

WESTWAYS

THE OFFICIAL NEWSLETTER OF THE ROTONDA WEST ASSOCIATION, INC.

Emailed to 5,109 Rotonda Residents

APRIL 2024



E-NEWSLETTER PUBLISHED MONTHLY BY THE ROTONDA WEST ASSOCIATION

FLORIDA FRIENDLY LANDSCAPE PRESENTATION PLANTS SEEDS OF INTEREST IN RESIDENTS

Article by: Merrill Horswill

Photos by: Nadine Clough



Speaker Sara Weber (Left)
Host Merrill Hoswill (Right)



Rotonda Residents attend Florida
Friendly Landscape Presentation

Rotonda Nature presented the Florida Friendly Landscaping (FFL) Program™ with speaker Sara Weber, Florida Friendly Landscaping Education and Training Specialist, Charlotte County Extension. She highlighted the resources found in the 31 year old program and answered questions for an audience of 73 residents, renters, guests.

What you do in your landscape matters. From the mulch and fertilizers you apply, your water use, your gardening choices can have an impact on land, water, wildlife, and the overall well-being of Florida's residents. Sara stressed that native and Florida friendly plants need little water or fertilizer and the importance of sustainable mulch, watering efficiently while reducing storm water runoff. FFL can be designed to look the way you want while being environmentally sustainable and saving time and money.

VOLUME 28 ISSUE 4

NEWSLETTER HIGHLIGHTS

Florida Friendly Landscapes

Rotonda's Email Marketing

Improve Your Sleep Habits

Challenge of a Florida Lawn

Rotonda Singers Shine

Earth Day Events

Upcoming Events

Contact West Ways at:
westways@rotondawest.org

Rotonda West Administrative
Office-Community Center
Broadmoor Park
646 Rotonda Circle
Rotonda West, FL 33947
Office Hours: 8 am-4pm M-F

Tel: (941) 697-6788

FFL is environmentally friendly landscaping that conserves water, reduces pollutants into our local waters and protects natural resources.

There are nine science based, research based, unbiased principles:

1. Right Plant, Right Place: <https://ffl.ifas.ufl.edu/about-ffl/9-principles/principle-1-right-plant/>
2. Water Efficiently <https://ffl.ifas.ufl.edu/about-ffl/9-principles/principle-2-water-efficiently/>
3. Fertilize Appropriately <https://ffl.ifas.ufl.edu/about-ffl/9-principles/principle-3-fertilize-appropriately/>
4. Mulch <https://ffl.ifas.ufl.edu/about-ffl/9-principles/principle-4-mulch/>
5. Attract Wildlife <https://ffl.ifas.ufl.edu/about-ffl/9-principles/principle-5-attract-wildlife/>
6. Control Yard Pests Responsibly <https://ffl.ifas.ufl.edu/about-ffl/9-principles/principle-6-manage-pests/>
7. Recycle <https://ffl.ifas.ufl.edu/about-ffl/9-principles/principle-7-recycle-waste/>
8. Reduce Stormwater Runoff <https://ffl.ifas.ufl.edu/about-ffl/9-principles/principle-8-reduce-runoff/>
9. Protect the Waterfront <https://ffl.ifas.ufl.edu/about-ffl/9-principles/principle-9-protect-waterfront/>

Contact the Extension office with any questions 941 764-4351. Free booklets are available at their office 1120 Centennial Blvd. Port Charlotte or online: [Publications - Florida-Friendly Landscaping™ Program - University of Florida, Institute of Food and Agricultural Sciences - UF/IFAS \(ufl.edu\)](https://ffl.ifas.ufl.edu/publications/)

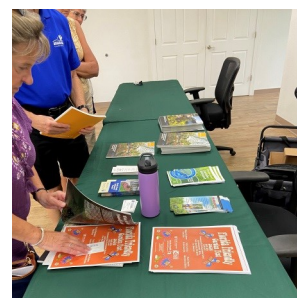
Or mailed for a small fee: [Florida Friendly Landscaping Guide to Plant Selection and Landscape Design \(ufl.edu\)](https://ffl.ifas.ufl.edu/guide/)

FFL apps can be found here: <https://ffl.ifas.ufl.edu/resources/apps/>

For more information on all topics, see: <https://ffl.ifas.ufl.edu/>



Right: Free booklets and brochures handed out at event



SINCE ENTHUSIASTIC PARTICIPANTS HAD SO MANY QUESTIONS, ROTONDA NATURE HAS SCHEDULED “ASK THE MASTER GARDENER” ON JUNE 26TH 2024, FROM 1-3 P.M.

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DID YOU KNOW ?

By: Deb Orchard

Community Outreach Committee

Rotonda's Email Marketing system



Constant Contact is an email marketing system.

How does our RWA use this system? It's how e-mails are blasted out to those who have signed up to receive these notices from the RWA office. Such as: West Ways newsletter, Manager's weekly report, board and committee meeting notices, RWA office closings and the flyers created by the Community Outreach Committee of their upcoming events and presentations.

We currently have over 5,100 followers. The most viewed items each month are the Manager Hedges' weekly report. (don't congratulate him, it will go to his head) and followed closely by the West Ways newsletter. Only a few views behind are all the committee notices, flyers, etc.

The future is endless for getting word out to our residents. Notices of when there is a major storm system or other type of local emergency, road closings, etc. It is a great platform to getting accurate information out to our residents.

We sometimes hear there are too many emails sent each month. Here's the breakdown: West Ways one time, Manager's report each Friday, the Board once for each of their two meeting, once for each of the two Res Mod committee meetings, once for each of the other six committees. That's approximately 15 notices each month. Then, we send out the event/presentation flyers about two-weeks ahead with a reminder about two days before an event/presentation, except for Meet & Greet and Bingo which are one each a few days in advance. Since the Community Outreach Committee has been hosting 9-11 events each month, that does add up, approximately 20 additional emails per month.

Did you know that when signing up, you may opt to receive all notices or just the ones which interest you? For example, you may opt out of receiving the "events and functions" by simply not checking that box. By doing so, you would not be sent the flyers for upcoming events and presentations.

If you haven't signed up yet, please go to rotondawest.org, wait for the pop-up screen, complete it and press Sign Up!. That's all you need to do to start receiving your e-mails from the RWA.



