



# Lauderdale Isles

Civic Improvement Association, Inc  
P.O. Box 121255 Fort Lauderdale, FL 33312

Issue Winter 2014

Nonprofit Organization since 1959

## President's Message

By Dirk Lowry

Time flies when you're having fun! It's February already and we are into our first General Meeting. We have a great year coming up and many activities are being planned by the Board. As the snowbirds will tell you, or anyone who gets calls from up North, it's obvious there is no "Global Warming". Although some will try to tell you the cold is due to the "Global Warming". Ha.... In Chicago the weather people call those downward Jet Streams the Alberta Clipper, however now it's called a Polar Vortex. We know what a counter clockwise rotation is. It's cold up there and we are enjoying reasonably nice weather.

There is a new Lauderdale Isles Water Management District Board. We will be hearing a lot about what is being done to improve our waterways. There will be further discussion on the dredging of the canals and the steps taken to get that accomplished. At this writing we are looking forward to Commissioner Rogers being able to take time from his busy schedule to give us an update at our upcoming meeting. Commissioner Rogers has taken the lead in working with the LIWMD Board to get the funding for the project. We have much invested in our properties, the fact that we have the ability to have a vessel near or behind our homes providing ocean access with no fixed bridges is one of the best selling features.

With the advent of the City and their effort to check on derelict vessels it has come to the point where a City Ordinance was found that requires house numbers be placed on the rear of your property/house. These should be of contrasting colors and with an unobstructed view from the waterway enabling the police and fire departments the ability to respond to a residence where assistance is required. As you recall I requested that numbers identifying your property be made more visible and easy to locate from the street for the very same reason. This is an existing City Ordinance being mentioned for information only.

As you can see the Newsletter is in full color. We are looking to promote more advertising with a better and more attractive copy. This is an experiment and the board would like to get comments reference the color and its appeal. The cost factor for those who may be interested is only a twenty percent increase. If we get the ads it would be a wash. It should be noted that as a paid up member, of the association, you may place a two-line ad in the Newsletter for free. Only if we get two or three pages of ads will there be a nominal fee. Until then, take advantage of this opportunity. It was discussed and approved at the last Board meeting that we will provide a discount for yearly ads of all sizes if paid up front. See the info section in the newsletter (back Page).

Our next General Meeting is Thursday February 20<sup>th</sup> at 7PM, at the Lauderdale Isles Yacht Club. Besides Commissioner Rogers, there will be a presentation on Manatees by Ryan Goldman (arranged by Ryan St. George, from the Board) and an introduction of the new LIWMD Board members. As usual we will have the police presentation and Commissioner Rogers at the start of the meeting to allow them to continue with other activities. As requested we will have munchies, water, sodas and coffee available. I look forward to seeing everyone at the next meeting!

## Vice-President's Message

By Chad Hodder

Happy New Year to everyone. I would like to start off by thanking everyone who has given me another year to help make Lauderdale Isles a better place to live and raise our families. Now, time for business. At our last board meeting, we came up with some new and positive ways to make our newsletter better, increase revenue, and broaden our communication among ourselves and neighboring communities.

First, we are experimenting with the use of color in our first newsletter of the year to make it more appealing and enjoyable to read. Adding color is increasing our printing cost so your feedback would be very helpful letting us know how you like it or don't. We feel that it will promote additional advertisements, which will generate additional funds for our association. By also adding color, it will move us forward into the 21st century during the age of iPhones and iPads that now dominate all types of media.

Second, in order to promote additional advertisements in the newsletters, we are now offering discounts for anyone who places half or full year ads. The discounts are as follows: Anyone who places a half year ad (2-quarters) will receive a 5% discount. Anyone who places a full year ad (4-quarters) will receive a 10% discount. In order to receive either one of these discounts, the entire ad must be paid in full and in advance before the ad is placed. We hope that by offering these discounts, we will be able to place additional ads in our newsletters helping us grow and increase revenue for future projects within our neighborhood. Please ask family and friends who have businesses to place ads in our newsletters. We're always looking for good people to do all types of work at our homes. There's nothing better than using people we know.

Third, we are working on building a brand new website. The website will be powered by Go Daddy and allow us to make changes and/or updates at anytime. I have volunteered my oldest teenage daughter to build and maintain the website. There will be no charge or fee for my daughter handling the website, as she gets paid working for my company part time after school. The website will have information about LICIA, upcoming events, contact information, articles from our residents, and general news. If anyone has any important information that they feel should or needs to be placed on the website, please contact Dirk, Geoff, or myself so we can review it and work to get it on the website. As we move forward with the website, it's my goal to eventually sell ads on the website, which will help generate even more revenue for our association.

With the above mentioned changes and positive meetings that we've had last year and this year, I feel LICIA is going to be a staple throughout Ft. Lauderdale and neighboring communities. I look forward to the new and exciting challenges in front of us and I hope everyone else feels the same.

Thank you again for the opportunity to serve you and our great association.

