

LAKE RIDGE NEWS

UNITY IN THE COMMUNITY

Taste of Italy - A reason to be cheerful!

by Juliette Rocque- LRCA Treasurer

Springtime is a time I look forward to for many reasons. It's a time for renewal as the earth prepares for summer; bare tree branches are teamed with budding leaves and the rain fortifies flowers allowing them to start their journey to bloom. In the life of our community springtime reminds us that Taste of Italy is just around the corner. I always say that this is going to be the best Taste of Italy yet! And, in truth, each year gets better. 2020 is not different. Thanks to Marco Vico, we will again gather at the Café on April 16 from 6-9pm to enjoy the delicious savory dishes, spend time interacting with our neighbors, friends, elected officials and business owners.

This year we have a preview of five of the prizes so generously donated for this year's raffle.

1. Our neighborhood Publix Supermarket heads up the roster with a basket of Flora Fine Foods. A definite crowd favorite, featuring \$250.00 worth of items "imported straight from the fields of Italy."



2. Long-time resident, former LRCA board member, and founder of Recyclable Bicycle Exchange (RBX), Jeff Torkelson, generously donated two bikes: one men's, one ladies. Read about Jeff and RBX on page 4.
3. For over 30 years Lake Ridge has been the home of Croissant Time, the best French bakery. Owner, Bernard Casse is sweetening our raffle pot with a Gift Certificate. Yum!
4. Broward Design Center, Inc. President, Skye Molineux contributes to our Taste of Italy raffle each year. We look forward to seeing what unique item will be showcased this year.
5. Founders of Gulfstream Brewery, McKay Farrell and Ty Eriks are not only providing a lucky winner with a craft beer experience at our 2020 fundraising event, but also have offered our community and friends the opportunity to gather at the brewery for our Holiday Party on December 3, 2020. What a way to close out the year!

**Have you renewed your membership?
Are you a member?**

If you are not currently an LRCA member, it is always a great time to join & support your neighborhood.

Your Lake Ridge Civic Association has been planting trees, working to calm traffic & clean up the place we all call home. Won't you please join us in making OUR NEIGHBORHOOD a better place to live?

Please see the Membership Form at the bottom of page 3 or visit www.lakeridgecivic.org for more information.



UPCOMING MEMBERSHIP EVENTS

General Membership Meetings are held on the 3rd Thursday in the months of January, March, June & October, 7pm at ArtServe- 1350 E Sunrise Blvd.

****SAVE THE DATES****

- ✓ March 19th: General Meeting; ArtServe @ 7:00 PM
- ✓ March 28th: LAKE Melva CLEAN UP, 8:45 AM
- ✓ March 29th: SPECIAL EVENT NSU Art Museum @ 2-4 pm; LAKE RIDGE "Neighbor Day" FREE
- ✓ April 16th: SPECIAL EVENT - Taste of Italy at Cafe Vico @ 6 PM
- ✓ June 18th: General Meeting; ArtServe @ 7 PM
- ✓ June 27th: Ready Day CLEAN UP, 8:45 AM
- ✓ August 4th: SPECIAL EVENT - Judicial Candidate's Night; ArtServe 6 PM
- ✓ October 10th: SPECIAL EVENT Community Health & Safety Fair; Sanctuary Church @ 10 AM
- ✓ October 15th: General Meeting; ArtServe @ 7 PM
- ✓ October 24th: Make A Difference Day CLEAN UP; 8:45 AM
- ✓ December 3rd: SPECIAL EVENT Holiday Party; Gulfstream Brewery @ 6PM

UNITY IN THE COMMUNITY

Available only on
amazon.com

A
Child's
Game

No one predicted that
this would happen....
There is no turning
back!