ROTONDA WEST ASSOCIATION BOARD OF DIRECTORS 2024



Sitting L to R: Director Sam Besase (Treasurer); Director Andy VanScyoc (President); Director Peter Traverso.
Standing L to R: Director David Kelly; Director Jack Metz; Director Les Goodman; Director Karen Harvey (Secretary).
Photo by: David Pulaski

The Board of Directors met twice in the month of March 2024

Unfinished Business

Motion - Volunteer Appreciation Banquet

New Business & Communications

1. Applications for use of common areas (3)
2. Motion, discussion, and vote - Routine Community Center Events
3. Motion, discussion, and vote - Separate Exterior Outside Bathroom at the South/Southeast corner of the RWA Community Center.
4. Motion, discussion, and vote - Place 4 Porta-Potties strategically around Broadmoor Park
5. Motion, discussion, and vote - To lease an 8 X 60 foot Temporary Office Trailer for 3-4 RWA Personnel
6. Motion, discussion, and vote - To convert Fred Warner Room into office space for 3-4 RWA Personnel
7. Motion, discussion, and vote - To explore the option to work from home for 3-8 RWA Employees

BOD meetings are held on the second and fourth Thursday of each month at 2 p.m.

BOD meetings are recorded and can be found on the RWA website.

Residents may zoom live meetings.



Sarah Swiatek
leading discussion

POOR SLEEP HABITS MAY KEEP YOU FROM GETTING NEEDED REST



A Discussion on Sleep Hygiene & Insomnia With Sarah Swiatek D. R. Ph.

Article & Picture By: Nadine Clough

**PART OF THE
ROTONDA
HEALTH &
WELLNESS
INITIATIVE**

**“ASK THE
PHARMACIST”
SERIES IS
PRESENTED BY:
THE COMMUNITY
OUTREACH
COMMITTEE**

On March 6th, Pharmacist Sarah Swiatek led a discussion on Sleep Hygiene.

Is your bedroom a sanctuary? Is it a quiet, cool, clutter free, dark space which is conducive to a good night's sleep of 6-8 hours? Have you properly calmed down your mind and body before asking them to relax and to go to sleep? Pharmacist Sarah Swiatek presented an evening question and discussion event to address issues that cause sleep disturbances resulting in insomnia and ways to fix them.

Not getting adequate sleep can cause issues with your health. This effects may be both mental and physical, such as memory problems, being short on patience, anger, weight gain, falls, accidents, and a general feeling of low energy. Chronic sleep problems will often lead to frustration and added stress about falling asleep. When this happens, many people will seek help from their doctors. Often sleep medications are given to correct the problem. Although there are people who do require meds to help them sleep, there are many people who do not. Sarah's presentation was geared to helping people try to remedy insomnia problems in order to reduce the medications needed to sleep.

The goal is to set yourself up for success for a good night's rest by making changes with habits so that you can fall asleep and stay asleep naturally.

Hello Friends and Neighbors! (A LETTER FROM SARAH)

A big thank you to all who attended our recent discussion group in early March. Turnout was terrific and conversation was flowing about sleep hygiene and insomnia. Your generous donations were passed along to the collection that took place at the RWA on the 23rd, and will help our community.

As “season” starts to wind down, many of you will be making your plans to leave Florida and head back to your other homes. A friendly reminder that your medications and health care supplies need to be front and center of your return plans!

-Go around your home and start collecting your medication bottles and supplies. This includes OTCs, vitamins, testing strips, inhalers, topicals, needles/syringes etc that you will need for your return.

-Read your prescription labels carefully. Do you have refills left? Do you have enough meds in the bottles to get home and comfortably have enough to “settle in” before needing a refill? Best not to wait till you have empty bottles before you find out...

-Do you know the laws in your home state that pertain to medication transfers and early refills of certain kinds of medicines? Do you know the laws in Florida?

-Make yourself a note or other reminder to make sure you take all your medications with you as you leave your Florida home. This includes your insulin or other meds in the fridge. Carry them with you; it is not advised to put medications into checked luggage in case the bags are misplaced.

-Be sure everything that is prescription has a label with your name and other medication info. Carrying loose pills in bags or other containers, especially controlled substances, is unsafe and illegal.

Hopefully these preparation tips will serve you well as you make your return trips. Wishing everyone safe and healthy travel until the fall! As always please reach out to me at SRxSwi@gmail.com with any topic ideas for future discussions. Our next event will likely be in June.

Everyone be well!

Sarah Swiatek Pharm.D. R.Ph.

THE CHALLENGE OF A FLORIDA LAWN

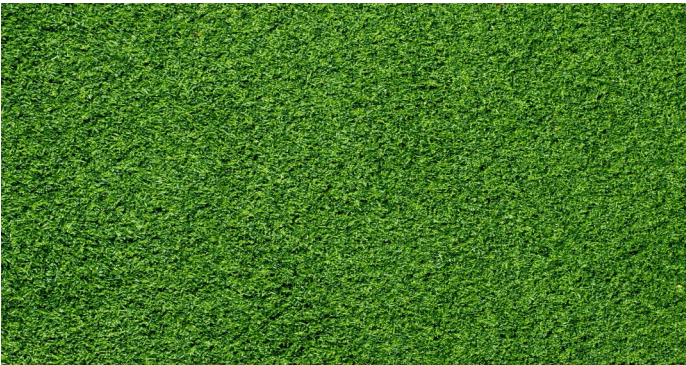
A CHOICE:



A GREEN CARPET

OR

A YARD THAT WELCOMES
WILDLIFE AND POLLINATORS



Article and Photo by Ann Weaver, Master Gardener

Exactly what is a lawn? Look down your street at the “sea of green”. Lawn services are mowing, blowing, and spraying chemicals. Among the turf yards you may see some with some “Florida snow”, actually a non-native called Mexican clover (*Richardia grandiflora*) which has a small pink cup of a flower. There will be tiny blue, white and yellow blooming plants forming a ground cover that is favored by pollinators.

