



# LAKE CLARKE GARDENS NEWSLETTER

*Happy St. Patrick's Day*

**MARCH, 2018**

## **Your 2018 LCG Board of Directors.**

The annual meeting for the election of the Lake Clarke Gardens Board of Directors was held on February 13, 2018. As you know, three people were elected to serve two year terms. They'll join Ellen, Diane, Jerry and Van who were elected last year. The vote totals are listed on page 3. Congratulations to Howard, Joyce, and Vilma.

### **Ellen Varella, President**

We have a great team on the BOD and an awesome team of neighbors! We must work together to support the peace and harmony of LCG.



### **Diane O'Shea, Vice-Pres.**

I'm delighted to spend another year on the Board to keep our beautiful LCG improving every year in every way.

### **Joyce Kirkwood, Director**

I appreciate and thank those who supported me. I also will continue to help make LCG a great place to live.

### **Jerome Sauve, Secretary**

I'm proud of the things we have accomplished so far and I look forward to helping LCG stay physically and financially strong.

### **Vilma Mally, Director**

I'm excited and grateful to have been elected. I look forward to working with the Board to make LCG a vibrant, diverse and great place to live.

### **Howard Allen, Treasurer**

I am pleased to have been re-elected to the BOD. My goal is to present a budget that keeps our Association financially strong and well-maintained.

### **Van Tocket, Director**

"Service to others is sacrifice of self." I believe all BOD members should adhere to this policy for the benefit of the LCG community.

## **Lake Clarke Gardens Condominium Association**

**2981 Florida Mango Rd**

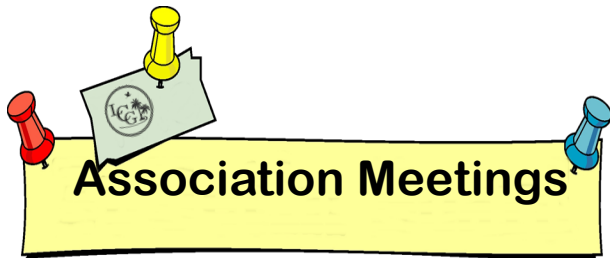
**Lake Worth, FL 33461**

**Main Office (561) 965-8487**

**Fax (561) 965-0986**

**Email: lakeclarkegardens@comcast.net**

**Website: www.lakeclarkegardens.com**



## Association Meetings

**All unit Owners are invited to attend**

**Building Rep. Mar. 1 10:30am Card Room**  
**Agenda Meeting Mar. 8 10:30am Card Room**  
**BOD Meeting Mar. 13 6:30pm Auditorium**

**Note:**

The Good and Welfare portion of the BOD meeting is limited to those who submit their questions or concerns in writing to the Board by Monday, March 12, 2017 at 12:00 NOON.

## WELCOME New Owners

- 4-206 Geraldine Depetrillo
- 4-311 Sharon Dillman
- 5-110 Donald Kipela, Elizabeth Kipela
- 10-209 William Russo
- 15-302 Denis and Carolina Vanasse
- 22-207 Martha Law Federer
- 26-307 Mary Agnolucci

### Editor's Note

Have a special event coming up? Tell me about it. If you have an article of interest to the entire community, feel free to submit it for consideration. It could be a past event, one coming up, or any interesting happening at LCG. Digital pictures are welcome.

You may reach me at my email address: [icg.sauve@gmail.com](mailto:icg.sauve@gmail.com). You may also place information in the NEWSLETTER mailbox at the office.

**Deadline for article submissions for the April Newsletter is March 20.**

**Email: [icg.sauve@gmail.com](mailto:icg.sauve@gmail.com) or drop it off in the office.**



**March 24**  
**1pm—3pm**

The LCG Arts and Crafts League presents its annual Arts and Crafts Show in the Card Room. Come see the items for purchase from our talented group of artists and crafters.

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**Sharon L. Tocket**  
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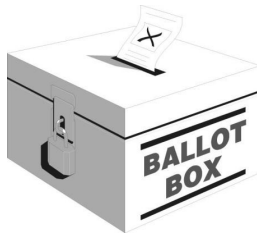
**Call Mark 561/254-2458**

(Resident—Lake Clarke Gardens)

## BOD Final Vote Count

The top three were elected for a two year term.

