

Action News

THE NEWSLETTER OF THE TWENTY-FIRST CENTURY

JANUARY

2008

FROM THE PRESIDENT'S DESK

I hope all is well with you and your families and that you're enjoying the Holiday Season. I would like to thank the following residents for decorating the clubhouse for the Holiday's. Lillian Krall, Haven Pagans, Jocko Castagna, Cathy Elkins, Della Weaver, Carmen Friedman, Rose Salvatore and Roy our maintenance man. They did a great job. I also, would like to thank Rob & Della Weaver and Anna Ciccone & Diane McCue for donating the Christmas lights used to decorate the entrance and the median to the clubhouse.

Our Annual Member's/Board meeting is on Monday, January 14th. We will vote on one amendment to our documents and elect four members of the Board of Directors. Please attend if you can and cast your ballot.

This is the MEMBER'S meeting and you can bring up anything you think is important to the Meadows at this meeting. If you cannot attend please cast your ballot by proxy. Every member has been sent a proxy & ballot. If you misplaced yours we have more in the office. I'd like to express my appreciation to the volunteers who stuffed the envelopes for the mailing of the meeting notice & proxy. Lillian Krall, Joan Pagans, Haven Pagans, Ann Livingston, Maryann Reed and Della Weaver. Thanks so much.

The renovation of the showers at the pool have been completed. Thanks to Rebecca Novickas for choosing the tile. Everyone I've spoken to really like it. Jimmy Giasullo brought the plumbing up to snuff and saved us money. Gary Treichler helped Jimmy install the grab bars and also helped install the new shuffleboard scoreboards. Gary never says no when asked for help and does a great job. Thanks, guys!

We have so many great volunteers here in the Meadows that donate their time that there isn't room to mention them all, but I will mention some each month. Jerry Iovino does a great job putting together the Action News and Rose Salvatore chairs the Rules & Regulations Committee and the Screening Committee that screens new members that are buying in the Meadows. They put in a lot of time and I'm sure all residents appreciate it. I sure do!

In closing, I would like to wish all Meadows residents the Happiest and Healthiest of New Years.

God Bless us all.

Thanks,

Rich Collura

GET WELL WISHES

MARE & JACK DALY

No matter how difficult things might get during your recovery, remember one thing...we are always thinking about you, so you are not recovering alone. Please, get well very soon

CLASSIFIED

Photo Restoration

If you have any old photos you want to be restored with high digital quality
Call Jerry 954-725-6533
Having trouble with your computer or need printer installation,
Call Jerry 954-725-6533

CAR 4 SALE

2002 MAZDA 626 ALL POWER, LEATHER.
ALLOY WHEELS, NEW TIRES, BRAKES



47,000 MILES, \$6500
CALL JERRY 954-725-6533



BOARD OF DIRECTORS

Richard Collura	President
Peter Castro	Vice-Pres.
Shirley Pickard	Secretary
Rob Weaver	Treasurer
Jerry Novickas	Director
Jimmy Giasullo	Director
Hector Villanueva	Director
Jerry Iovino	Newsletter Editor

CORRECTION

DAVID KRAVITZ LOT #216
NEW TELEPHONE # 954-428-7564

LINE DANCING

Come join us for an hour of fun and exercise on Wednesday nights at 7:30PM, except 1st Wed,(Workshop Meeting) . Beginners plus.



Call Joan Marino 954-698-9322
or Lillian Krall 954-5740890

We need players for our duplicate bridge game on Thursday nights at 7:00PM

Call Lillian Krall 954-574-0890
or Birgit Viehe 954-428-7228

Bridge Club



BUS SCHEDULE

MON- - FRI	SUPERMARKET 9:30AM
JAN 2	FLEA MARKET
JAN 9	POMPANO CITI CENTRE
JAN 16	TOWN CENTER
JA N 23	CORAL SQUARE MALL
JAN 30	FLEA MARKET

