



FROM PRESIDENT BOYER'S DESK

My suggested New Year's Resolution:

How about adopting a low-fat, whole plant-based diet? Maybe you have heard about it and wonder how it is possible to live without eating animal products. Well millions of people are doing it every day. It is one of the oldest known ways to achieve good health. For the last 6 years I have been only eating plant based foods and have seen my health drastically improve. I discovered that what you eat, determines almost 95% of the kind of health you will experience. Our bodies are remarkably made to resist disease and heal themselves if you give them the right nutrition. Plant-based foods have been proven to reverse and help avoid chronic diseases such as heart disease, cancer, type 2 diabetes, dementia, high blood pressure, obesity, high cholesterol, diverticulosis, and much more. No matter what age you are and no matter your present health condition, you can benefit from the proven nutritional habits of starting a plant-based diet. There are countless books, videos, websites, podcasts available showing how a plant-based diet will improve your health. Unfortunately, there's also a lot of conflicting and inaccurate diet information and advertising out there which has not been scientifically proven. On the last page of this newsletter I include some of my favorite books, videos and other resource information you can use to learn more about the benefit of plant-based diets. If needed, I can help you begin this healthy nutritional lifestyle. I am just an email or phone call away. I'll share what I know and how it might apply to your situation. I am happy to help. This is a **100% volunteer effort** to help my neighbors. I ask for nothing in return. I only want to share what has worked for me and help others find solutions to reverse or prevent chronic health problems.

The purpose of this newsletter is solely to provide information for residents of Casa del Lago. Schoo Association Management, Inc. and the Deer Lake HOA Board cannot be held responsible for its accuracy. Any misrepresentation is purely accidental and will be corrected.

Casa del Lago Community News:

Homeowner's Annual HOA Meeting, Jan. 27th PLEASE VOTE, VOTE, VOTE!

Mail in your ballot & proxy

Our meeting will **NOT** be held in person. Instead, we will conduct a ZOOM meeting using the internet. Homeowners will be sent reminder Zoom link information to easily connect to the meeting that starts at 7PM. Because we do not meet in person, you will not be able to bring your ballot or proxy to the meeting. Our Association must have a quorum of homeowners returning their proxies in order to conduct this year's Annual meeting. Every homeowner was mailed a letter that included a ballot, proxy, agendas, next year's budgets plus a self-addressed envelope to use to return your voting instructions to Schoo Management prior to the meeting. If you have lost the letter and ballot, please let me know by email or phone ASAP! **Please return your proxy by mail to Schoo Association Management so we can get a quorum!**

2021 Quarterly HOA Assessment New Amounts

At the December 2nd Board Meeting, your Board Members approved the new Deer Lake HOA Budget for 2021. Draft Minutes of the meeting are posted on our community website for your review. The approved Budget is posted on our website and was sent to all homeowners in December. **First quarter assessments are due Jan. 1, 2021**, and will be considered late if paid after January 10th. Coupon books have been mailed to any homeowners not presently enrolled in the auto-debit program. If you have any Assessment questions, please contact Schoo Management, Inc. at 239-362-3091 ASAP.

Homeowner Maintenance Responsibilities

Our Association documents (see section 6.1 of the HOA Declarations) spell out the maintenance, repair and replacement requirements of homeowners regarding the general appearance of their own home. Now is the time

for you to take a look at your home's exterior. We are seeing multiple homes with unattractive mold growth and rust stains showing up on the exterior walls. Our Association has an obligation to notify homeowners when walls or roof mold, rust problems, or wall repainting issues need to be addressed. This is the dry season and ideal for home exterior repairs and wall clean up. If necessary, the Association has the right to require homeowners to remedy such violations. (section 6.4 of Declarations)

Are You Considering Replacing Your Roof Tiles?

Remember, replacement requires ARB Approval

Before you begin replacing your roof tiles, follow all ARB Rules! A submission of an ARB request form, documentation and getting written approval is required! PER OUR RULES, Color chosen and Shape of roof tiles must be approved by the Homeowner Association ARB in writing before you begin. Color and shape must be consistent with the type of roof tile your builder originally installed on your home. All questions regarding the Roof Tile Replacement should be directed to Charlie Kelly, the chairman of our HOA Architectural Review Board. ARB Rules and Regulations can be found on our community website www.mycasadellago.com

HOA Financial Results – Nov. 2020

November Year-to-Date Revenue was \$574,137 and Expenses were \$563,365. As a result, our Association through November is slightly ahead of Budget by \$10,772. With one month to go, we expect to stay within Budget for the year. Results for the full year will be announced at the Annual Membership Meeting held on January 27th. Reserve funds now stand at \$293,174 which is a 14% increase over the prior year. These funds will be held for future capital expenditures such as clubhouse upgrades and road and major Association equipment replacement.