Kenneth Alan
Campbell

UNITY IN THE COMMUNITY

LAKE RIDGE CIVIC ASSOCIATION

P.O. Box 4506 Fort Lauderdale, FL. 33338

PRESIDENT'S MESSAGE

By Michael Albetta

President	Michael Albetta
Vice President	Lynn Elsasser
Treasurer	Juliette Rocque
Secretary	Rose Mather
Deputy Secretary	Chris Toomey

Board Members At Large	Steve Jacobson
	Ted Spiliotes

Central City CRA Rep	Ted Spiliotes
Beautification Chair	Erin Keenan
Infrastructure Chair	Ted Spiliotes
Hospitality Chair	Barbara Bennett
Monument Chair	Lynn Elsasser
Newsletter Editor	George Figueroa

District II Representative to Council of Fort Lauderdale Civic Associations	Michael Albetta
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Please note: The views and opinions stated in this newsletter are solely those of the authors and do not necessarily represent the views of the Board nor the members of the Lake Ridge Civic Association.

It's Spring and Lake Ridge Civic Association has "Sprung" into action as usual. For those who are first time readers of this quarterly newsletter, Lake Ridge Civic Association welcomes YOU to our community.

It is an honor and privilege to serve our great neighborhood and Fort Lauderdale as President of this Civic Association as well as Representative of District II of The Council of Fort Lauderdale Civic Associations (which is made up of 67 Civic Associations & in District II, 19 Associations.)

I take pride in our neighborhood and working with ALL the elected officials from City, State and Federal agencies. I have the pleasure and privilege of introducing you to the 2020 LRCA Board:

- Michael Albetta, President
- Lynn Elsasser, Vice President
- Rose Mather, Secretary
- Juliette Rocque, Treasurer
- Chris Toomey, Deputy Secretary
- Steve Jacobson, Member at Large
- Ted Spiliotes, Member at Large

We are all Volunteers: People who freely offer to take part in an enterprise or undertakes a task, which leads to Community Volunteering: a group of individuals from a community who partake in social, charitable and environmental activities on a VOLUNTARY basis.

Over the course of years, our Civic Association has

accomplished some outstanding tasks. We have planted hundreds of trees, installed entryway monuments, held numerous Community clean ups, worked with the City to address traffic problems as well worked with Fort Lauderdale Police Department, Fire and Rescue, and Department of Sustainable Development. We meet on a quarterly basis - each January, March, June and October at ArtServe Library, 1350 E. Sunrise Blvd; see dates and times on page 1.

This leads me to highlight various other important events/dates:

- March 17th (Tuesday) - the Presidential Primary. If you are a registered Republican or Democrat, it is your fiduciary responsibly to VOTE. Please vote early at ArtServe from March 3rd to 15th 7am to 7pm or on March 17th.
- March 29th (Sunday) - FREE DAY AT NSU ART MUSEUM FORT LAUDERDALE. It is a dedicated day to Lake Ridge as the Neighborhood of the Month. See the Ad on page 11.

President's Message - Continues on page 5

Membership Form

Mail to P.O. Box 4506 Ft. Lauderdale, FL. 33338

Name: _____ Telephone: _____

Name: _____ Telephone: _____

Address: _____

City/State: _____ Zip Code: _____

Email Address: _____

Membership: New ☐ Renewal ☐ Family (\$35) ☐ Senior (\$20) ☐ Renter (\$10) ☐ Business (\$50) ☐

I'd like to help with neighborhood efforts: ☐ Public Safety ☐ Beautification ☐ Traffic ☐ Member/Social ☐ Other

UNITY IN THE COMMUNITY

HELPFUL NUMBERS

EMERGENCY 911

POLICE & FIRE 954-764-HELP
NON-EMERGENCY 954-764-4357

CITY 24-HOUR
CUSTOMER SERVICE 954-828-8000

CODE COMPLIANCE 954-828-5207

MAYOR DEAN TRANTALIS 954-828-5314
dtrantal@fortlauderdale.gov

CITY COMMISSIONER
STEVE GLASSMAN 954-828-5923
sglassman@fortlauderdale.gov

CITY HALL INFO 954.828.5000

COUNTY COMMISSIONER
TIM RYAN 954-357-7007
tryan@broward.org

VOTER REGISTRATION 954-357-7050

Graffiti Hotline 954-828-6402
City Hurricane Emergency 954-828-8888
FPL Power Outages 800-OUTAGE
TECO/People's Gas Co 1.877.832.6747