BIRTHDAYS



Leon	Golder	1-Jan	Concetta	Falco	31-Jan
Dale	Millard	2-Jan	Maryanne	Reed	31-Jan
David	Sherb	3-Jan	Marjorie	Bailey	31-Jan
David	Polsky	8-Jan	Abe	Friedfertig	1-Feb
Margo	Condon	2-Jan	Sally	Zimmerman	1-Feb
Theresa	Cantone	6-Jan	Marcia	Rotella	1-Feb
Hugh	Burritt	8-Jan	Dana	Courtney	1-Feb
Anna	Duncavage	8-Jan	Beatrice	Billig	1-Feb
William	Sabin	9-Jan			
Doris	Garner	9-Jan	Irving	Kurtzer	2-Feb
Clover	Gordon	9-Jan	Melvin	Doesken	2-Feb
Anna	Horak	10-Jan	Costante	Crovatto	3-Feb
Carol	Winiarz	11-Jan	Haven	Pagans	3-Feb
Carolyn	Mohnkern	11-Jan	Barbara	Poirier	3-Feb
			Gayle	Jahn	3-Feb
			Fred	Volcatula	5-Feb
Daniel	Lima	12-Jan			
Frances	Leonardo	13-Jan			
Richard	Dionne	13-Jan			
Olga	Quintero	13-Jan			
Barbara	Griffith	14-Jan			
Judy	Abruscati	14-Jan			
Luigi	Iannolillo	15-Jan			
Robert	Fox	15-Jan			
Joseph	Marino	16-Jan			
Donna	Hughes	17-Jan			
Eivira	Antinoro	18-Jan			
Carmen	Guija	20-Jan			

John	Guerasio	20-Jan
Andrew	Lanza	20-Jan
Shirley	Gerstenfeld	20-Jan
Donald	Fretz	21-Jan
G. Elwood	Garner	22-Jan
Roger	Ulm	22-Jan
Anthony	Siniscalchi	22-Jan
Charlotte	Coury	22-Jan
James	Detore	23-Jan
Virginia	DaCunha	23-Jan
Sebastiano	Falco	23-Jan
Dorothy	Canonico	23-Jan
Paul	Davies	23-Jan
Linda	Kinne	26-Jan
Jane	Healy	29-Jan
Raymond	St.Laurent	29-Jan
Joseph	Licamara	30-Jan
Eugene	Matthews	30-Jan

ANNIVERSARIES



Mr & Mrs	Peter Goncalves	1-Jan
Mr. & Mrs.	William Kelly	2-Jan
Mr. & Mrs.	Edwin Ellis	8-Jan
Mr. & Mrs.	Ralph Kitchner	11-Jan
Mr & Mrs	Antonio DaCunha	17-Jan
Mr. & Mrs.	Salvatore Janaro	19-Jan
Mr. & Mrs.	Ronald Page	19-Jan
Mr. & Mrs.	G. Elwood Garner	24-Jan
Mr. & Mrs.	Antonio Tzeleopoulos	24-Jan
Mr. & Mrs.	Costante Crovatto	25-Jan
Mr. & Mrs.	Gil Conley	29-Jan
Mr. & Mrs.	Abe Friedfertig	31-Jan
Mr. & Mrs.	Robert Field	3-Feb

ATTENTION MEADOWS OF
CRYSTAL LAKE HOMEOWNERS

IGUANA PEST CONTROL, INC. WILL BE SERVICING YOUR COMMUNITY FOR
INTERIOR PEST CONTROL ON 01.09.08 AND 01.10.08

** THE EXTERIOR SERVICE WILL BE PERFORMED ON 01.11.08
ALL HOUSES AND WORK SCHEDULE AS FOLLOWS:

WEDNESDAY 01.09.08

LOT # 1 TO 99 WILL BE SERVICED BETWEEN 7.30 AND 12 NOON.
LOT # 100 TO 195 WILL BE SERVICED BETWEEN 1PM AND 5PM

THURSDAY 01.10.08

LOT # 196 TO 293 WILL BE SERVICED BETWEEN 7.30 AND 12 NOON.
LOT # 294 TO 389 WILL BE SERVICED BETWEEN 1PM AND 5PM.

