



A MONTHLY PUBLICATION OF
M.W.F.P.O.A. , P.O. BOX 77-1896—OCALA, FL 34477

New Board and More Fun Planned.....



Our Board for 2013/2014 was elected at the May General Association Meeting.

Thank you Tina Ringfeld as outgoing Vice President for your service to the community and welcome back Elizabeth Waller as President, Connie Story as Secretary and Dick Woodrome, Treasurer, in their continuing positions. Your neighbors appreciate the time, energy (and sometimes bravery) you generously extend for our benefit. New to MWF and new to the Board, we introduce Dave Kane as our incoming Vice President. He and his wife Deb have embraced our “village” with enthusiasm. The combination of history and experience and the infusion of a fresh perspective, help to keep the Association current and viable.



DON'T MISS YOUR PARTY!

This is what makes our neighborhood so special. We get a chance to meet and know our neighbors, which is the basis for forming a tight knit community— an element that is so often lacking in our increasingly mobile society.

Join us at the Annual Meet and Greet

Friday, June 7th from 6-8 pm, at Friendship Park.

It's pot luck, so we're asking those who attend to bring a side dish or a dessert. Meat course, soft drinks and water will be provided by the Association. This is your chance to see old friends and meet your new neighbors. It's always a fun time and we expect no less this year. This is a family affair, so bring the kids, grandparents and visiting friends.

We will need reservations, so for more details see page 6.



Upcoming Events

Next Board Meeting—

June 13, 2013 -

Thursday—7:00 PM

Next Assoc. Meeting_

July 18, 2013

Thursday— 7:00 PM

Agenda:

TBA

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President's Message: The Joys of the Job



Elizabeth Waller—
President MWFPOA

Hello all,

One of my favorite things about being President of the Meadow Wood Farms POA is writing this monthly message to the community. Although sometimes I struggle to find my key "idea", once I get started I can always go on and on about MWF and the lessons and opportunities that living here have provided.

The last few months have been full of new experiences, all of them good ones.

First, I was able to both call upon and be astonished by the incredible generosity and responsiveness of our residents when there was a need to be met. One of our neighbors was dealing with an impending and tragic loss and needed help in providing food for his family and friends from out of town as they supported him in his vigil. Within an hour, I had contacted a dozen neighbors, most of whom did not even know the resident in need, and home-cooked meals started to arrive at his address. For three days, more or less, strangers showed up at his front door with food and with comfort during this difficult time. What a community.

Secondly, I attended and thoroughly enjoyed the highly successful Commu-

nity Emergency Response Team picnic. I tell you, we need have no worries about natural disasters here in MWF; any group that could feed that many people, assemble that many wonderful raffle gifts, and collect that many bids for the awesome silent auction will SURELY be able to take a little hurricane in stride! The teamwork, camaraderie and professionalism displayed by the CERT team were marvelous to behold.

Thirdly, I have witnessed democracy in action as the Association took up the controversial topic of a possible special assessment for road repair. Throughout the initial debate, and hopefully continuing until the end of the petition process in July, our residents have maintained a civil discourse online and in person that will, I am convinced, lead to an outcome that is the product of deliberate,

informed decision making based on facts as well as personal choice.

Finally, I am honored to be reelected to be your President for a second (and final) term. As with our nation, I believe that two terms are the perfect length of time to become familiar with the issues and put one's own stamp on trying to solve them. I hope this coming year will be a rewarding year for all of you—I know it will be a terrific year for me and for your new Executive Board.

Take care,

Elizabeth Waller

Officers of MWFPOA

President	Elizabeth Waller	304-8871
	Elizabeth@SlowTurningFarm.com	
Vice-President	Dave Kane	541 647-0978
	dck945@yahoo.com	
Secretary	Connie Story	369-0809
	constancestory@msn.com	
Treasurer	Dick Woodrome	861-2364
	rdw218w@aol.com	

MINUTES ARE POSTED ON THE WEBSITE AFTER THE BOARD MEETINGS AND THE GENERAL MEMBERSHIP MEETINGS

www.meadowwoodfarmsocala.com

Standing Committees

Beautification	Chair: Vacant	
Control	Chair: John Trinckes	854-1856
	Glen Garnas 304-8417, Elizabeth Waller 304-8871	
Directory	Chair: Pam Hebert	622-5070
Membership	Chair: Vacant	
Newsletter	Chair: Jodie Gebhard	390-3739
	email: jgebhard@sbcglobal.net	
Parties	Chair: Connie Story & Sandy Mollberg	369-0809
	Toni Kimball	861-9622
		861-4934
Recycling	Chair: Emily Woolf	237-0994
Refreshments	Chair: BK Sawyer	861-8883
Sunshine	Chair: Sandy Mollberg	861-9622
Welcome	Chair: Della Brock	873-2726

Directory Information

New Directories are about to be printed. If you have changed your phone, address or email, please contact Dick Woodrome at rdw218w@aol.com or call him at 861-2364.