Bill Dunson, professor emeritus of biology, describes these wildflower lawns this way. “If a ‘lawn’ is not fertilized or treated with chemicals, and cut at a high level, it will consist of mostly non-grass species of both native and non-native origin, very attractive to wildlife. It is a far more practical way to manage open space for wildlife...” Mulched areas can require a massive amount of weeding or spraying with herbicides”. Using native plant groundcovers such as porter weed or frog fruit will cut down on weeds and feed White Peacock butterfly caterpillars.

Fertilizing anything in your yard requires that you be in compliance with Charlotte County's fertilizer ordinance No. 2011-017, which was amended in 2011 with two important changes. No fertilizer containing nitrogen or phosphorus may be applied from June 1st to September 30th to turf or landscape plants. There is an annual limit of no more than 4 pounds of actual nitrogen per 1000 sq. ft. of yard. You as a homeowner can attempt your own fertilizing, but if you use a service, be sure they display the required training certification decal. Avoid “weed and feed” products, which broadcast pesticides, and will kill butterfly larva as well as beneficial insects. More details at the county extension web site, <https://sfyl.ifas.ufl.edu/charlotte/>

If you irrigate your yard with canal water, you do not need to fertilize your turf, as our canals have plenty of nutrients in them. Excess fertilizer pollutes our waterways and contributes to algae blooms which cause red tides. If your property is waterfront on ponds or canals, a 6-10 ft. low maintenance zone of landscape plants is essential to preventing fertilizer runoff. Never apply fertilizer within 10 feet of any water body or wetland.

What about mowing? Longer grass stays moist better. Short “scalped” grass will burn under relentless sunshine. Are you waterfront on a canal? Mowing to the water’s edge will allow run-off containing nutrients to enter the water. Charlotte County recommends leaving an un-mowed area of at least 6 feet at the water’s edge. Plant native shoreline plants such as yellow cannas or wood sage for a beautiful alternative to turf. Pink swamp milkweed at the water’s edge will feed Monarch caterpillars and bring butterflies to your yard. Bidens alba or Spanish Needle, our best pollinator plant, grows fast. Cut it back or pull it out when the needle like seeds appear, or it will be everywhere.



Biden alba, or Spanish Needle is an incredible nectar plant.



Native portulaca is low, covering a 6' circle. Non-native is a shrub, which can be pruned. Both attract pollinators

Lawn watering in Charlotte County is restricted to two days a week, no matter the source of your irrigation water. There are monetary penalties for noncompliance. If your property address ends with an even number, you are permitted to water Thursday and/or Sunday. If it's an odd number, your watering days are Wednesday and/or Saturday. The crucial thing is that watering must occur **before 10 am or after 4 pm**. The permitted time makes sense as winds are stronger midday, and bright sunshine causes more evaporation. Half of Florida's water usage for homes goes to lawns and landscapes. It's not uncommon for residents to apply twice the amount of water actually needed to maintain a healthy landscape.

Watering during rain is prohibited. Florida statute (Ch. 373.62) requires any person who purchases and installs an automatic sprinkler system is required to install a rain sensor to override the irrigation cycle when there is sufficient moisture. If you are a snowbird and your irrigation runs in the summer, the sensor is extremely important. Violations can cost you.



"HOT, HOT, HOT!" ROTONDA SINGERS

TURN UP THE KARAOKE HEAT

Story and Photos by: Connie Smith



One never quite knows their neighbor until they learn their taste in music. Better yet, to witness their ability to sing their favorite song(s) on Karaoke night at the Rotonda West Community Center.

Rotonda Board President, Yacht Club Admiral and now, Karaoke Captain Andy VanScyoc brought together a core of singers, March 11, with DJ Nicole Castor of Nik Nak Enterprises playing the chosen tunes. It was an entertaining evening, with a wide variety of music voiced by talented singers.

But excellent voice or not, anyone with the courage to direct the DJ to cue up a number, raise the microphone to their lips and deliver a performance that is somewhere between their own imagination and the audience's perception, deserves a big round of applause. As VanScyoc described the local disco fever, "for most of us, it's 20% talent and 80% confidence".

Here are some of the evening's musical highlights:

Serving as Master of Ceremonies and major encourager, VanScyoc started the evening off with Elvis' "Teddy Bear". He later performed the Big Bopper's "Chantilly Lace," dedicated Jerry Reed's "Amos Moses" to Rotonda's wildlife and as some mimed the letters, sang "YMCA" by the Village People.

Poilin Rourke VanScyoc honored her native Ireland and St. Patrick's Day as she and husband Andy performed the Dubliner's rollicking "Seven Drunken Nights". She further toured the British Isles with Herman's Hermits' (England) "I'm Into Something Good" and Tom Jones' (Wales) "Delilah".



Rockin' Wayne Barber mastered the Caribbean beat and the laugh in "Hot, Hot, Hot".

Rockin' Wayne Barber had the crowd clapping with his rendition of Jim Croce's "Bad, Bad Leroy Brown". He had the Caribbean beat, as well as the laugh, down with "Hot, Hot, Hot". Elvis was reprised – this time as Barber sang, "The Wonder of You."

continued



Derrick Foster delivers a soulful “Tennessee Whiskey”

Derrick Foster’s best song of the night was the Chris Stapleton favorite “Tennessee Whiskey”, but he also delivered Frank Sinatra’s “Fly Me to the Moon” and “Sway,” popularized by Michael Bublé.

Doc Coombs (“The Doctor’s in the house!”) chose Elvis when he opened with “Can’t Help Falling in Love”, but he also sang Dean Martin’s “Houston” and the 1960 Brian Hyland favorite “Itsy Bitsy Teenie Weenie Yellow Polka Dot Bikini”.

Sam Besase made his one song a goodie as he grabbed the microphone to perform George Strait’s “The Fireman”. During the musical break he

even performed a few Texas line dance moves!

One of the biggest treats of the night came from the duo of Scott Barnett (winner of the recent Rotonda’s Got Talent Contest) and Ethan Carvalho, who performed separately and together; each number seemed to surpass the last.

Carvalho performed first with Bublé’s “Save the Last Dance”, followed by Barnett with the Eagles’ “Desperado”. The two performed together the Elton John/George Michael duet, “Don’t Let the Sun Go Down on Me.”

The Spanish language standard, “Besame Mucho” was performed by Barnett. Carvahlo sang “Let Her Go” by Passenger and “Perfect Symphony” by Ed Sheerhan.



