

# The Parkview News

A Newsletter for the Parkview Pointe Homeowners Association

A Williamsburg Community

Volume XXI • Number 8  
August 2020

For Advertising Info Contact  
Focus Newsletters by Community Media  
941-375-3699



July 16, 2020

## WEBER ENVIRONMENTAL SERVICES, INC.

ORLANDO OFFICE 300 27TH STREET ORLANDO, FL 32806  
WINTER HAVEN OFFICE 5935 S.R. 542 WEST, WINTER HAVEN, FL 33880

To our valued customers in Parkview Pointe,

We want to thank you for your continued business, especially during this global pandemic that is affecting most Americans lives, business, and quality of life. We have taken extreme precautions to keep our customers, employees, and the general public safe. As we continue to progress through the complications of maintaining employee staff during Covid-19 and the heat of the Summer, we wanted to address some concerns residents are inquiring about and how we can work together to keep Parkview Pointe the beautiful community that it is.

The Orlando area has received 117 days of rain and 50.7 inches since the beginning of the year. As many of you know, there are a lot of properties in Parkview Pointe that do not have enough elevation drop to properly drain the water quick enough with in a 24-hour period after it rains. Therefore, at times it will be necessary to skip mowing an area until it properly dries. If it has dried enough for a mower to cut the grass without rutting the lawn, we will service the area the following week. There are also some properties that are adjacent to the conservation areas. Many of these areas WES has always been able to mow in years past. Overtime, as the Bald Cypress trees have grown so too has the Cypress knees that come up sometimes as far away from the tree as 20' feet. These Cypress knees damage lawnmower decks and belts extensively. We have had to change from mowing these areas to weed whipping them which is much more time consuming and takes away some of the employee's time they could be more productive elsewhere. Unfortunately, there is not much that can be done about it as the Bald Cypress are a Florida protected tree in a conservation area.

Another concern we have been receiving, is the quality of maintenance around the lakes. The lake front maintenance is done by the Valencia Water District. It is done on their schedule and at their discretion. WES only provides maintenance a short distance from the back of the homes.

Checking the individual homesites irrigation systems is the responsibility of the homeowner. WES recommends that you check it at least every month and never just turn it off. If your irrigation rain sensor is working properly it is supposed to turn the irrigation off temporarily until there is less moisture in the rain sensor. It must absorb enough moisture first before it trips the sensor in it and reversely dries out enough to release the sensor for the irrigation to work properly. While checking the system monthly, the quality of the sprinklers to pop up and retract is an important part of the inspection. Sprinklers that have defective parts will stay in the upright position which get hit by the lawnmowers. Lubricating the sprinklers with WD-40 is a good way to extend the life of the irrigation parts in the sprinklers.

We hope that some of this information is useful to you as you develop the beautiful landscape environments around your home and community. We greatly appreciate and take very seriously the responsibility you have bestowed on us to help you to do so. Thank you again for the opportunity and your continued business.

Sincerely,  
Your Friends at Weber Environmental Services.

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FOR DIGITAL COPIES GO TO:  
[WWW.PARKVIEWPOINTE.COM](http://WWW.PARKVIEWPOINTE.COM) TO SIGN UP.**

## President's Message

by Warren Murphy, President

I want to thank all of the homeowners that attended the July Zoom meeting. I hope that when we are able to resume meeting at the clubhouse that you will continue to attend the meetings. The best way to stay informed on what's going on in our neighborhoods is to attend the monthly meetings. I hope that more homeowners will want to become involved in volunteering to serve on the Board of Directors and the various committees.

I also want to thank all of you that took the time to review the amended standards and for your comments during the meeting. The amended standards were approved at the July meeting. The board also approved additional landscaping for the clubhouse driveway entrance and along the tennis court fence.

The current restrictions regarding the use of our facilities will remain in effect. Everyone has done a good job of following the posted rules. Please continue to practice social distancing, frequent hand washing, use a face mask while inside the clubhouse, and if you are not feeling well please stay home.