**THE MERMAIDS ARE BACK - SEE BACK COVER**

# Business

## Agenda

## Financial Statement

**LICIA General Meeting**  
**Thursday, February 20th, 2014**  
**7:00 p.m.**  
**Lauderdale Isles Yacht Club**

FINANCIAL STATEMENT  
FOR FISCAL PERIOD  
11/01/13 THRU 1/31/14

Sign In  
 Opening Statement (President)  
 Police Reports  
 Commissioner Rogers  
 Minutes Approval  
 Treasurers Report  
 Committee Reports  
     Beautification Committee  
     Airport Committee  
     Welcoming Committee  
 Guest Speaker Ryan Goldman on Manatees  
 Old Business  
     Introduction of the new officer for LIWMD  
     Alligator feeding and relocation  
     Additional discussion on dredging  
     Sign approval for the Yacht Club  
 New Business  
     Plans for the new web Page  
     Open for suggestions for functions an activities  
     Open for additional questions and concerns  
 Motion to Adjourn

<u>INCOME:</u>	
DUES COLLECTED	\$ 960.00
ADVERTISING	0.00
TOTAL INCOME	\$ 960.00
<u>EXPENSES:</u>	
LANE SIGN EXPENSE	0.00
MEETING REFRESHMENTS	51.97
NEWSLETTER,EQUIP & SUPPLIES	324.44
BANK SERVICE CHARGES	0.00
MEETING LOCATION FEE	0.00
TOTAL EXPENSES	<u>376.41</u>
EXCESS OF INCOME OVER EXPENSE	\$ 583.59
ADD: CASH IN BANK 11/01/13	<u>23,880.59</u>
NEW CASH RESERVES 1/31/14	<u>\$ 24,464.18</u>

I HAVE EXAMINED THE BOOKS AND RECORDS OF THE ASSOCIATION FOR THE STATED PERIOD AND HAVE FOUND THEM TO PROPERLY REFLECT THE ACTIVITY FOR THE PERIOD.

RESPECTFULLY SUBMITTED,

KEITH LINDGREN, TREASURER  
 JANUARY 31, 2014

Letters and articles may be mailed to:  
 LICIA -P.O. Box 121255, Fort Lauderdale, FL 33312  
 or emailed to:  
 Newsletter@licia.org

Unless otherwise stated all materials submitted will become the property of the association and may be printed in this newsletter or reprinted by any other interested publication.

# LICIA News

## Last Meeting Minutes

By Geoff Rames

### Minutes of the Lauderdale Isles Civic Improvement Association Board of Trustees Meeting Jan 16, 2014 (abbrev.)

#### Attendance

##### Executive Committee:

Dirk Lowry, President	P
Chad Hodder, V.P.	P
Keith Lindgren, Treas.	A
Geoff Rames, Sec'y	P

##### Committee Members:

Jackie Zumwalt, Welcome Comm.	P
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##### Boart of Trustees:

Bill Gray, Andros Lane	P
Patrice DelGrosso, Bimini Lane	A
Marie Love, Cat Cay Lane	A
Ryan St. George, Duck Key Lane	P
Pat Coba, Flamingo Lane	P
Yelka Mikolji, Gulfstream Lane	P
Ms. Crockett, Key Largo Lane	P
Gina Garcia, Marathon Lane	P
Harriet Hodgson, Nassau Lane	P
Eva Santiago, Okeechobee Lane	A
Rich Thompson, Sugarloaf Lane	A
Ruth Lindgren, Tortugas Lane	A
Bud Bracey, Whale Harbor Lane	P

A quorum was present for the meeting. The meeting came to order at 7:02pm with President Lowry presiding.

President Lowry distributed copies of the Financial Statement for 11/1/13 – 12/31/14, as provided by Treasurer Keith Lindgren

#### 1. FLPD Report by Officer J. Wilson

- December: - (1) Burglary of a bicycle from a carport on Marathon Lane & no vehicle burglaries

- It was felt that our crime incidents have decreased due to everyone keeping their cars locked,

resulting in fewer vehicle burglaries. The crime rate

for the entire city has not been this low since 2001

1a. "Smart Water"

President Lowry, who also serves as the Vice President of Crime Stoppers, did a brief presentation on the "Smart Water" system, which uses an invisible spot to uniquely mark valuables at risk of theft.

#### 2. Newsletter

The subject of offering discounted rates for ads in the LICIA newsletter was suggested at the General Meeting in November.

Motion: Offer discounts of 5% for ads run for half year and 10% for ads run full year, with payment in full in advance.

Motion by: Chad Hodder Second by: Bud Bracey The Motion was approved unanimously

In continuing discussion of the newsletter, President Lowry advised the printer we use can now offer color printing.

Motion: Authorize President Lowry to spend up to \$650 for color printing of the next newsletter as a pilot program to judge its effectiveness.

Motion by: Chad Hodder Second by: Gina Garcia The motion was approved unanimously

#### 3. Reactivation of the currently dormant LICIA website.

Geoff Rames reported that he had investigated the status of our web domain, [www.licia.org](http://www.licia.org), and found that the domain name is still active through Sept. 2014, although no actual site is currently up and running.

Chad Hodder volunteered his daughter's services to set-up the site.

