



A MONTHLY PUBLICATION OF MWFPOA : 73 LAKE VIEW DRIVE EAST - OCALA, FL. 34482

Deed Restrictions in Meadow Wood Farms: Why They Matter and Where We Stand Under MRTA

At our most recent Meadow Wood Farms General Association Meeting, which was well attended, and most members conducted themselves appropriately—we discussed the value of our deed restrictions and a key question: whether our restrictions may have expired under Florida’s Marketable Record Title Act (MRTA). I’d like to explain why I believe deed restrictions matter, what MRTA could mean for our community, and the next steps that were authorized by member vote.

Pros of Deed Restrictions

- **Protect property values.** Clear standards for maintenance and use help reduce avoidable nuisances and preserve neighborhood appearance over time.
- **Set expectations for living in the community.** Restrictions can address common issues such as exterior upkeep, parking, storage, and other matters that affect neighbors.
- **Provide a framework for fair enforcement.** Written standards—applied consistently—can reduce uncertainty and personal conflict by focusing on agreed-upon rules rather than individual opinions.
- **Support long-term planning.** When owners understand what is permitted, it is easier to make improvements, invest in homes, and plan responsibly.
- **Help resolve disputes.** When conflicts arise, deed restrictions can offer an objective reference point for discussion and resolution.

Why MRTA Matters: Potential Expiration of Restrictions

Florida’s Marketable Record Title Act (MRTA) is a state law intended to simplify and “clear” older title issues by limiting how far back certain property interests can be enforced unless they are preserved in specific ways. In some circumstances, restrictive covenants (including deed restrictions) can become unenforceable if they are not properly preserved within the time periods and procedures set out in the statute.

Because MRTA’s application depends on recorded documents, dates, and legal requirements, it is not something the Association should guess at. The question for Meadow Wood Farms is whether our deed restrictions remain effective as recorded—or whether they may have expired under MRTA. A qualified attorney can review our governing documents and the public record to determine our current status and advise what steps, if any, are available to preserve or restore enforceability.

What We Voted for at the General Association Meeting

At the meeting, the membership voted—by an approximate margin of 4-to-1 in favor—to have an attorney review our deed restrictions and MRTA status. There may be some language that might exclude us because of our unique “voluntary POA”. If the legal review concludes that the restrictions have expired, the Association will then pursue the appropriate process to **revive** the deed restrictions in accordance with applicable law and any required owner approvals. This process will start with creating a committee of at LEAST 3 residents. If you are interested in joining that committee please reach out to me at president@mwfpoa.com and I will put your name on the list.

Upcoming Meetings
(subject to change)

Executive Board Meeting

April 7th - 7pm

General Association

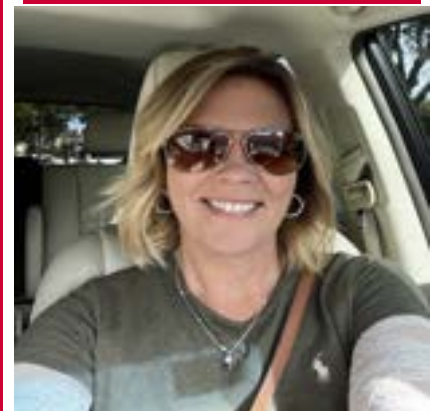
May 12th - 7pm

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

Inside this issue:

| | |
|----------------------------------|------|
| President’s Mes- | 1 |
| Association Info | 2-3 |
| Advertisements | 9-11 |
| Contributions | 4-7 |
| Membership Form - Join Now!***** | 11 |



ASSOCIATION INFORMATION

Page 2

In addition to the cover message from Gena DeCamella, MWF POA President the General Association meeting on March 10 had other motions that were voted on, as follows:

- ◆ The motion to amend the MWF By-law, Article 1, Section 1 item 4, which currently reads “For any new property owner or long term tenant/resident paying dues for the first time, on January 1st of any given year, the amount owed will be 1/2 the current annual dues. Said payment of dues will effect membership until the end of the current fiscal year, that being May 31, at which time, the member will be invoiced for the ensuing year at the full dues rate.” (As amended 11/12/2009) was passed. The association will no longer break down dues, and the same dues are for the whole year (June 1 to May 31) regardless of when the new member joins”
- ◆ Starting in June 2026, MWF Newsletter will only be available for delivery to members, this will also include access to the newsletter on the Meadow Wood Farms website.