The Board would like to thank Steve Lembree for his work on our new website. He has done a wonderful job and it's greatly appreciated. Please check out the website at [www.parkviewpointe.com](http://www.parkviewpointe.com). If you would like to receive our monthly newsletter and emails click on the Newsletter Sign-up on the website.

School is scheduled to start on Au-

gust 10. We all need to be extra careful during our daily commutes. Let's all slow down and watch out for the kids, school buses, and each other.

Please complete an ARC form before you start projects to the outside of your home and property. This includes removing trees and shrubs, painting your home, new roof, etc. Always check with Nicole or our property manager before you start any project.

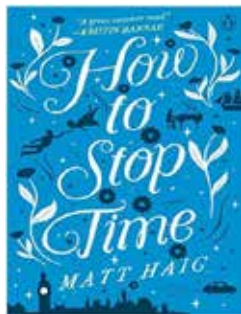
Please continue to help us keep the pool areas clean by picking up your trash and please close the umbrellas when you leave. During a storm if left open they could cause injury and/or damage.

There will be NO BOARD OF DIRECTORS meeting in August. Our next scheduled meeting will be on Thursday, September 17 at 7:00pm on Zoom.

## BOOK DISCUSSION GROUP



Join us - masks on, socially distanced in the Great Room - on Monday, August 10th at 1:00 pm. We will discuss the novel, *How to Stop Time* by Matt Haig. Kirkus review: Tom Hazard, "a man of extraordinarily long life deals with a painfully ordinary question: what is it we live for? ...An engaging story framed by a brooding meditation on time and meaning."



## Parkview Pointe Homeowners Association

6560 Parkview Pointe Drive  
Orlando, Florida 32821  
407-239-3404

[hoaparkviewpointe@gmail.com](mailto:hoaparkviewpointe@gmail.com)

Nicole Ellingsworth,  
Administrative Assistant

### Office Hours:

Monday — Friday,  
8am-4pm

*Time may vary depending on  
property inspections.*

Website:

[www.ParkviewPointe.com](http://www.ParkviewPointe.com)

## Managed by:

Craig Williams, LCAM  
Greystone Management  
[craig@greystone-mgmt.com](mailto:craig@greystone-mgmt.com)

## Parkview Pointe Board of Directors

Warren Murphy, *President*  
Herb Powers, *V.P.*  
Joe Grelish,  
*Secretary/Treasurer*  
Camille Dixon, *Director*  
Justin Brown, *Director*  
George Reynolds, *Director*  
Patty Yoak, *Director*

## Clubhouse Amenities

Pool ..... Dawn to Dusk  
Clubhouse .... 6am to 10pm



**Williamsburg  
Golf Association**  
*Submitted by Santiago  
Lopez, WGA President*

Hello Everyone! Due to the current situation with the Corona Virus we had suspended the newsletter the past few months. Golfing is going on as safe as possible. Some of the provisions are: stay at least 6 feet apart and each individual is assigned their own golf cart. Remington has been more than accommodating with the carts. We cannot congregate at the clubhouse as no food is served. We have decided to continue another season at Remington for WGA members as they were all in favor of staying. This is a difficult time for everyone but I hope we can stay safe and get through this together.

#### **Closest to the Pin (June and July):**

Rita Behnken, Louie Guzman, Joe Porter, Charles Bradley, Dennis Wolfe, Joe Lee, Hiram Pedraza, Felix Millan, William Flores, Santiago Lopez, Larry Langston, Terry Walters, Bill Marcontell, Juan Romero, David Rosello, Efrain Ruiz, Roberto Rivera.

#### **HOT BATHS MAY AID YOUR HEALTH**

Want to relax during these days of tension and worry about COVID-19? A long, hot bath can relieve your stress and maybe help your heart.

The Web MD website reports that a study of more than 30,000 adults in Japan found that a nice, steamy soak may reduce one's incidence of high blood pressure and stroke. "We found that frequent tub bathing was significantly associated with a lower risk of hypertension, suggesting that a beneficial effect of tub bathing on risk of [heart disease] may in part be due to a reduced risk of developing hypertension," said the study's lead scientist at Osaka University.