Ethan Carvalho (left) and Scott Barnett (right) belt out a duet.

On occasion, the DJ did come from behind her computer station to prove her own vocal skills. Castor sang “Like We Never Loved at All” by Faith Hill and the accusatory “Cheater, Cheater” by Joey + Rory. Carvalho also performed a duet with Castor as the two sang Lady Gaga’s “In the Shallows”.

The entertainment continued for over two hours. It was the third “Rotonda Singers” Karaoke event at the Community Center. VanScyoc said another one will likely be scheduled this summer, so, in preparation for that event, all are advised to practice their favorite Karaoke numbers and pump up their confidence levels!



DJ Nicole Castor slings some accusations in “Cheater Cheat-



CELEBRATE EARTH DAY IN THE BUTTERFLY GARDEN IN BROADMOOR PARK

*April 22, 2024
10 a.m. - 11 a.m.*



Ann Weaver will tour the garden and speak about butterflies, their host and nectar plants and provide a plant list to those attending.

Learn what you can do in your own garden to attract butterflies and beneficial pollinators and help them survive.

Volunteers are needed to weed the Butterfly Garden. Please contact Ann if you can help at: ann.weaver815@gmail.com



Gulf Fritillary Butterfly

Photo by: Jim Peterfeso

SEE WHAT OUR VOLUNTEERS HAVE BEEN DOING

JOIN THE TEAM AT THE BUTTERFLY GARDEN AT BROADMOOR PARK

Submitted by: Ann Weaver



Photo by:
Ann Weaver

We plant, weed and plan...alongside Monarchs,
Cloudless Sulphurs, Swallowtails, and
Gulf Fritillaries.

We can always use another pair of helping hands.
Love to garden? Learn how to create your own
Butterfly Habitat.

To join the Team, email Ann Weaver at:

ann.weaver815@gmail.com

No Mow

[https://blogs.ifas.ufl.edu/
escambiaco/2024/03/20/weekly-
what-is-it-no-mow-march/](https://blogs.ifas.ufl.edu/escambiaco/2024/03/20/weekly-what-is-it-no-mow-march/)

For more information on butterflies,
pollinators and wildflowers see:

[https://www.floridamuseum.ufl.edu/
discover-butterflies/brochures/](https://www.floridamuseum.ufl.edu/discover-butterflies/brochures/)

BUTTERFLY GARDEN
WEEDERS AT WORK!
COME AND JOIN US!



RWA COMMUNITY OUTREACH CELEBRATES EARTH DAY WITH BIKING & THE GREAT AMERICAN CLEAN-UP

MONDAY, APRIL 22, 9 a.m.

**Rotonda Strong Health & Wellness Initiative partners
National Bike Day & Earth Day
with a Bike Ride Litter Clean-Up Challenge.**

Meet at 9 a.m. at the Rotonda Community Park Pavilion, 100 Boulevard East .

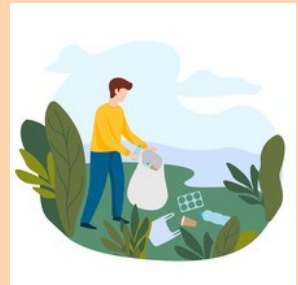
**You are invited to enjoy biking in our beautiful community, and pick up any
litter you find along the way, especially using the bike paths on
Rotonda Blvd. East, North, & West. Afterwards, you can return with the
bagged litter and dispose of it at the garbage & recycling bins in the Park.**

Take a photo and send it along with your litter count to:

communityoutreach@rotondawest.org.

to be included in the May issue of West Ways.

**Not able to join the group at 9? Go on your own, & send your
cleanup count by midnight of 4/22.**



RWA WEST WAYS CHARLOTTE COUNTY NEWS ITEMS

By Sam Besase

The first 2 bridges (of 17) here in Rotonda West needing maintenance have been completed on time and are now open.

- Rotonda Circle bridge between Mark Twain Lane and Bunker Road
- Rotonda Circle bridge between Annapolis and Caddy (high street numbers), near Rotonda Blvd. West.
- 2 completed – 15 more to be completed. See below for next 2!

Traffic Advisory-Lane Closures on Rotonda West Bridges!

Lane closures will occur until approximately Monday, May 6 at the following BRIDGE locations in Rotonda West:

• Cape Haze Drive BRIDGE over Canal
starting Monday, March 25 till approximately May 6

• Rebel Court BRIDGE over Rotonda River
starting Tuesday, March 26 till approximately May 6

Traffic signals or flaggers will be on-site to direct traffic. Travelers may experience intermittent, slow-moving traffic and/or temporary delays within the project area and are encouraged to choose an alternate route when possible.

No new news on the Hurricane Ian damaged ROTONDA BLVD SOUTH BRIDGE.

Charlotte County Commissioners and Congressman Steube are engaged in resolving this issue with FEMA.

I am in continuous follow up in person and by phone and email on this topic.

The issue is money: \$312K – FEMA vs \$1.2M Charlotte County.

The next quarterly Rotonda West Streets & Drainage meeting is at **9:30am Thursday June 20, 2024**, at the Charlotte County annex building on San Casa. Please consider attending regarding these key MSBU non-ad valorem tax issues:

- Rotonda Boulevard South Bridge closed for 18 to 36 months (FEMA).
 - Rotonda Bridges Repair Cycles (Rebel Road & Rotonda Circle & high end of Annapolis & Caddy at Rotonda Circle and Cape Haze Drive). Perhaps 6 more bridges (of 18) might start in 2024.
 - Rotonda Blvd North & East & West Bridges – repair cycle
 - Charlotte County – Multiple Swale Drainage Issues throughout Rotonda West.
 - Road Paving Schedule pushed back to perhaps 2025.
 - All Rotonda Bridges are rated at 80,000 lbs. GVW. □
 - Residents or their contractors are MOWING all the way down to the Ponds, this is not recommended by FWC or SWFTMUD or Charlotte County.
-
- Residents or their contractors are FERTILIZING all the way down to the Ponds, this is not recommended by FWC or SWFTMUD or Charlotte County.
 - Charlotte County Commissioners alerted residents that there is TOO MUCH NITROGEN in local waterways.
 - When to Call Charlotte County Public Works (941-575-3600) if:
 - Water is threatening to enter your house or garage.
 - Deep Water (6 inches or more) is on the roads.
 - Water remains in the swale for LONGER than 72 hours after the last rain event.

