



THE PINE RUN NEWS

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SO LONG SNOWBIRDS...’TIL THE FALL!

A Health Editorial: I’ve been haranguing my wife, Carol, for the last 25 years on the importance of aerobic exercise for cardiac health...she’s gotten the message and works out regularly. I also had expressed the feeling that aerobic exercise was important for one’s brain function; that feeling was just based on the idea that increased blood supply to the brain was...good.

But now that feeling has been supported by a careful study that was run in Sweden over a period of years. The April issue of Scientific American has a lead article describing this “gold standard” study in which all the 1300 subjects had either a family history of, or genetic markers for, the Alzheimer’s syndrome. The effects of regular exercise were startling; the exercisers had a 3 – 4times less incidence than the control group.

So my message to my friends and neighbors is... exercise, exercise, exercise! And not only exercise but just keep moving...all day long. If you are sitting watching TV you can still do leg lifts and arm swings...just KEEP MOVING! – Dan Muss

From our President, Keenie Bugenhagen:

CLOSING UP YOUR CONDOMINIUM

It is the time of year when we are saying good-bye to many of our residents until next fall or winter. May all those leaving Pine Run for the summer experience safe travels, and we look forward to catching up with you again upon your return. It is important that if your unit will be vacant for a month or longer, that you take some time to “vacation proof” it, so that your return to Pine Run holds no unpleasant surprises.

As a first step, make sure that you have a reliable adult checking your unit on a regular basis. The contact information for this person, as well as your own contact information, should be left with Keys-Caldwell and our maintenance staff. Please make sure that an updated key has been left with our maintenance staff in case of emergency, and to make sure that you are receiving pest control in your absence. Check your individual insurance policy. Many policies have clauses that damage must be reported within 14 days in order for a claim to be filed. If that is the case, you may want to leave a signature sheet for the person checking your unit to sign and date each time they enter the unit.

The checklist for leaving may be found as Appendix 3 in the “Community Rules and Information” of February 2015, and on our website, www.pinerunosprey.org.

It is extremely important that all patio, lanai and outside items be brought into your condominium in your absence, especially during hurricane season, which is from June 1st – November 30th. Items left that could pose a hazard during a storm may be disposed of by our staff. Owners will be held responsible for any damage caused by their negligence of this responsibility.

With the threat of the Zika virus, especially here in Florida, it is important that all of us look for, and eliminate as much as possible, all sources of standing water.

If your unit is going to be vacant for any period of time, make sure that the main water valve is turned off. The electrical power should also be shut off to the hot water tank.

The required annual fire extinguisher inspection will take place this summer. Please leave your fire extinguisher in your entry hallway, so that our maintenance staff doesn't need to search your unit for it.

If you are leaving a car in your assigned parking space, please make sure that a set of keys is available in your unit. We have a number of projects scheduled for the summer that may necessitate moving cars to protect them from damage. You will be notified if your vehicle needs to be moved. Having to wait for an owner to mail keys causes unnecessary delays. A little extra care when leaving your unit can prevent a host of problems. If you have any questions, please feel free to contact our maintenance staff or a Board member.

PINE RUN/ BPW SOCIAL CALENDAR

Season is pretty much over, folks. Where did the time go? We had a wonderful six months, with lots of interesting, fun activities where we all enjoyed ourselves very much. We ended the season with a bang: Keenie and Roger’s Wine and Cheese Tasting party was a great success. As usual, it was beautifully done and we learned a lot about wines and cheeses especially through our taste buds!

The Frank Folsom Smith visit was very special, with about 45 people in attendance. Frank’s wonderful humor and tremendous knowledge kept us fascinated for over an hour with more informal questions and answers afterwards, while we munched on the delicious and beautifully presented hors d’oeuvres hosted by Geri O’Donnell, Connie Hamann and Billie Born. Owen Hodge was the tea master and his daughter shot a video of Frank’s talk. What a treat it all was. And many, many thanks to Anastasia Wirick for setting it all up.

Well, there are a couple of more treats coming up for us. A Kentucky Derby Party will take place on May 6. And we’ll definitely have a pool party at some point in May. We’re just not sure of the date. Watch the bulletin boards for the announcements.

