

# LAKE CLARKE GARDENS NEWSLETTER



## **New fountains and lights**

*photo by Van Tocket*

**AUGUST, 2018**

### **Get Involved, Stay Informed, Do Your Part**

When most of us decided to buy our home and live within the Lake Clarke Gardens Community Association, the last thing that probably came to mind were all the possibilities that community living presented. After all, anytime a group of homeowners work together for a common goal, practically anything is possible.

From increasing our community's aesthetic appeal and eliminating neighborhood crime, to having a voice in community issues, the opportunities to benefit from being a part of the LCG community are plentiful. The possibilities are limited only by our ability to work together.



Unfortunately, without a clear understanding of how and why our association operates, those possibilities will elude us. When we understand the purpose of our governing documents, and the reasons that our Board and property manager must, at times, do what they do, we take a giant step towards realizing the potential of our community.

Lake Clarke Gardens is no different than any other organization. In order to succeed and reach its potential, it needs the support and involvement of its members. Just think of the goals that can be achieved when we all work together for the betterment of LCG. Instead of perceiving the association as an obstacle to overcome, try thinking of it as a tool to help us create a more comfortable life-style for everyone.



But, like any tool, we need to learn how to use it effectively before it can do any good. Get involved, stay informed and do your part. You won't be sorry!

**Lake Clarke Gardens Condominium Association**

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# TREASURER'S REPORT

Accounts Receivable as of June 30, 2018:

Total Receivables	\$ 228,989
Outstanding, Special Assessments	\$ 195,312
Maintenance, & Other Receivables	\$ 33,677

Cash Position as of June 30, 2018:

Total Cash:	<u>\$1,459,858</u>
Less: <u>Restricted for:</u>	
Spec. assessment:	(\$82,627)
Building & Common Reserves	(\$291,168)
Hurricane Contingency	(\$200,922)
Cash	\$885,142
Prepaid Maintenance	(\$80,640)
Activities	\$13,218
 <u>Net Operating Cash</u>	 <u>\$791,285</u>

## Month June, 2018

Monthly Maintenance Due	\$236,081
Maintenance Not Paid	
(Less than 60 days)	<u>(\$13,500)</u>
Maintenance Collected in June	\$222,581

## Editor's Note

**If you have an article of interest to the entire community, feel free to submit it for consideration.**

**Submission does not automatically mean acceptance, but it will be considered. Please know that articles are subject to editing for length.**

*Articles will be published on a space available basis. The newsletter is meant to provide information and highlight the many positive aspects of LCG.*

*In keeping with the established guidelines of this publication, anything accusatory or inflammatory will not be considered. Ditto for articles of an editorial or political nature.*

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

**Deadline for article submissions for the September Newsletter is August 20.**



Illustration by Chris Gash

## Property Manager's Report

The main FOB key system was stuck by lightning. An insurance claim was submitted for the repairs. The Comcast modem was hit as well. Everything is back up and running. The summer storms can be a challenge.

The new fountains have been installed in the Lake. We are getting wonderful comments from everyone as to how nice they look.

The West Pool Deck was ground to remove all the years of different layers of paint. The men have now put two fresh coats on the deck for a lovely finish.

There are still some outstanding Consultant Special Assessments. If you haven't paid your \$52.13 you are now charged a late fee and please forward \$62.13 to the office.

The fiscal year ended 06/30/18. All the information has been given to the auditors. They are working on the audit for the association.

Comcast has scheduled a get together for August 28th. They will use the Auditorium from 10am-2pm to meet with residents that are having questions or issues with their Comcast. If you are on property, please feel free to stop by and speak with them. They will be mailing out postcards to owners with further information.

Please remember if you are doing any work in your unit other than paint or carpet you need to get an architectural permit from the office. If you do work without a permit you are subject to fines by the association and Palm Beach County.

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# Property Update

The new fountains are in, working and beautiful. They have a neat new spray pattern. With the push of a button there are multiple lighting patterns to choose from. No more hauling out the rowboat to change the lights (or unplanned dips in the lake for our maintenance guys). Check out the night picture on the front page.



Someone asked, "Why spend money on new fountains and lights? Why not just repair the old ones?" The old lights were not repairable anymore. Plus, the spray on the old fountains was not powerful enough to provide proper aeration to minimize the growth of algae in the lake.

## It's a sign!



The installation and painting of the street signs has been completed. Those old, faded signs are gone!

When the buildings are painted, the address will be shown along with the building number on each building. The addition will make it much less confusing for guests and emergency vehicles.

## Done!

After weeks of rain delays and staff vacations, the West pool deck has a beautiful new finish. All of the old paint has been removed and the entire surface has been repainted. Removing the old paint should eliminate the constant peeling that has occurred in the past.



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## August Holidays?