The RWA Buildings & Grounds Committee shall be hosting the ANNUAL University of Florida – LAKEWATCH presentation on Wednesday May 22nd from 5pm to 8pm in the RWA Community Center, topic is the condition of our canals and waterways. Mark your calendars, this is always a well-attended event. Snacks and refreshments are provided!

SPOTLIGHT ON SUE KILLION SHE'S A WINNER

Story by: Pattie Mihalik

Sue Killion is a proven winner and she has the awards to prove it.

For more than a decade she has shined in photography, baking and gardening competitions.

The year is young but Sue's awards are already stacking up.

She won first prize in the in the Sarasota Garden Club's photography competition, and second place in the Florida Federation of garden Club's photography contest.

Photographers love landing a main spot in the Sarasota County calendar and Sue is no exception. She especially enjoyed being Miss June on the calendar based on having one of her photographs top the June page.

While she has won dozens of photography awards, her favorite was winning the front cover spot for the 2020 Florida garden Club summer edition.

"I'm not an artist," she claims "I can't draw or paint. I use photography to express creativity."

She especially likes to photograph nature and interesting architecture.

Her own garden often gives her perfect subjects to photograph.

The stunning Hong Cong orchid tree in her garden provided the perfect subject for her winning entry for the Florida Federation of Garden Clubs calendar.

The eye catching photo was selected as the cover shot for magazine which goes to every member in Florida.

When she isn't taking photos or working in her garden Sue is in her kitchen concocting yummy recipes.

"I always look for a different twist or something unexpected to a standard recipe.

Her creativity is the reason why she is a frequent winner in the baking contests.

"I experiment a lot," she says and I like to entertain friends and get their feedback."

Both Sue and her husband Hank have given years of service to RWA. Both were previous Volunteer of the Year winners.

With all that, it's easy to see why Sue says she never gets bored.



Sue Killion poses in the photo which was the winning entry for the Florida Federation of Garden Clubs calendar.

Rotonda's Health & Wellness Initiative Welcomes Dietician Alyssa Dunaway

Story and Photo by: Nadine Clough



Registered Dietician Allyssa Dunaway speaks to Rotonda

On March 20th, the Community Outreach Committee presented another in their series on health and wellness for Rotonda residents. Hosted by Rita Lopienski, this program focused on the importance of eating well to help maintain our strength and overall physical well-being.

Julie Beatty, Communications & Community Engagement Director for HCA Florida Englewood Hospital, spoke first with updates on Englewood Hospital and what it offers the community. Julie stated that HCA Florida Healthcare (Englewood Hospital) consistently wins many top awards for its cardiology, orthopedic, gallbladder, critical care units among many others. In recent years, the hospital has modernized its facility, made many technological advancements, and improved its infra-structure.

Registered Dietician Alyssa Dunaway opened her segment with sharing sobering numbers related to common diseases that threaten our health. She spoke next on how to reduce long-term risks of serious diseases such as cardiovascular disease, cancer, diabetes, and many other metabolic disorders by using good nutrition. She stated that our "western" diet consists of many processed or prepared foods that are high in carbohydrates and sugar. Eating a diet with sugary foods causes inflammation in the body, and long-term is believed to lead to cancer, and diabetes.

Alyssa suggested that we try to steer clear of processed, sugary foods and eat more whole foods, such as vegetables, fruits, lean meats, nuts, seeds. As an alternative to the western diet, she promoted what is called the "Mediterranean Diet". This diet is more plant-based food such as veggies and fruits, has lower salt, lower sugar, leaner meats like fish and chicken, and is overall lower in saturated fats. Changing your diet will help improve your cholesterol, your blood glucose, help with weight management, and lower your risk of cancer.

Below are two Mediterranean diet recipes that Alyssa shared with the group:

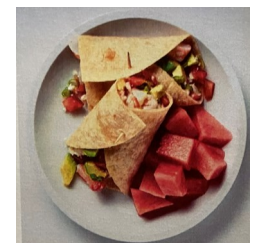
EGG SANDWICH

- 2 Multigrain Sandwich Thins
- 2 Tsp Olive Oil
- 1/2 Teas. Fresh Rosemary
- 2 Eggs
- 1 Cup Spinach
- 1/2 Medium Tomato
- 2 Teas. Reduced Fat Feta Cheese
- Salt and Pepper to Taste
- Total Time: 20 Minutes



SHRIMP, AVOCADO WRAP

- 3 oz. Cooked Shrimp
- 1/4 Cup Diced Avocado
- 1/4 Cup Diced Tomato
- 1 Scallion, sliced
- 2 Teas. Feta Cheese
- 1 Teas. Lime Juice
- 1 Whole wheat Tortilla
- Total Time: 5 Minutes



Music in the Park

Presented by:
The Community Outreach
Committee



DANCE PARTY!

SEASONS OF SOUND

Monday, April 8th 7-9 p.m.

ACOUSTIC ROCK!

SPEAKEASY ALLEY

Thursday, April 18th 4:30-6:30 p.m.

BOTH EVENTS TO BE HELD AT BROADMOOR PARK

It's our second Dance Party!

This time, DJ and Rotonda resident, Eric Stefanik-Seasons of Sound. Eric sings and DJ's at many local venues and is a long-time favored performer. He plays all genre of music from the 40's to today's current music. So, dust off those dancing shoes, tune up your singing voice and come join us for an evening of musical fun.

If weather permits, we will be outside on the new patio. Music starts at 7 p.m. and ends right after sunset. If we need to be indoors, a notice will be posted.

Be prepared to enjoy!

Speakeasy Alley is Southwest Florida's unique acoustic rock group, ranging from Alternative to Country, Classic Rock to Rhythm and Blues. Ralph Franco on guitars and vocals.

Karin Martin on percussion and lead vocals and Roger Sigman is their featured, left-handed guitar player.

Two of their members also have the distinction of being residents here in Rotonda West. Hoping you will come out and enjoy the fun! Invite your friends, relatives and neighbors. Be sure to bring your lawn chairs, and snacks.



