



Lake Forest *at St Lucie West* NEWSLETTER



LAKE FOREST COMMUNITY NEWS

New front sign update... the digging has been started. It will take about three weeks for completion.

The work on our walking gates and the plantings on the Lake Manatee Way berm have been completed. The Indian Key Drive berm irrigation is in the process of being installed now.

Our BBQ, held on April 21st thanking our volunteers, was a huge success. We cannot thank them enough for helping us with projects when needed.

We have dispensed our board meetings for the summer. We will resume our regular board meetings on September 27, 2012.

Most of our snowbirds have left. We wish them a happy, healthy summer and look forward to their return.

Our last newsletter before a summer break will be June and will resume in October. There will be monthly calendars for the months of June, July, August and September included in the June newsletter.

You can find anyone of us who are on the HOA Board during the summer at the clubhouse, Monday thru Friday 8:30am to 12:30pm. Enjoy the summer.

The Board of Directors

TREASURERS REPORT

For the Month Ending March 31, 2012

HOA Funds are held in the following accounts:

\$125,965.00	in our Gulf Stream Operating Account
\$475,843.00	invested in various CD's and CDAR's & MM Accounts
\$291,680.00	in Reserve Accounts
\$223,683.00	is owed to the HOA by delinquent residents.

Six (6) homes sold in the community in the last month. Twenty-one (21) homes sold in the last four (4) months.

There are fifty-one (51) homes with pending legal action. Six (6) of which are in the possession of the HOA.

The HOA has four (4) of the six (6) homes rented out and has two (2) more to rent. Current income to the HOA is approximately \$3,500.00 per month.

We have the results of the annual HOA audit. Everything came in OK.

Regards,

Jim Russello, Treasurer

MAY 2012

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THE FIVE MINUTE ESCAPE

The hurricane season is upon us. **If you had to leave your home quickly in an emergency, would you know what valuables to take with you?** What if there was some other kind of emergency? Would you know what to take?

What if you had to leave your house in **five minutes**? Would you be able to find the items most important to you? What if you couldn't get back into your house? What do you need? The time to plan is now!

Locate and store your escape items in such a way that you can retrieve them in five minutes.

Papers:

- Official Documents
- Deeds
- Wills
- Bank Information
- Credit Card Information
- Car Titles
- Birth Certificates
- Social Security Cards
- Passports

Personal Stuff: (Things to get you through the day)

- Medicine
- First Aid Kit
- Baby/Child Items (Leave a spare diaper bag packed for an emergency)
- Toiletries
- Change of clothing
- Eyeglasses, contact lens & solution
- Hearing Aids
- Cell Phone, Charger

Suggestions:

1. Decide which items are your highest priorities.
2. Where are they located?
3. How are they stored?
4. Store essential papers in one place so that they can be transported easily.
5. Store essentials and valuables in a safety deposit box.
6. Prepare a 72 hour kit for each family member.
7. Post your **Five Minute Plan** in a special spot.
8. Review the plan with your family.
9. Assign roles to all family
10. Practice a Five Minute Escape with your family
11. Pray that you never have to use your plan
12. Sleep well

Money:

- Credit Cards
- Bank Cards
- Extra Cash

Valuables:

- Jewelry
- Computer Hard Drive or Back Ups (Disks or Flash Drives)
- Pictures
- Genealogy
- Letters

Clothing:

- Jacket or Coat
- Blanket/ Binky for Baby, Child

Emergency Backpack and/or 72 Hour Kit

- Your choice of emergency supplies. Keep in the garage, closet or in your car.

“THANK YOU” VOLUNTEERS

Thanks to the following Lake Forest residents: **John Boeren, Diane Boeren, Larry D'Angelo, Pete Kazmier, Louise Nogueira, Wes Sidebottom, Rod White.**

Thanks for helping Jack and me with the irrigation project on the Indian Key Florida turnpike berm. The original irrigation system which was situated only along the top of the berm has been replaced with an 800', two zone system across the center front of this berm. The Areca palms across this berm have flourished but were preventing water distribution throughout the berm. The new system is now in place and the old system across the berm top has been retained. The old system will not operate on a regular basis, but can be operated using an installed valve. This system will remain operable as a safety precaution, should another fire be started along the turnpike. **Doug Duckett**

would you be able to find the items most important to you?