Motion: To use "Go-Daddy" as a web hosting company for [licia.org](http://licia.org), at approximately \$100 per year, and to accept the gracious offer of Chad Hodder to volunteer his daughter set up the site. Motion by: Geoff Rames Second by: Bud Bracey The motion was passed unanimously.

#### 4. MIAASF Water Way Clean Up, March 1, 2014

Lauderdale Isles Yacht Club is once again listed as our neighborhood's site for this year's Waterway Cleanup, and LIWMD, as in past years, had donated \$500 to the event. Everyone agreed that we need to actively promote the Cleanup in order to increase participation this year.

#### 5. LICIA February General Meeting Feb 20<sup>th</sup>, 7:00pm

Yelka Mikolji advised that the deadline for articles for the February newsletter would be Feb 1. Discussion took place later in the meeting regarding guest speakers for the meeting.

#### 6. Welcome Committee

Jackie Zumwalt and Gina Garcia of the Welcome Committee announced they would be meeting in January to get the Welcome Committee underway.

Gina would write an article for the next newsletter about the committee.

#### 7. City Ordinance: House Numbers must be visible from canals

Yelka Mikolji reported that a neighbor on her street inquired about being cited by Code Enforcement for not having house numbers visible from the canal behind the house. The ordinance is City Code 9-313(c). An article for the next LICIA newsletter would be written about this ordinance.

#### 8. Alligators

No alligators have been sighted in our waterways since October. Ryan St. George discussed sightings by helicopter of crocodiles in several areas of the County, during manatee counts done by the County's Manatee Protection Department. It was suggested to ask that department to do a presentation about the Manatee Program at the next LICIA General Meeting in February, and Ryan said he would make the request.

9. Next General Meeting: The next general meeting for LICIA will be February 20<sup>th</sup> at 7:00pm

10. Adjournment: There being no further business before the board, the motion to adjourn was made:

Motion by: Ryan St. George Second by: Ms. Crockett The Motion was approved unanimously.

Respectfully submitted, Geoff Rames, Secretary LICIA

## District IV Commissioner Romney Rogers



**FY 2014 Adopted Budget and CIP Now Available Online** – The FY 2014 Adopted Budget and Community Investment Plan are available online for your review at [http://fortlauderdale.gov/2014Budget\\_Book/FY2014\\_Adopted\\_Budget\\_Book.pdf](http://fortlauderdale.gov/2014Budget_Book/FY2014_Adopted_Budget_Book.pdf) and <http://fortlauderdale.gov/documents/cip/CIP2014-2018.pdf>, respectively.

**Code Compliance Process Improvement Update** – Our Code Compliance Division (CCD) focuses on preserving neighborhood integrity and enhancing the visual appearance of our prominent corridors by enforcing the City's Code of Ordinances. Recent economic conditions, resulting in an increase in foreclosed and abandoned properties, along with a decrease in City revenues, have impacted staff resource needs, as well as the length of time it takes to realize compliance.

Operational improvements (Lien Amnesty and Vacant Property Registration programs) were identified in the FY 2013 City Commission Annual Action Plan (CAAP), and carried over to the FY 2014 CAAP.

In mid-2013, City staff worked together on a Code Compliance Process Improvement effort to identify operational issues and efficiencies opportunities. The new initiative includes plans for a Code Walk (CCD and the City Manager walk through residential and commercial areas to review code priorities and overall concerns), Process Improvement (historic neighbor complaints and code violation data are analyzed and citywide Heat Maps are prepared to help identify the concentration of certain types of violations), and Implementation (standardizing and streamlining the code compliance process, translating into shorter code compliance times). Success will be measured by the reduction in number of days for compliance.

**Comprehensive Economic Development Plan Meetings** – Please provide your input on this proposed plan. Upcoming meetings are at 6 PM on Jan. 16 and Jan. 30, City Hall Commission Chambers, 100 N Andrews Avenue. To RSVP, call 954-828-6130 or e-mail Eileen Furedi at [EFuredi@fortlauderdale.gov](mailto:EFuredi@fortlauderdale.gov).

**Sun Trolley Expansion of Downtown Link** – On Jan. 2, the expanded Downtown Link Route became operational. To learn more and for the route map, click on <http://suntrolley.wordpress.com/2014/01/02/expansion-of-sun-trolleys-downtown-link-route-provides-connectivity-to-flagler-village-broward-health-medical-center>.

**Solid Waste Collection Update** – Effective Feb. 1, Republic Services' trucks start rolling through neighborhoods. The company is transitioning to a new fleet of quiet, energy-efficient Compressed Natural Gas (CNG) trucks for the collection of residential garbage and yard waste. The new CNG trucks are 10 times quieter and have 50% fewer emissions than diesel trucks. Your collection day schedule stays the same, but your collection times may change. Collection hours are 7 AM – 6 PM.