Broward County

Emergency Management 954.831.3900
County Hurricane Hotline 954.831.4000
TTY Hurricane Hotline 954.831.3940
Special Needs Registry 954.537.2888
TTY Special Needs Registry 954.537.2882
Mass Transit 954.357.8400

State of Florida

Emergency Management 850.413.9900
FEMA 800.621.3362
National Flood Insurance 888.379.9531
American Red Cross (So FL) 305.644.1200

Residential Garbage Pickup Monday & Thursday
Yard Waste and Recycling Pickup Thursday

Bulk Trash Pickup 3rd Thursday
of the month

Recyclable Bicycle Exchange: RBX

by Rose Mather- LRCA Secretary

Did you know there was a place to buy a reasonably priced used bicycle in our neighborhood?

Recyclable Bicycle Exchange is so much more than a place to get a bicycle. Right here in Lake Ridge, volunteers recycle donated bikes, of all sizes and shapes, to provide the community with economical and environmentally friendly transportation. In fact, the RBX Mission is to encourage an active and healthy lifestyle with South Florida youth, by promoting cycling safety and increasing bike awareness.



Can you remember the freedom you felt when you got your first bike?...and the fun of cycling! Can you imagine a child never knowing that?...neither could Jeff Torkelson, founder of RBX, long-time Lake Ridge resident, and former Board member.



Jeff got the idea for Recyclable Bicycle Exchange RBX back in 2009, while volunteering with Big Brothers Big Sisters of Broward County. He decided to recycle bicycles to provide for the less fortunate children in our community. Thanks to donations of used and sometimes new

bicycles from bike shops, cyclists and private donors, RBX have given away over 700 bicycles to date; putting smiles on the faces of grateful children all over South Florida. In fact, Jeff learned to repair the second hand bicycles thanks to his contacts at Bicycle Evolution in Fort Lauderdale. Now RBX has a massive collection of reasonably priced used bikes, ready to ride at their 1216A NE 8th Avenue location.

RBX also promotes bicycle safety at events in Broward, Palm Beach and Miami-Dade counties. Torkelson and other volunteers do workshops at schools, and give away bike helmets and first aid kits

UNITY IN THE COMMUNITY

President's Message- Continued from page 3

- April 16th (Thursday) - Our 8th annual Taste of Italy at Cafe Vico. PLEASE SEE FULL DETAILS on page 1 of this newsletter. Please join us.
- August 4th (Tuesday) - Candidates night at ArtServe for Judicial Candidates ONLY. Details will be in the Summer 2020 edition of our Newsletter.

In closing, YOU CAN MAKE A DIFFERENCE in our community. I invite you to JOIN US and help build Unity in the Community. You will find a membership application on page 3. Come to YOUR neighborhood meeting for the famous Jet's Pizza at the beginning of every meeting. Bring a friend and hear our guest speakers – Mayor Dean Trantalis as well as a Code Enforcement representative at our March meeting and Vice Mayor Steven Glassman at our June meeting.

Thank you. Unity is Strength.

LAKE RIDGE
CIVIC ASSOCIATION

Recyclable Bicycle Exchange: RBX- Continued from page 3

to children and adults. Additionally, if you want to learn some simple bicycle repair skills, Jeff and the other volunteers at RBX will actually share their knowledge.

Finally, if you have a spare bicycle in your garage, why not donate it to this very worthy cause. Recyclable Bicycle Exchange RBX is an all-volunteer driven bicycle based Florida Nonprofit Organization and a 501 (c)(3).