After accounting for other factors, the researchers found that taking a daily hot bath was associated with a 28% lower risk of heart disease and a 26% lower risk of stroke, compared with subjects who bathed only once or twice a week.

So relax in the tub, and try to take your mind off your worries. It's good for your body and soul.

#### **SMARTER THAN YOU THOUGHT**

At the bar, Joe made a bet with the man sitting next to him, Bill.

Joe said, "Hey, idiot, every question I ask you that you don't know the answer, you have to give me five dollars. And if you ask me a question and I can't answer yours, I will give you \$100."

Bill shrugged. "OK."

Joe asked, "How many continents are there in the world?"

Bill wasn't all that smart, so he didn't know. He handed over a five-dollar bill. Then Bill said, "Now you tell me: What animal stands with four legs but sleeps with three?"

Joe thought long and hard, but in the end he gave up and handed over the \$100. Then he said, "By the way, what was the answer to your question?"

Bill shrugged and handed over five dollars.

#### **QUOTES**

A person without a sense of humor is like a wagon without springs. It's jolted by every pebble on the road.

*-Henry Ward Beecher*

#### **Board of Directors**

Herb Powers, President  
Chantal Grep, Vice President  
Awilda Camacho, Treasurer  
Pete Purdy, Secretary



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# GREEN BRIAR

407.352.1231 phone • 407.345.1168 fax

10151 Gifford Boulevard • Orlando, FL 32821

e-mail: greenbriarclub@bellsouth.net • www.greenbriarvillageclub.com



1

2

3

6:15pm  
Gentle Yoga Class  
(registration 15  
minutes before)

**Coast Guard  
Birthday**  
7pm, GBVC  
**Board  
Meeting**  
Held virtually  
until further  
notice

**Lawn  
Service**  
Office Closed



6



**Purple Heart  
Day**

7

8

9

10

6:15pm  
Gentle Yoga Class  
(registration 15  
minutes before)

11

**Lawn  
Service**  
Office Closed



13



14

15

16

17

6:15pm  
Gentle Yoga Class  
(registration 15  
minutes before)

18

**Florida Primary  
Election**  
7pm, WHOA  
Meeting @  
Parkview Pointe

**Lawn  
Service**  
Office Closed  
**National  
Aviation Day**



20



21

**Senior  
Citizens Day**

22

23/30

24/31

6:15pm  
Gentle Yoga Class  
(registration 15  
minutes before)

25

**Lawn  
Service**  
Office Closed  
**Women's  
Equality Day**



27



28

29

## Williamsburg Homeowners Association (WHOA) 2020 Annual Membership

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e-mail: lakeridgeclub@gmail.com • www.lakeridgevillagenews.com



2	3 <b>6:30pm, LRVCA Board Meeting</b>	10am Panera Bread 4 <b>Coast Guard Birthday</b>	5	6 	7  <b>Office Closed Purple Heart Day</b>	1
9	10 <b>1pm, Valencia Water Meeting</b>	11 10am Panera Bread <b>1pm, Valencia Water Meeting</b>	12	13 	14  <b>Office Closed</b>	15
16	17	18 10am Panera Bread <b>Florida Primary Election</b> 7pm, WHOA Meeting @ Parkview Pointe	19 <b>National Aviation Day</b>	20 	21  <b>Office Closed Senior Citizens Day</b>	22
23/30	24/31	25 10am Panera Bread	26 <b>Women's Equality Day</b>	27 	28  <b>Office Closed</b>	29

## MEETINGS

**LRVCA Board Meeting**  
Monday, August 3  
Normally First Monday @ 6:30pm  
**Valencia Water Control**  
Tuesday, August 11  
**WHOA Meeting**  
Tuesday, August 18 at 7pm

**Lawn Service Days**  
Thursdays  
August 6, 13, 20, 27  
Weather permitting



## Chess Players Lake Ridge

If you want to learn to play or if you are experienced, please join us. Call Marvin at 407-697-8111.