Store essential papers in one place so that they can be transported easily

Practice a Five Minute Escape with your family



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 1:00pm Poker 6:30pm International Food Club	2 9:30am Water Aerobics 12:30pm Mah Jongg 7:00pm Poker 7:00pm Relay for Life	3 1:00pm Poker 7:00pm Architectural Com 7:00pm Mah Jongg	4 9:30am Water Aerobics 12:30pm Mah Jongg
7 9:30am Water Aerobics 12:30pm Knit & Crochet 7:00pm Mah Jongg	8 9:30am BOD Workshop 1:00pm Poker 7:00pm Covenants and Restrictions	9 9:30am Water Aerobics 12:30pm Mah Jongg 7:00pm Poker	10 1:00pm Poker 7:00pm Mah Jongg	11 9:30am Water Aerobics 12:30pm Mah Jongg
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21 9:30am Water Aerobics 12:30pm Knit & Crochet 7:00pm Mah Jongg	22 9:30am BOD Workshop 1:00pm Poker 7:00pm Covenants and Restrictions	23 9:30am Water Aerobics 12:30pm Mah Jongg 7:00pm Poker	24 1:00pm Poker 7:00pm Mah Jongg	25 9:30am Water Aerobics 12:30pm Mah Jongg
28 9:30am Water Aerobics 12:30pm Knit & Crochet 7:00pm Mah Jongg	29 1:00pm Poker	30 9:30am Water Aerobics 12:30pm Mah Jongg 7:00pm Poker	31 1:00pm Poker 7:00pm Mah Jongg	

HAPPY HOUR

Cocktail Party and Fun Evening

SPONSORED BY THE
LAKE FOREST
RELAY FOR LIFE TEAM

SATURDAY, MAY 12, 2012 at 7:00pm

HOSTED BY
Pepi & Shelley Garcia
401 SW Talquin Lane
Lake Forest

FOR INFORMATION CALL
871 1572

\$3.00 per person donation. BYOB and an appetizer. Raffles, 50/50, Treasure Table

SNACK A LITTLE. LAUGH A LITTLE

Dance a Lot - Music provided by DJ Brian
MAKE NEW FRIENDS... HELP A WORTHY CAUSE



All Proceeds Benefit the
American Cancer Society's
Relay For Life!

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including paint

SPECIAL NEEDS EMERGENCY PREPAREDNESS PLANS

If you are a person with a disability, do you know what you'll do or where you'll go if you have to evacuate your home due to a natural or man-made disaster? If you decide that you probably could not evacuate your home without help, here are some suggestions about where to get that help.

Who are the "People with Special Needs?" **People with special needs are those who will need help in evacuating their home during an emergency** due to a disability or require transportation to a shelter.

Evacuation Orders are given well in advance of a life threatening emergency situation whenever possible. For example, an evacuation order would be given at a time that would permit clearance of high risk areas prior to the arrival of dangerous winds associated with a hurricane.

Where Should People with Special Needs Go in Response to an Evacuation Order?

People who are disabled, like other residents in a community, have several choices of where to go when an evacuation order is given. These include:

- Leaving the area
- Staying with a friend in a safe location
- Going to a public shelter or a medical shelter

Each of these choices require prior planning. If you decide to leave the area or stay with a friend, be sure you are on your way before traffic becomes congested. **Public Shelters are operated by the Red Cross**

and opened during emergency situations. Schools are typically used as public shelters due to their kitchen facilities and large common areas. You should be aware of shelter locations but never go to a shelter unless the Red Cross announces the opening of that location. If you have your own transportation, you do not need to register to use a public shelter. If you require transportation, you must register with St Lucie County Public Safety. 461 8201

Medical Needs Shelters are operated by the St Lucie County Department of Health with volunteers from other County Agencies. The intent of the Medical Needs Shelters is to provide, to the extent practical under emergency conditions, an environment in which the current level of health of evacuees with medical needs can be sustained. To ensure that you meet eligibility requirements, you must request an application through the St Lucie County Public Safety Division of Emergency Management at 461 5201, to be eligible.

Should You Register? Yes, if you have no other place to go and need:

- Assistance with medication
- Observation by a health professional
- Electricity for life supporting medical equipment
- Basic Nursing care
- Oxygen therapy
- Assistance to evacuate

**Bud Sommers, Chair,
Emergency Readiness
Committee**

Evacuation
Orders are
given well
in advance
of a life
threatening
emergency

you must
request an
application
through the
St Lucie
County
Public
Safety
Division

PRIVATE DUTY NURSE

Will care for your loved ones in your home.

