

CAMBRIDGE AT HERITAGE RIDGE SOUTH



OFFICIAL PUBLICATION OF HERITAGE RIDGE SOUTH PROPERTY OWNERS ASSOCIATION

SEPTEMBER 2018

TOXIC ALGAE – A DANGEROUS THREAT



300 lb. Dead grouper found off the Florida west coast

Harmful algae blooms along Florida's coasts are sending people to emergency rooms and killing marine wildlife by the scores.

The algal blooms are more than just an ugly nuisance. Numerous people have been treated at area hospitals after making contact with water teeming with blue-green algae from the St. Lucie River near Palm City on Florida's east coast, tcpalm.com reports. The bloom has triggered respiratory responses in vulnerable people.

Tony Hurt, a National Weather Service meteorologist in Ruskin, noted that respiratory symptoms could linger even after people return home from visiting the beach. These can include coughing, an itchy throat, watery eyes and difficulty breathing.

The blue-green algae is composed of cyanobacteria, which produce microcystins. Water contaminated with microcystins has the potential to cause vomiting and even kidney and liver damage. Researchers like Dr. James Metcalf of the Brain

Chemistry Labs also believe the algal blooms contain BMAA (beta-Methylamino-L-alanine), which may lead to degenerative neurological diseases like ALS, Alzheimer's, and Parkinson's.

The cause of the algal blooms has long been up for debate. Most experts point to a number of contributing factors, including construction that has stanchied the natural southward flow of the Everglades. Another widely recognized culprit is agricultural runoff. Phosphorus and nitrogen from agricultural products, when introduced to the water supply, essentially fertilize the cyanobacterial blooms. Combined with an influx of fresh water from Lake Okeechobee, algal blooms have been thriving in previously brackish estuaries where they couldn't have grown before.

Algal blooms have increasingly threatened much of South Florida. As recently as early July, a putrid mat of toxic algae covered up to 90 percent of Lake Okeechobee's 730 square miles. In response, Governor Rick Scott declared a state of emergency for Palm Beach, Martin, St. Lucie, Glades, Hendry, Lee and Okeechobee counties to address blooms he blamed on water discharges controlled by the Army Corps of Engineers. He called on the corps to discharge contaminated water from locks down the St. Lucie and Caloosahatchee Rivers. But this "solution" doesn't solve the problem. It just relocates it.

The U.S. Environmental Protection Agency notes the harmful blooms are sometimes referred to as red tides. "But this can be misleading since they can be different colors," the agency notes. The worst blooms float on top of the water like a bright-green carpet.

The worst red tide in more than a decade has killed marine life, including a number of sea turtles, on Southwest Florida beaches. According to the Fort Myers News-Press, scores of sea turtles have been collected in Lee and Collier counties

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C-BREEZE DEADLINE IS ASAP

I start work on the next C-Breeze as soon as the preceding month is submitted. All material is subject to editing for content, grammar and spelling. I will not pick up info at the Clubhouse. Please email your info to libbyjensen11@gmail.com. Thank you.

Info here is from sources considered reliable. Accuracy cannot be guaranteed. All humorous stories and jokes are intended for entertainment purposes only. Ads appearing in this paper are not to be considered as an endorsement or validation by the C-Breeze.

PRESIDENT'S CORNER

I hope everyone has enjoyed the warm months of summer.

Prior to the November Board of Directors meeting, the board will need at least (3) three volunteers for a committee that will have the responsibility of recruiting and interviewing any member who desires to serve as a Director. If you are interested on being on the committee, please contact our secretary, Judy Ricker.

Presently there will be (4) three Board of Directors positions up for election in January, 2019. They are: Secretary, Treasurer, Grounds Director and Clubhouse Director.



Just a reminder for anyone who is renting out their home. At the time of your interview with the Board of Directors, prior to your buying, you were given a packet with the Covenants, By-Laws and Rules and Regulations of Cambridge at Heritage Ridge South Property Owners Association. The Rules and Regulations are also printed in the back of the Cambridge Telephone Directory.

According to the rules and regulations, Owners must notify the Association in writing that their house will be rented. We do have Renter/Tenant forms that must be completed and submitted by the renter/tenant and approved by the Association. This rule and regulation is being overlooked by many homeowners who are renting out their home.