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www.claimitpa.com



LAKE RIDGE
CIVIC ASSOCIATION

8th Annual Fundraiser

Taste of Italy

- Café Vico Restaurant -

1125 North federal Hwy

April 16, 2020

Admission Includes:

1 glass of wine or beer

Delicious Tapas

Raffle Prizes

Live Music

\$20 pp day of the event

\$15 Advance Sale March 10 – April 15, 2020

https://lrca_taste2020.eventbrite.com

UNITY IN THE COMMUNITY

Volunteerism: The More We Give, the Happier We Feel

by Paul Mather

Volunteering may be unpaid work and altruistic in its nature, however, such an act of free will, can provide both psychological and physical rewards. Research suggests (The Cabinet Office: UK Government. Building The Big Society, 2010) that the provision of free labor, or volunteering, is associated with: increased longevity, quality of life, adoption of healthy lifestyles, social support, self-esteem, and can positively influence an individual's mental health. A successful community is dependent on the quality of relationships among the citizens of that community. Volunteering within the neighborhood reflects shared common interests and perspectives that cross social and geographic boundaries.

Even the cynical amongst us should consider volunteering as a form of generous investment, contributing to the social capital of our neighborhood, creating a sense of belonging, and enhancing the overall health of our community.

Current research acknowledges "volunteering as a concept within the community", features attributes of engagement, connection, participation and involvement, a dynamic relational process that facilitates communication and exchange, helping us to understand and be responsive to collective needs, views and expectations. Sharing tasks, helping our neighbors, enjoying each other's company, engages both mind and heart, a volunteer can inspire the common value of people supporting each other, helping create a safe harmonious space, simply brighten another's day. It's a fact! Human beings are hardwired to give to others. The more we give, the happier we feel.

-So on that happy note, head over the LRCA Volunteer Corner next to this article.

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rmather121@gmail.com

Rose Mather, MBA, BB 954-870-2940



Volunteer Corner



James Club

by Juliette Rocque

The Lake Ridge Civic Association is thankful for Ray Rapaglia, founder and Director of James Club Recovery, and all of the club members who avail themselves to the Lake Ridge Community, working side by side to beautify our neighborhood and road closures. When the James Club shows up, we know work is going to get done, and it does. They are an army of hard working men and women prepared to do all they can and more.

The James Club is dedicated to giving back to the community. Lake Ridge is fortunate to be the recipient of this dedication.

Thank you James Club, we appreciate you!

If you are a cheerful, brilliant, courageous, optimistic, devoted, energetic, open-minded, enthusiastic and passionate about our community, **WE NEED YOU!**

Lend your time, creative energy and be an active LRCA Civic Association Volunteer. Join and serve a community that believes in "Unity in the Community", because "Unity is Strength".

Together, we are committed to enhancing the well-being of our neighborhood. For more information contact:

- Michael Albetta: albettam@icloud.com or 954-560-8649
- Juliette Rocque: luze052@gmail.com

UNITY IN THE COMMUNITY



HELP PREVENT SEWER OVERFLOWS IN YOUR HOME AND NEIGHBORHOOD!

NEVER FLUSH these items down the toilet:

- Tampons and other feminine hygiene products
- Baby Wipes/Wet Wipes/Cleaning Pads
- Dental Floss
- Q-tips/Cotton Balls
- Diapers
- Paper Towels/Tissues
- Hair
- Cigarette butts
- Condoms
- Kitty Litter



When flushed down the toilet, these items bind together and may cause sewage backups in homes, manhole overflows and failures at sewage pumping stations, costing thousands of dollars to repair.

Only human waste and toilet paper should be flushed. Even though some products such as wipes and baby diapers may claim to be flushable, they are not.

Everyone can be a potential contributor to sewer problems and a potential victim of those problems.

If you see a sewer overflow, contact the City of Fort Lauderdale's 24-Hour Neighbor Call Center at 954-828-8000 or visit the Lauderserv page on the City website at www.fortlauderdale.gov/lauderserv to submit a service request.



CITY OF FORT LAUDERDALE
PUBLIC WORKS DEPARTMENT



If you would like this publication in an alternate format, please call (954) 828-4755 or email strategiccommunications@fortlauderdale.gov.