<b>Joyce Kirkwood</b>	<b>300</b>
<b>Vilma Mally</b>	<b>266</b>
<b>Howard Allen</b>	<b>244</b>
Seamus Brennan	214
Robert Knowles	198
Stanley Kaczynski, Sr.	126
Jo Ann Muggle	101
Timo Karttunen	87
Lloyd Moody	56



## Thanks

I wish to thank all the Building Reps and volunteer owners who participated in the Board Vote Counting at our annual membership meeting on 2/13/18. All 50 were on time, followed directions and helped our complex complete a proper election. Congratulations also to the nine candidates running for the three openings on our Board, and to the over 600 owners for voting and getting your ballot to the office. I could not conduct this without the help of Donna Arendt as assistant, plus the office personnel's help throughout the whole process. Again, thank you.

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*Marge Hill, Supervisor of Elections.*

## Amendment Change Passed

The Member meeting for the vote on the Amendment change for rentals in the Declaration was concluded on February 13 at 9:00am in the Auditorium.



**The Results are as follows:**  
**470 Yes Votes**  
**125 No Votes**  
**595 Total Votes**

The Declaration requires a minimum of 429 Yes votes for an amendment to pass. The Association exceeded that amount. Therefore, the Amendment change has passed.

The Board of Directors would like to thank each and every unit owner that participated in the voting process!! To achieve a total of 595 votes out of 855 owners is a feat in itself!

**LCG Rules and Regulations still apply to rentals:** In order to rent, you must own your unit for at least two years. Rentals must be for a minimum of three months consecutively and a maximum of six months consecutively within a twelve month period. All renters must go through the screening process.

**Suffering from Low Back Pain?**  
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or email him at [wesleythomas8403@comcast.net](mailto:wesleythomas8403@comcast.net).



**HEY!**  
Where's the calendar  
that's supposed to be on  
this page?

### Editor's Note

Activities are on page 8. Due to the increase in advertisement space needed, the calendar has been condensed to one page (with larger print) to accommodate requests to include material for publication.



### Valentine's Day Party

Once again the Annual Valentine party was a great event held on Thursday February 15th for over 200 people. The Master of ceremonies, Hans Myrskog, provided soloists, accordion players, a Zumba exercise class performance and the Finnish folk dance group. Tommi Lainkari provided music for dancing following the fine array of goodies and coffee provided by everyone and served by a group of helpful women.

*Submitted by Joyce Kirkwood*

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### LCG Flea Market

March 3 8am—Noon

Who needs the mall  
when there's the LCG  
Flea Market?

You know the old saying, "One man's trash is another man's treasure". Come to the Flea Market in the Auditorium to find your "treasure".

Don't need treasures? Come for breakfast. Shawn McMahon and crew are cooking up a special breakfast to start your day (menu on page 7).



### LCG's Got Talent

March 9 at 7pm

Come gather for fun,  
laughter and entertainment  
each month in the Card  
Room for Karaoke Nights.  
Join DJ Linda Nummela and  
a host of singers as they belt  
out some familiar tunes.



*DJ Linda*



*Singers  
Bonnie and Denise*

The best part is—  
it's free!  
Just bring your own  
beverage and  
glasses.



*The audience*

*Submitted by Linda Nummela*

# Seniors and Bullying

by Ellen Varella

Most of us think that bullying is a childhood issue — one that fades into the past once we reach adulthood; however, seniors are victims of bullying, too. In fact, some reports show that seniors face bullying more often than children. Being aware of senior bullying can help caregivers address the issue.

## Seniors are Targets of Bullies

Bullying encompasses cruel actions by a person who takes advantage of another's weakness. Some people see seniors as vulnerable and try to take advantage of that perceived weakness. As a result, seniors become victims of fraud and crime, or they may be treated harshly. Scare tactics and verbal intimidation cause the victim to feel exposed and powerless.

Seniors who live in over 55 communities and assisted living facilities or who have in-home health care may also become victims of bullying. They may become victims of other residents or caregivers who may bully them. Whether the bullying is physical or emotional, it is traumatic at any age.



## Reasons Some Seniors Become Bullies

There is no definitive answer to this question. Some seniors are simply mean spirited and angry. Some seniors who do not welcome aging may become antagonistic toward others. The only way bullying can be prevented is to educate people on the ways it can occur and to encourage others to intervene. Look for signs of emotional distress that may be the result of bullying.