If you are going to rent out your home, please notify the Board, and have your renter/tenant come to the office to fill out the proper paperwork. Failure to comply could result in suspension of the use of common areas and facilities, and/or fines of \$100.00 per violation or per day for a continuing violation up to a maximum of fifty (50) days. Please see section IX. **Compliance and Default** in the Amended and Restated By-Laws of HRSPOA.

ENTERTAINMENT

DIRECTOR'S REPORT

There are no scheduled Cambridge events in September aside from the impromptu Labor Day picnic. Bring a dish and join the fun. Labor Day in the Clubhouse at noon for eats.

Our extraordinary kitchen crew will be preparing breakfast the first Sunday of the month beginning October 7th.

Dinner dances will resume October 20th with music by Roger and Jennifer. Last season they were a huge success. Judy Ricker will present her well-regarded version of pork chops.

If you would like to take over as chef for one month's dinner, let me know. I am sure there are more great cooks in Cambridge. Lots of help will be there at your side.

The Office will re-open for regular hours on September 4. Office hours are 9-10 Monday through Friday.



Many thanks to Bruno Bucco and Ken Rice for their hard work in building the area for the smokers off the pool area.

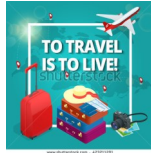
NOTARY: Free notarization of documents is available by Jim Ricker. Please call 772-546-4640

MONTHLY BOARD OF DIRECTORS' MEETING
Wednesday, September 19
7:00 p.m. at the Clubhouse

All are welcome to attend to find out what is happening in our community.

What's Happening

Community Events



TRAVEL CLUB

Hello all my travel buddies!

We have a pretty good line up for the Fall and a few shows scheduled for 2019. I will list a few; please let me know if you are interested in any. The shows require a 50% deposit some-time in September.

- Sept 17** Lunch and tour at Hutchinson Shores on Hutchinson Island. *No bus, so we will set up car pools from the area. Approximate cost is \$35pp*
- Oct. 13** Summer Crush Winery Tour in Fort Pierce with lunch at a the American Icon Brewery, Vero Beach. Approximate cost since we will have bus transportation will be \$50-\$60pp
- Nov. 12-15** Key West OCEAN EDGE RESORT **deposit \$100pp final payment due 10/1018
- Nov 25-26** St. Augustine tour and Night of Lights, no price yet, ***specifics to follow
- Dec 9-12** Savannah *** I'll be sending a flyer
- Dec 17** Jungle Queen Cruise ***no price yet

LOOKING AHEAD:

- Jan 13-16 Key West
Feb 10-12 Eden Roc. ALL INCLUSIVE RESORT with tour of South Beach.

SHOWS:

- Jan 12 "On Your Feet" at the Kravis Center, guaranteed Orchestra seats \$139pp includes bus, lunch and show. We haven't finalized our lunch place yet.
March 9 "Waitress" same as above \$139pp

AND WE'RE JUST GETTING STARTED!

P.S. Our Cambridge Meetings will start on Sept. 6th at 2PM
Happy Traveling, Marty Scheuermann 772-546-9037

BLOOD PRESSURE CLINIC

The blood pressure clinic will begin on Wed. October 3rd from 10 to 11:30 am. in the clubhouse. We can always use more nurses to help fill in the schedule. If you would like to volunteer please call Sheila Chippari at 546-8982.



SUNSHINE CLUB

Please call Maureen Dalton at 772-546-5757 when you know of a friend or neighbor who is hospitalized or very ill at home so a card can be sent. Our thoughtfulness may help cheer them during their illness.

Hospitalization

Judy Ricker
Condolences
Gordon Savill
Amos Wintle



LUNCH BUNCH

On Tuesday, September 11th, we will be going to The Berry Fresh Cafe at 1429 SE Federal Hwy, Stuart. Lunch is at 11:30. For reservations, please call with your name and the names of the people in your party to Alice Pecoraro (772) 245-8728 or Gail Steinhice (772) 932-7339 by Sun., September 9.



BRIDGE CLUB

The Cambridge Bridge Club meets Mondays at 1pm. For more info contact Marj Drew at 546-6023 or Maureen Dalton at 546-5757.



