

MAY 2023

# MEADOW WOOD FARMS NEWSLETTER

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



A MONTHLY PUBLICATION OF MWFPOA , PO Box 77-1896—OCALA, FL 34477

## President's Message

### Don't Let the Old Guy In!

My buddy, Dave Kane's dad, Don, is 92 years *young*. He regular refrain is "just don't let the old guy in!" Dave's mother-in-law is 92 years *old*. My mother-in-law is 93 years *young*. A good friend of mine from my days in Indiana is 75 years *old*. I like to think, as I near my birthday at the end of this month, that I will turn 70 years *young*. I've written about attitude before, but I'm not sure that it is ever more important in life than it is as we age.

It is no secret that the demographic for Meadow Wood Farms is somewhere between middle-age and deceased. And, as you might imagine, we have both "old" people of that age group and "young" people in that age group. When our bodies are starting to fail us in minor and major ways, when we have pains, both occasional and chronic, when we tire out by early afternoon, we are tempted to feel old. When we dance in the park, ride our horses or bicycles, dine along the river, and laugh with friends, we tend to feel young. For the most part, these are all choices. Choose to feel younger by doing the things that make you feel younger.

Of the many, many books I've read, I've read very few more than once. A notable exception is *Younger Next Year*, by Chris Crowley & Henry S. Lodge, M.D. I've had it since 2005 and it continues to guide my thinking on this subject. Essentially, it is a well written, well researched, and good natured look at aging and how to effectively turn back the clock – at least a little. With complete credit to the authors, I share Harry's (AKA Dr. Lodge) Rules:

- Exercise six days a week - for the rest of your life
- Do serious aerobic exercise four days a week – for the rest of your life
- Do serious strength training, with weights, two days a week – for the rest of your life
- Spend less than you make
- Quit eating crap!
- Care
- Connect and commit.

There they are – 7 rules of not letting the old guy in. The book obviously has complete explanations of each with all of the scientific justification you'll ever need. You too, can feel younger next year.

For me, I'll keep living and playing by these rules, and reminding myself not to let the old guy in.

I'll see you around the neighborhood. -- Jim

### Upcoming Meetings (subject to change)

#### Executive Board Meeting

May 9th - 7pm

#### General Association

May 16th - 7pm

Meetings will be held at  
Friendship Park under the  
Pavilion.

Minutes are posted on the  
website after all Board and  
Association meetings:  
[www.mwfpoa.com](http://www.mwfpoa.com)

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## LETTER FROM THE EDITOR

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There has been some talk lately about the article that was published last month in the newsletter and signed anonymously. Some people have told me that I should not run letters, stories, etc that are signed anonymously. First and foremost, I would not include any submissions that I felt did not meet the general requirements of being respectful towards the general audience. Neither you nor I, have to agree with said content. Having different opinions, ideas, and perspectives is what makes having friends and neighbors more interesting. There has also been some comments made directly to me regarding "missing content". Items that were brought up at a meeting, and thought they would be great to include in the newsletter. Currently I check three different emails, because some people are not using the newsletter@mwfpoa.com, as well as my meeting notes in an attempt to not miss anything. Unfortunately, as hard as I try to not miss anything, I am human and hopefully everyone can be a little patient with me, as I would never intentionally not include relevant information. Having said that, if there is something that you feel is an important issue that would benefit the neighborhood, please, please take a few minutes to send me an email with what you would like to include in the newsletter. It would be wonderful if it could be sent to the new email address at [newsletter@mwfpoa.com](mailto:newsletter@mwfpoa.com).

Thank you so much to those who do send me submissions to the newsletter. I really appreciate it and it makes this job a little easier.