Thanks to everyone for your participation as volunteer hosts, food contributors, clean up crew, 50-50 players, and just plain attendees. We are very fortunate to have such a great community that supports such fun events! See you next year, if not at the May events.

PINE RUN LIGHTING REPLACEMENT PROJECT

As most of you know, we are in the process of putting together an application to Sarasota County Neighborhood Grant Initiative to replace our outdoor pole and wall mounted lighting, almost 200 lights. (This project does not include the individual porch lights, which are the responsibility of the residents.) We worked like crazy to make the March 21st deadline for the grant application, but we didn't have our proposal ready in time. The next deadline is October, so we have a bit of time to make a stronger proposal, and, hopefully be awarded the grant. And, also, time to get more community input as to the style of lights we would like to have.

In January, we conducted a random "survey" of lighting fixture styles, having selected 7 different styles out of a lighting catalog. We asked residents to place red dots on a picture of the style of their choice. We tried to make it clear that the end result might not be the specific fixture because we didn't know costs or other important aspects of these selections. However, we thought the results of the "vote" would be a good indication of what style preferences there are in the community.

We took the top three choices and asked our lighting specialist about costs. One of the preferred lights was \$194, another was \$162 and the cheapest was \$99. We asked our lighting specialist to find a fixture that was cheaper for us, but that would come close to any of the three top choices in terms of style, and also meet our other requirements. He did so, and we have a sample wall fixture mounted on the stairs at 117 Woodland Place and a matching sample pole fixture mounted at 359 Pine Run Drive. We urge you to take a look at these fixtures, particularly at night, to see how the light casting is different from the big globes we currently have. If you care to, please email katepinerun@gmail.com with your reaction to these lights, either positive or negative.

We have heard from a few folks that they do not like the style of this fixture, although most of the feedback has been positive. However, a final decision has not been made and we have time for input from residents. Below are the specifications for the fixtures. If anyone finds other styles that meet these specs, including cost, we will be happy to consider them. However, please be aware that we must get our final choice and specs out to the vendors in July in order to finalize our bids by mid-September latest. Deadline for community input will be June 15.

Specifications:

- Down and outward cast of light (not upward)
- Composite Material
- Black Finish
- Frosted lens, glass or acrylic
- Accommodates LED screw-in bulb
- Matching wall and pole mounts fixtures
- Size: Pole - 18" x 13"
- Wall - 17/75" x 8"
- Cost: Pole \$55 or under; Wall \$35 or under

If you find something you like that meets these specs, please email details, including brand and part # to katepinerun@gmail.com

Cocktails and Conversation With Frank Folsom Smith:

What term would best describe an occasion that combines deep insight into the

architectural vision behind the creation of Pine Run, the timing and wit of a droll laid-back standup comedian, and a completely open and engaging question and answer session, along with good food and drink? How about “Cocktails and Conversation with Frank Folsom Smith?”

Anastasia Wirrick met Frank Folsom Smith at an event in Sarasota last month. Here is how she described it: “When I met Frank I introduced myself and said where I was from and the second he looked in my face he said ‘Does the pool still overlook the pond?’ and he had this twinkle in his eye.”

He repeated that thought in his opening remarks, that it was a glorious site with that pond and the Pine trees, and that his vision from the very first went much farther. He told us, “It may seem a little arrogant for me to say it, but the architecture selects the people. If you have open spaces and privacy and gathering places rather than just a group of people living in a building you get a community rather than just that group of people living in a building. The whole idea would be building community.” Here are a few observations he expressed about Pine Run both in the early days and now.

“This kind of architecture was derived from the period when people didn’t have air conditioning. Even though we did have air-conditioning here from the beginning the condos were designed so you could open them up and minimize the energy. Energy wasn’t such a big thing then but it was a thing so we considered it. The less you use your air-conditioning and heating the better as far as I am concerned.”

(With that twinkle in his eye) “There used to be alligators in that pond. There are snapping turtles, too. We would get somebody up to this room (clubhouse) to sign up and then they’d look out the window and then they’d see the alligator. Uh oh.”

“The buildings were designed in various ways. We wanted a diversity of buildings on the site. We didn’t want that kind of place where maybe somebody had a good time with friends, got a little drunk, and then walked in the wrong door because it all looks the same.”