SHUFFLEBOARD

This year's Shuffleboard season starts October 31. Practice is every Monday and Tuesday at 10:30am on the courts at the Clubhouse. It's fun! Come out and practice with us - give it a try - if you enjoy it, join the team. New members needed.

LINE DANCING

Thursdays at the Clubhouse
6:00 to 6:30 - absolute beginners
6:30 to 8:00 - easy intermediate
8:00 to 8:30 - harder intermediate
8:30 to 9:45 - couples

Cost is \$5.00/per person. Bring comfortable shoes and your own drinks/snacks. Come on out and have some fun! Questions? Call Nancy B. at 978-335-5485



Algae Threat cont'd

over the recent past. During one recent weekend, nearly 4,000 dead fish were counted on Sanibel area beaches and parks, the News-Press reported.

The Lake Worth Lagoon runs parallel to the Atlantic coast of Palm Beach County, Florida, east of where Lake Okeechobee sits in the center of the state. As part of the intracoastal waterway, the Lake Worth Lagoon is home to endangered Florida manatees, many species of wading and song birds, juvenile sea turtles, oyster beds, and more.

So far this year, the lagoon has been spared from the kind of substantial toxic algae events seen there in the past. The cyanobacterial contamination currently present in the lagoon is nothing compared to the matted-green muck on the Caloosahatchee River to the west of Lake Okeechobee, or in Stuart, north of Lake Worth.

According to the FWC, respiratory issues in humans and fish kills can begin when red tide counts reach 10,000 cells per liter. Rick Bartleson, a water quality expert for the Sanibel-Captiva Conservation Foundation, told the newspaper he collected samples that exceeded 20 million cells per liter.

Typically, red tide season last from October to February, but this bloom has lingered along the coast for more than 10 months and doesn't appear to be letting up. Experts say that even if the winds push the algae away from the shore, marine wildlife will continue to die.

"We might not see as many dead sea turtles and fish on the beach but they will still be out there," Maura Kraus, a sea turtle expert for Collier County, told the News-Press. "The waves just aren't going to be bringing them in because of the (offshore) wind."

RELATED VIDEOS

Toxic Algae is Killing Florida's Sea Life

<https://www.cnn.com/videos/us/2018/08/09/toxic-algae-is-killing-floridas-sea-life-bill-weir-orig.cnn>

Toxic algae blooms threaten the east coast of Florida

<https://www.youtube.com/watch?v=-breJ8UnxvA>

Red tide, Toxic Algae Spark Health Warnings

<https://abcnews.go.com/GMA/News/video/red-tide-toxic-algae-florida-sparks-health-warnings-57077456>



ALGAE AND POLITICS

excerpt from <https://www.sierraclub.org/sierra/waterkeepers-fight-save-florida-toxic-algae>

"Twenty-two states in the country have what's called an 'action plan,'" says Reinaldo Diaz, the Lake Worth Waterkeeper, lamenting Florida's lack of organization when it comes to combating toxic algal blooms. "That's the goal of the task force, to create an action plan that will address the problem in terms of what research needs to be done. [The task force] will basically get everyone on the same page so that we can all work together to solve the issue." Getting politicians, locals, and business interests to cooperate is a larger hurdle than any of the cleanup or engineering itself, according to Diaz.

He has been reaching out to politicians, hoping that he can educate politicians on both sides of the aisle about the water management problems plaguing Florida. If the people in charge understand what's going on, and why safe water isn't a partisan political issue, they will be more likely to push for solutions that will benefit not just the state's environment, but also its tourism-centric economy as well.

In 2017, the Florida State Senate passed SB10, a momentous step toward relieving South Florida's water management woes. SB10 authorizes the South Florida Water Management District to buy back land in the Everglades Agricultural Area south of Lake Okeechobee. On this land, the state will be able to build a reservoir, giving the water from overflowing Lake Okeechobee somewhere else to go other than down the St. Lucie and Caloosahatchee Rivers. But halfway through 2018, plans are still stalled.

Despite such recent measures, the waterkeeper's fight isn't over. Every solution has to keep in mind the lives and livelihoods of all the people in South Florida, whether they live in cities like Miami or the rural communities south of Lake Okeechobee.

"There are a lot of stakeholders involved," Diaz says. "What we're trying to do is figure out how to emulate this connection that the lake used to have with the Everglades while still protecting communities in between."