New directories are free for members. Non members may purchase the directory for \$5.00. Members who would like to have an extra copy may purchase one for \$2.00.

We will make every effort to deliver the Members directories, so if you are missed, please let it be known to one of the Board Members or pick it up at the next Membership Meeting.

Membership & Newsletter

The current membership year runs from June to the end of May the next year. Please renew your membership ASAP and request that the newsletter be sent to you if you want to continue to receive it. There is a month's grace period before your address will be dropped from the Newsletter mailing list. It will always be available online, but we need your dues in order to support the costs of printing and mailing.

One more reason to get your dues in now. Your membership also supports the many functions held at Friendship Park and the improvements to our community. We need all of you to participate in keeping Meadow Wood Farms the wonderful place to live that we enjoy. **Finally, don't forget that as a member you have a voice and are encouraged to participate in all aspects of the Association.**

Need to check if you've paid? Contact Dick Woodrome at 861-2364 or email him at rdw218w@aol.com.

You can have the good feeling that comes from being an involved and contributing member of your community.

Looking for Help With Pet Rescue

Sandy Mollberg has come to the rescue of many of our wandering pets for several years. She is asking that someone else take on the position or provide some more help at this point.

If anyone has an extra stall or an empty kennel or dog run that would be available to hold some of these critters until the owners can be found, that would be most useful. If anyone would be willing to field calls and maintain the pet registry that too would be welcome. This is not a MWF service, but as most of us have pets, it is a valued service to the community.

Please consider participating for the benefit of all, so we can give Sandy a break.

PET Registry & Rescue

If you have FOUND or LOST a pet, you can contact **Sandy Mollberg at 861-9622.**

This service is not part of the Association, but rather is a personal service provided free to the residents of Meadow Wood Farms.

Sandy does not take any pets in as a rescue, nor does she place pets in homes for people. If you wish, you can register your pet with photo with her so that she will have them on file if she gets a call for a lost pet.

Sandy (and all of us) welcome the help of new assistant, Jasmine Diaz.

Sunshine Report

If you are aware of someone who could benefit from receiving a card, whether due to illness or other reason, please notify: Sandy Mollberg at : lenelew@aol.com phone at 861-9622.

Condolences were sent to the family of Dr. Hunt on his passing and to the Lammers on the passing of Bill's mother.

Recycle Your Aluminum Cans

To Benefit MWFPOA Treasury

MWFPOA is partnering with the Girl Scouts, who will get 25% of the profits for their efforts. Our local scout, Emily Woolf will be heading up the project.

The recycle point for your aluminum cans is at the front entrance to the Friendship Park on Lake View Drive East. Barrels are provided for that purpose.

Cans that are rinsed, tab tops removed and crushed are our favorites.

Tab tops may go to any charity you know or bring them to meetings to go to Shands Juvenile Kidney foundation.

ALUMINUM CANS ONLY PLEASE!

What is A Drainage Retention Area? Article from the Marion County Stormwater Section

Despite sometimes going unnoticed, drainage retention areas (DRAs) perform an essential role in protecting our water resources: treatment of polluted stormwater.

These ponds capture and filter out sediment and pollutants in the top few inches of soil. Microbes in the soil also help break down pollutants as the stormwater percolates into the ground. The more "treatment" the water in a DRA gets, the less the pollution that infiltrates into the groundwater or our aquifer.

Proper maintenance is critical for DRAs to provide this treatment. Activities such as dumping tree and vegetative debris, discharging chlorinated pool water and disposing horse manure as well as riding on ATVs and horseback can cause a harmful impact on the pond's capacity to

treat polluted stormwater.

Here's why:

Dumped debris reduces a pond's capacity to store runoff generated from a rain event and can block flow paths if dumped in certain locations.

Livestock create a nutrient load from manure and an erosion issue through overgrazing. Additionally, any activity that increases the area of exposed soils increases the potential risk for a sinkhole formation.

Coupled with other personal use activities which contribute to soil compaction, excessive pollutant loads or erosion, a DRA's capacity to treat water decreases.