ALL PRE ARRANGED INTERIOR SERVICES WILL BE THE SAME

PLEASE BE AWARE THAT FRIDAY 01.11.08 WHEN THE EXTERIOR SERVICE IS
BEING PERFORMED, IT IS IMPORTANT THAT ALL RESIDENTS DO NOT WALK
ON GRASS AND LIMIT OUTDOOR ACTIVITY, AS PESTICIDE APPLICATION
WILL BE IN PROGRESS. ALL OUTDOOR ACTIVITY CAN RESUME AFTER 5PM
ON FRIDAY 01.11.08

IGUANA PEST CONTROL, INC. - OFFICE # 954-783-3624

The My Safe Florida Home Program is a FREE service provided by the state, designed to help Floridians learn how to harden their homes to better protect themselves and their families from windstorm damage and lower their wind storm insurance premium. Floridians whose homes have undergone wind certification and hurricane mitigation inspections approved by the Department of Financial Services may be eligible to apply for matching grants up to \$5,000. Please contact Jim Jannotta at 561-860-1009 for assistance in signing up.

TRAVEL CLUB



Happy New Year! God Bless Us Everyone!

Here is the new Board of Directors for 2008.

Bill Kermit	President
Jerry Iovino	Vice-President
Janice Pappas	Treasurer
Bea Billig	Asst. Treasurer
Joan Marino	Secretary
Carmen Friedman	Director
Peg Stade	Director
Dorothy Castle	Director (one year)



I know this board will work hard and we will have a great year

Thank you for the support you have given us this past year.

Stage Door Theater, Coral Springs. All shows on Sunday 2:00 pm .2007 -2008. 5 shows \$145.00, 4 shows 116.00, less than 4 shows \$33.00.

Feb. 17, 2008 "Baby"

April 27, 2008 " Starting Here, Starting Now" Bill Kermit/ Peggy Stade

Jan.16th. Wed. 7:30 pm, Legends of Doo Wop, Pompano Beach Civic Center. \$15.00 pp. By Car. Lynn Siniscalchi. By car.

Jan. 20th. Sun. 1:00 pm, 2008 Gaucho Rodizio Restaurant. U.S.1, Lighthouse Point. 1:p.m. Lunch "All you can eat. Steak, Salmon, Chicken" Tony & His Girls" Broadway numbers from the 40's - 70's. \$37.00 pp inc. meal, tip, 90 min. show. By Car. Bill Kermit/ Peggy Stade

Jan. 27, 2008 Sun. 2:00 pm Fla. Follies. New show "Broadway To Hollywood" \$21.00 pp. by Car. Gerri Perer / Kathy Elkins

Feb. 3rd - Feb. 10, 2008 The Caribbean Princess. Eastern Caribbean. Inside double occupancy \$722.52. Outside \$802.52. Inc. port charges, insurance & transportain. For reservations call Cruise Supermarket 954-722-7447 or 1-800-232-7447. There is a flyer on the bulletin board with more information.

Joan Marino / Janice Pappas

Nov. 16 - 22, 2008 Sun.- Sat. Smoky Mountain Show Trip. Ten meals, Guided tour of Smoky Mts., Dollywood & more. See Bill Kermit. \$595.00 pp. Bus, Tip, tax inc. Bill Kermit

Club meets the 2nd. & 4th Mon. each month at the Club House, 2:pm.
The next meeting will be Jan. 14th. Club House 2:00 pm.

Dorothy Castle
Director

DANCING WITH THE STARS...AT THE MEADOWS!

YES! We are looking for stars who live in the Meadows and who can teach Merengue, Salsa, Swing and Mambo. We have the students – Do you have the time?

At 8:00 PM on Friday nights, at the Clubhouse, residents will be able to practice dancing. We would love to have one or more coaches willing to teach us how to master these upbeat dances. Our own, Hector Villanueva, will be teaching us the Salsa.

Potential Teachers and Students

Please come to the Clubhouse at 8:00 PM on Fridays, Any cancellation of a Friday night "Dancing with the Stars...at the Meadows" will be posted in the Clubhouse.