**Household Hazardous Waste** – With proof of residency, City residents can participate in free drop-off events:

- City of Coral Springs, 4181 NW 121<sup>st</sup> Ave., Feb. 1 from 9 AM - 2 PM
- City of Fort Lauderdale, 301 N Andrews Ave., Feb. 8 from 9 AM - 2 PM

To review the guidelines, see [http://fortlauderdale.gov/public\\_services/trash/hazardous\\_waste.htm](http://fortlauderdale.gov/public_services/trash/hazardous_waste.htm).

**New Executive Director at MIA SF** – After a three-year search, the Marine Industries Association of South Florida has appointed **Phil Purcell** its new Executive Director. A leading yacht-industry executive with extensive marine-industry sales and boat-show experience, Mr. Purcell served with Westport Shipyard/Yachts for 17 years in senior management positions and as a shareholder. Based in Washington State, Westport is the largest superyacht builder in North America. **Carlos Vidueira**, who has been acting as Executive Director on a part-time basis since 2010, will remain on the board as Treasurer and a member of the Executive Committee. Mr. Purcell's new position begins on Jan. 27, and I will be meeting with him and other MIA SF representatives on Jan. 28.

**Fort Lauderdale Currents** – To access the City's e-newsletters online, please go to <http://archive.constantcontact.com/fs177/1111345979625/archive/1113854099348.html>.

- Help spread the word about the **Las Olas Sunday Market**, sponsored by the Downtown Fort Lauderdale Civic Association. More than 30 vendors offer a variety of goods from 9 AM to 3 PM at SE 4<sup>th</sup> Avenue and E Las Olas.

### **Event Calendar** –

- **Riverwalk Street Dance** is back! Jan. 18 from 6 - 10 PM, Esplanade Park, \$5 Entry Fee.
- **Climate Adaptation Open House Meeting** is Jan. 21 at 5:30 PM, City Commission Chambers, 100 N Andrews.
- **Neighbor Support Night**, a City Hall Open House, is set for Feb. 11 from 6 - 8:30 PM at City Hall.
- **Scottish Festival** is March 1 at Snyder Park. For tickets and other details, see <http://www.SASSF.org>.
- **Mayor's Prayer Breakfast** is March 6. For tickets, go to <http://www.ftlpray.org>.

- **My City Hall Office Hours are Mondays from 2 – 5:30 PM and Tuesdays from 9 AM – Noon (in non-Commission weeks).**  
For appointments, please contact MJ Matthews at 954-828-5028 or [mjmatthews@fortlauderdale.gov](mailto:mjmatthews@fortlauderdale.gov).



# **HODDER, Inc.**

**CONSTRUCTION, AIR CONDITIONING, & NATIONAL HOME INSPECTIONS**

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Hodder, Inc. specializes in all types of Construction,  
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Chad E. Hodder  
President

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Fax: 954-327-4600

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Website: [www.hodderinc.com](http://www.hodderinc.com)

“I have been a resident of  
Lauderdale Isles for 14 years.”



## Hodder Construction

(#CGC121376)

- General contractor
- New construction
- Remodels
- Additions

## Hodder Air Conditioning

(#CAC056908)

- Service & repair all makes and models
- Free estimates for new or replacement
- Honor all manufacturers' warranties
- Major credit cards accepted

## National Home Inspections

(#HII1464)

- Detailed home inspection before you buy a home
- Wind mitigation inspections (for reduced insurance premiums)
- Termite inspections
- 4-point inspections

# Bits & Pieces

## The State of Real Estate

By Rich Thompson

Kiplinger real estate magazine says that home prices will continue at a more steady pace due to the housing recovery, which has pushed up home prices nearly everywhere. In 2013, buyers often found themselves competing in bidding wars with investors and other buyers who paid cash. However, it appears that a lot of investors have left the market as the prices have leveled off so the flipping factor is not a given.

Please remember that when selling your house it must be kept clear of clutter, be smell free, dust free, and above all as clean and neat as possible. Buyers do not like untidy homes and often cannot see beyond the decor etc of a particular property so may pass on to the next property.

Hope to see everyone at the waterway cleanup on March 1st, 2014. It is a great time to socialize with your neighbors, meet new friends, and enjoy the beautiful Florida weather, which we often do not fully appreciate!



## Rear House Numbers?

By Geoff Rames

Recently, thanks to Code Enforcement, several of our neighbors became aware of a little-known ordinance in the City Code:

Sec. 9-313(c)

The assigned street number of all structures and buildings located on navigable waterways and within the city shall be displayed on the property, so as to be plainly visible from the adjacent navigable waterway. The number shall contrast with the background and not be blocked by vessels or landscaping.

property a lot easier.

And if you see something happening at a house across the canal from yours, it makes it easier for you to identify the address. While cruising our beautiful canals in your boat, it makes it easier to report a navigation hazard or an injured manatee.

According to the Code Inspector, the numbers can be displayed on the house, the dock, the seawall, a piling, a fence, etc., as long as they are plainly visible from the waterway and not blocked from view.

Cruise our canals and you will see that some neighbors have had these numbers displayed for years.

For a cost of under \$10 for the four numbers, and 15 minutes of time, it's easy to comply with this ordinance.