In your subdivision, you may have already seen some of these activities taking place on the DRAs. County policy prohibits, for many reasons including liability, personal use of County property such as DRAs. There is a cost associated with the cleanup and maintenance of

these ponds. When the DRA is county-maintained, this expense is shared by all Marion County taxpayers through the Clean Water Assessment.

We want our DRAs to treat stormwater pollution effectively. We know they also serve as visual amenities in many neighborhoods. We hope you will partner with us in meeting both objectives.

DRA maintenance is one of many activities overseen by Marion County Stormwater Management, a section of the Marion County Office of the County Engineer. To date, the Stormwater Management Section has assumed responsibility for maintaining more than 2,400 DRAs. Of these, approximately 1,950 are under a mowing contract. In addition to mowing, the Stormwater Management Section routinely addresses other maintenance needs such as fence, sinkhole or erosion repair.

AGE RELATED MACULAR DEGENERATION – Tips from Dr. Overholser

ARMD is definitely age related. By age 75 approximately 17% of the population will be diagnosed with early ARMD. By age 85, approximately 30% of the population will be diagnosed, and by age 95, approximately 50% of the population will have ARMD.

When it was first discovered, ARMD was an untreatable disease that caused central vision loss. As the loss increased, patients were unable to read, recognize faces, or even perform simple tasks that required hand-eye coordination.

Presently, ARMD is becoming more understood. In 1991, clinical trials began on laser treatment for advanced ARMD to stabilize the condition, and in 2000, the FDA approved the use of other photosensitive medications to prevent the progression of the disease.

More studies have been conducted,

including the widely regarded AREDS study, showing that **antioxidants and foods high in vitamin A are able to delay the onset of ARMD by as much as 25%.**

The future of ARMD looks promising. The discovery of genetic risk factors provides an opportunity to predict those that may develop the disease many years before the loss of vision. Large-scale clinical trials are being done now regarding two new antioxidants (zeaxanthin and lutein) and their effects on ARMD prevention. Researchers have developed a high resolution imaging technology called optical coherence tomography that allows eye care physicians to see fine cellular and tissue detail. This allows for evaluation of treatment response, as well as more accurate diagnosis of ARMD in its earliest stages.

Optical coherence tomography detects wet ARMD before permanent

vision loss occurs, and is available at Overholser EyeCare Center. Most medical insurances will cover OCT testing up to three times a year, and images can be observed by the doctor immediately for diagnosis.

Here's what you can do to help keep your eyes as healthy as possible:

Eat 7-9 servings of dark green, leafy vegetables a week, as suggested in the AREDS study.

Wear UV blocking, polarized sunglasses any time you are outdoors, including driving.

Consider taking a multi-vitamin. If you smoke, consider quitting now. Smoking is a known major risk factor for macular degeneration.

Have a comprehensive eye examination every 12 months to look for changes in the health of the eye before those changes potentially cause loss of vision.

Meadow Wood Equine Club



This is a social group of horse oriented people. Guests or Visitors are welcome. Join us for discussions, find someone to ride with, good food, camaraderie, etc.

Membership is open to anyone— you do not have to live in Meadow Wood Farms or own a horse to join. Mem-

bership is \$5.00 a year. Members receive a 10% discount off “most in store items” at Seminole, Tack Shack and J&J Tack. Must show your membership card. Some Restrictions apply as some items are not discounted such as feed, hay, shavings, and warehouse items. Ask store for details.

For more information, please call: Secretary/Treasurer— Kathy Rohlwing @ 861-7405 Or VP— Carol Shockey @ 873-4719 Or President —Leroy Conroe @ 873-2153

June 14 - 16, 2013 OBS JUNE TWO-YEAR-OLDS & HORSES OF RACING AGE - Under Tack - 1701

(not affiliated with MWFPOA)

SW 60th Avenue, (352) 237-2154
<http://www.obssales.com/index.php>

June 14-16, 2013 - Orange Blossom Mini's – Southeastern Livestock Pavilion, NE Jacksonville Rd / CR 200A. Contact: Gary Owen | 352-797-0806

June 18 - 19, 2013 - OBS JUNE TWO-YEAR-OLDS & HORSES OF RACING AGE - Sale - SW 60th, (352) 237-2154 <http://www.obssales.com/index.php>

June 29, 2013 - Tack Shack Horsey Yard Sale - 481 SW 60th Avenue, (352) 873-3599

She's baaaaaak



BK Sawyer is back at her post serving as Hostess at the General Meetings with the able assistance of Deb Trinckes.