September 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water Aerobics Monday- Friday 9 a.m. to 10 a.m.						1
2	3 BRIDGE 1-4 p.m. Labor Day	4 OFFICE REOPENS	5	6 LINE DANCING 6:00 Travel Club 2 pm ART CLUB 9 am	7	8
9	10 BRIDGE 1- 4 p.m.	11 LUNCH BUNCH 11:30	12	13 LINE DANCING 6:00 ART CLUB 9 am	14	15
16	17 BRIDGE 1- 4 p.m.	18	19 BOARD MTG 7 PM	20 LINE DANCING 6:00 ART CLUB 9 am	21	22
23	24 BRIDGE 1- 4 p.m.	25	26	27 LINE DANCING 6:00 ART CLUB 9 am	28	29
30				Line Dancing: 6-6:30 – absolute beginners 6:30-8:00 – easy intermediate 8-8:30 – harder	Intermediate 8:30-9:45 - couples	



MARTIN COUNTY SPECIAL NEEDS PROGRAM

Friends: This C-Breeze is only being distributed by email and many of our senior residents do not own/use a computer. Copies of this will be made available in the clubhouse. Please help to make sure our senior residents get a copy of this. Thanks.

This program provides assistance to eligible Martin County residents when an evacuation has been ordered.

Who is eligible? Martin county residents who reside in an ordered evacuation zone, recommended evacuation area, or unsafe residence and will require limited medical oversight, and/or those requiring transportation to and from a designated emergency shelter during an evacuation.

Due to the limited resources and space, the Special Needs Shelter is restricted in the level and type of care that can be administered. We can assist with mobility, oxygen, routine medication administration, and routine health monitoring.

Residents must pre-register for this program. For more details on this program and to view other Emergency Information, go to www.martin.fl.us and select the Government tab, then Departments, then Fire Rescue.

How to Register

- You can register online:
 1. Go to www.martin.fl.us
 2. At the list across the top select: Services
 3. Select: Seniors/Vets/Special Needs
 4. Followed by: Shelter, Evacuation & Transportation
- You can contact the Emergency Management Agency Special Needs Coordinator at (772) 287-1652 Ext 1
- You can pick up forms in person at 800 SE Monterey Rd., 2nd fl., Stuart, or any library branch.
- Home Health Agencies must register clients upon intake. You should discuss this with your provider.

Don't forget! Registration must be renewed each year. A reminder will be sent on your birthday, but can be updated any time during the year.

**The Special Needs Medical Shelter is located at:
Anderson Middle School
7000 Atlantic Ridge Dr., Stuart, FL
(2 miles west of US1 off Cove Rd.)**

What Should I Carry to a Special Needs Medical Shelter (*this is a good list if you need to evacuate at all*):

Do bring:

- ◆ Important documents in plastic bags
- ◆ I.D. with current addresses
- ◆ A list of your current medications and at least a 7 day supply of the medication with their original labeled bottles.
- ◆ Medical equipment (O2, nebulizers, canes, walkers, wheelchairs)
- ◆ Diabetes equipment
- ◆ Electronic equipment (flashlights, radios, extra batteries, cell phone and charger)
- ◆ Personal care items (clothing, soap, toothpaste, comb and brush, towels and washcloths)
- ◆ Sleeping/Lounging Equipment (sleeping bag, folding lawn chair, pillow, blanket, sheets). A limited number of cots are provided with priority for the primary registrant.
- ◆ Personal equipment (dentures/case, eyeglasses/case, hearing aids/batteries/case).
- ◆ Entertainment items (magazines, cards, games, books, earphones).

Do Not Bring:

- ◆ Pets
- ◆ Firearms/weapons
- ◆ Alcoholic Beverages

Please remember...

Using a shelter is a last resort choice. Every effort is made to provide a safe space for your protection during an evacuation, but your personal preparation is really the key to the success of your experience. Shelters can become full very quickly, not leaving much room for personal space. The cots can be uncomfortable and difficult to get out of. Please take a moment to consider this before registering.

