
AROUND THE BEND

Your Willowbend Community Newsletter

Board of Directors Notes

Again, there are no new updates on the Take 5 Oil Change development. The owner of the parcel hasn't requested to rezone so there is nothing to react to yet.

The Board voted to begin the process of rewriting the Willowbend legal documents.

The Board voted to move a portion of our reserve funds to a higher interest-bearing account. The Board agreed with the Treasurer's recommendation of moving \$125K from two of our accounts to another account for 6 months which will earn 4.5%. This will still leave sufficient money in our reserves for emergencies.

The repair of mailboxes has been scheduled.

The current company we use for irrigation pump repair has become non-responsive to our requests. The Landscape Committee will begin looking for other vendors.

The Landscape Committee provided three quotes for landscape lighting repair: NiteLites \$8,070, Pleasant Lightscapes \$6,480 and American Lightscapes \$8,000. The Board agreed with the Landscape Committee's recommendation to accept Pleasant Lightscapes as it was the best price and most detailed proposal.

It was decided to wait to apply mulch to the front and rear yards until November when the rainy season ends and also delay applying mulch to the side yards until after the first of the year.

The Island along the Habitat Blvd. entrance has become an eyesore and the Board requested the Landscape Committee begin gathering ideas and prices to improve its appearance.

Landscape Committee Notes

The Committee provided a copy of the new Approved Plant List to the Board for review and approval.

Continuing to work on replacing trees lost during Hurricane Ian in common areas.

The Committee is assessing dead plantings in common areas and appropriate replacements.

The new irrigation schedule went into effect on May 12.

The Landscape Committee wanted to stress to homeowners per Willowbend Rules and Regulations Section 2.2 that residents "are not permitted to adjust, modify or otherwise tamper with the residential irrigation controller or related equipment. Unauthorized tampering may be subject to both County penalties or Association fines."

Hurricane Season Preparation

As the new hurricane season begins, now is the time to start making preparations. Our community Rules and Regulations allow residents to install shutters during hurricane season (Jun 1 – Nov 30) provided they have already been approved for use by the Board. Additionally, it's also time to start checking your disaster supplies. I've attached the FDEM Disaster Supply Kit Checklist at the end of the newsletter which is a very good reference.

You can also find great information through Sarasota County at: <https://www.scgov.net/government/departments/emergency-services>. Please be mindful that while we have a lot of hurricane preparation veterans in the community, we also have a lot of families new to the Gulf Coast and hurricanes. Please share what you have learned over the years with your neighbors.

Cooking in the Bend

I've been looking for ways to get more input from our neighbors and thought what better way than to share our favorite recipes. I'll start and please help me keep this going by sending some of your go-to recipes.

Pork Tenderloin with Raspberry Sauce

Dry Rub: 1 Tsp each of cumin, mustard powder, thyme, garlic powder, paprika, kosher salt and pepper.

Tenderloin: 1.5 lb. pork tenderloin, 4 Tbs olive oil

Raspberry Sauce: 10 oz raspberries, 3 Tbs balsamic vinegar, 2 Tbs granulated sugar, 1 Tbs Dijon mustard

Preheat oven to 450.

Combine the rub ingredients and apply to the entire tenderloin. Heat a large skillet over high heat and add oil. When oil is hot, add the seasoned tenderloin and brown all sides, 2 – 4 minutes.

Transfer meat to a baking dish and bake until the internal temperature reaches 145, about 20 minutes.

Remove from the oven and let it rest until the temperature reaches 160. (I prefer about 150)

While the roast is cooking prepare the sauce. In a sauce pan over medium heat combine all ingredients and cook for at least 10 minutes to allow the balsamic to reduce and flavors to blend. Slice, apply the sauce and enjoy!

Some of you know that my cooking passion is on my smoker so here is my smoked version of this recipe.

When smoking pork, I always brine the meat the night before cooking.

Combine the dry rub ingredients or use your favorite pork rub. Cover the roast with mustard and apply the dry rub to the entire roast.

Place your roast directly on the grate of the smoker set at 225 degrees and cook until internal temperature reaches 145 degrees (Roughly 30 minutes per pound) or your desired temperature. 145 – 150 Medium Rare, 150 – 155 Medium, 155 – 160 Medium Well and over 160 Well Done.

Did you Know?



Cheese makers are studying if music can change the taste of cheese. Beat Wampfler, a Swiss cheesemaker, plays songs from bands like Led Zeppelin and A Tribe Called Quest during his cheese-producing process and, with the help of students from the University of the Arts in Bern, he's studying to see if and how music can change the flavor of his Emmental cheese. Wampfler told *AFP*, "I am convinced that humidity, temperature, or nutrients are not the only things that influence taste... Sounds, ultrasounds, or music can also have physical effects."

Odds and Ends

Willowbend Wine Tasters! Please join us for the Willowbend Wine Tasters June gathering at Bob and Sandi Sosinski's house.

The Sosinskis are inviting you to experience an "Iberian Adventure," featuring wines from Spain and Portugal. Saturday June 10, at 6:30 PM, 528 Habitat Blvd.

If you are already a member of the wine tasters, please RSVP to sandra.sosinski@gmail.com. If you would like to be added to the email notifications, please contact Regina Schacht at willowbendwinetasters@gmail.com.

Another reminder that residents may not park their vehicles on the street. **Rules and Regulations paragraph 1.2.1.1:** Privately owned vehicles are to be garaged to the greatest extent possible to enhance community appearance. Due to safety consideration on our narrow community streets, vehicles shall not be parked in other than a driveway or designated parking area except for intermittent and brief periods of time or during occasional social gatherings.

Protect Your Dog in Hot Weather

I received a request to provide dog safety information for the summer. We have so many residents new to Florida they may not understand the dangers of walking dogs in our summer heat. Plus, it's a good reminder for all of us.

