

AROUND THE SQUARE

Following the latest news and views from Serenoa

SPRING, 2024

VOLUME 3.1

SERENOA CATCHES SPRING FEVER! A NEW SEASON. A NEW HOA BOARD.



Spring fever is real. Many people experience increased restlessness, maybe have trouble sleeping and lack energy as the days grow longer – particularly after the Spring equinox. Some people will have increased anxiety as well.

Spring fever is a real psychological and physiological change to the lengthening of the days. For some it means a desire to organize their lives, eat better, exercise more. For others it increases discontentment, isolation, depression, and anxiety. People who suffer from seasonal affective disorder may notice it worsening in the earlier part of the Spring. Some liken it to what a seed must feel in the ground after a winter of dormancy. It swells, the skin tightens and starts to stretch toward the light. But in the Pacific Northwest, when the Spring is often accompanied by grey skies and rainstorms, it can be particularly challenging.

Recognizing that it is a real phenomenon can help a person cope with these feel-

ings. Getting outside more and exercising can help with the discomfort. Cleaning out clutter, turning off the computer, opening the blinds can also help.

Many people find that Mood Lights will help. These lights, when shone directly into the eyes, stimulate the pineal gland which will regulate melatonin – a hormone associated with sleep cycles and biological rhythms. This can bolster energy and feelings of wellbeing. Experts agree that hormones can help in about 80% of people with depression during the Winter and Spring. It usually takes about 2

weeks to notice a change. Vitamin D3 can also be helpful.

Think of it as nature's drive to get you out of hibernation and into the light. Clean out the old den, do a Spring cleanse, or at least take a walk. Vero experienced a long, cool, gray Winter this year. It's time to get outside and walk—even as our rainy season approaches.

And remember – the rain is a harbinger of warmer, brighter days ahead.



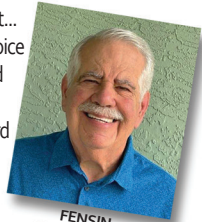
The ballots have been cast... and counted. Serenoa's voice has been heard... loud and clear. At the recent HOA Annual Meeting, the Board of Directors announced, seated, and welcomed three newly-elected members—prepared for a new term—and a full business agenda moving forward.

The community is grateful to all the candidates, and commends their civic responsibility, and courteous diplomacy during the run up to the election.

The HOA proudly presented its newly-elected Board Members—Ken Fensin, VP, Janice Shepard, Secretary, and Gerry Smilen, Director at Large. Returning member, Dawn Hamilton, will continue her role as Board Treasurer.

However, Warren Miller, who was elevated to the position of President has decided to step down. The Board hopes to appoint a community resident to fulfill the remainder of Warren's term at the next Board meeting. Serenoa thanks him for his three years of stellar service.

The Board immediately hit the ground running with a jam-packed agenda. Check out the Board's "To-Do" list on page four.



FENSIN



SHEPARD



HAMILTON



SMILLEN

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HOW AN AGE OLD RITE OF SPRING BECAME AN ANNUAL URGE TO REACH FOR A SPONGE AND A MOP.



The instinctive impulse to turn your house inside out every April has a long and storied history.

Here's something to ponder while you're dusting and spritzing and wiping down every surface of your home this spring: you're participating in an age-old tradition that's rooted in religious and cultural traditions, and possibly linked to our biology.

Just think of all those who came before you, scrubbing and mopping without the aid of technology, such as this 1864 housewife, who wrote in her diary:

"Swept and dusted sitting-room & kitchen 350 times. Filled lamps 362 times. Swept and dusted chamber & stairs 40 times."

During the 1800s, according to the Washington Post, the biggest annual housecleaning took place in the spring because the winter left homes coated with "a layer of soot and grime in every room." Lamps of the time were lit with whale oil or kerosene, which had to be heated with coal or wood, so you can just imagine that mess. Proper cleaning required opening windows to let the soot out, which, of course, could only be done during warmer weather.

Religious and cultural origins

In Jewish custom, spring cleaning is linked to Passover in March or April, which marks the liberation of Jews from slavery in Egypt. Before the start of the holiday, a general cleaning takes place in order to remove any yeast bread, or chametz, from the home.



When you ask Serenoa residents for a whole-house cleaning source, most will point to A-Plus—for windows, pavers, gutters and external rust removal. Dave is fastidious, friendly, fast and fair. Estimates upon request.

In Christian custom, the Catholics clean the church altar the day before Good Friday, also normally in March or April, according to Apartment Therapy. Members of the Greek Orthodox church clean house for a week leading up to Lent.

In Iran, the holiday Nowruz, or Persian New Year, coincides with the first day of spring. The 13-day celebration traditionally involves cleaning (or "shaking the house"), buying new clothes, and spending time with family and friends.