Landscaping Update

Estate will be mowing every other week on Tuesday, January 12th and January 26th. Monthly irrigation system checks will be performed the week of January 25th. For any irrigation problems or landscaping issues that you spot on your property, please contact Estate Landscaping using the information included in this newsletter.

Dog Owners, Please Be Considerate

Many of us love dogs as long as they are kept under control. When outside or on your walks, it is THE LEE COUNTY LAW, and in our Rules, that you keep your dog on a leash. Feel free to use our grassy common areas located at the clubhouse, entranceway, or turnaround circles as pet rest stops as long as you pick up when your pet has done its business. Carry plastic grocery bags in your pocket which work well for picking up pet waste.

Some neighbors object to having dogs on their lawns, so please respect their wishes. Thank you.

Parking Violators will be Towed

New Homeowners take note: Vehicles parked overnight on community streets between midnight and 6 AM will be towed away without notice at the vehicle owner's liability and expense. Parking on our narrow streets is a safety hazard and can prevent emergency vehicles from reaching a home quickly in the middle of the night.

Mailbox Repairs are Included!

Remember, your Homeowner Association maintains and replaces everyone's mailboxes for homes in Casa del Lago. If you notice your mailbox or the post is damaged or needs replacement, please email or phone me for repairs. Gboyer01@aol.com We will get to it ASAP.

Happy New Year and Please Vote!

George Boyer Deer Lake HOA – President

Gboyer01@aol.com, phone 239-415-1633

HOW TO CONTACT SCHOO MANAGEMENT

Our Community Management company contact person is Pat Schoo; Phone 362-3091 (Office) or by email to Pats@samcam.biz

Schoo Association Management, LLC is located at:

9403 Cypress Lake Drive, Suite C

Fort Myers, Florida 33919

Office: 239-362-3091 (24 hour answering)

OTHER CONTACT INFORMATION:

George Boyer, President: 239-415-1633

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Rob Cooper, Vice President: 239-337-6700

racooper@hahnlaw.com

Karen Martin, Vice President: 502-396-5995

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Charlie Kelly, Treasurer: 239-274-3871

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Bradley Messina, Secretary: 815-298-6670

bmess57@yahoo.com

Charlie Kelly, Architectural Review Board:

239-274-3871 blkjackkelly@comcast.net

Debbie Wiegert, Clubhouse Cmte. Chair & Rentals

239-313-5698 dwiegert54@yahoo.com

Jack Chancellor, Hurricane Committee Chair

239-936-5695 jchan275@comcast.net

Estate Landscaping and Irrigation Repairs

Main Office phone 239-498-1187,

Account Manager-Jay Winborn 239-498-1187, or email

JWinborn@estatelandscaping.com

ADT Security Monitoring

Account Services phone 800-878-7806

Anytime is a great time to reserve the clubhouse for parties of less than 50 people, including birthday parties, showers, etc. Please contact Debbie Wiegert at dwiegert54@yahoo.com or 239-313-5698 for any questions you may have. The clubhouse reservation forms can be found on our website www.MyCasaDelLago.com

JANUARY TRIVIA AND THINGS—HAPPY 2021!

1. January is National Menudo Month, which celebrates a: (a) Japanese artform (b) Chinese mythic legend (c) Mexican tripe soup good for hangovers (d) Puerto Rican boy band.

2. January is also National Bath Safety Month. According to the US Health Group blog, if you didn't take a shower/bath for a year: (a) well-loved body parts would fall off (b) your ear lobes would shrink (c) you would be immune to body odor (d) your toes would curl.

3. Author Stewart Stafford has called January: (a) nature's revenge (b) a poor start to every year (c) a blank slate for the future (d) the calendar's ingrown hair.

4. On January 26, 1838, Tennessee became the first state to outlaw: (a) alcohol (b) evolution (c) siblings marrying (d) flirtatious dancing.

5. What did Thomas Edison do on January 4, 1903, to demonstrate the danger of alternating current electricity? (a) asked his mother-in-law to stick her finger in a turned-on light bulb socket (b) asked Henry Ford if he would like a zinger (c) stunned fish in the river for a fish fry (d) filmed the electrocution of an elephant that had killed a man.

6. On January 5, 1945, Pepé Le Pew debuted in this film: (a) Odor-able Kitty (b) It Wasn't Me (c) Pepé's Big Stink (d) I Get A Whiff Out of You.

7. What did the English Parliament outlaw on January 16, 1581? (a) maypole dancing (b) moperly (c) Catholicism (d) wizardry.

8. On January 18, 1778, James Cook discovered the Hawaiian Islands and he named them: (a) the Cook Islands (b) the Sandwich Islands (c) the Bikini Islands (d) Hawaii.