UNITY IN THE COMMUNITY

Croissan' Time

by Juliette Rocque

Croissan' Time has been a fixture in Lake Ridge since October 1986. Its delicious homemade breads, croissants, cakes, tarts and other wonderful "goodies," have been enjoyed for almost 34 years, but who's counting? I have tasted croissants from many other establishments, but none can hold a candle to the delicious, buttery croissants you find at Croissan' Time. Over the past few years the bakery has expanded and added sandwiches and European style products among other things. On Sundays, we are treated to live



music giving you a real European café experience.

Aside from offering waist lengthening treats, owner Bernard Casse has a benevolent heart. For the past

eight years, he has provided wonderful raffle prizes to our "Taste of Italy" fundraiser. We are humbled by his continued support and look forward to partnering with him for many years to come.

Taste of Italy is happening on April 16th at Café Vico so be sure to come and put your bid in!

Lake Ridge NAT TEAM

by Juliette Rocque

When we think about community, we think about our next door neighbor, or the couple down the street and up the block, but a community encompasses much more than that. The local shopkeepers and their employees, your postman or woman and public employees that work in our area on a regular basis are all part of the fabric we call community. Though they may or may not live in our neighborhood, they are part of the community's DNA as they share our successes and work to find solutions when issues arise.

This explains the reasons why Fort Lauderdale Police Officer, Tsz Lau, joined The Neighborhood Action Team (NAT) almost three years ago. ***"I wanted to be more involved in the community in which I have sworn to serve and protect. NAT has given me the tools to bridge the gap between the Fort Lauderdale Police Department and my community (its citizens and businesses)"***

According to the department, each district is assigned officers who, in addition to answering calls for service, work with Neighborhood Associations to address community and civic groups concerning issues related to law enforcement, and build strong positive relationships with the community. Officer

Lau is joined by District I, NAT veteran Thomas Gestal who joined NAT approximately 8 years ago, Timothy Ryan and Theodore Levin who joined NAT three years ago. Between the four of them, our NAT's work experience includes patrol, bomb squad, and narcotics making them a well-rounded unit. At each of our general membership meetings they not only provide us with current part-one crime stats, they also provide us with crime prevention measures and safety tips and address any concerns specifically related to Lake Ridge. Officer Gestal believes that this has been very successful and looks forward to working with everyone in 2020 as we build bridges and strengthen our relations, a sentiment that this writer shares.

Officer Ryan's reasons for joining NAT sums it all up beautifully: ***"I decided to apply/transfer for the NAT team because I was very interested in becoming a liaison between the Police Department and the Community. I strongly support Community Policing and wanted the ability to build a positive relationship with the residents. Since joining the NAT team, I've had great experiences getting to know the community through [...] meetings and events/functions. Having positive interactions with the community, makes being a NAT team member very enjoyable."***

Having the District 1 NAT as part of our community enriches our community and allows us to continue to move forward in our quest to unite and better Lake Ridge. If you want to meet the NAT team, they have been invited to join us at the Taste of Italy event...and they usually stop by!

UNITY IN THE COMMUNITY

Tell them the LRCA sent you!



(305) 984-1785
mcine04@gmail.com

Tell them the LRCA sent you!

Looking to Buy or Sell a Home? Call us Today!



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561.475.6459
JanainaTomita@Keyes.com
1520 E. Sunrise Blvd, Fort Lauderdale, FL 33304

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201.446.9526
GaryKonner@Keyes.com
1520 E. Sunrise Blvd, Fort Lauderdale, FL 33304

(DIS)

O B E D
I E N T

REDEFINING FEMINISM IN A FRACTURED REALITY

EXHIBIT: MARCH 5-27, 2020



SIBEL KOCABASI



UNLEASHED PROJECT



DESIREE PARKMAN

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UNITY IN THE COMMUNITY

Words from a Lifelong Recycler: Rethink Leftovers

by Gail Jacobson

America is the land of plenty. Not only do we buy too much, we also throw away too much.

Let's focus on food. Most of us are able to buy whatever we want – always (except maybe before a hurricane.) According to Google, as much as 40% of food goes uneaten in the U.S. Americans throw away about \$165 billion in wasted food every year. Where does it go? The landfill of course. The answer is simple – DON'T BUY MORE THAN YOU WILL USE.