Thank You To All Who Contribute Baked Goods To The Association Meetings. It's Much Appreciated. Those of you who don't attend, don't know what you're missing. The “break” gives you a chance to chat with friends, while you sample the homemade goodies.



Come to the Meeting and Win \$50.00

A drawing will be held at the next MWFPOA General Meeting for \$50. If the winning resident is not present, his/her winnings will be added to the pot along with

another \$25.

At the final meeting in May , [the pot of \\$175.00 was won by Elaine Hager..](#)

Now, the pot will start again at \$50.00 for the next meeting

in July. As Elaine will tell you, [it REALLY pays to come to the meetings.](#)

See you at the July Meeting, won't we?

Meet & Greet



You are invited to the annual MWF Meet and Greet

POTLUCK AT THE PARK

FUN * FOOD * FRIENDS * FREE

Friday, June 7, 2013 6:00 pm to 8:00 pm @ Friendship Park

This is a **FREE** event and a great opportunity for our **NEW** neighbors and our **ESTABLISHED** residents to gather and become better acquainted. We ask those attending to please bring a side dish or dessert. MWFPOA will provide the meat course.

PLEASE MAKE YOUR RESERVATIONS BEFORE MAY 31, 2013

CONTACT: Sandy Mollberg 861-9622 or Connie Story 369-0809



CERT PICNIC IN THE PARK



“WOOF!” Hi friends and neighbors. Tiffy the CERT St. Bernard mascot here, saying “Thanks” to all of you for coming to our Hurricane Haven Picnic, supporting CERT and enjoying yourselves. You did enjoy yourself didn’t you? I know I did. I really loved seeing all of you and of course all the pats, scratches and hugs I got along the way. How’d you like my vest? Cute huh? Mom did a great job of getting my name on it, and putting CERT on it. I also really enjoyed the hamburger and hotdog Dad gave me for being so good, but a cheeseburger would have been great as well.

Those folks at CERT really know how to put on a bash. Everyone worked hard, getting donations, selling tickets, setting things up, preparing the food and barbecuing all those great burgers and dogs (hotdogs not real ones). We even had some great music to listen to.

Even a little rain couldn’t spoil our fun. We just adapted and overcame that little obstacle.

Once again our neighbors and friends at Meadow Wood Farms came through for CERT. There were several folks who expressed interest in CERT and we look forward to them getting actively involved.

Did you know how successful the CERT fundraiser was with your help? There were 120 of you who bought dinner tickets and then many of you also bought raffle tickets, bake sale items and bid on the silent auction items. We sold 156 raffle tickets, our bake sale items were well received and raised \$67, of course you also helped fill my vest with donations (\$38 thank you very much) and all of our silent auction items were a hit. You did great and CERT raised over \$1450 after expenses. These funds will be used to help outfit new members and purchase additional supplies for our existing ones.

I look forward to seeing you all again at the Meet & Greet on June 7th. I know I’ll be there having fun. Don’t forget to bring an extra scratch or rub for me. See you around the neighborhood! “WOOF!”



ADVERTISEMENTS

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Support Your Local Merchants. They're Supporting Us.

Promote your business with an ad in the Meadow Wood Farms Newsletter. For more information or to place an ad, please contact Jodie Gebhard 352 390-3739. Although the Association cannot warrant its advertisers, many are your neighbors and all will appreciate your patronage.

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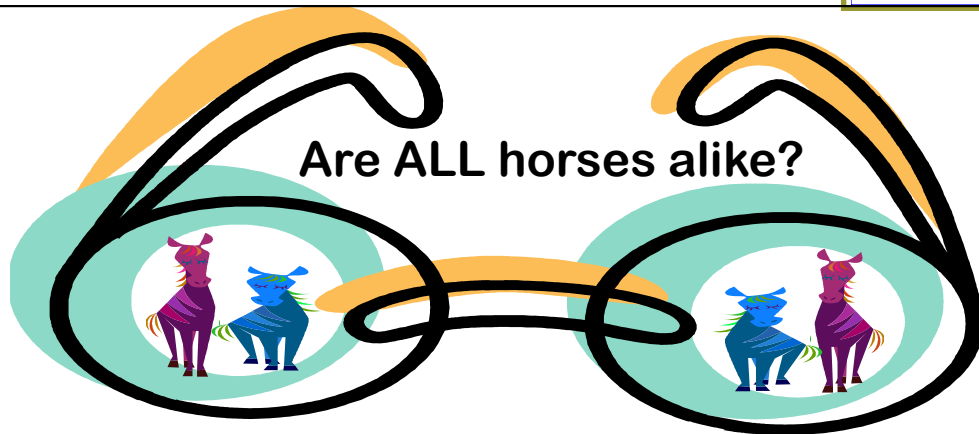



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VACATION BIBLE SCHOOL

"Circle G Roundup"

Monday, Tuesday and Wednesday

June 25, 26 and 27, 2013

From 9:00 a.m. to Noon

At

St. John's United Methodist Church
12390 W Highway 328

Ocala FL 34482

(352) 237-5777

Breakfast and lunch will be provided.