Street numbers displayed on the dock



## Janet Forbes

Licensed Sales Associate

Direct: 770-40-4554

Fax: 888-273-6134

e-mail: [janetforbes9@gmail.com](mailto:janetforbes9@gmail.com)



EQUAL HOUSING  
OPPORTUNITY

### Advertising Rates

Our newsletter is a quarterly publication.  
Rates are as follows:

	One Time	Half Year	Full Year
Full Page	\$ 100.00	\$190.00	\$360.00
Half Page	\$ 75.00	\$142.50	\$270.00
¼ Page	\$ 50.00	\$ 95.00	\$180.00

Please make checks payable to LICIA and send to our P.O. Box address prior to publication. The date of submission should be no later than the first of the month prior to each publication. Deadline dates would be Feb 1, May 1, Aug 1, and Nov 1. Must be paid in full to receive discount.

Members in good standing (paid dues) are allowed one free two-line ad per person for personal property, pending a change in policy or overwhelming volume.

### STRESSED OUT???

Relax your body/mind/spirit  
with a Yoga Class

Sat 10 am

Mon & Thurs 3:45 pm

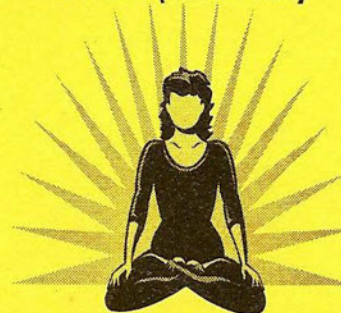
954-357-8884

Secret Woods Nature Center

2701 W. S.R. 84

Lynette Culp 954-524-6034

E-RYT (500 hrs.)



SE HABLA ESPAÑOL  
[lynetteculp@bellsouth.net](mailto:lynetteculp@bellsouth.net)



**LAUDERDALE ISLES  
WATER MANAGEMENT  
DISTRICT**  
www.liwmd.org



## LIWMD Update February 2014

### New Board Member

Ken Stauch is our new board member, effective Jan. 1<sup>st</sup>. Ken has lived in Lauderdale Isles for the past 18 years and is an avid sail boater & diver. He has been attending LIWMD meetings for the past year and a half, and is up to speed on all the issues we are addressing. Along with Geoff Rames and Commissioner Romney Rogers, he feels very strongly about improving the quality of our waterways.

### Alligators ( and now Crocodiles?)

The alligator that was seen frequently in the canal between Marathon and Nassau Lanes hasn't been seen since mid-October. Maybe he went to spend the winter with his cousins out in the Everglades. However, according to an article in the Sun Sentinel on December 23<sup>rd</sup>, a crocodile was spotted in the river along I-595. We may be able to hear more about this at the Feb 20 General Meeting, during the presentation by Ryan Goldman, head of the County's Manatee Program. Apparently the crocodile was spotted during one of the manatee surveys that are done periodically by helicopter.

### Canal Dredging

Dirk Lowry, President of LICIA, has been attending our LIWMD meetings and has been working closely with us on the dredging issue. With LICIA and LIWMD working together, we are making steady progress persuading the city that our canals need to be dredged. As you have read in this newsletter, Commissioner Romney Rogers, who is the third board member of LIWMD, will be attending the LICIA General Meeting on February 20<sup>th</sup> to provide the latest update on the City's dredging plan. Commissioner Rogers has been working with the City Manager in order to secure funds for the project, and it appears that \$998,000 has now been allocated for dredging in the city this year, including our canals. A final dredging plan is tentatively scheduled for presentation to the City Commission this month. We will keep you posted on our website [www.liwmd.org](http://www.liwmd.org) regarding the city's plan.

### Derelict Vessels

There was an old sportfisher that sank & was refloated in September on the Bluefish Canal. Code Enforcement cited the owner & the boat was removed from the canal in January.

### Unsightly Vessels

As a result of numerous complaints, Code Enforcement along with the FLPD Marine Patrol recently cited 18 boats for being "unsightly." Seventeen of the owners cleaned up the boats, and the cases were closed as "complied." One owner appeared before the Special Magistrate and was given additional time before fines of \$25 per day start. Occasionally, we all don't keep our boats as clean as we should. But if you haven't washed it in two years, maybe it's time for a gallon of Clorox and a weekend's worth of elbow grease - - - your neighbors will love you for it.

### Oil Spill

A significant diesel fuel spill occurred in the Rockfish Canal on January 23<sup>rd</sup>. The spill was so serious that one of the three white ducks on that canal was overcome by the fumes. A neighbor rushed the duck to the Wildlife Rescue Center, but it did not survive. The city's Environmental Resources Department, FLPD, and Code Enforcement are investigating.