Human nature

We may not full-on hibernate like bears, but winter makes humans sleeper and sluggish, too. As "How Stuff Works" explains, fewer hours of daylight trigger the release melatonin in our brains, aka hormone that causes sleepiness. We literally don't have the energy to deep clean during colder months. But once the days start getting longer, we're energized by more sunlight and melatonin production subsides. Not to mention all that sunlight streaming through the windows probably makes the dust we'd forgotten about highly visible.

Well, at least we don't have to scrub coal soot off the walls anymore.

Signs of the season are all around us.

- Florida's spring break visitors come in both native and exotic types.
- Oak pollen on your car. Zyrtec on your kitchen counter.
- Swallow-tailed kites from South America soaring above the cypress hoping to snatch dragonflies from midair. Bald eagle chicks screaming from nests near every lake, bay and bayou. At Audubon's Corkscrew Swamp Sanctuary, ravenous wood stork chicks by the thousands waiting impatiently for parent birds to return with minnows.
- Azaleas and Orange blossoms bloom, as leatherback turtles choose the perfect beachfront nesting sites.
- Swallow-tailed butterflies flitting acrobatically through your back yard. Tiny, voracious black-and-yellow lubber grasshoppers emerge. Parula warblers in the thickets. Chuck-will's-widows calling forlornly outside open windows in the wee hours, eyes glowing in your flashlight's beam.
- Carolina jessamine. Redbud trees firing up. Walter's viburnum along the Suncoast Parkway snowing cream-white petals.
- Male alligators on the move, looking for girlfriends, ready to fight and to bellow, telling us something about where we live.

In Florida, it's spring.



GOING GREEN at the TWISTED LIME



ROMEO... Serenoa's Lunch Bunch... celebrates an early St. Patrick's Day at the Twisted Lime.

The Twisted Lime Restaurant & Bar is the newest addition to owner Gary Sofen's portfolio of restaurants, two of which you may be familiar—2nd Street Bistro, and Island Beach Bar & Restaurant, both located in Ft. Pierce. The Twisted Lime sits at the north end of South Vero Square at the site formally occupied by Arturo's American Grill. Its unique flair, highlighted by the bright and beautiful murals throughout, boasts a fusion of Latin and Southern dishes—while also offering up a hearty list of cocktail and spirit options. The wine and beer drinkers are, of course, taken care of as well as those with a taste for the more exotic. You may opt for either indoor, or outside patio bar, seating, and there's even a dedicated space large enough to also have a separate tasting room.

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VERO'S SPRINGTIME ENTERTAINMENT OPTIONS AROUND... FROM THE LAND, THE SEA, AND THE AIR!



AT THE PINNACLE OF AIR SHOW PRESENTATIONS... & CLIMBING!

The Vero Beach Air Show is back, featuring a Friday Night Show on May 3rd at 6 pm and spectacular performances on May 4th and 5th from 9 am - 4 pm, including a thrilling finale by the U.S. Navy Blue Angels. Enjoy a weekend of family fun with a kid's zone and other exciting experiences. Tickets are exclusively available online, so stay updated on the latest information. For more information—veroairshow.com

A TASTE OF THE SEA... IN YOUR OWN BACKYARD!

Get ready for a spectacular weekend at the Treasure Coast Seafood Festival, right in the heart of Vero Beach! Join us for a celebration of flavors, fun, and community spirit—an incredible lineup of seafood vendors showcasing their best catches and tastiest recipes. Wander through vibrant arts and crafts booths for unique finds and handmade treasures. And for our young adventurers... the "kids' zone" is packed with rides and thrills that promise endless fun!

Immerse yourself in the beauty of the Indian River Fairgrounds, surrounded by lush scenery - the perfect backdrop for a feast of seafood, live music, and entertainment. CHILL OUT—and groove to the beats of a Jimmy Buffett Tribute Band on Sunday, and catch local bands setting the vibe on Saturday.

May 4-5, 2024 / 9AM TO 5PM
INDIAN RIVER FAIRGROUNDS

Admission \$10 / Children 12 & Under Free



VERO'S ALL-AMERICAN FLAVOR FEST!

Gear up for Independence Day at the ultimate food and drink experience—**Burgers & Brews 2024!** Join us for a day of excitement, flavor and fun, under the Oaks at Riverside Park, presented by United Against Poverty. Experience the festival vibes, live music, and family-friendly atmosphere without any cost! Enjoy the event and soak in the lively ambiance with your friends and family. Pick up your "Slider Tasting" Punch Card: \$25 in advance - \$30 at the event!

Sat Jun 29 2024 at 11am to 4pm— Riverside Park

DON'T JUST SIT THERE. GET ON YOUR FEET!