**Lyndon B. Johnson**  
Born - August 27, 1908  
36th President of the United States of America

Lawn Service Garbage Recycling Yard Waste

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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e-mail: limetreevillage@yahoo.com • www.greystone-communities.com/limetree

								1
2	3	 4	5	 6	  7	8		
		<i>Coast Guard Birthday</i>			<i>Purple Heart Day</i> 12:30pm Sunshine Ladies <i>Return is pending</i>			
9	10	 11	12	 13	  14	15		
	6:30pm, LTVC Board Meeting				12:30pm Sunshine Ladies <i>Return is pending</i>			
16	17	 18	19	 20	  21	22		
		<i>Florida Primary Election</i> 7pm, WHOA Meeting @ Parkview Pointe	<i>National Aviation Day</i>		<i>Senior Citizens Day</i> 12:30pm Sunshine Ladies <i>Return is pending</i>			
23/30	24/31	25	26	 27	  28	29		
			<i>Women's Equality Day</i>		12:30pm Sunshine Ladies <i>Return is pending</i>			

## MEETINGS/ACTIVITIES

LTVC Board Meeting - Monday, August 10

Sunshine Ladies - return is pending

Orange County Schools are closed until further notice..

## GOOD NEIGHBOR

It is during times like this, a national health crisis, that being a good neighbor is important and appreciated. Thank you to Wendy Hebert and friends who have made over 400 face masks to donate to others in need. We are all encouraged to continue social distancing and wear a face mask when in public. If you need

a face mask, reach out to Wendy at Wdesignsbywendy@gmail.com. Wendy accepts donations to be able to purchase material.





SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**MONTPELIER**

407.352.0385 clubhouse phone

10500 Mormon Drive • Orlando, FL 32821

e-mail: leeann@bonomgmt.com • website: www.montpelierclubhouse.com

								1
2	3	4	5	6	7	8		
	1pm ... Mah Jongg Library	<b>Coast Guard Birthday</b> 10:30am Williamsburg Discussion Group 1:30pm Scrabble	 1pm ..... Dominos	  1pm ..... Crafts	  <b>Purple Heart Day</b>			
9	10	11	12	13	14	15		
	1pm ... Mah Jongg Library	<b>No MVC Board Meeting</b> 10:30am Williamsburg Discussion Group 1:30pm Scrabble	 1pm ..... Dominos	  1pm ..... Crafts	 			
16	17	18	19	20	21	22		
	1pm ... Mah Jongg Library	<b>7pm, WHOA Meeting @ Parkview Pointe</b> 10:30am Williamsburg Discussion Group 1:30pm Scrabble	 <b>National Aviation Day</b> 1pm ..... Dominos	  1pm ..... Crafts	  <b>Senior Citizens Day</b>	<b>10am-Noon Kid's Club</b>		
23/30	24/31	25	26	27	28	29		
	1pm ... Mah Jongg Library	10:30am Williamsburg Discussion Group 1:30pm Scrabble	 <b>Women's Equality Day</b> 1pm ..... Dominos	  1pm ..... Crafts	 			

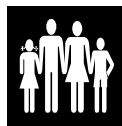
**Lawn Care**

Every week, weather permitting

**Williamsburg Discussion Group Montpelier**

We meet weekly on Tuesdays from 10:30am until Noon.

Come, listen and learn; bring your best ideas. Meet your charming neighbors and join in the fun.

**Kid's Club Montpelier**

Kids from all of the communities, up to age 13, are welcome to join Jo Bladykas last Saturday from 10am-12pm for games, crafts and more. Children must be accompanied by an adult. Please contact the Montpelier Office at 407-352-0385 if you have any questions.



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# Attention Community Residents

## A Note From Your Newsletter Publisher:

We are **Community Media** – the publisher of your community newsletter.

We hope that you all are staying safe during the coronavirus pandemic. This is affecting many aspects of daily life for almost every American. Our office staff is following the CDC guidelines of staying home when not feeling well, seeking medical help when necessary, and washing hands constantly.

We encourage you to follow the same guidelines located at **coronavirus.gov**.

The phrase “**We’re all in this together**” is more meaningful now more than ever.

### What are we doing?

We are still providing a **FREE newsletter to your community**.

This newsletter is FREE to your community because we partner with local and regional businesses to advertise their products and services in this newsletter.