As we begin to say farewell to our Snowbirds, we want to say Thank You for your volunteerism the past few months and can't wait to see you back patrolling in the fall. Being said, we need additional volunteers to cover these empty spots and others, so come join our team and keep Rotonda Safe. If you are looking to volunteer as a Patrol or be a Base Station, **it just takes two hours a month;** a small commitment to protecting our neighborhoods.

Have you ever wondered what crimes occur in and around Rotonda West? Well now you can. Visit our website at www.rotondawestneighborhoodwatch.com and click on the "30 Day Update from CCSO" tab to view.

If you are leaving for the summer, please inform your neighbors so they can keep an "eye" out on your home and consider filling out the House Check form we have on our website and FB Page so CCSO is aware your house will be empty.

If you are interested in joining our organization, please contact David Perry at 941-828-1584, scan QR code below OR go to our Facebook page @ Rotonda West Neighborhood Watch

Update your Charlotte County Sheriff's Office NON-Emergency number to 941-639-2101 for the fastest service!

Lastly, but certainly not least, please keep in your thoughts the family of Barry Kean (Car# 301) who recently passed away. Barry always kept us safe and was greatly appreciated. We will miss him dearly.



Scan Here For More Information

Protecting Rotonda West since 1981

NEIGHBORHOOD WATCH

APRIL 2024

Protecting Rotonda West since 1981

ROTONDA WEST SPRING GARAGE SALE



Story & Pictures by: Rita Lopienski

The first-ever RWA Spring Community Garage Sale, sponsored by the Community Outreach Committee, was March 22 & 23, and turned into an extended weekend, due to day-long rain on Friday.

Despite some glitches with the online registration, for which we apologize, 116 homes were registered and on the address flyer!

Saturday was a beautiful, breezy day, with a steady flow of shoppers.

Look for a 2nd Fall Community Garage Sale to be announced in the future.



Rita Lopienski Chairperson of
Rotonda Garage Sale Event



MARK YOUR CALENDARS FOR THESE UPCOMING EVENTS

APRIL

- Trivia April 3rd @ 6:30 p.m.
- Rotonda Nature - Lemon Creek Wildflower Preserve: Turning a Golf Course into a Preserve Time TBA
- Music in the Park - Dance Party with Eric Stefanik/Seasons of Sound April 8th @ 7 p.m.
- Rotonda Health & Wellness Importance of Hydration by David Brackett, April 17 @ 2 p.m.
- Music in the Park - Speakeasy Alley April 18th @ 4:30 p.m.
- Rotonda Health & Wellness Bike Ride & Litter Clean-up Meet at the Community Park on Parade Circle, April 22nd @ 9 a.m.
- Butterfly Garden Tour w/ Ann Weaver April 22nd @ 10 a.m.
- GFWC RWWC Hosting OneBlood Drive April 23 @ 9 a.m.-3 p.m. @ Marina lot across from The Hills, 100 Rotonda Circle. Register to donate at: oneblood.org or call Ellen Lang at 917-579-7770
- Meet & Greet Potluck (watch for flyer for food suggestions) April 23rd @ 5 p.m.
- Pancreatic Cancer Walk - fundraiser with RWWC in Broadmoor Park, April 27th @ 8:30 a.m.

MAY

- Trivia May 1st @ 6:30 p.m. (Doors open at 6)
- Rotonda West & The Vanderbilts May 14th @ 2 p.m.
- BINGO! May 19th @ 1 p.m.
- Super Stars TV Show May 21st @ 2 p.m.
- Aquatics with Florida Watch May 22nd @ 4 p.m.
- Meet & Greet May 28th @ 5 p.m.

**WATCH CONSTANT CONTACT FOR
MANY MORE MAY EVENTS**



One of the pair of eagles in
Broadmoor Park

Photo by: Andy Sauter 3/7/24

HEALTH & HYDRATION
PRESENTED BY DAVID BRACKETT OF
AMEDISYS HOME HEALTH

PART OF THE ROTONDA HEALTH & WELLNESS INITIATIVE
BROUGHT TO YOU BY THE COMMUNITY OUTREACH COMMITTEE

WEDNESDAY, APRIL 17TH at 2 p.m.

“SIX SPRING/SUMMER SAFETY TIPS FOR SENIORS”

DAVID WILL OUTLINE AND DISCUSS EACH TIP, INCLUDING:

- . HYDRATION**
- . PROTECTION FROM THE SUN**
- . SYMPTOMS TO BE AWARE OF WITH DEHYDRATION**
- . AND MORE!**

THERE WILL BE A HANDOUT
AND TIME FOR QUESTIONS AND ANSWERS
JOIN US IN THE COMMUNITY CENTER

APRIL 3rd

Trivia Night

LITERATURE & SCIENCE

TOYS & GAMES

HISTORY & ANIMALS

MUSIC TV & MOVIES

SPORTS AND MORE!

FREE!

Presented by Ten's Trivia
Ten's Trivia is a fun and
friendly event, originally
from Michigan. I have been
a college professor for
almost 30 years with
degrees in English,
philosophy, sociology,
psychology, history and
humanities. I have been
doing Trivia for almost 20
years, also music bingo,
scavenger hunts, hosting
various events as well as
DJing dances of all kinds.
Recently have been named
the number one Trivia in
Southwest Florida!

What: Trivia - by team or individual.

When: 1st Wednesday of the month April 3rd, May 1st & June 5th.

Where: RWA Community Center, 646 Rotonda Circle

Doors open at 6:00 pm with play beginning at 6:30 pm.

Bring your own drinks and snacks and be prepared to have fun and be challenged!

Open to RWA property owners, residents, renters, and their guests.

Questions? communityoutreach@rotondawest.org Please do not contact the RWA Admin Office.

Hosted by the  Community Outreach Committee

MEET & GREET



Tuesday, April 23rd from 5-7pm

RWA Community Center - 646 Rotonda Circle

Open to all RWA members and their guests

Bring a dish to share, and your drink of choice and cup. We will provide the rest of the tableware.

To try and even out the dishes, we are suggesting the following (we will rotate this every month):

If your last name begins with:

A-H - Main Dish

(ie: casseroles, baked pasta dish, etc.)

I-P - Dessert

Q-Z- Salad or Side



This is a great way to meet your neighbors and make new friends!