### We are asked frequently: Who Do I Call???

#### **WATERWAY ISSUES**

- **Alligators ( & Crocodiles) Problems**  
FWC Nuisance Alligators: 1-866-FWC-GATOR
- **Pollution/ Oil Spills:**  
7:30 -5:00 Ft. Laud. Customer Service:954-828-8000  
Evenings/Weekends: FLPD 954-828-5700
- **Large Debris/Dead Animals in the water:**  
Ft. Laud. Customer Service 954-828-8000
- **Injured Manatees**  
FWC: 1-888-404-FWCC
- **Sinking or Sunk Boats**  
FLPD 954-828-5700 or 911 for emergencies
- **Unsightly or Derelict Boats:**  
Ft. Laud. Code Enforcement: 954-828-5207
- **Lawn Service Firms disposing debris in canal:**  
FLPD 954-828-5700
- **Illegal Dock Construction/Pilings/Dredging**  
Code Enforcement: 954-828-5207
- **Large snook swimming off your dock:**  
Don't call anyone, get your fishing rod fast

For lots more waterway info, visit our website: [www.liwmd.org](http://www.liwmd.org)



# Keyes

REAL ESTATE • MORTGAGE • TITLE

1520 E. Sunrise Blvd. Fort Lauderdale, FL. 33304

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and market watch

Website: JackieZumwalt.Keyes.com

Email: JackieZumwalt@Keyes.com

Mobile: JackieZumwalt.M.Keyes.com



Jackie Zumwalt  
Realt or-Associate

CALL or TEXT  
954-330-5621

Lauderdale Isles Resident

At our Feb 20th LICIA General Meeting

Commissioner

**ROMNEY ROGERS**



will be attending to discuss

## The City's Canal Dredging Plan

Things are progressing with the City's plan to dredge our canals. Commissioner Rogers has been working with city staff to have funds allocated for this project and will provide an update on the plan. The Commissioner will also be available to answer questions about any other City projects or issues.

**Feb 20th at 7:00pm  
Don't Miss It!**



**KEEPING  
FLORIDA  
WATERS CLEAN -  
I PUMPED OUT**

Here are the closest FREE pump out stations to Lauderdale Isles:(both are run by the City)

**Cooley's Landing:** Call on VHF9 & they will bring the pump out cart to you at the dock.

**Sailboat Bend:** Just east of 7th Ave. Bridge, this is the easiest facility to use. Available all the time. Call "City Dockmaster" on VHF9 if you need assistance.

# Neighborhood News

## MIASF 37TH ANNUAL WATERWAY CLEANUP

By Joan Sheridan

The Marine Industries Association of South Florida has scheduled this year's Waterway Cleanup on **Saturday, March 1st, 2014 from 9:00 a.m. to 1:00 p.m. The Lauderdale Isles Yacht Club at 2637 Whale Harbor Lane, Fort Lauderdale, Florida** is the official site for our neighborhood.

Waterway Cleanup is one of the largest pro-environmental events in Broward County and is the only event that specifically targets the area's 300 miles of waterways, canals, rivers and shorelines. Last year nearly 2,000 volunteers by land and 70 boats worked at locations across Broward County to successfully remove 18.6 tons of trash and debris from our waterways, rivers and canals. The key ingredient to the success of this annual event is the participation of volunteers. **WE NEED YOU AND WE NEED BOATS!**

This is your chance to join other volunteers in the waterway cleanup effort to make our community a more beautiful place to live. The cleanup is not only good for our environment; it's a fun event for the whole family to enjoy. If you have a boat, or plan to help out on shore participating is easy. You can pre-register on line at [www.Waterwaycleanup.org](http://www.Waterwaycleanup.org). All you have to do is show up at 9:00 a.m. and volunteer to clean the waterways. Community service vouchers will be given to all volunteers that need them for the hours they work. There will be free T-Shirts for volunteers and a post event "Trash Bash Party". Please wear clothes that you don't mind getting wet or dirty. **Closed toe shoes are mandatory** and protective gloves are suggested. Also recommended is sunscreen, sun glasses, a hat and bottled water.

Also, the MIASF is conducting their Annual Waterway Cleanup essay contest for Broward High School students, in conjunction with the 37<sup>th</sup> Annual Waterway Cleanup. To download an application and review the competition rules go to: [www.WaterwayCleanup.org](http://www.WaterwayCleanup.org) and click on **Scholarship Opportunities**. All entries must be postmarked no later than Friday, February 21, 2014.

Please volunteer and join us. Together we can make a difference in our environment and the quality of our life in South Florida. With your help and support, we look forward to a very successful **37th ANNUAL WATERWAY CLEANUP. REMEMBER SATURDAY, MARCH 1st, 2014 - 9:00 A.M. TO 1:00 P.M.**

For additional information about the Waterway Cleanup please go to: [www.WaterwayCleanup.org](http://www.WaterwayCleanup.org) If you have any question please do not hesitate to call me at: (954) 609-5140 or call MIASF at (954) 524-2733.

**SEE YOU AT THE CLEAN UP!**



## New Service FLL to PAN

Reprinted from Broward County Website

Copa Airlines, a Panamanian airline and a member of the Star Alliance, will offer nonstop service four times a week from Panama to Fort Lauderdale-Hollywood International Airport beginning July 11, 2014. Copa's new nonstop flight to Panama will enable passengers to connect at the airlines' Hub of the Americas to 58 destinations throughout Latin America including nine cities in Colombia and seven cities in Brazil.



the web site

# Lauderdale Isles

## Civic Improvement Association

### General Meeting

Thursday February 20th, 2014 7:00 PM

At

The Lauderdale Isles Yacht Club

All Neighborhood Residents Welcome!