9. The Hudson Motor Car Company merged with Nash-Kelvinator on January 14, 1954, to form: (a) Kaiser Motor Company (b) American Motors Corporation (c) General Motors Corporation (d) REO Speed Wagon, Inc.

10. On January 2, 1987, the Rock and Roll Hall of Fame inducted its first female honoree: (a) Aretha Franklin (b) Nancy Sinatra (c) Beverly Sills (d) Alice Cooper.

11. Terry Kath, guitarist for the band Chicago, died playing Russian roulette on January 23, 1978. What were his last words? (a) What, me worry? (b) Oops! (c) This is stupid. (d) Don't worry, it's not loaded.

12. What did Ivan the Terrible do on January 16, 1547? (a) adopted the name "Terrible" (b) crowned himself the first tsar of Russia (c) scraped his fingernails on a chalk board at court to seal his superiority (d) had the great toes of all male Cossacks removed.

13. On January 23, 1793, America's first aid organization was founded. It was the: (a) Humane Society of Philadelphia (b) Broadway Home for Poor Actors (c) Boston Society for Aid to the Bewildered (d) Benjamin Franklin Institute for Aphorisms.

14. Leonard Thompson was the first human to be injected with this substance on January 11, 1922, for the treatment of diabetes: (a) bleach (b) sucrose (c) insulin (d) lactose.

15. The Summer of Love commenced on January 14, 1967, with this event in San Francisco: (a) The Doobie In (b) Welcome to Hashbury (c) The Love In (d) The Human Be-In.

ANSWERS: 15. (d) 14. (c) 13. (a) 12. (b) 11. (d) 10. (a) 9. (b) 8. (b) 7. (c) 6. (a) 5. (d) 4. (a) 3. (d) 2. (c) 1. (c)

---Ben Shearer

Low-Fat, Plant Based Dieting

Experts, Books, Video and other Resources

Leading Plant-Based Nutrition Experts include:

- **Dr. Michael Greger** - Books include "How Not to Diet" and "How Not to Die"
- **Dr. Caldwell B. Esselstyne, Jr.** Author of "Prevent and Reverse Heart Disease"
- **Rip Esselstyne** Author of "Engine 2 Diet" and "The Seven Day Rescue Diet"
- **Dr. Neal Barnard** author of "The Cheese Trap"
- **T. Colin Campbell, PHD**, author of "The China Study"
- **Dr. John A. McDougall** "The McDougall Plan"
- **Dr. Dean Ornish** author of "Reversing Heart Disease"
- **Brian Wendel** author of "Forks over Knives" and by **Del Sroufe** "Forks over Knives Cookbook"
- **Dr. Will Bulsiewicz** author of "Fiber Fueled"
- Author and Speaker **Chris Wark** - author of "Chris Beat Cancer"

Videos that you should watch

1. Forks over Knives - This Movie is available from Netflix
2. The Game Changers - The Movie available from Netflix
3. What the Health - This Movie available from Netflix and Amazon Prime
4. Living Proof - The Movie available from Amazon Prime
5. How Not to Diet by Dr. Michael Greger video available on YouTube this is the link:

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

6. Dr. Neal Barnard Diabetes Reversal and Weight Loss video on YouTube

<https://www.youtube.com/watch?v=ISwL73evUdA>

7. The China Study video on YouTube

<https://www.youtube.com/watch?v=lx3oNrh2b6g>

8. Caldwell Esselstyne Reversing Heart Disease YouTube video

<https://www.youtube.com/watch?v=ZC3wRx4vV7g>

9. Dean Ornish YouTube video

<https://www.youtube.com/watch?v=QYmInK5xo6g>

10. Dr. John McDougall YouTube video

<https://www.youtube.com/watch?v=E58pqWHxAjI>

11. Rip Esselstyne - Ted Talk on YouTube

<https://www.youtube.com/watch?v=TbXlzzp3guE&t=32s>

12. Dr. Michael Greger "How Not to Die" YouTube video

<https://www.youtube.com/watch?v=7rNY7xKyGCQ>

13. Chris Wark - Chris Beats Cancer YouTube video

https://www.youtube.com/watch?v=_k3B0y0tjCg

14. Dr. Neal Barnard "The Cheese Trap" YouTube video

<https://www.youtube.com/watch?v=PHyLV3jeifk>

Websites - Each of the Authors have websites and numerous You Tube videos relating to their work.

Podcasts

Many of the Authors/Experts have podcasts that you can listen to when you are out for a walk.

I enjoy these two pod casts in particular:

1. The Exam Room by the Physicians Committee (Including Chuck Carroll and Dr. Neal Barnard)

2. Nutrition Facts with Dr. Greger

Cookbooks

- Most popular plant based cookbook ever is "Forks over Knives Cookbook"
- Almost all of the books mentioned include recipes.