We are temporarily reducing publishing expenses so we can continue to publish your newsletter long term. For your community newsletter this may include:

- Making sure the page count of each newsletter is in line with current advertiser support
- Verifying the number of newsletter copies needed so we don’t print too many newsletters

### What can you, as a community resident, do?

Utilize the businesses in your newsletter.

- Whether you are searching for home services, health care providers, insurance, and almost anything else...CHECK YOUR NEWSLETTER FIRST!
- These businesses choose to support your community newsletter so please let them know you appreciate them.

Do you have any suggestions for advertisers? If so we’d love to reach out to them.

Be patient and kind with each other, especially now. Reach out to friends and neighbors who may need help.



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# August Crossword

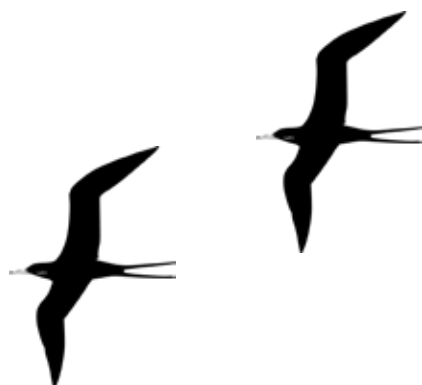
## ACROSS

1. Formal dance
5. Taxi driver
10. Lady's escort
14. Murres
15. Revere
16. Colored part of an eye
17. Wonderful
19. Sludge
20. Children's game
21. Inner surface of hands
22. Numbskulls
23. Blight
25. Patchwork
27. Frozen
28. Steals
31. Chart
34. Angler's basket
35. Petroleum
36. Adult male sheep
37. Pincer
38. Stake
39. Ripen
40. Soft and sticky
41. Travelled by bus
42. A stringed instrument
44. Hearing organ
45. Gloomy, in poetry
46. Palatable
50. Arrives
52. Highly favored
54. Carpet
55. District
56. Nutritious
58. Delay or postpone
59. Lofty nest
60. Border
61. Drunkards
62. Glacial ridge
63. A fitting reward (archaic)



## DOWN

1. Hill
2. Orderly grouping
3. Feudal lord
4. Flee
5. A moderate yellow
6. Befuddle
7. Thunder
8. Bluntly
9. Aye
10. A male escort
11. Volcanic explosions
12. 3 times 3
13. Sounds of disapproval
18. Historical period
22. Pickle flavoring
24. Tastes
26. Component of urine
28. Primp
29. Anagram of "Tine"
30. Toboggan
31. A metric unit of weight
32. Indian music
33. Proviso
34. Young male choristers
37. Soft drink
38. Emanation
40. "Comes and \_\_\_\_"
41. Pieces of insulation
43. Fears
44. Less difficult
46. Creepy
47. \_\_\_\_ and groom
48. Move forward suddenly
49. Incited
50. Hats
51. Chocolate cookie
53. Lie in wait
56. Born as
57. Skirt's edge





# AUGUST



		6			4		5	3
	5	1	6		8	7		
8								
	8				2	5		
		5				6		2
4						3		
	6			1		4		9
9		8			3		7	
	1							





7	1	3	9	4	6	2	8	5
9	4	8	2	5	3	1	7	6
5	6	2	8	1	7	4	3	9
4	2	7	5	6	1	3	9	8
1	3	5	7	8	9	6	4	2
6	8	9	4	3	2	5	1	7
8	7	4	3	2	5	9	6	1
3	5	1	6	9	8	7	2	4
2	9	6	1	7	4	8	5	3



# PARKVIEW POINTE

407.239.3404 phone  
5650 Parkview Pointe Drive • Orlando, FL 32821  
e-mail: hoaparkviewpointe@gmail.com • www.parkviewpointe.com