Rotonda West
Association

Presented by the
Community Outreach
Committee



There will be
a 50/50 pot

MEET & GREET Happy Hour



Wednesday, April 3, at
5pm

FOR ALL ROTONDA RESIDENTS (THAT INCLUDES SANDS, LAKES, HEIGHTS, ETC) AND GUESTS. ROTONDA COMMUNITY PARK ON PARADE CIRCLE. BYOB, BRING A SNACK IF YOU WOULD LIKE!

**COME MEET YOUR NEIGHBORS AND
MAKE SOME NEW FRIENDS AND
HAVE SOME FUN!!!!**

3rd Sunday of each month!



1:00 pm – 4:00 pm
Doors open at 12:15 pm

ONLY 2 DATES LEFT! 4/21 & 5/19

Invited to join in on the fun are property owners, residents, renters, and their guests.

Questions? communityoutreach@rotondawest.org
Please do not contact the RWA Admin Office.

646
Rotonda Circle
RWA
Community Center

Must be
18
to play.

Play
begins
promptly
at
1:00 pm

Snacks & water
available, or
bring your own.
Covered
beverage
container please.



Community Outreach Committee



INVITES YOU TO OUR **3rd** ANNUAL CHARITY
GOLF TOURNAMENT BENEFITTING
Our Local Homeless Veterans!!!

Where: The Rotonda Palms
When: Friday April 19 @ 8:30am
Format: Shotgun Start – Poker Run
Prizes: Longest Drive, Closest to the Pin,
Hole in One, Cornhole and More

Prizes and Lunch at the Rotonda Elks Lodge Included
\$75 per person

We have Teams and Individual Spots Open.
Call or send an email and you can pay at Check-in.
Cash or check Payable to Rotonda Elks
Charliedrt@aol.com 941 662-1656

Music, Raffles, 50/50 and Other Games!!!

**Please SUPPORT the Homeless Coalition and our
Homeless Veterans!**

For Sponsor Information call 941 662-1656

Bronze \$250 Tee Box	Silver \$500 Hole	Gold \$750 Front\Back 9	Platinum \$1,000 Tournament
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Please save the Date!

Pancreatic Cancer Action Network

PanCAN PurpleStride Walk USA 2024

GFWC Rotonda West Woman's Club & Rotonda
West Association (RWA) invite you to **WALK** to
help end pancreatic cancer

Date: Saturday 27th April 2024

Location: Broadmoor Park (RWA)
646 Rotonda Circle
Rotonda West, FL 33497

Team Name: Rotonda West

Register at: <https://purplestride.org/USA>

Further info: Clare Imrie, 713-825-2154
clareimrieuk@hotmail.com



*Rotonda
Garden Club*

*646 Rotonda Circle
Community Center*

*4th Friday of the Month
10:30 - 12:30*

Welcome to a fun-loving, informal group.

- Bring your favorite covered dish to share and your own drink.
- We enjoy exchanging live plants, plant cuttings, seeds, fruits and more.
- Bring whatever you have, someone will love it.
- Enjoy the conversation of gardening with fellow gardeners of all levels; the secrets, hints, hunts, tools of the trade, gardening goals...
- Visit our Facebook group page where events and speakers will be announced. The Facebook site: Rotonda Garden Club
www.facebook.com/groups/656893395307279

*"What is a weed? A plant
whose virtues have never
been discovered."
- Ralph Waldo Emerson*

Grace Checuti



GFWC Rotonda West Woman's Club, Inc.
Gwen Grace, President

APRIL 2024



At the March 21st meeting, we were thrilled to present checks from funds raised at the Designer Bag Bingo Event. A check for \$3,650. was presented to Jolene Mowry and Theda Bunker from the Yah Yah Girls, Inc. for their Back Pack kidz program, which provides backpacks of food and snacks to 21 schools serving 2500 to 3000 students every week in Charlotte County. Also, a check for \$3,650. was given to Laura Roy, Administrative manager of St. David's Jubilee Center for the services it provides to the community.



Diane Coll from lemon Bay Conservancy explained about the oyster gardens program called "One Dock at a Time" and the "Eyes on the Sea Grass". Both programs help our local water resources.

Our rummage sale at the Community Center on March 16th was profitable and raised over \$2,000. for Peace River K-9 Search and Rescue and for the Sonrisa Culinary School and Bakery in Uganda.



Every year we report our activity to GFWC Florida which sends it to the general Federation of Woman's Clubs in Washington DC. Our club is proud of the time, talent and treasure that we give to our community and to the programs that mean so much to our Club and Federation.

Here's what we accomplished in 2023:

Total Number of Members 2023 – 150

Number of Projects—262

Volunteer Hours—87,598

Dollars Donated to Charities & Scholarships—\$31,130.

In-Kind Donations (non-financial gifts to organizations) - \$14,871

Dollars Raised—\$36,774.

If you are interested in joining GFWC RWWC you are very welcome to attend. Our next General Meeting is Thursday, April 18th at the RWA Community Center. The social hour begins at 9 am and the business meeting starts promptly at 10 am. This month we will be presenting Charlotte County Sheriff's deputy Sgt. Musgrove with the finds that were raised for K-9 bulletproof vests.

Please go to our website at www.gfwcrotondawest.org for information about upcoming events and who we are and what we do. You can also find us on Facebook at GFWC Rotonda West Woman's Group. We are proud to continue to "Live the Volunteer Spirit" as we begin to celebrate the 50th anniversary of our club.

Rotonda Nature Presents: Lemon Creek Wildflower Preserve: Converting a Golf Course to a Nature Preserve
(Time TBA) Community Center 646 Rotonda Circle
Article and Photo by: Merrill Horswill

On Gasparilla Pines Boulevard, just a short hop south of Rotonda Boulevard West, lies the 80-acre property now known as Lemon Creek Wildflower Preserve. From the early 70's until 2006, the property operated as an 18-hole executive golf course until a development firm proposed condominiums for the site. Zoning battles ensued, the housing bubble collapsed, driving down property prices and in September 2010, after a major community fundraising effort, Lemon Bay Conservancy (LBC) purchased the site.

