSVP

Cooking Demo: Ancient Grains
4/26/2019 • 11:00 AM - 12:00 PM
Fee: \$5

Living With COPD Symptoms, Diagnosis, and Management
4/26/2019 • 2:00 - 3:00 PM
RSVP


Foot Care and Footwear: Are You Making the Best Choice for Your Balance?
4/29/2019 • 4:00 - 5:00 PM

April 2019 Calendar

April

2019

For more information, please visit our website at www.fountainlakesestero.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MARCH 2019 	1 Ladies' Golf 9am Pickleball 3pm Tennis 8am	2	3 Pickleball 10am Shuffleboard 9am	4 Guys and Gals Golf 9am	5 Pickleball 10am Tennis 8am	6
7 Pickleball 10am	8 Ladies' Golf 9am Pickleball 3pm Tennis 8am	9	10 Pickleball 10am Shuffleboard 9am	11 Linksters Golf & Lunch 9am	12 Pickleball 10am Tennis 8am	13 Farewell Dinner Dance 5:30pm 
14 Pickleball 10am	15 Pickleball 3pm Tennis 8am Architectural Review Meeting 7pm	16	17 Pickleball 10am Shuffleboard 9am	18 Guys and Gals Golf 9am	19 Pickleball 10am Tennis 8am Good Friday	20
21  Easter	22 Pickleball 3pm Tennis 8am	23	24 Pickleball 10am Shuffleboard 9am Board of Governor's Meeting 6pm	25 Linksters Golf & Lunch 9am	26 Pickleball 10am Tennis 8am	27
28 Pickleball 10am	29 Pickleball 3pm Tennis 8am	30				MAY 2019 