<div></div> <div></div> <div></div> <div></div>						1 8am ..... Tennis
2 8am ..... Tennis 10-11am, Pool Class 10am .... Exercise 6:30-9:30pm Mah Jongg	3 10-11am, Pool Class 10:30am-2pm, Mah Jongg 6:30-10pm, Poker <b>Coast Guard Birthday</b>	4 10-11am, Pool Class 10am .... Exercise 6:30-9:30pm, Mah Jongg	5 10-11am, Pool Class 10am .... Exercise 6:30-9:30pm, Mah Jongg	6  8am ..... Tennis 10-11am, Pool Class 12:30-4:30pm, Canasta 1pm . Craft Group <b>6:00pm, PVP ARC Meeting</b>	7   10-11am, Pool Class 10am .... Exercise 12:30-4pm, Canasta <b>Purple Heart Day</b>	8 8am ..... Tennis
9 8am ..... Tennis 10-11am, Pool Class 10am .... Exercise 6:30-9:30pm Mah Jongg	10 10-11am, Pool Class 10:30am-2pm, Mah Jongg 6:30-10pm, Poker	11 10-11am, Pool Class 10am .... Exercise 6:30-9:30pm, Mah Jongg	12 10-11am, Pool Class 10am .... Exercise 6:30-9:30pm, Mah Jongg	13  8am ..... Tennis 10-11am, Pool Class 12:30-4:30pm, Canasta 1pm . Craft Group	14   10-11am, Pool Class 10am .... Exercise 12:30-4pm, Canasta	15 8am ..... Tennis
16 8am ..... Tennis 10-11am, Pool Class 10am .... Exercise 6:30-9:30pm Mah Jongg	17 10-11am, Pool Class 10:30am-2pm, Mah Jongg 6:30-10pm, Poker <b>7pm, WHOA Meeting @ Parkview Pointe</b>	18 10-11am, Pool Class 10am .... Exercise 6:30-9:30pm, Mah Jongg <b>National Aviation Day</b>	19 10-11am, Pool Class 10am .... Exercise 6:30-9:30pm, Mah Jongg <b>No Board Meeting</b>	20  8am ..... Tennis 10-11am, Pool Class 12:30-4:30pm, Canasta 1pm . Craft Group	21   10-11am, Pool Class 10am .... Exercise 12:30-4pm, Canasta <b>Senior Citizens Day</b>	22 8am ..... Tennis
23/30 8am ..... Tennis 10-11am, Pool Class 10am .... Exercise 6:30-9:30pm Mah Jongg	24/31 10-11am, Pool Class 10:30am-2pm, Mah Jongg 6:30-10pm, Poker	25 10-11am, Pool Class 10am .... Exercise 6:30-9:30pm, Mah Jongg <b>Women's Equality Day</b>	26 10-11am, Pool Class 10am .... Exercise 6:30-9:30pm, Mah Jongg	27  8am ..... Tennis 10-11am, Pool Class 12:30-4:30pm, Canasta 1pm . Craft Group	28   10-11am, Pool Class 10am .... Exercise 12:30-4pm, Canasta	29 8am ..... Tennis

## BOD Meeting

No Board Meeting for August

## ARC Meeting

Thursday, August 9



## Book Club Discussion Group

On Monday, August 10 at 1:00 pm we will meet to discuss the novel, *How to Stop Time* by Matt Haig. Join us!!



## Craft Club Parkview Pointe

Every Thursday at 1:00 pm we gather in the Parkview Pointe Game Room. We socialize. We knit, crochet, embroider, circular loom knitting, etc. We work on our own projects and also items - baby blankets, hats, etc. - to donate to Winnie / Arnold Palmer Hospital (Creations From the Heart). We're happy to share what we know and welcome you to share as well! Join us!



Lawn Service



Garbage



Recycling



Yard Waste

SUNDAY

MONDAY

TUESDAY










WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**SOMERSET**
 407.239.6400 phone • 407.238.0003 fax  
 11425 Sandy Hill Drive • Orlando, FL 32821  
 e-mail: info@somersetvillage.comcastbiz.net