Gena DeCamella

### Officers of MWFPOA

<b>President</b>	Jim Bain	352-615-2572	<a href="mailto:president@mwfpoa.com">president@mwfpoa.com</a>
<b>Vice-President</b>	Mark Cooper	904-350-0253	<a href="mailto:viciousfish1959@gmail.com">viciousfish1959@gmail.com</a>
<b>Secretary</b>	Gena DeCamella	727-808-8918	<a href="mailto:secretary@mwfpoa.com">secretary@mwfpoa.com</a>
<b>Treasurer</b>	Karen Reade	352-622-2030	<a href="mailto:treasurer@mwfpoa.com">treasurer@mwfpoa.com</a>

### Committees

<b>Activities</b>	AVAILABLE		
<b>Maintenance</b>	Chair: Ian Reade		352-622-2030
<b>Beautification</b>	Chair: Chris Banks		706-889-8310
<b>Control</b>	Chair: Dale Kennedy Robert Zachary, AVAILABLE		imaussified@embarqmail.com
<b>Website</b>	Chair: Karen Reade Michele Shuler Gena DeCamella		<a href="mailto:treasurer@mwfpoa.com">treasurer@mwfpoa.com</a>
<b>Membership</b>	AVAILABLE		
<b>Newsletter</b>	Editor: Gena DeCamella		<a href="mailto:newsletter@mwfpoa.com">newsletter@mwfpoa.com</a>
<b>Sunshine</b>	Chair: Jennie Adams		352-854-1914
<b>Welcome</b>	AVAILABLE		
<b>Refreshments</b>	Holly Roberts		<a href="mailto:hbrlifestyle@gmail.com">hbrlifestyle@gmail.com</a>

## Community Matters

### Calendar of Activities — May 2023

**All events will be held at Friendship Park unless otherwise stated**

- ♦ **Trivia Night** - May 4th 7pm
- ♦ **Cinco de Mayo** - May 5th
- ♦ **Executive Board Meeting** - Tuesday May 9th 7pm
- ♦ **Mother's Day** - May 14th
- ♦ **General Association Mtg** - Tues May 16th 7pm
- ♦ **Pot Luck Dinner** - May 16th 6pm
- ♦ **Equine Club Meeting**- Thursday May 25th 7pm
- ♦ **Memorial Day** - May 29th
- ♦ **Line Dancing Has Returned!!** Saturdays Only 10am



**May**  
two thousand twenty twenty-three

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
MOTHER'S DAY 21	22	23	24	25	26	27
28	29	30	31			

If you would like to schedule an event in Friendship Park, please contact and coordinate with our Treasurer, Karen Reade @ [treasurer@mwfpoa.com](mailto:treasurer@mwfpoa.com)

### Meadow Wood Farms Communications

Website: [www.mwfpoa.com](http://www.mwfpoa.com)

The newsletter is available in **color** on our website:

- ♦ From the main page, click on **Newsletter**, and then select the month.
- ♦ Minutes from all Executive Board and General Association meetings can be found under the Meetings tab.

### eMail

To join the Meadow Wood Farms email blasts and conversation, send a note to [Meadowwoodfarms1@aol.com](mailto:Meadowwoodfarms1@aol.com) and ask the site master to add your email address. Please respect the rules... This service is offered by a private member of the association.

- ♦ No politics, religion, or any offensive material.
- ♦ Your last name is required
- ♦ If you want to respond to the email, you **MUST** select the original sender. (hitting reply sends the email to MWF1 NOT the original sender).
- ♦ We do not forward attachments due to a virus possibility.

SO, think before you send us an email to forward. Is it signed? Is the right person getting it? Does it have an attachment?

About 30% of the email we get are deleted for the above reasons. Want to stay on our email list? Please take note of these rules.

### Facebook

Ask to join our private groups on Facebook:

- ♦ **Meadow Wood Farms**
- ♦ **Meadow Wood Farms Equestrian Club**
- ♦ **Meadow Wood Farms Garden Exchange**

Do you know of a Meadow Wood Farms neighbor in need? The Meadow Wood Farms Angels is a group of anonymous volunteers who are ready to help with those small, one-time projects that our neighbors cannot do by themselves by reason of age, illness, disability, or lack of funds.

To submit a request for assistance, email: [MWFAngels@gmail.com](mailto:MWFAngels@gmail.com) or call Jim Bain (352) 615-2572. The Angels will contact you and obtain additional information in order to evaluate the request.



## MAY ELECTIONS

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In preparation for our annual Board elections this month at the general meeting in Friendship Park. We are seeking nominations and volunteers to serve as President, Vice President, Secretary, or Treasurer.

Note: All Executive Board positions are officially available.

The newly elected officers' term will begin June 1, 2023, and extend through May 31, 2024.