Additional Resources and Links

- ◆ American Red Cross: www.Redcross.org
- ◆ National Weather Service: www.weather.gov
- ◆ FEMA Disaster Survival Assistance: www.Fema.gov/disaster-survivor-assistance
- ◆ Florida Disaster: www.floridadisaster.org
- ◆ Senior website: <http://safeandwell.communityos.org/cms/>

Public Radio Broadcasts: tune in to WQCS 88.9FM and WSTU 1450AM at 9:00am, 1:00pm, and 6:30pm for local government briefings and conferences.



September Birthdays
Happy birthday to you!



MOVING? - COMCAST INFO

If you are moving from your current home in Cambridge, all Comcast equipment must be brought back to the office on Britt Rd. in Stuart. All equipment assigned to each residents' home is in the homeowners name and Comcast has to cancel the account. The new owner of the property will have to go to Britt Rd to pick up their new equipment, which will then be in the new owner's name. There is no charge to the new homeowner because it falls under the new contract agreement.

SOME HUMOR

A wife was making a breakfast of fried eggs for her husband. Suddenly, her husband burst into the kitchen. 'Careful,' he said, 'CAREFUL! Put in some more butter! Oh my gosh! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh my gosh! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful. CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!'

The wife stared at him. 'What in the world is wrong with you? You think I don't know how to fry a couple of eggs?' The husband calmly replied, 'I just wanted to show you what it feels like when I'm driving.'



We've had lots of new homeowners join us over the summer. Welcome all!

I tried to reach out to everyone, but not everyone called me back and I ran out of time to call a few of the newcomers. I do apologize - I've run out of room and can't fit everyone in this month.

If I missed you and you would like a more friendly intro, please get in touch with me and I will include your info next month. This just gives us an opportunity to get to know you a little bit better - and it could help you make friends faster.

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CAMBRIDGE RESIDENT

Greg and Liz Katapodis, 7019 SE Congress, moved here because they already knew people who lived here. Greg and Liz are from Hanover, MA. They like to golf, cook and keep busy. Greg recently retired and Liz is a hairdresser.

Burnham, Christopher and Pamela, 8021 SE Homestead, have friends in Hobe Sound. They are from the Westerly, Rhode Island area. Pam is an avid quilter, Chris is an avid sailor. Their cocker spaniel Hunter will join them.

Deborah Keating, 7907 Continental, lived in Jupiter for 13 years, and found us by riding around looking for a cute, affordable neighborhood. Deborah is from the Port Jefferson area of Long Island. She still works full time, lives with her brother, likes to bowl, the beach and the Clubhouse. She likes to be active.

David & Teresa English, 7991 Shenandoah, owned in Palm City for 30 years, and have a daughter who lives in Jensen Beach. David worked at the nuclear plant in Hutchinson Island. They looked all over before finding Cambridge. David is from Kentucky, Theresa is a native Floridian. They like to play cards, camp, play with old cars and trucks.

Marilyn and Richard Stewart, 7790 Shenandoah, couldn't take the New York City winters any longer. They like the VFW, the beach and pool, and Western cowboy films.

Phillip Cavezza, 8081 Shenandoah, has been in the Miami area since 1954, but is originally from Tennessee. He likes salt water fishing, hunting, bowling and pinochle.

Donald Blaney, 7967 Continental, is retired. He was looking around and came here because he knew a few of the residents. He was born in Iowa and lived in southeast Wisconsin. He's a techie, likes home repair projects and fixing things.

Charles Corkum 7983 Saratoga
 Carter, Bruce and Johanna; 7884 SE Saratoga
 Link, William and JoAnn (Dugan); 7931 SE Homestead
 Ryver Alexander 7555 SE Independence
 Earl Baker 7837 Continental
 Marianne Keefe 6925 Amendment
 Robert/Darlene/Rochelle Powers 7954 Saratoga
 Robin Rodriguez 8131 Homestead
 Robert Hughes 7981 Shenandoah
 Dorothy Enright 7765 Independence
 Theodore & Debra Torge 7936 Independence
 Mike Seeman 7870 Shenandoah
 Alice Pecoraro 7561 Shenandoah
 Alexander and Laurie Lucido 7833 Saratoga
 Patrick and Arlene McMahon 7700 Shenandoah
 Gregory and Laraine Uzzolino 7670 Shenandoah
 Leslie Ginocchio - 7795 SE Independence

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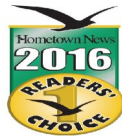


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