								1			
2	8:00am Fit Forever (Pool)	3	 <b>Lawn Service</b> 8:00am Fit Forever (Pool)	4	 <b>Lawn Service</b> 8:00am Fit Forever (Pool)	5	 8:00am Fit Forever (Pool)	6	 8:00am Fit Forever (Pool)	7	8
<b>10am, C&amp;R Meeting</b>		<b>Coast Guard Birthday</b>				<b>Purple Heart Day</b>					
9	8:00am Fit Forever (Pool)	10	 <b>Lawn Service</b> 8:00am Fit Forever (Pool)	11	 <b>Lawn Service</b> 8:00am Fit Forever (Pool)	12	 8:00am Fit Forever (Pool)	13	 8:00am Fit Forever (Pool)	14	15
<b>7pm, SVC Board Mtg</b>											
16	8:00am Fit Forever (Pool)	17	 <b>Lawn Service</b> 8:00am Fit Forever (Pool)	18	 <b>Lawn Service</b> 8:00am Fit Forever (Pool)	19	 8:00am Fit Forever (Pool)	20	 8:00am Fit Forever (Pool)	21	22
		<b>Florida Primary Election</b> 7pm, WHOA Mtg @ Parkview Pointe		<b>National Aviation Day</b>		<b>6pm, ARC Meeting</b>		<b>Senior Citizens Day</b>			
23/30	8:00am Fit Forever (Pool)	24/31	 <b>Lawn Service</b> 8:00am Fit Forever (Pool)	25	 <b>Lawn Service</b> 8:00am Fit Forever (Pool)	26	 8:00am Fit Forever (Pool)	27	 8:00am Fit Forever (Pool)	28	29
				<b>Women's Equality Day</b>							

## MEETINGS

C&R Committee Mtg  
Monday, August 3, 10am

Board of Directors Meeting  
Monday, August 10, 7pm

ARC Meeting (If needed)  
Thursday, August 20, 6pm

WHOA Meeting  
Tuesday, August 18

## LAWN SERVICE

Every Tuesday and Wednesday in August. Thursday - Rain Day  
**Please note:** The lawn service will resume weekly mowing when our growing season and temperatures dictate. Be ready for weekly lawn mowing to begin at any time or for them to be delayed due to dry conditions.  
 Thank you.



Lawn Service



Garbage



Recycling



Yard Waste











**Our 3,800 Sq.Ft. Main Room with the largest kitchen in Williamsburg community is ready for your next celebration.**  
 Dates are filling up fast. Stop by to submit your room rental agreement.



# WINGATE

407.352.0305 phone • 407.352.1034 fax  
5721 Gateway Avenue • Orlando, FL 32821  
www.facebook.com/wingateclub • e-mail: wingatevillageclub@gmail.com

<div></div>										1
2	10-11am Pool Exercises POSTPONED	3	4	5		6	  Office Closed 10-11am Pool Exercises POSTPONED	7	8	
9	10-11am Pool Exercises POSTPONED	10	11	12		13	  Office Closed 10-11am Pool Exercises POSTPONED	14	15	
16	10-11am Pool Exercises POSTPONED	17	18	19		20	  Office Closed 10-11am Pool Exercises POSTPONED	21	22	
23/30	10-11am Pool Exercises POSTPONED	24/31	25	26		27	  Office Closed 10-11am Pool Exercises POSTPONED	28	29	

## MEETINGS

Board Meeting

Tuesday, August 11

WHOA Meeting

Tuesday, August 18

**ORANGE COUNTY  
SHERIFF'S  
NON-EMERGENCY  
407-836-HELP**



Please volunteer your time & talents to make your club, home and your community sparkle. Volunteer on the board, a committee or for clubhouse clean-up.



Bill Clinton

Born - August 19, 1946

42nd President of the United States of America

 Lawn Service  Garbage  Recycling  Yard Waste

## 4 TWEAKS FOR A STRONGER HEART

### 1. PACK THIS SNACK

Science confirms what folk wisdom has said for decades. An apple a day really does keep the doctor away. They're loaded with antioxidants that help relax blood vessels and boost heart function, according to researchers at the University of Florida at Tallahassee and the University of California at Davis. Plus they're packed with pectin fiber, which can help lower "bad" LDL cholesterol. Not an apple fan? Grab another source of the cholesterol-cutting fiber: citrus fruit, beans and carrots.