By that time, the greens and fairways of the old golf course had disappeared into a dense tangle of invasive trees and shrubs. A volunteer committee began mapping the property as a permanent nature preserve. Inquiries eventually led them into discussions with the Southwest Water Management District's Surface Water Improvement (SWIM) team. The District was interested in site restoration because the old golf course ponds received stormwater drainage from surrounding neighborhoods and high-nutrient stormwater was flowing into Lemon Creek which was sending the excess nutrients into Lemon Bay, adding to water quality issues there.

The first step toward restoration was obtaining a \$200,000 design grant from the District to re-contour and expand wetlands. Subsequently, the District provided technical expertise and a \$550,000 implementation grant. When it became apparent that more funds were needed, LBC and the District applied for and received a \$420,000 grant from the National Oceanic & Atmospheric Administration. Over the course of implementation, a variety of other costs and challenges were identified and overcome. The project was finally successfully completed in January 2021.

In September 2022, Hurricane Ian forced closing of the preserve as vast amounts of residential and tree debris were removed. Thanks to incredible volunteer support, the preserve reopened in January 2023.

Today, Lemon Creek Wildflower Preserve is an outstanding resource for our community and water filtration system for Lemon Bay. LBC volunteers have developed a trail network, a butterfly habitat, a bird watching blind, purple martin houses, a meditational labyrinth, outdoor classroom areas, and a variety of other features for daily LBC member use. The public is invited to visit for free nature walks and educational events on a regular basis.

Eva Furner, LBC board member and preserve committee chair, will discuss key design elements and goals for the restoration project, the implementation process, the thousands of native wetland and upland plants added to the site and the juvenile tarpon research underway in Lemon Creek.

Property owners, renters and their guests are invited to attend.



26 Mar 2024

Contact: Charles Truthan

Public Affairs Officer

352-266-0460

ctruthan@gmail.com

<http://cgaux.org>

News Release

The next 3, US Coast Guard Auxiliary Flotilla 99, Cape Haze, Public Education classes are:

Apr 13: Paddler's Safety Guide. In person training at the SGC HOA building. What you need to know before you go out on a Paddle Craft, including weather, life jackets and other critical information. This is not a substitute for "on-the-water" training. Cost \$25/person, \$10 Student.

May 11: Personal Watercraft. In person training at the SGC HOA building. A new 2-hour course covering safety consideration, rules of the road and laws pertaining to the operation of PWC's. Cost \$25/person, \$10 Student.

All classes start at 8am and are held at the South Gulf Cove Home Owners Association building, 14859 Ingraham Blvd, Port Charlotte, FL 33981

Call us at 941-249-5848 to learn more, or email to LQuirk.uscgaux@gmail.com

For additional educational resources, please visit our program partners at:

BoatUS Foundation: <https://boatus.org/>

National Safe Boating Council: <https://www.safeboatingcouncil.org/>

Waterway Guide: <https://www.waterwayguide.com/knowledge-center>

Remember to **ALWAYS WEAR YOUR LIFE JACKET!**

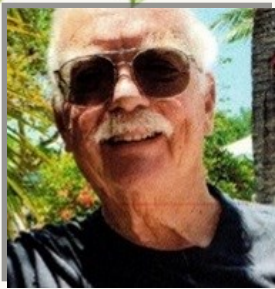
Speaking of Life Jackets, do you check yours every year? You should, especially your **Inflatable** Life Jacket. I bought two and checked it the day I got them from the dealer. One was great the other was BROKEN! How did I check them? Well, here's the simple steps to follow.

1. Look at all the straps and clips and be sure there are no tears and clips work easily;
2. Lay the inflatable on a flat desk, with the straps on the table;
3. Open the all the Velcro flaps and expose the CO2 cartridge and the rest of the air bladder (don't worry, there are directions printed on the vest as to how to refold it);
4. Remove the CO2 cartridge and look to see that the tip does NOT have any puncture hole in it. If it does, the cartridge is empty and must be replaced (you DID remember to insert the cartridge when you first purchased it, as they are not shipped with the CO2 cartridge inserted into the vest);

5. On one side of the vest will be an “inflation tube”, used to manually blow up the vest. (There is also usually a whistle attached to this tube – if not, I strongly urge you to get a waterproof whistle and attach it to the tube.) Remove the cap and start blowing up the vest;
6. Inflate the vest to the fullest you can get it. Then set it aside for 24 hours;
7. After 24 hours, the bladder should be just as firm as it was yesterday. If not, return it to the dealer for replacement (if brand new like mine was) or replace it with a new one. The last thing you need is a Life Jacket that deflates on you!
8. Using the cap, insert it “back-side” to deflate the bladder. You’ll need a 3rd hand to hold the tube open and squeeze/flatten the air out in order to get it all back together;
9. Follow the closing procedure printed on the jacket cover as to which sides get folded in which order;
10. Be sure to reinstall the CO2 cartridge before putting it back into service!

Check out our Program Partner BoatUS Foundation: <https://boat.us.org/> for a video on how to inspect and how to service your Inflatable Life Jacket after use!

The Coast Guard Auxiliary is the uniformed civilian component of the U.S. Coast Guard and supports the Coast Guard in nearly all mission areas. The Auxiliary was created by Congress in 1939. For more information, please visit www.cgaux.org



Barrett “Barry” Kean

January 5, 1944 - March 7, 2024

Barry Kean passed away peacefully at his home in Rotonda West on March 7th, 2024. Barry was born in Richmond, Virginia in 1944, and was a graduate of St. Christopher’s School in Richmond, VA, the University of Virginia, and the University of Virginia School of Law.

Barry worked as an attorney for the United States Airforce in the offices of General Counsel, in the pentagon, for 37 years. In addition, he also retired from the Airforce Reserve in which he was a Judge Advocate before retiring to Heathsville, Virginia, and then to Rotonda West.

After moving to Rotonda West, Barry became involved in community activities. He was a long-time member of Rotonda’s Fiesta Club, a writer for West Ways newsletter for many years, a member of Neighborhood Watch, and served on many RWA committees.

He leaves behind his wife Kathy, his children, Christopher, Wendy, Heather and Julia, and his grandchildren, Kaitlin, William, Matheson, Anna, Sally, Hurley, and Jack.

He will be missed by his family, friends, and neighbors.

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Administrator

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Pablo Guardiola**
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WONDERFUL STAFF**

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