## Individuals Who Bully

- Lack empathy
- Have few friends
- "Need" power and control
- Struggle with individual differences
- Use power and control at the expense of others
- Suffer from low self-esteem
- Are empowered by causing conflict, or by making others feel threatened, fearful, or hurt
- Gossip
- Display passive-aggressive behavior
- Manipulate emotions
- Are verbally or physically aggressive
- Have a superiority complex

Currently, a bill has been filed in the Florida House of Representatives - House Bill 123 - "Stand Up for Seniors Act". This bill would create a new law that appears to apply only to 55+ communities in Florida. It defines intimidation or harassment that causes a reasonable person to fear for his/her safety or property. The definition may include physical actions, including gestures, cyberbullying; oral, electronic, or written communication; or threatening for reporting of such acts. Over 55 community's harassment is defined as conduct that has the effect of substantially interfering with or disrupting a member's opportunities, peaceful enjoyment of his/her home, and common areas, or association benefits.

One recommendation of this proposed bill would require the over 55 community to adopt a policy prohibiting bullying and harassment. The document must be reviewed at least every three years to ensure that association members do not subject others to fear or intimidation, and will apply to all members.

This policy would need to include a definition of types of bullying/harassment, a procedure for reporting, a method for the investigation of reports, a list of disciplinary action/penalties, possibly requiring mediation, warnings for the first offence, anger management therapy, second offence fining, etc. At this writing, the proposed bill is in its infant stage.



Bullying is destructive and intimidating, and we have never been as exposed to bullies as we are on today's world stage. Perhaps we could become the model in this anti-bullying/anti-harassment crusade by setting a good example in our own interactions at LCG.

# St. Patrick's Day Dinner Dance

## Friday, March 16



Featuring  
Heart and Soul Duo  
Dinner Served at 5:00

Corned Beef and Cabbage Dinner

Entertainment begins at 6:00

Coffee and Water provided **BYOB**

**\$12.00 per person**

(\$15.00 if purchased after March 13)



### Speaking of the Irish...



At the height of the Gulf Wars, the expertise of Red Adair, the well-known fire fighter, was called upon to go out to the Gulf and put out the oil rig fires.

On the way, his plane landed in Ireland for an overnight stop, so Red took advantage to visit the local pub for a pint of the black stuff. Upon entering the bar two old Irish boys witnessed him walk in and one said to the other, "Ain't that Red Adair?" The other replied, "No, it ain't".

The old boy then said, "I'm sure it is, and I'm so sure that I will bet you a pint if I am wrong". The doubting one said, "Ok, you're on". They both went over to Red and the one said, "Are you Red Adair?", to which Red replied that he was.

The doubting Irishman said, "Are you still dancing with Ginger Rogers"?



Happy St. Patrick's Day

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## LCG Nature Trips

**Monday, March 5**

**Wakodahatchee Wetlands**

**Bus leaves at 9:30am.**  
**FREE**

Refundable \$5 Bus deposit



Come to the Wakodahatchee Wetlands in Palm Beach County to be immersed in nature for two hours. The Wakodahatchee Wetlands has a raised board-walk. Wheelchair accessible. A large variety of birds are nesting in this Rookery. Bring your camera.

The name, Wakodahatchee, is derived from the Seminole Indian Language and translates as "created waters." The created waters at Wakodahatchee Wetlands are an example of people giving something back to nature. Fifty acres of unused utilities land have been transformed into a wetlands ecosystem.



**Thursday, March 15**

**Loggerhead Marine Life Center**



**MARINELIFE CENTER** **Bus Leaves at 10:00am.**  
**Guided Tour Fee \$10.00**

Come learn about the Sea Turtles and our ecosystems through education, research and rehabilitation, focusing on our threatened and endangered sea turtles. We'll have a guided tour. You'll get a close view of these magical creatures in the outdoor hospital. You may see the staff administering treatments to the sea turtle patients. Visit the gift shop for unique gifts. Check out the website: [marinelife.org](http://marinelife.org)

Submitted by Sylvia Raftery


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# Annual Putting Tournament

**Saturday, March 24**  
**10:00 a.m.**

**Come and test your skills. Join your friends and neighbors at the LCG putting green for the annual Putting Tournament.**

**All ability levels are welcome.**

## Let's Light Up the Card Room



Bonnie Villiard and Theresa Bida have donated this beautiful handmade quilt to be raffled off. The proceeds will go toward better lighting and other improvements in our Card Room. Tickets are \$5.00 each or 3 for \$10.00. The drawing will be held on March 24th during the LCG Arts and Craft Show.