*Who says there are no holidays in August? Here are two you may not be aware of. FYI, the office will be open as usual on both days.*

### August 2 National Ice Cream Sandwich Day

*In the summer months, we find many special days for one kind of ice cream or another. The ice cream sandwich is so popular, and tastes so good, that it earns its own special day.*



*National Ice Cream Sandwich Day is a time to enjoy a cold sandwich.....an ice cream sandwich.*

*Ice cream sandwiches have been around since the early 1900s. Vanilla, chocolate and a combination of the two, are the most popular. You can make homemade sandwiches. Just put some ice cream between a couple wafers, and...Voila!*

*Don't have wafers? That's okay. Put some ice cream between two of your favorite cookies.*

### August 13 Left Handers Day

*"Lefties have rights!" Left Handers, also commonly referred to as Southpaws, are the brunt of more than their share of jokes all year long. The world is built for right handers.*



***Did you Know?*** *Right handed people operate in the left side of the brain. Left handed people use the right side. Therefore, only left handed people are in their right mind.*

*They say everyone was born right handed, and only the greatest overcome it.*

### ...and a whole week celebration

### August 1 - 7 International Clown Week

*It is estimated that there are over 10,00 clowns in organized clown groups, and over 20,000 clowns world-wide. They all have one goal in mind, and that's to make us happy.*



*On this day, clowns around the world do what they do best.... they clown around, holding events at malls, nursing homes, schools, and educational events. May a clown or two brighten up your day.*

# The Dangers of Heat Stroke

Just as mid-summer temperatures rise, so does the risk of heat stroke. Learn to recognize the symptoms and be prepared to offer aid.

Heat stroke can kill or cause damage to the brain and other internal organs. Although heat stroke mainly affects people over age 50, it also takes a toll on healthy young athletes. Heat stroke often occurs as a progression from milder heat-related illnesses such as heat cramps, heat syncope (fainting), and heat exhaustion. But it can strike even if you have no previous signs of heat injury.

Heat stroke results from prolonged exposure to high temperatures -- usually in combination with dehydration -- which leads to failure of the body's temperature control system. The medical definition of heat stroke is a core body temperature greater than 104 degrees Fahrenheit, with complications involving the central nervous system that occur after exposure to high temperatures. Common symptoms include nausea, seizures, confusion, disorientation, and sometimes loss of consciousness or coma.

## Symptoms of Heat Stroke

The hallmark symptom of heat stroke is a core body temperature above 104 degrees Fahrenheit. But fainting may be the first sign. Other symptoms may include:

- Throbbing headache
- Dizziness and light-headedness
- Lack of sweating despite the heat
- Red, hot, and dry skin
- Muscle weakness or cramps
- Nausea and vomiting
- Rapid heartbeat, which may be either strong or weak
- Rapid, shallow breathing
- Behavioral changes such as confusion, disorientation, or staggering
- Seizures
- Unconsciousness



## First Aid for Heat Stroke

If you suspect that someone has a heat stroke, immediately call 911 or transport the person to a hospital. Any delay seeking medical help can be fatal. While waiting for the paramedics to arrive, initiate first aid. Move the person to an air-conditioned environment -- or at least a cool, shady area -- and remove any unnecessary clothing.

If possible, take the person's core body temperature and initiate first aid to cool it to 101 to 102 degrees Fahrenheit. (If no thermometers are available, don't hesitate to initiate first aid.)

### Try these cooling strategies:

Fan air over the patient while wetting his or her skin with water from a sponge or garden hose.

Apply ice packs to the patient's armpits, groin, neck, and back. Because these areas are rich with blood vessels close to the skin, cooling them may reduce body temperature.

Immerse the patient in a shower or tub of cool water.

Do not use ice for older patients, young children, patients with chronic illness, or anyone whose heat stroke occurred without vigorous exercise. Doing so can be dangerous.

If emergency response is delayed, call the hospital emergency room for additional instructions.

A poster with a yellow and orange sunburst background. The text reads: "Get medical attention immediately if you have any symptoms of HEAT STROKE". Below this is a list of symptoms: "warm, dry skin with no sweating", "rapid pulse", "confusion and/or unconsciousness", "high fever", "throbbing headache", and "nausea/vomiting". At the bottom right is the American Heart Association logo with the tagline "Learn and Live". At the bottom left, in small text, it says "©2012 American Heart Association. Also known as the Heart Fund."

(continued on page 5)

(continued from page 4)

## Risk Factors for Heat Stroke

The risk of heat-related illness dramatically increases when the heat index climbs to 90 degrees or more. So it's important -- especially during heat waves -- to pay attention to the reported heat index, and also to remember that exposure to full sunshine can increase the reported heat index by 15 degrees.

If you live in an urban area, you may be especially prone to develop heat stroke during a prolonged heat wave, particularly if there are stagnant atmospheric conditions and poor air quality. In what is known as the "heat island effect," asphalt and concrete store heat during the day and only gradually release it at night, resulting in higher nighttime temperatures.

## Other risk factors associated with heat-related illness include:

**Age.** Infants and children up to age 4, and adults over age 65, are particularly vulnerable because they adjust to heat more slowly than other people.