Excellent references, Bonded

25 Years experience

Call Lori, a Lake Forest resident

585 315 0433

FROM THE CERTS TEAM

Many lives have been lost simply because people are not prepared to deal with accidental fires. In fact, it is estimated that less than 5% of the nation's homes have fire extinguishers. **Fire extinguishers are considered first aid equipment for controlling and putting out small fires** before they become too large. However, they are no substitute for the Fire Department in the event of a major blaze.

Having the proper fire extinguisher as well as knowing how to use it and when not to use it is important in safeguarding your household. Selecting the proper extinguisher for your home is as simple as A/B/C. **Make sure that all adult family members know how to use fire extinguishers.** A unit with a gauge will enable you to check for enough

pressure to do the job effectively. Most home units are disposable, therefore, never expel the home extinguisher to see if it works.

The Lake Forest CERTS Team, in partnership with Lake Forest HOA, will offer fire extinguisher training this year on November 19th between 9:00am and 11:00am at the Clubhouse.

The CERTS coordinator for Saint Lucie, Paul Forage, from Indian River State College, and a representative of the PSL Fire Department, will be on hand to instruct the people on the proper usage of the fire extinguisher and the type needed for the home.

This should be a very helpful class and we hope a lot of residents will attend. Hoping to see you there.

**Lawrence D'Angelo,
CERTS Captain**

Selecting
the proper
extinguisher
for your home
is as simple
as A/B/C



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WHAT WE OWE OUR MOTHERS

1. My mother taught me TO APPRECIATE A JOB WELL DONE.

"If you're going to kill each other, do it outside... I just finished cleaning."

2. My mother taught me RELIGION.

"You better pray that will come out of the carpet."

3. My mother taught me about TIME TRAVEL.

"If you don't straighten up, I'm going to knock you into the middle of next week!"

4. My mother taught me LOGIC.

"Because I said so, that's why."

5. My mother taught me MORE LOGIC.

"If you fall out of that swing and break your neck, you're not going to the store with me."

6. My mother taught me FORESIGHT.

"Make sure you wear clean underwear, in case you're in an accident."

7. My mother taught me IRONY.

"Keep crying, and I'll give you something to cry about."

8. My mother taught me about the science of OSMOSIS.

"Shut your mouth and eat your supper."

9. My mother taught me about CONTORTION-ISM.

"Will you look at that dirt on the back of your neck!"

10. My mother taught me about STAMINA.

"You'll sit there until all that spinach is gone."

11. My mother taught me about WEATHER.

"This room of yours looks as if a tornado went through it."

12. My mother taught me about HYPOCRISY.

"If I told you once, I've told you a million times. Don't exaggerate!"

13. My mother taught me the CIRCLE OF LIFE.

"I brought you into this world, and I can take you out."

14. My mother taught me about BEHAVIOR MODIFICATION.

"Stop acting like your father!"

15. My mother taught me about ENVY.

"There are millions of less fortunate children in this world who don't have wonderful parents like you do."

16. My mother taught me about ANTICIPATION.

"Just wait until we get home."

17. My mother taught me about RECEIVING.

"You are going to get it when you get home!"

18. My mother taught me MEDICAL SCIENCE.

"If you don't stop crossing your eyes, they are going to get stuck that way."

19. My mother taught me ESP.

"Put your sweater on; don't you think I know when you are cold?"

20. My mother taught me HUMOR.

"When that lawn mower cuts off your toes, don't come running to me."

21. My mother taught me HOW TO BECOME AN ADULT.

"If you don't eat your vegetables, you'll never grow up."

22. My mother taught me GENETICS.

"You're just like your father."

23. My mother taught me about my ROOTS.

"Shut that door behind you. Do you think you were born in a barn?"

24. My mother taught me WISDOM.

"When you get to be my age, you'll understand."

25. My mother taught me about JUSTICE.

"One day you'll have kids, and I hope they turn out just like you !"

26. My mother taught me about CHOICE.

"Do you want me to stop this car?"



**The Lake Forest Clubhouse office is open
Monday thru Friday from 8:30am to 12:30pm**

Lake Forest at Saint Lucie West HOA, Inc.

249 SW Lake Forest Way

Port Saint Lucie, Florida 34986

Office: (772) 878 1944 Fax: (772) 878 6461

Email: howard@lakeforestatslw.com

or

directors@lakeforestatslw.com

Web site: www.LakeForestatSLW.com

Articles for the June Newsletter are due

Friday, May 25th

Send articles to Frank Gomes at: fbgomes@comcast.net