All are welcome

Adult assistance would be helpful.

For further information call St John's 237-5777

Race For The Cure ~ 15th AnniversaryA True Celebration

This year's Race For The Cure is an exciting one for me. Not only have I participated in this race since it began in 1999, I have truly come full circle. During the first race I had just finished treatment for my first episode of cancer. This year, I am in treatment for my second episode, but I have also been honored by the Foundation with the 2012 Survivor Medal as a top fundraiser. Thank you all for making this possible with your generous donations throughout the years. Unfortunately, the fight is not over. Let's all make the 15th Anniversary a huge success. Once again, if you would help by sending your donations to me at the address below, please make out your check to Susan G. Komen Race For The Cure. I appreciate all your support, and please know that you are helping save the lives of untold women just like me!

BK Sawyer ~ 13 Lookout Lane ~ Ocala, FL 34482



Elaine Hager Wins Big (\$175) at the May Association Meeting just for showing up. This could have been YOU!

BK, wearing her 2012 Survival Medal as Top Fundraiser for the Susan G Komen Foundation presents **Elaine** with a check from the MWFPOA. It always pays to come to the meetings in so many ways.



Membership Form & Information to Access Our Website, etc.

Please send or email items to be published to:
Jodie Gebhard
14 Carry Back Road
Ocala, FL 34482
Ph: 352 390-3739
email: jgebhard@sbcglobal.net

Send payment for ads to
Dick Woodrome
MWFPOA, P.O. Box 771896, Ocala, FL 34477

Annual membership dues for the MWFPOA are June through May. If you aren't a member, we would love for you to join us. The MWFPOA provides all kinds of services for your neighborhood (including this newsletter). Please use the form below to accompany your check. Need to check if you've paid? Contact Dick Woodrome at 861-2364 or email him at rdw218w@aol.com.

To Join The Meadow Wood Farms Email Blasts and Conversation, go to Meadowwoodfarms1@aol.com and ask the site master to add your email address. Please respect the rules...no politics, or religion or any attachments or offensive material. This site is offered by a private member of the association. It is an extremely useful tool and we are grateful to that person.

MEADOW WOOD FARMS WEBSITES:
www.meadowwoodfarmsocala.com
From main page, click on **Neighbor to Neighbor**- Neighbor to Neighbor Directory
From main page, click on **Newsletter** - and then the month.—Newsletters

Please Join

MEADOW WOOD FARMS PROPERTY OWNERS ASSOCIATION, INC.

Please send your check for \$55.00 (Annual Dues Effective June 01, 2013) with this form to :
Meadow Wood Farms Property Assoc., Inc., P.O. Box **771896**, Ocala FL **34477**

Also, please print & fill out the below information:

Name(s): _____

Address: _____

Email: _____

Phone: _____

YES NO Put my/our information in the directory.

YES NO I want my/our Newsletter mailed to my/our address. Otherwise it is always posted on the website, which saves the Association printing and mailing costs.

A directory is distributed to MWFPOA member at no charge. It may be purchased by non-members for \$5.00. Additional copies for members = \$2.00.

www.meadowwoodfarmocala.com

Photos always look
better in our online
edition.

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DRAINAGE ISSUES ON OR NEAR YOUR PROPERTY?

If you have observed a problem with drains, culverts, pipes, or swales resulting in standing water following a rain storm, please send an email or call Elizabeth Waller, President of the MWFPOA with your name, address, and a brief description of the problem. The Association is compiling a list of drainage issues to be inspected and possibly remediated by the Storm Water Management division of the County Engineer's Office. It is particularly important to address as many of these areas as possible before any road improvements are initiated, pending the outcome of the Road Reclamation petition process. The cost of any drainage improvements or modifications performed will most likely be covered under the annual Storm Water maintenance fee that is assessed each year as part of your property tax bill. Please note that individual driveway culverts are the responsibility of each property owner and would not be covered under this program. Responses due by June 15, please.

Contact your MWFPOA President. See Page 2 for her contact information.