We have a number of new residents, and that means a lot of new ideas and talent are available! You can help make a difference in our community by volunteering a bit of your time. Please consider adding your name to the election slate for next year. Currently, the slate consists of the following:

- ☐ President: Jim Bain
- ☐ Vice President: Mark Cooper
- ☐ Secretary: Gena DeCamella
- ☐ Treasurer: Karen Reade

Any Association member in good standing may serve on the Board. If you are interested, contact any of the board members via email or phone. You can read the Duties of the Officers in our By-Laws, available in your Directory or online at [www.mwfpoa.com](http://www.mwfpoa.com).

Elections will be held at the May 16th meeting at Friendship Park. There will be a Pot luck dinner before hand, with the Association providing Hot dogs and Hamburgers. Please bring a side dish to share and join the fun.

Nominations may also be taken from the floor at that time for any member in good standing.

\*\*\*\*\*



Hello Friends and Neighbors !

**VOLUNTEERS** wanted to decorate the 4 front entrance walls for any of the following 2023 holidays. Perhaps you have some new, fresh ideas! This means getting decorations from the park shed, putting them up, taking down, and putting back in the shed.

May 29	Memorial Day
June 14	Flag Day
July 4	Independence Day
September 11	Patriot Day
November 11	Veterans Day

Thank you for helping with our great community!

**Please RSVP by text or phone to Chris Banks 706 889-8310**

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**There are also a few Committee seats available that need to be filled.**

- 1 - Activities
- 2 - Welcome
- 3 - Membership
- 4 - Adding Value to Membership
- 5 - Control committee member (we are required to have 3 members, and currently have 2)

Please consider getting involved and be a part of this wonderful neighborhood!



### Irish Horse Myths and Beliefs

The emerald isle, cross hatched with stone walls, free of snakes and dotted with white sheep is surely the pride of the Irish. But it is the horses that the Irish people look upon with such fondness in their eyes. Horses were important for transportation, farming, sport and also warfare. They have been frequently mentioned in Irish legends as the companion of warriors with their warlike attributes of physical prowess.

At the end of the last ice age, a land bridge existed that connected Ireland to Scotland and another connected England to France. Horse originated in the Asian steppes and worked their way across Europe into Ireland. The earliest evidence of domesticated horses dates back to about 2400 BC. The first developed breed, called the Hobby and now extinct, occurred prior to the 13<sup>th</sup> century. The blood lines of this breed were the foundation for many Irish breeds, such as the Connemara Pony and the Irish Draught.

The Irish believed the horse to be a lucky symbol and when a horse was sold, their halter was retained by the seller. It was thought the value and good fortune of the horse who wore the halter would be held within it.

Horses were also thought to see spirits, and would stop at haunted areas on a road, and could not be asked to pass by that area. Folklore stated that the spirit could be seen by the rider if they looked directly between the horse's ears. Most of us these days see that behavior as "spooking" at sights and smells they cannot understand.

The Irish believed in fairies, and were extremely concerned that they would come in the middle of the night and steal their horses for a moonlit ride. Various customs were used, such as tying a red ribbon to the horse or spitting on them to keep the fairies away. They also believed that the horse itself sneezed to keep them out of reach. (Why it's a good idea not to stand in front of them!)

One of the greatest threats the Irish believed was the evil eye of an enemy that would bestow harm to the horse. The sign of the cross was usually made over the horse to keep the evil away.

Not all horses were considered lucky. A white horse was considered very unlucky and a horse with four white legs was very difficult to sell as they believed they were hard to tame. Hence the quote "One white foot buy him, two white feet try him, three white feet look well about him, four white feet do without him." Grey horses were revered and advice from their riders was always heeded. A white spot on the forehead was considered a good sign.

The horse is also associated with the sun by the Celts. This is most likely due to the belief that they drew the chariot of the sun across the sky. The Celts sometimes called the sun "Echdae"--the horse of the heavens.

The Irish thought (as most of us horsemen do) that horses had a special understanding of people and one should "treat a horse like a Christian".

An old saying in Irish is "capall le ceansacht", meaning that a horse should be handled with gentleness. I believe this is something we all can agree on.

Reference: West Cork People, "Horses hold a special place in Irish Folklore".