HOPE AND PRAYER

Hope and prayer are the magic words of 2008

My hope and prayer is that peace will come as of this date

My hope and prayer is that our young people would not have to fight

That the powers that be will finally see the light

My hope and prayer is that our sons and daughters will have a life that is good

That they will live life to the fullest as they should

My hope and prayer is that the old folks, that's you and me, will live happy lives

That our money will outlast us so that we will be able to survive

**My hope and prayer is that the people who run our world will arrive
at some satisfying solution**

That all countries can come to some happy conclusion

My hope and prayer is that we can love or at least tolerate one another

That we can talk and share our concerns with each other

That we can all get along and live in harmony

That is my hope and prayer

Carmen Friedman

Reducing Stress Is A Key Factor In

Want to know the secret to a longer life? According to researchers from the University of California at San Francisco (UCSF) the proverbial fountain of youth may be closer than you think. In a recently released study, UCSF scientists announced that chronic stress - or the lack thereof - plays a key role in determining an individual's longevity. The less stress, the longer you are likely to live and vice versa.

At first glance, these findings may not seem all that surprising. After all, physicians have been linking stress to a variety of age-related ailments (high blood pressure, ulcers, etc.) for years. This new study, however, is the first to establish a direct link between stress and the aging process itself. It showed that stress has a detrimental effect on a cell's ability to divide and replicate, and ultimately results in cell degeneration (aging). Since most people aren't in a position to avoid stress altogether, the question you need to ask yourself is: **How can I minimize its effects?**

Well, short of packing up and moving to a deserted island, here are some suggestions you may want to consider:

Let It Go: Don't dwell on things that are out of your control. Rather than internalize, people with low stress levels tend to forgive and forget.

Act Quickly: If you have the power to correct a situation, do it quickly so you can put it behind you as soon as possible. Letting a problem linger only adds stress.

Exercise Regularly: In addition

to improving your physical state, exercise helps relieve stress and creates endorphins that reduce anxiety.

Pursue Your Passion: Have you always wanted to play the piano, trace your family's genealogy, or do charity work? Having a strong sense of purpose can dramatically reduce stress levels - while keeping your mind active as well.

Do Good Deeds: Altruistic acts, even those as simple as helping someone cross the street, enhance your mental well-being and reduce stress. As an added bonus, many good deeds - such as delivering meals to the needy - also introduce an element of physical activity and benefit the recipients.

Laugh Often: Many of today's oldest seniors attribute their longevity to a good sense of humor. Since they don't take things too seriously, they are better equipped to handle stress.

Keep In Touch: People are by nature social animals, and maintaining close relationships is a great way to reduce stress.

Occupy Your Mind: If your brain is deeply engaged in a particular task, it doesn't have time to dwell on stressful matters. That's why so many people find it relaxing to play cards or complete crossword puzzles. Naturally, there are many other ways to reduce and manage stress. Just find the ones that work best for you, and you may be on your way to a longer and happier life.

FROM: AARP LIFE LINES

BINGO



On December 18th we had the last bingo of 2007. We took the occasion to have a Christmas Party. Forty - two residents and their guests attended, as well as 12 to 15 Tuesday night card players. We enjoyed finger Sandwiches, some delicious punch, holiday cookies and some of the best coffee I've tasted recently, right Rose? A great time was had by all. This was the last BINGO of the year. Our next bingo will be on Tuesday, January 8th 2008. The doors open at about 6:00 PM and the game starts at 7:30 PM. Admission is \$4.00 to play and extra bingo sheets cost \$2.00. We play 7 games of regular bingo and two special games (3 two game sheets are \$2.00). When we get above 30 players we usually have larger game prizes and the Jackpot is usually a \$100.00. Come on down and join us!!! I would like this opportunity to thank all of our Bingo Volunteers for their help and support this past year. Without the help of Rose Salvatore, Della Weaver, Jack and Mary Daly, Gil Conley, Joe Theismann, and my neighbor Pat Gonzales each and every Tuesday night, we might not have a bingo! Thanks too to our supportive Players, who show up every Tuesday night. We wish all a great Holiday Season and a happy and healthy New Year.

JANUARY 2008

NOTES: Exercise class Mon - Fri 8:30AM _____

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