### 2. SIP A SUPER BREW

Much like apples, green and black teas are high in antioxidants. A study in the European Journal of Cardiovascular Prevention & Rehabilitation found that people who drank green tea have better blood vessel function just 30 minutes after their last sip. And a Dutch study found that folks who drank three to six cups of black tea a day slashed their heart disease risk by 45% compared to those who had less than one cup daily. Easy way to drink more: Brew four to five tea bags first thing in the morning, then pour the liquid into a thermos and take it to work. If tea isn't your thing, pick up some powdered matcha green tea, and sprinkle (i.e., hide) it in smoothies, oatmeal or yogurt.

### 3. GET ON YOUR FEET!

Americans are spending more time sitting than ever – an average of 10 hours a day – accord-

ing to research in the American Journal of Clinical Nutrition, and the more you sit, the greater your mortality risk, even if you squeeze in a 30 minute power walk before work. Luckily, taking frequent breaks from sitting – even as short as one minute – can help raise "good" DL cholesterol and lower triglycerides, found a study in the European Heart Journal. So when you're at work stand up to take phone calls or store your files in cabinet away from your desk. During TV marathons, get up from the couch and do a set of leg lifts, squats or lunges during commercial breaks.

### 4. SWITCH UP YOUR WORKOUT PACE

Pressed for time? Try this: Alternate your usual pack with short bursts of a faster one. For example, walk at your normal speed for a few minutes, then jog briskly for one minute. Turns out folks who do these brief bursts of intense activity reap the same cardiovascular benefits as those who exercise at moderate intensity for a longer period of time, according to a study in the American Journal of Physiology.

## MANAGE YOUR DRIVEWAY

Regularly sweeping the driveway assures there is less sand and debris collected on your driveway can get in the storm water drain. Check your cars regularly for spills/leakage of oils and coolant. Clean up spills with old rags and dispose of them properly.



Check out page 8 of the Williamsburg Times for Parkview Pointe's calendar page.

## DOG WASTE

LEASH CURB AND  
CLEAN UP  
AFTER YOUR  
DOG



IT'S REQUIRED BY LAW!

ORDINANCE #95-32 FINE \$500

**407-836-3111**

## GARBAGE COLLECTION DAYS

THURSDAYS  
GARBAGE ONLY  
(GREEN LID)



FRIDAYS  
RECYCLING  
(BLUE LID)

& YARD WASTE (IN  
YOUR OWN CONTAINERS,  
BAGS OR BUNDLES)

**FOR LARGE ITEMS, PLEASE  
CALL THE SOLID WASTE  
HOTLINE AT 407-836-6601  
TO SCHEDULE PICK-UP.**

**Bins may ONLY be put  
out after 6pm the evening  
prior to pick-up.**

**Parkview Pointe Homeowners Association, Inc.**  
**APPLICATION TO THE ARCHITECTURAL REVIEW COMMITTEE**

Application and requirements for permission to enhance, alter, or in any fashion change the exterior of the property from that condition originally provided by the developer. These provisions are contained in Article VII of the Covenants and Restrictions.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Please notify approval or denial by:**

Check one: ☐ Email ☐ By mail

**Projected start date (if approved):** \_\_\_\_\_

**Proposed Change or Addition (in detail):**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please include some or all of the following with your request:

1. Copy of Boundary Survey (plat plan)
2. Drawn location of the proposed change. (Above ground construction must be at least 16 feet from the rear property line and 5 feet from the side property line.)
3. Copy of the Orange County building permit.
4. Contractor's certificate of insurance and appropriate contractor license.
5. Photos of the location for the proposed change or addition.
6. Color samples must be provided with A.R.C. application for approval on ALL proposed painting projects.

**\*\*\* All approved applicants are REQUIRED to display  
'ARC Approved' sign once project(s) begin \*\*\***

**The A.R.C. may require additional information to assist in arriving at a decision.**

**For  
Committee  
Use**

- ☐ Approved  
☐ Disapproved  
☐ PENDING upon requirements:

5650 Parkview Point Drive • Orlando, FL 32821  
Phone: 407-239-3404 • hoaparkviewpointe@gmail.com