Check the Pavement

A quick and easy way to check if it's safe to walk your dog is to place the back of your hand on a sunny patch of pavement. If you can't comfortably hold it there for at least five to ten seconds, it's too hot to walk your dog. If your dog must be on pavement when it's hot, try to avoid standing in one place for too long. Standing in a shady area or bringing along a mat or cooling pet cot for your dog to rest on can help prevent his paws from burning.

It's Not Just the Heat

The humidity, wind, and amount of shade available on your walk can affect your dog's ability to tolerate the warm weather. Strenuous exercise, like running or rough play, can also put your dog at higher risk for overheating. Make sure you consider all of these factors before deciding whether it is safe for your dog to tag along with you.

Signs of Heat Stroke

Keep a close eye on your dog when you're outside in the summer. Catching the signs of heatstroke early can prevent your dog from becoming seriously ill. If your dog shows any signs of overheating—such as lethargy, excessive panting, or dehydration—get him indoors and cool him off right away. If the symptoms do not improve within five to ten minutes, or if your dog develops more serious signs such as a fever, weakness, difficulty breathing, and rapid pulse, seek veterinary care immediately.


Paws Can Burn on Hot Concrete



If you see your dog struggling to walk, limping, or dragging his feet, *stop and get him into shade and off of the hot surface*. Check his paws to see if the pads are red or pink in color, if they are blistered, or if they're missing pieces. If you see any of this, it is crucial that you take your dog to the vet immediately.

AIR TEMP	CONCRETE	ASPHALT
80°	95°	115°
85°	105°	130°
90°	125°	140°
95°	140°	155°

7 SECOND RULE - PLACE HAND ON THE SURFACE
TOO HOT FOR YOUR HAND, TOO HOT FOR YOUR HOUND



WEATHER AUTHORITY

7 Tips to Staying Hydrated in Summer

- 1. Keep track of your water intake.** A 32-ounce sports bottle provides four of your eight glasses of water. Drink two bottles and you are at a great starting point.
- 2. Watch out for caffeine.** Not all beverages are created equal when it comes to hydration. Coffee, alcoholic beverages and some varieties of tea are diuretics that encourage your body to eliminate water through urine. For every ounce of these you drink, you need to drink an equal amount of water. Keep alcohol consumption to a minimum, especially on hot days.
- 3. Avoid prolonged sun exposure.** After 30 minutes, it's time to find some shade. Your body cools itself by perspiring, which can accelerate dehydration, and if you're working or playing hard, you'll need to compensate by drinking more water.
- 4. Rely on a balanced diet for electrolytes.** The average person doesn't require the glucose- and electrolyte-enhanced sports drinks designed for athletes engaged in intense activity. These drinks are high in sugar and sodium. A healthy diet with plenty of fruits and vegetables, accompanied by water, will keep you hydrated.
- 5. Flavor your water.** If you don't like the taste of plain water, flavor it with fruit such as berries, oranges, lemons or limes.
- 6. Drink water at mealtime.** A glass of water 30 minutes before and one hour after a meal aids digestion. If you eat three times a day and follow this guideline, you'll have polished off six of your eight glasses of water just with your meals.
- 7. Start every day with a glass of water.** Before you reach for that cup of coffee, drink an eight-ounce glass of water.



DISASTER SUPPLY KIT CHECKLIST



General

- Two week minimum supply of medication, regularly used medical supplies, and a list of allergies
- A list of the style, serial number, and manufacturer information of required medical devices
- Batteries
- Flashlights
Do not use candles
- NOAA Weather Radio
Battery operated or hand cranked
- Cash
Banks and ATMs may not be available after a storm
- Cell phone chargers
- Books, games, puzzles or other activities for children

Phone Numbers

- Maintain a list of important phone numbers including:
County emergency management office, evacuation sites, doctors, banks, schools, veterinarian, a number for out of town contacts, friends and family

Clothing

- Rain gear such as jackets, hats, umbrellas and rain boots
- Sturdy shoes or boots and work gloves

Special Needs Items

- Specialty items for infants, small children, the elderly, and family members with disabilities

First Aid

- First Aid Manual
- Sterile adhesive bandages of different sizes
- Sterile gauze pads
- Hypoallergenic adhesive tape
- Triangular bandages
- Scissors
- Tweezers
- Sewing needle
- Moistened towelettes
- Antiseptic
- Disinfectant wipes
- Hand sanitizer
- Thermometer
- Tube of petroleum jelly
- Safety pins
- Soap
- Latex gloves
- Sunscreen
- Aspirin or other pain reliever
- Anti-diarrheal medicine
- Antacid
- Laxative
- Cotton balls
- Q-tips

Food and Water

- Food
Nonperishable packaged or canned food and beverages, snack foods, juices, baby food, and any special dietary items to last at least 7 days
- Water
1 gallon per person per day
- Non-electric can opener
- Paper plates
- Napkins
- Plastic cups
- Utensils

Important Documents

- Insurance cards
 - Medical records
 - Banking information
 - Credit card numbers
 - Copies of social security cards
 - Copies of birth and/or marriage certificates
 - Other personal documents
 - Set of car, house, and office keys
 - Service animal I.D., veterinary records, and proof of ownership
 - Information about where you receive medication, the name of the drug, and dosage
 - Copy of Will
- *Items should be kept in a water proof container*

Vehicle

- Keep your motor vehicle tanks filled with gasoline

Pet Care Items

- Pet food and water to last at least 7 days
- Proper identification
- Medical records/microchip information
- A carrier or cage
- Muzzle and leash
- Water and food bowls
- Medications
- Supplies for your service animal

Find more disaster preparedness tips at FloridaDisaster.org