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# Odds and Ends

## What Pain in the Back?

By Yelka Mikolji

I started having lower back pain about a year ago. I think it started from picking up my little 10 pound miniature pinscher from my high chair without keeping the proper form. However it started, it never really went away, until now (knock on wood).

I had tried everything: Chiropractor, massage, relaxation, yoga, hot tub, another chiropractor, egoscue e-cises, physical therapy, MRI, neurosurgeon consult, a third chiropractor, functional movement training, everything, and the pain did not go away. I was told I had arthritis and I just had to learn to live with it.

Then my dear Dr. Hotchner, seeing my desperation, suggested I read Esther Gokhale's book 8 Steps to a Pain Free Back. I borrowed a copy at my local library.

The book makes sense. It is very informative, has novel ideas, yet not so good in explanation of the method. The premise of the book is great. Basically it reveals that there are some 'ancient' cultures where people spend their days doing what we would call backbreaking work, yet hardly have any incidents of back pain. The book is filled with inspiring pictures showing the contrast between the way people in those ancient cultures sit, stand, lie, sleep, and bend over, compared to how we do it today in Western societies. The differences are striking. What most impressed me was a juxtaposition of two spine images, taken from two different medical books, one from before 1920 and the other from around 1970. Both images were supposed to show what a 'normal' spine looked like, except that they were so different from each other! The spine image from before 1920 had more of a 'J' shape while the more modern one had more of an 'S' shape. If these pictures were based on the average person, I thought, I can understand why we now have more back pain. Our bad postural habits have even altered the way our spine is shaped.

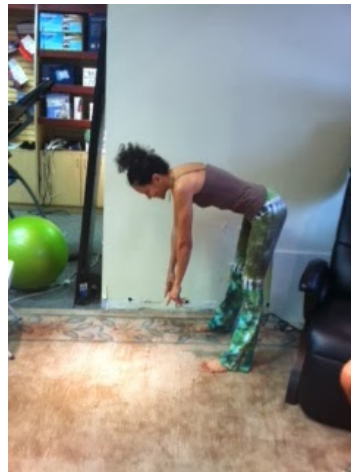
In the picture below, Esther shows one of the correct ways to sit. Notice how her spine is straight, not curved in either an 'S' or a 'C' shape. Plus, she's bending forward from the hips, not from the waist. When I sit this way I don't feel any pressure on the lower back.



Even though her book and the premise are extraordinary, it's difficult to follow the instructions of how to adopt the different lifestyle changes she suggests based solely on the book explanations. I tried searching for some more instructions in youtube (as you know, if a picture is worth a thousand words, a video is worth a billion words), to no avail. BUT I did sign up on their website for their newsletter, and voila!

A week into having read the book, I got my first newsletter, and there it was. An invitation to attend a class near me where I could learn the Gokhale method in person with one of their trained instructors. That was even better than a youtube video, so I immediately signed up, thinking I really had nothing to lose and everything to gain.

I can't tell you that I have 'perfect' posture now, but I can tell you that my back pain has improved tremendously. Look at the picture below of how I used to bend over to pick something off the floor and how I do it after the class.



Incorrect way to pick up things from the floor (before)



Correct way to pick up things from the floor (After)

So my back pain has gone away. Now if I could only do something about my hip pain! ;)



# Calling All Lauderdale Isles Neighbors

**It's time for you to pitch in and help enhance your waterways**

**Join us Saturday, March 1st, 2014 for the 37th Annual Waterway Cleanup**



**BOATERS:  
Put it on  
your  
calendar**

**37th Annual  
Broward County Waterway Cleanup**  
WHERE BLUE MEETS GREEN

**The waterways of Lauderdale Isles are the heart of our boating community. Here's your chance to step up to help keep our waterways clean and healthy.**

Our site location: Lauderdale Isles Yacht Club

Hours: 9:00am to 1:00pm

Free refreshments: Coffee, breakfast treats available prior to start of Cleanup

Free bottled water & soda

Waterway Cleanup T-shirts for all participants

Marine Gift Packs for all participating Lauderdale Isles boat owners, compliments of LIWMD

Prizes for the most "unique" trash brought in, compliments of LIWMD

Plus free admission to the **TRASH BASH**, the official after party of the 37th Annual Waterway Cleanup, featuring food, drink, door prizes, and live music at the Dania Beach Pier

**You do not need a boat to participate**

**With your help, we can make this our best Cleanup ever!**

**Our site made possible through the support of:**



**LAUDERDALE ISLES  
WATER MANAGEMENT  
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[www.liwmd.org](http://www.liwmd.org)



**ABIDING SAVIOR LUTHERAN CHURCH 1900 SW 35 AVENUE**

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Community Yard Sale on Saturday, March 1st from 8 AM

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Bem Vindo  
Bienvenido  
Welcome  
Benvenuto  
Bienvenu  
Willkommen



# Happenings Around Town

## Technology Classes

By Yelka Mikolji

Technology classes for adults learners are offered at 12 Broward County Library locations on such topics as Basic Computer, iPad, eMail, Searching the Internet, Online Job Searching and Résumés, and Social Networking. A class may consist of one to six sessions, and each session lasts approximately two hours. All teaching materials are provided. For more information, visit the OASIS Connections website at [www.oasisnet.org](http://www.oasisnet.org) or call 954-201-2657.

