

# The Lake Heron "Banner" III

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*Volume 9– Issue 5*

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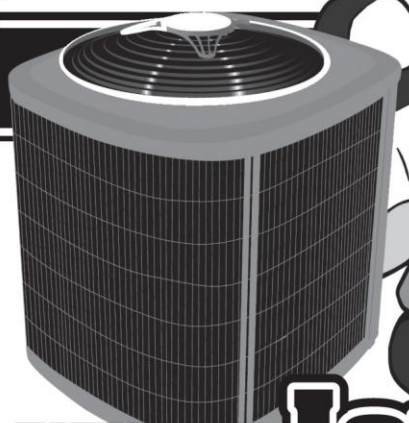
**Next Board Meeting is:**

**June 6th at 7:00PM**

**To view online go to [www.lakeheron.org](http://www.lakeheron.org)**  
email any ideas or comments for the next issue to Dee Ryder at  
[Dee\\_Ryder@Verizon.net](mailto:Dee_Ryder@Verizon.net)

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## ***Water Aerobics at the pool***

These ladies are inviting YOU to water aerobics at the pool. The exercise group starts each day at **9:15, Monday through Thursday.**  
Come join the fun!



Submitted by: Sherry Williamson

I want to apologize to Chris Mulvaney for ME not getting his wonderful Thank You letter to the Residents of Lake Heron into last month's Banner...

A HUGE oversight on my part.... See page 5 of this issue.

Chris did an outstanding thing by taking care of collecting money for the Suncoast Harvest Food Bank.

***Way to GO CHRIS !!***

We will be looking for you again next year.. !!

Bless you much Chris, you did a wonderful thing!

~Dee Ryder

### ***Gardening in Florida.....***

This certainly can be tricky, what with all the HEAT, sunshine and all the rain we hopefully will get during the summer months. What to plant??? Here are some great ideas and some websites to check out. For where we live here at Lake Heron we are **Hardiness Zone 9A**, so look for plants for this area.... It hopefully will eliminate frustrations of plants that just won't grow so well here. And look for Drought Tolerant plants, which will save you loads of watering time too.

<http://nanak-mygardenpath.blogspot.com/2011/03/native-plants-love-florida-sunshine.html>

[http://www.floridafriendlyplants.com/plant\\_database\\_results.asp?TLst=3](http://www.floridafriendlyplants.com/plant_database_results.asp?TLst=3)

<http://www.garden.bsewall.com/index.htm>

<http://floridagardener.com/butterflies/butterflyplants.htm>

For those folks without a computer, here are some wonderful flowers/plants that I have run across..... You can also take this issue of the Banner to the Local Library and look up these websites... and MORE !!!!

Okra, Chenille plant, Brazilian Vase plant, Lily-of-the-Nile, Pineapple, Don't forget your herbs... and Onions, dill, chives, scallions.

You can also plant a Butterfly Garden in a large Bushel Basket.. it works great !!!

Butterfly Plants, Milk Weed, Passion Flowers, Lantana too.

***Happy Gardening !***



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**Thanks to all of you in Lake Heron, many Families had a full belly during the Holiday season.**

Actually, you were just one entity of many who helped **PANDA** collect donations for the Suncoast Harvest Food Bank. This year we were able to raise \$70,000.00 in Relative Food value

**Lake Heron donations totaled \$455.00 and 6 cans of food. Or \$5,460.00 in Relative Food Value.**

This equates to 3 tractor-trailer loads. I was hoping to get at least one, and you surprised me with your generosity and kindness towards me. I want to say **Thank you so very much.** I am including a statement from the former Executive Director of the Suncoast Harvest Foodbank Elizabeth Fields explaining Donations to the Foodbank. As of January 2011, the new President is Diane Kuenzel.

**Even though getting donations is getting harder, one organization stands out above all the others in the amount they have been able to raise and donate - PANDAbare or the Pasco Area Naturists Development Association.**

**“They are such huge supporters,” Fields said. “They are the biggest community of donors in all four of the counties that I serve. The nudists have a bad rap, but they live in this community and they see the issues. They take it very seriously.” Paul Brenot, said the nonprofit organization (PANDAbare.org) supports many local charities including Sunrise of Pasco, Support the Troops, Christian Social Services, and Florida Blood Services.**

**“We are trying to reach out and demonstrate who we really are, which is good neighbors,” Brenot said. “It is heartwarming for me to see people come out and volunteer their time and effort without expecting anything back for themselves. We always have our members bring a dollar or a can of food to each meeting. We also are collecting money around town at local businesses. We have people also are collecting money around town at local businesses. We have people going door-to-door raising funds.”**

On March 14<sup>th</sup>, Paul Brenot (**PANDA** President) and I presented to John Copeland, **President** of The Lake Heron Homeowners Association, and the Board of Directors, the **2010 PANDAbare.org “Bamboo Award of Excellence”**. The award will be displayed in the clubhouse. **PANDA** and The **Suncoast Harvest Foodbank** really appreciated your support and we hope that next year we can count on you to help us help many more families.

Thank you so very much,

Chris Mulvaney,

A Lake Heron neighbor and member of **PANDA bare.org**

### ***Aaron Court Has New Roofs***

Imperial Roofing has completed their roofing contract for Aaron Court and the Clubhouse. I've heard many compliments on how the roofs look and the experts (there are a few among us) said it appears to be a very professional job. That having been said, there were still some disappointments. Before I get into that, I want to make the point that all the new roofs are substantially up-graded from the original roofs. We have metal valleys, wind proofing underlayment at the leading edges that give us a 130 mph warranty and special sealing material around all roof openings as well as improved ridge vents. The shingles have a lifetime warranty from manufacturing defects - lifetime meaning 50 years. The new roofs installed in Lake Heron are, and will be, superior to the original construction.