Submitted by:  
Pat VanNostrand



### TRIVIA NIGHT IN THE PARK - May 4th, 7pm Friendship Park

Come join the fun! Come alone or with a group. This event is Bring your own beverage of choice and snacks.



### Pot Luck in the Park - Tuesday May 16th - 6p.m. - 7p.m.

Prior to the Meeting, the Association will be providing Hot Dogs & Hamburgers. Please bring a side dish to share and join us. Members eat free and non-members will be asked for a \$5 donation. You will NOT want to miss this for several reasons: Good friends, Good food, Good times, AND a member is guaranteed to win \$75 from the "It Pays to Come to Meetings"



## ADVERTISEMENTS

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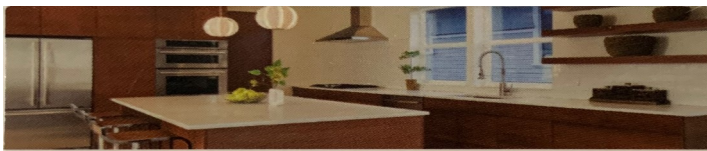
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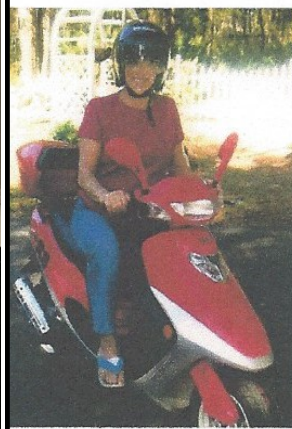
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### Neighborhood Sunshine

*If you are aware of someone who could benefit from receiving a card, please notify Jennie Adams at 352-854-1914*



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Ad Size	Member Rate	Non-member Rate	6-month Rate (Member)	6-month Rate (Non-member)
Business card	\$10/ month	\$15/ month	\$50	\$75
1/4 page	\$20/ month	\$30/ month	\$100	\$150
1/2 page	\$30/ month	\$45/ month	\$150	\$225
Full page	\$70/ month	\$80/ month	\$350	\$400

### **What is Happening to our Neighbors?**

Perception is different for everyone and is, as individual as people are. For example five people seeing the exact same thing would most likely describe it differently. The same is true when people read something, as we all process the words in our heads differently. Recently the MWF deed restrictions have sparked a difference in interpretation, as most groups of written words can do.

Book clubs and discussions about books are about the perceived differences in the intent of the written words. These differences became the foundations of numerous religions based on what was believed to be the true intent of the words written in just one book. No one knows the true intent of a group of written words unless they themselves wrote those words. Our words and/or actions are interpreted by each person differently as well.

For example my perception of the last general association meeting, which discussed the supposed MWF deed restrictions, was like a hanging court – with the judges and decisions already in place. If that was the intent of that meeting then it should be considered a success, however, it appeared to be a divided courtroom, not that that matters in a hanging court.

I miss my first perception of MWF and the sense of community and caring that I felt. The Strum's here in MWF, often end their email "In a world where you can be anything – be kind". I am thankful they put that thought out to share and I wish it could be a more common practice.

Another Meadow Woods Farms Neighbor



## Membership Information

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 find out if you've paid?** Contact Karen Reade at 352-622-2030 or email her at [treasurer@mwfpoa.com](mailto:treasurer@mwfpoa.com).

*Your MWFPOA thanks you!*

## Please Join - Renew your Membership

### MEADOW WOOD FARMS PROPERTY OWNERS ASSOCIATION, INC.

(Annual Dues Effective June 1, 2022, effective through May 2023)

Please send your check for \$95.00 with this form to:  
Meadow Wood Farms Property Assoc., Inc., P.O. Box 77-1896, Ocala FL 34477

Please *print* to provide the information below :

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**Phone:** \_\_\_\_\_

\_\_\_\_ **YES**    \_\_\_\_ **NO**    Put my/our information in the directory.

\_\_\_\_ **YES**    \_\_\_\_ **NO**    Deliver my/our newsletter to my/our address.

(Otherwise, it is available on the website, which saves the Association printing and mailing costs.)

The directory can be found on-line, by members only, at [mwfpoa.com](http://mwfpoa.com).

[mwfpoa.com](http://mwfpoa.com)

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PROPERTY OWNERS ASSOC.

MEADOW WOOD FARMS



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