**Health conditions.** These include heart, lung, or kidney disease, obesity or underweight, high blood pressure, diabetes, mental illness, sickle cell trait, alcoholism, sunburn, and any conditions that cause fever.

**Medications.** These include antihistamines, diet pills, diuretics, sedatives, tranquilizers, stimulants, seizure medications (anticonvulsants), heart and blood pressure medications such as beta-blockers and vasoconstrictors, and medications for psychiatric illnesses such as antidepressants and antipsychotics.

**Illegal drugs** such as cocaine and methamphetamine also are associated with increased risk of heat stroke.

**People with diabetes** -- who are at increased risk of emergency room visits, hospitalization, and death from heat-related illness -- may be especially likely to underestimate their risk during heat waves, according to a recent study presented at the Endocrine Society's annual meeting by researchers from the Mayo Clinic in Arizona, the National Ocean and Atmospheric Administration, and the National Weather Service.

(printed from WebMD)

# Lake Clarke Gardens 9 Night Cruise



**February 1, 2019 from Miami, FL**

**Ports of Call:** Labadee, Haiti, (RC private island);  
Oranjestad, Aruba; Kralendijk, Bonaire; Willemsted,  
Curacao

**Inside from \$757 Oceanview from \$937  
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VENEZUELA Willemsted



# Summer Word Search Puzzle

- AUGUST
- BARBECUE
- BASEBALL
- BEACH
- BIKING
- GOLF
- HATS
- HOLIDAY
- HOT
- HUMID
- JULY
- RELAX
- SANDALS
- SHORTS
- SOCCER
- SUNBURN
- SUNSCREEN
- SUNTAN
- SWIMMING
- VACATION

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

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**RULES & REGULATIONS** *REMINDER*



**DO NOT FEED THE WILDLIFE.**

It's unhealthy for the ducks and the iguanas are destroying our flowerbeds. They need to eat elsewhere.

For safety reasons, fishing is prohibited around the lake.



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 (Resident—Lake Clarke Gardens)



## What is a Clam Shell Shutter?



Previous information about building painting mentions "clam shell" hurricane shutters. Not all shutters are that type. Clam shell shutters are those "awning-like" hurricane shutters that open out like an awning when the unit is occupied. For illustration purposes,

in the attached picture, the top shutter is open and the bottom one is closed. If you have this type of shutter, they will be painted when your building is painted at the cost of \$15.00 per shutter.

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## Christmas in July



Our Christmas in July was a big success. Fabulous food, new faces, lots of interesting gifts exchanged hands. There are so many great cooks in our own complex, why would anyone go out to dinner!



This was the LUCKY table. We each got a ticket to go pick up a Christmas gift. Then Lucky ticket #'s were drawn again and each of the 4 people at this table received a 2<sup>nd</sup> gift!!!



## WELCOME New Owners

- 3-308**     **Richard Silistky and Doris Wolt**
- 10-107**   **Joseph Herlihy**
- 10-204**   **Wen Wen Zhang and Shide Zhang**
- 16-102**   **Eusebio David Perera and Eusebio Perera**

**Quote of the Month**

Looking for a hot date?  
Pick any day in August.  
They don't get much hotter than that.

- Maxine

# What's Happening in August

## Ongoing Events

### MONDAY

8:30am Fitness Walk AUD  
9:00am Yoga AUD

### TUESDAY

8:30am Fitness Walk AUD

### WEDNESDAY

8:30am Fitness Walk AUD  
9:00am Yoga AUD  
9:30am Bus -Walmart & Publix

### THURSDAY

8:30am Fitness Walk AUD  
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

#### KEY

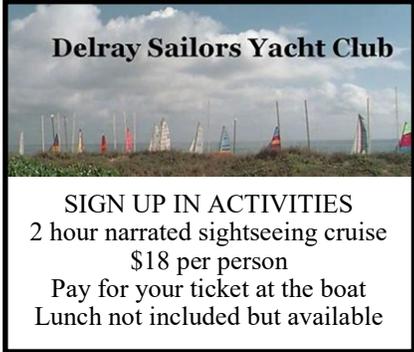
AUD—Auditorium; CR—Card Room;  
WP—West Pool

#### Also Available:

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



## Special Activities

DATE	ACTIVITY	DEPARTURE
TUESDAY AUGUST 7	 <p>SAMPLE ROAD <b>FLEA MARKET</b></p>	9:30 AM
THURSDAY AUGUST 9	 <p>ELLIE'S DINER</p>	12:00 NOON See girls in their poodle skirts
TUESDAY AUGUST 21	 <p>BOYNTON BEACH MALL</p>	9:30 AM Shop, eat shop again
THURSDAY AUGUST 23	 <p>Delray Sailors Yacht Club</p> <p>SIGN UP IN ACTIVITIES 2 hour narrated sightseeing cruise \$18 per person Pay for your ticket at the boat Lunch not included but available</p>	12:00 NOON

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