The problem we ran into is both a problem and at the same time a benefit. The contractor removed much more plywood and beefed up more trusses than anyone anticipated. From a low on one building of 65 sheets of plywood to a high of 142 sheets on another building. That extra cost for wood ran from 15% of the basic contract on one building to over 39% on another building. We can speculate as much as we want, but we don't know for sure what led to so much wood being replaced. Obviously, the more new wood on a roof the better that roof is going forward. How much was absolutely necessary – there is no answer to that question.

Going forward your association will take steps to keep a tighter rein on replacement of plywood in each future roof project. This has been a learning process. As an example; the board renegotiated the Clubhouse roof contract with Imperial. Instead of the "Golden Pledge Warranty" the contractor agreed to reduce the bid to the "System Plus Warranty" which only affects the reimbursement for labor expenses in the event of a roof leak after five years. That reduced our basic cost nearly 11%. For what-ever reason the clubhouse ended up requiring only 20 new sheets of plywood which was well within our projection.

Next winter the board will issue specifications for bids on Clubside Loop and in the late spring that project will begin.



Photo Submitted by: Sherry Williamson

## Spinach and Lemon Stuffed Mushrooms

By Dana Treat

WebMD Recipe from Foodily.com

Make a LOT of these because they will simply fly off the platter. These are a great party food, no plate or napkin necessary. Just pick up and eat. Repeat until full.

1/2 cup frozen spinach, defrosted and squeezed dry  
1/2 cup shredded cheddar cheese  
2 oz. cream cheese, softened  
2 tbsp. olive oil  
1 garlic clove, minced  
3 tbsp. lemon juice  
3 scallions, sliced thin  
1/2 tsp. salt  
24 large mushrooms, stems removed  
1/4 cup olive oil  
1 tsp. lemon juice  
Salt and pepper  
1/2 cup store-bought bread crumbs or Panko

For the topping: Process first 8 ingredients in food processor until smooth. Transfer to Ziploc bag until ready to use.

For the mushrooms: Adjust oven rack to middle position and heat oven to 450 degrees. Line rimmed baking sheet with foil and set wire rack inside baking sheet. Toss mushrooms with oil, lemon juice, 1/4 tsp. salt, and 1/8 tsp. pepper in bowl. Arrange mushrooms gill side up on rack and roast until juices are released, about 20 minutes. Turn caps over and roast until mushrooms are well browned, about 10 minutes.

Remove baking sheet from oven. Flip roasted mushrooms gill side up and cool slightly. Snip off one corner of the Ziploc and fill the mushrooms. (*Mushrooms can be made to this point, up to three days ahead. Cover with plastic wrap and store in the refrigerator.*)

Press each cap (stuffing side down) into bread crumbs and arrange (topping side up) on rack. Bake until filling is hot and topping is golden, about 10 minutes. Cool about 5 minutes before serving.

Total Servings: 24

*I have not tried these yet, but this recipe came from my.. "Things to try folder"... so it is on my list. Hope you enjoy them. ~Dee Ryder*

<u>Volunteers</u>	<u>Name</u>
<b>Board (President)</b>	<b>John Copeland</b>
<b>Board (VP)</b>	<b>Ron Bowman</b>
<b>Board (Secretary)</b>	<b>Rita Bell</b>
<b>Board (Treasurer)</b>	<b>Max Saus</b>
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Craig Mellinger	
Carole Saus	
Ruth Copeland (Chairperson)	
<b>Architectural Control</b>	Linn Torres (Chairperson)
	Max Saus
	Nelson LeMarquand
<b>Finance</b>	John Copeland
	Max Saus
<b>RV Park</b>	Max Saus
	Bev Maples
	Herb Bell
<b>Rec Center</b>	
Ed Martinell	Barb Kawczynski
John Copeland	Bill Beck
Pam Schwebl	Phil Simmons
<b>Club House Reservations</b>	Ed Martinell
<b>Park</b>	
Barbara Kawczynski	Ron & Lori Bowman
Dan & Carolyn Coe	Ruth Copeland
Michele Corso	Lucy Cusack
Carol Fraser	Linn Torres
Carol Saus	Pam Schwebl
<b>Parking Enforcement</b>	Kim Bonk
	Linn Torres
<b>Social Committee</b>	Barb Kawczynski
	Carolyn Coe
<b>Newsletter Delivery</b>	
Jana Nales	Lucy Cusack
Carol Fraser	Sherry Williamson
John Copeland	Betty Joe Lyons
Maria Saldarriaga	
<b>Newspaper Recycling</b>	Ron Bowman
<b>Newsletter</b>	Dee Ryder
<b>Website</b>	Pete Bonk

**Lake Heron HOA Contact Information:**  
**Pres. John Copeland - 813-948-0854**  
**Clubhouse: Ed Martinell - 813-948-8043**

**For roof leaks call or email:**  
**Angela Hester email: ahester@univprop.com**  
**University Properties Inc. - 813-980-1000**



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The HOA meeting schedule as approved is; June 6  
 (July and August vacation)  
 Sep. 12, Oct. 3, Nov. 14 and Dec. 12.