Based on the lives and music of 26-time Grammy Award-winning husband-and-wife team, Emilio and Gloria Estefan, *On Your Feet!* is a high-energy celebration of the songs that got the world dancing to the rhythm. From humble beginnings in Cuba and exile in Miami, Emilio and Gloria's passion for music helped them overcome overwhelming odds and personal tragedies. With an estimated 100 million albums sold worldwide, Gloria Estefan is among the most successful crossover artists ever and *On Your Feet!* showcases over 20 of her biggest hits including: "Conga," "1-2-3," "Anything for You," and "Get on Your Feet".
Music & Lyrics by Emilio & Gloria Estefan
Book by Alexander Dinelaris



TWO SEATS ON THE AISLE. EAT, DRINK AND DELIGHT!

The curtain rises on the 2024 edition of the Vero Beach Film Festival from April 11, 2024 through April 14, 2024.

This yearly event celebrates independent filmmaking and enriches our community, both culturally and economically. We love film because it introduces us to new places, touches our hearts, and can help us to find solutions in these challenging times.

We have hosted hundreds of filmmakers from around the globe and screened hundreds of films, from comedies and dramas to documentaries and shorts. During the festival Vero offers red carpet screenings, fabulous parties and filmmaker events that support both the independent, and student, filmmaker. Best of all, the festival gives back to Vero Beach—with free community screenings and thousands of dollars in donations to local charities. For more information, visit vbfilmfest.org

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HOW TO SPEND A LIFETIME

The average life expectancy in the U.S. is about 78 years. Here's a look at how much time the average person spends doing certain activities in that span of time.



SERENOANS ANSWERED THE BELL IN DROVES FOR THE RECENT CRP TRAINING CLASS!

As a conscientious group of Serenoa neighbors discovered on February 27th, learning how to properly perform CPR only takes just a few short hours—but it can change a life forever. Gayle, our certified instructor, entertained and educated the class for nearly two hours detailing the proper technique of CPR with hands-on, one-to-one, instruction. She also demonstrated the Heimlich Maneuver procedure, and the proper use of a defibrillator. This was a fascinating, and an invaluable, education for all who attended, and may one day make a life altering difference in an emergency situation. A special thanks to Cindy Fensin who arranged and organized this important CPR training session.



WHY LEARN CPR?

CPR, or cardiopulmonary resuscitation, can help save a life during cardiac arrest—when the heart stops beating or beats ineffectively when circulating blood to the brain and other vital organs.

- An emergency can happen when you least expect it.
- Every second counts. Prompt action can significantly improve someone's chance of surviving when bystanders take prompt action.
- CPR also prevents brain death.
- Anyone can learn it in a few hours.
- You'll have the confidence to act when needed.

A new season. A new "To-Do" List for the Serenoa Board.

- ❑ Future Board meetings will be the 2nd Thursday of every month, and meeting notice must be posted 48 hours in advance of the date of the meeting. Board agendas will now be posted on the front and rear Clubhouse doors.
- ❑ Ken Fensin has safely sprayed the weeds growing on the pool pavers.
- ❑ The Clubhouse microwave no longer worked properly so it has been removed.
- ❑ Serenoa's CCRs partially state, "All animals must be kept on a leash or restrained when they are outside the living unit and must not become a nuisance to other members or residents." Several recent incidents have been reported of dogs frightening residents as they were walking on common areas. This is a fineable offense.
- ❑ The Board has approved re-establishing most community committees, and has appointed corresponding volunteers. A list was e-mailed on March 8.
- ❑ Board has purchased an AED (Automated External Defibrillator) Device to be placed at the clubhouse. Easy to use when someone is experiencing cardiac arrest.
- ❑ Recently, GHO came in to assess the pond work site and determined that the water table has not yet reached a low enough level to commence the project. Surveyors

will soon be present on-site to begin staking out the project area. Once the required level has been reached, the project will take approximately 30 days to complete.

- ❑ The Board will be contacting landscape designers regarding estimates and replacement of the diseased palm trees along the entrance to the community.
- ❑ The Board is obtaining quotes to repair the current Clubhouse drainage system which is causing building-wide leak damage.
- ❑ The internet carrier at the Clubhouse has been changed from Comcast to AT&T for a savings of approximately \$70.00 per month. New wifi information: Log on to Serenoa 2024 / Password is 200@Serenoa.
- ❑ A 9x12 area rug has been purchased to aid with poor acoustics in the Clubhouse.
- ❑ Kitchen Painting is scheduled for the beginning of April, 2024.
- ❑ We are looking for a volunteer to maintain the front exterior plants at the Clubhouse (a type of palm tree). Please call Janice Shepard at 631.848.3357.

We wish you, and your families, a Happy Easter, Passover & Mother's Day.

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