My second issue regarding leftovers and eating out. Again, too much food is often served. It is either left on the plate to be tossed or you ask the server for a to-go box. Most often this is a one-time use Styrofoam box. If you eat the leftovers, great. In any event, the box is tossed.

(NOTE: You can bring your CLEAN Styrofoam to the box in front of Publix and it will be recycled. PLEASE DO NOT PUT ANY STYROFOAM IN THE RECYCLING CART – THAT WILL CONTAMINATE YOUR WHOLE CART).

Usually Styrofoam is just thrown away. But is it ever away? Styrofoam takes 500+ years to disintegrate! Americans throw away about 25 billion Styrofoam cups alone each year. It is also an environmental hazard to wildlife. Twenty percent of it ends up in our waterways, where birds and fish mistake it for food. The pellets can't be digested, clogging digestion systems, leading to starvation and death.

The answer is simple. Bring your own reusable container to the restaurant. Fill it, eat is up and use it again and again. Who cares if you bring it to the restaurant? It'll help your food intake as you can pack your container with the extra food so you won't be compelled to overeat. You also won't have to bother the server to bring a container. It's a win-win situation. If more diners did this, business will get the hint that single use Styrofoam and plastic are not only detrimental to the environment, but a waste of their financial resources.

**Quarterly Tree
Giveaway
March 21
8:30 am-12:00 pm
Riverland Park
950 SW 27th Avenue
Fort Lauderdale**

**Household
Hazardous Waste
April 16, 2020
8:30 am – 2:30 pm
Mills Pond Park
2201 NW 9th Avenue
Fort Lauderdale**

UNITY IN THE COMMUNITY

FREE

NSU ART MUSEUM FORT LAUDERDALE FORT LAUDERDALE NEIGHBOR DAY

Sunday, March 29 | 2 - 4 PM

Lake Ridge is the featured
"Neighborhood of the month"

Enjoy 20% off
at the
Museum Store!*

- Free Museum admission
- Special neighborhood meet up spot
- Free docent tour of the Happy! exhibition at 3 PM
- Goodie bag including Museum catalogue and two return passes
- Discounts on Museum membership
- 2-for-1 beer and wine in the Museum Café
- A special Happy! scavenger hunt for families and take-home sketch book for kids



Fort Lauderdale Neighbor Day is a monthly event and is supported by the City of Fort Lauderdale.

NSU Art Museum Fort Lauderdale

[Facebook](#) [Twitter](#) [Instagram](#) @nsuartmuseum

nsuartmuseum.org | 954-525-5500

One East Las Olas Boulevard, Fort Lauderdale, FL 33301

*Valid only day of membership purchase

NSU ART
MUSEUM
FORT LAUDERDALE

NSU
Florida
NSU SOUTH-EASTERN
SPRING



Chris Toomey
Founder & CEO | The Toomey Group at Keller Williams Realty

When We Say We're The Local Experts, Believe It.

Currently in Lake Ridge:

30	14	14	\$527,485	\$498,679
Active Listings	Pending Listings	Listings Sold (in the last 180 days)	Average Listing Price	Average Selling Price

Information deemed reliable but not guaranteed. This information is being provided by the Beaches MLS & South Florida MLS.

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Just East Of Dixie Highway
(954) 565-5387 (JETS)

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437 E. Atlantic Blvd.
1/2 mile east of Dixie Highway
(954) 782-5387 (JETS)

LARGE 1 TOPPING PIZZA

AVAILABLE IN DEEP DISH, HAND TOSSED ROUND, NY STYLE OR THIN

Large Pizza with Premium Mozzarella
& 1 Topping

\$9.99

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Expires 3/31/20. Participating locations only. Extra toppings, chicken, meatballs & steak, substitutions, extra dipping sauces, dressings, tax and delivery additional. Must present coupon. Prices subject to change without notice. Nutrition information available at JetsPizza.com/Nutrition.



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