## Volunteers Needed

By Yelka Mikolji

Animal Care and Adoption is in need of volunteers to assist as:

**Pet Foster Parents:** Residents with extra time can volunteer to foster very young kittens and puppies that have come into the shelter without their mother. Animal Care will provide training. More...

**Greeters:** If you enjoy working with the public and/or on a computer, Animal Care and Adoption needs you! Volunteer Greeters welcome customers and give them basic information regarding shelter programs and services.

Residents who are interested in becoming a volunteer are invited to attend one of the upcoming Volunteer Orientations to learn more about Animal Care and the volunteer opportunities that are available:

March 5 – Wednesday (5 – 6 p.m.)  
March 12 – Wednesday (5 – 6 p.m.)

April 2 – Wednesday (5 – 6 p.m.)  
April 12 – Saturday (12 – 1 p.m.)

For more information, contact the Animal Care and Adoption Volunteer Coordinator at 954-359-1313, ext. 9689 or ext. 9850.

## Rabies Clinics

By Yelka Mikolji

If your pet is spayed or neutered, the fee for a rabies vaccination and Broward County pet registration tag is \$25. If your pet is not spayed or neutered, the fee is \$35. Anyone interested in obtaining facts about the benefits of pet sterilization can obtain additional information at the event. Veterinarians agree that spaying or neutering contributes to overall better health for a pet and helps to reduce many behavior problems such as aggressiveness and biting.

The fee to obtain a pet microchip at the event is \$15. Micro-chipping is a permanent form of identification. Once registered, pets are safeguarded in case they become lost or stolen and the chip expedites reuniting them with their owners.

To attend a rabies vaccination event, pet owners must prove Broward County residency in the form of a valid Florida driver's license or a current utility bill in their name. No appointment is necessary and customers are taken on a first come, first served basis. All dogs must be on leashes and all cats must be in carriers.

The upcoming Rabies Clinic Schedule, 9 a.m. to 2 p.m., is as follows:

- February 22 - Pompano Beach, Animal Care and Adoption Shelter, 3100 N.W. 19 Terrace
- March 1 - Parkland, Bark Park, 9245 Ranch Road
- April 5 - Fort Lauderdale, Delevoe Park, 2520 N.W. Sixth St.
- April 19 - Pompano Beach, Animal Care and Adoption Shelter, 3100 N.W. 19 Terrace
- May 3 - Hollywood, David Park, 510 N. 33 Court
- June 7 - Plantation, Plantation Heritage Park, 1100 S. Fig Tree Lane
- June 21 - Pompano Beach, Animal Care and Adoption Shelter, 3100 N.W. 19 Terrace



# LAUDERDALE ISLES YACHT CLUB

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# Helpful Phone Numbers

Airport Complaint Line.....Day	954-359-6181
Airport Complaint Line.....Night	954-357-1200
*FWC: Nuisance Alligators*	866-392-4286
Animal Control	954-359-1313
Abandoned Vehicle/in ROW	954-828-5207
Broward Co. Mass Transit	954-357-8400
Building Construction	954-828-5191
City Hall	954-828-5004
Code Enforcement	954-828-5207
Department of Natural Res.	954-519-1400
DNRP Pollution Comp. Hotline	954-519-1499
Fire Non Emergency	954-828-5320
Police Non Emergency	954-828-5700
Planning and Zoning	953-828-5191
Traffic Signal Out	954-484-9600
Trash and Debris	954-828-8000
Water and Sewage	954-828-8000



Hello! I'm Eugenio Mikolji, and as a REALTOR it is my desire that everyone of you do find and purchase the property that you're longing for. As a member of the Century 21 team I'm sure that, together, we will reach that goal.

Contact me, I would love to hear from you.

**(954) 336-6245**

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IMPROVEMENT ASSOCIATION  
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Ruth Lindgren	Tortugas	954-584-6004
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Newsletter Editor: Yelka Mikolji 954-667-9351  
Email: newsletter@licia.org  
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First 2 lines free for Lauderdale Isles residents

1978, 22', Rhodes Sailboat w/trailer  
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**THE MERMAIDS ARE BACK**

You've probably spotted them from your dock, and certainly seen them on the river if you've been boating recently. It seems like we have more manatees ("mermaids") than ever this year. Now you have the opportunity to learn about the manatees in our waters **at the Feb. 20th LICIA general meeting**, when our guest speaker will be:

**Ryan Goldman, Director of the Broward County Manatee Program.**  
Everything you wanted to know about manatees, but were afraid to ask. Don't miss it!

*According to history.com, in January 1493, Italian explorer Christopher Columbus, near the Dominican Republic, sees three "mermaids"--in reality manatees-- and describes them as "not half as beautiful as they are painted."*