“It’s a dilemma how you update after many years. You might want to keep up with historic or modern trends. Today these buildings seem comfortable, with a variety of interior decor and configurations. It’s very well kept. It looks good. It’s up to date in terms of landscaping and the buildings are in good shape.”

Unfortunately these printed out quotes you are reading can only provide a faint approximation of the marvelous ambience of Cocktails and Conversation with Frank Folsom Smith. Fortunately, there will be a video of the entire conversation that captures the great community spirit in the clubhouse that evening. That will give us all a chance to relive and share the moment. (The video is in the process of editing and will be available in a couple of weeks.)

Thanks to Kate Kossi for her graceful job as MC. It is our good fortune that Anastasia Wirrick had the inspiration to invite Frank Folsom Smith to Pine Run. Thank you Anastasia!

We all had a good time and so did he. Actually Frank Folsom Smith had planned to leave at 6:30 for another commitment, but there he was, a good talker and a good listener, still in the clubhouse an hour later, definitely enjoying being at Pine Run. – Owen Hodge

A report from our Vice-President, Kip Kellog on our irrigation system:

Drought... Drought... Drought. As all of you know, Florida is now officially in a drought. In combination with our irrigation updates and failures, this has left Pine Run looking like the rest of South Florida....Dry.

Just this morning, Monday April 17th, we have changed the last of our old system valves. The entire property is now on our new system. This means we can begin to auto program zones throughout Pine Run.

Over the course of the next few months, we will now follow up on digging out and replacing sprinkler heads, redirecting spray, and setting a better schedule.

The lack of water this season has been a source of frustration for many residents. We see now why native, low water needing plants thrive, while others suffer. It is certainly our goal to improve your ability to have healthy, attractive vegetation outside your condo. We look forward to summer rains, and our upgrade moving us forward to a greener version of Pine Run.

ANNUAL PINE RUN/BPW WINE AND CHEESE PAIRING

The annual wine and cheese pairing was held on March 29th at 5 pm. Fifty-eight residents of Pine Run and Blackburn Point Woods attended. Twenty- seven bottles of wine and twelve and a half pounds of cheese were happily consumed. Conversation and laughter were in abundance. Selections were:

Garofolo 2015 Verdicchio dei Castelli di Jesi Classico Serra del Conte Marche Italy paired with Formaggio Lagorai
De Wetshof 2016 Chardonnay Limestone Hill South Africa paired with Italian Truffle Cheese



Pico Maccario 2014 Barbera d'Asti
Tre Roveri Piedmont Italy paired with Havarti
Ancient Peaks Winery 2014 Margarita Vineyard Renegade Paso Robles paired with Madrigal
El Enemigo Cabernet Franc Mendoza Argentina paired with Comte'

The evening capped off with the drawing for a wine basket of one bottle of each wine. Marge Abdou was the lucky winner.



The price to enjoy America’s great outdoors will be going up — at least for seniors.

Right now, Americans ages 62 and older can score a senior lifetime pass to national parks, monuments and other federal recreational lands for just \$10. But according to [AARP](#), the pass price is expected to jump to \$80 — the same fee charged for a [standard annual pass](#) — later this year.

Although it’s unknown exactly when the fee hike will be implemented, the [U.S. Department of the Interior](#) says it does not expect changes to the senior pass price or program “within the next few months.”

AARP says the increased park fees will help pay for “major projects and enhanced services” on federally managed recreational lands. Here are three ways to get a senior pass now before the price soars:

- **Online:** Older Americans can [obtain a \\$10 senior pass online](#). Note that you’ll have to shell out \$20 to get the pass, which includes the \$10 lifetime pass and a \$10 document processing fee.
- **Paper:** You can also fill out and submit a [paper application](#) to the government to get your pass to America’s great outdoors. It costs a total of \$20, including the pass and the document processing fee.
- **In-person:** Seniors can also purchase a pass in person for \$10 from a [participating federal recreation site or office](#). If you get your pass this way, you don’t have to pay the \$10 processing fee.

If you have a tight timeline and you need a pass within 15 days or less, the DOI recommends you either obtain the pass at the first site you visit, or simply request expedited shipping services on your order. – Lou Komer

**A short, succinct summary of an adult male life:
STUD...DUD...THUD!**

Classified Ads (\$3):