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### MARCH WEDNESDAY DINNER SPECIALS

<b>7th</b>	Chicken Breast Sandwich, Potato and Salad	
<b>14th</b>	Chili with Rice, Corn Bread	
<b>21th</b>	Chicken Casserole with Rice, Biscuit	
<b>28th</b>	Chicken Fajita with Beans and Rice	
	Dinner Special	\$5.00
	Hamburger	\$2.00
	Cheeseburger	\$2.00
	Hot Dog	\$1.00
	French Fries	\$1.00

### **SPECIAL** LCG FLEA MARKET BREAKFAST MARCH 3 8AM-NOON

<b>2 Eggs on a Hard Roll with cheese</b>	<b>\$2.00</b>
<b>2 Eggs on a Hard Roll w/cheese and bacon or sausage</b>	<b>\$3.00</b>
<b>2 Eggs on a Hard Roll w/cheese and bacon or sausage and Hashbrowns</b>	<b>\$4.00</b>
<b>Coffee, Hot Cocoa, Orange Juice</b>	<b>\$1.00</b>
<b>Candy, Chips</b>	<b>\$1.00</b>

### Thank the Lord for the Night Time! (Neil Diamond fans will appreciate this)



It wasn't a **Hot August Night**, but a cool January evening when Neil Zirconia played to a sell out crowd at LCG. There was **A Beautiful Noise** coming up from the auditorium where a delicious dinner was served to 224 people. Not a **Solitary Man** went away hungry.

Some brought **Red, Red Wine** to enjoy during the show and came dressed to the nines while others came **Forever in Blue Jeans**.

Only in **America** could we enjoy such an evening!

# What's Happening in March

## Ongoing Events

### MONDAY

8:30am	Fitness Walk	AUD
9:00am	Yoga	AUD
3:00pm	Putting Green	

### TUESDAY

8:30am	Fitness Walk	AUD
10:00pm	Water Aerobics	WP

### WEDNESDAY

8:30am	Fitness Walk	AUD
9:00am	Yoga	AUD
9:30am	Bus -Walmart & Publix	
10:00am	Shuffleboard	
3:00pm	Putting Green	
5:00pm	Bingo Dinner	AUD
7:00pm	Bingo	AUD

### THURSDAY

8:30am	Fitness Walk	AUD
10:00am	Water Aerobics	WP
1:00pm	Canasta	CR

### FRIDAY

8:30am	Free Weights	AUD
9:00am	Finnish Zumba	AUD
9:30am	Bus -Walmart & Publix	
12:45pm	Bridge	CR
1:00pm	Mex. Train Dominoes	CR

### SATURDAY

8:30am	Fitness Walk	AUD
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#### KEY

**AUD—Auditorium; CR—Card Room;  
WP—West Pool**

#### Also Available:

Putting Green, Shuffleboard, Sauna, Billiards Room, Woodworking Shop, Library and Computer Room, Ping-Pong.



## Special Activities

DATE	ACTIVITY	DEPARTURE
<b>March 1</b>	Eagle Grille	12:30pm
<b>March 3</b>	Flea Market & Breakfast	8-12 NOON AUD
<b>March 5</b>	Wakodahatchee Wetlands	9:30am
<b>March 6</b>	Wellington Mall	9:30am
<b>March 8</b>	Coconut Creek	8:30am
<b>March 10</b>	W Palm Beach Green Market	9:30am
<b>March 12</b>	Lake Worth Beach	9:30am
<b>March 13</b>	Golden Corral Lunch	12:30pm
<b>March 15</b>	Loggerhead Marine Life	10:00am
<b>March 16</b>	St. Pat's Party	5:00pm
<b>March 18</b>	Lake Worth Theater	1:00pm
<b>March 19</b>	Lake Worth Beach	9:30am
<b>March 20</b>	Clary's Corner Café/Lunch	11:30am
<b>March 22</b>	Festival Flea Market	9:30am
<b>March 23</b>	Sunrise Swap Shop	12:00pm
<b>March 24</b>	Arts and Craft Show	1-3pm CR
<b>March 26</b>	Lake Worth Beach	9:30am
<b>March 27</b>	Outlet Mall	9:30am
<b>April 2</b>	Elvis Dinner Show	5:00pm AUD
<b>April 3</b>	Gardens Mall	9:30am
<b>April 5</b>	Palm Beach Kennel Club	12:30pm

Weather permitting, bus trips to and from Lake Worth Beach will be available on Mondays. Must sign up in advance in the Activities Office. Minimum of 6 people required. \$5.00 Refundable deposit.

All Breakfast, Lunch, Green Markets, Street Painting Festival and Shopping Malls require advance registration and a \$5.00 Refundable deposit.

**FOR ACTIVITIES WITH REFUNDABLE DEPOSIT,  
NO REFUND GIVEN IF CANCELLED  
WITHIN 24 HOURS OF TRIP.**

**For further information contact the  
Activities Office  
Mon., Wed., Fri. 9:30am—11:30am  
(561) 965-6221**