SIDE NOTE: The Meadow Wood Farms Official Website is MWFPOA.COM it is not and never has been Meadow Wood Farms Facebook. The Meadow Wood Farms Facebook website is a social media website that is administered by private Meadow Wood Farms residents and is totally unrelated to Meadow Wood Farms POA. It has been recently requested that this be clearly noted on the banner - header of that Facebook page.

Officers of MWFPOA

| | | | |
|-----------------------|----------------|--------------|--|
| President | Gena DeCamella | 727-808-8918 | president@mwfpoa.com |
| Vice-President | Mark Cooper | 904-350-0253 | vicepresident@mwfpoa.com |
| Secretary | Karen Reade | 352-622-2030 | secretary@mwfpoa.com |
| Treasurer | Merry Lee Bain | 352-547-9327 | treasurer@mwfpoa.com |

Committees

| | | |
|-----------------------|---|--|
| Activities | AVAILABLE | |
| Maintenance | AVAIABLE | |
| Beautification | Coralie Moutin | |
| Control | Chair: Robert Zachary | |
| Website | Jim Thomas | |
| Membership | Patricia and Dave Wagner Janice Eide | |
| Newsletter | Michele Shuler | newsletter@mwfpoa.com |
| Sunshine | Chair: Lynn McGonagill | |
| Welcome | Dale Kennedy | |
| Refreshments | Holly Roberts Chris Banks | |

MWFPOA

Meadow Wood Farms Communications

Meadow Wood Farms and Meadow Wood Farms POA has ONE official website:

www.mwfpoa.com

What is available on our website?

- ◆ Newsletter in Full Color
- ◆ Meeting Minutes
- ◆ Advertisers

They support our association, so please support them!

- ◆ Board Member Contact Info
- ◆ Committee Member Contact Info

Become a Member for full-access which includes

- ◆ Neighborhood Directory - with Names, addresses, and contact information of your neighbors
- ◆ Neighbor to Neighbor - A list of Agents & Contractors that are tried and tested by you Neighbors - eliminate some guesswork

Thank You

Thank You to Mark Cooper for hosting a fabulous breakfast in the park! Everyone had a wonderful time; the food was great and meeting with and both new and old neighbors and friends was just as great.

Saturday February 28, 2026



IF YOU HAVE NOT YET REGISTERED AS A MEMBER/ USER ON OUR WEBSITE YOU ARE MISSING OUT! IT'S EASY, JUST CLICK ON REGISTER NOW AND IF YOU ARE A MEMBER IN GOOD STANDING YOU WILL RECEIVE YOUR PASSWORD.

Please consider serving on the POA Board or a Committee

This May we will elect a new POA board, there are two board positions that are going to be vacated that need to be filled, along with all positions being available to run for. The president and secretary positions will both be vacant. Committee positions that are currently vacant are Activities and Maintenance. The Membership Committee is also being vacated in May.



Community Matters

Calendar of Activities — April 2026

All events will be held at Friendship Park unless otherwise stated

- ◆ **Playing Games** - April 1st 6-8pm
- ◆ **Playing Cards** - April 2nd 11am-1pm
- ◆ **Executive Board Meeting** - April 7th 7pm
- ◆ **Playing Cards** - April 8th 6-8pm
- ◆ **Playing Games** - April 9th 11am-1pm
- ◆ **Ladies Luncheon** - April 13th - Not In MWF
- ◆ **Playing Games** - April 15th 6-8pm
- ◆ **Playing Cards** - April 16th 11am-1pm
- ◆ **Bingo** - April 16th 7pm
- ◆ **Playing Games**- April 18th 11am-1pm
- ◆ **Playing Cards** - April 22nd 6-8pm
- ◆ **Playing Games** - April 23 11am-1pm
- ◆ **Equestrian Meeting** - April 23nd 7pm
- ◆ **Playing Cards** - April 25th 11am-1pm
- ◆ **Paying Games** - April 29th 6-8pm
- ◆ **Playing Cards** - April 30th 11am -1pm

If you would like to schedule an event in Friendship Park, please contact and coordinate with our Secretary,
Karen Reade at secretary@mwfpoa.com



MWF Neighborhood Communication

eMail: To join the Meadow Wood Farms email blasts and conversation, send a note 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 service is offered by a private member of the association. It is extremely useful, and we are grateful to them

Neighborhood Facebook Groups

Ask to join our private resident hosted Facebook Groups:

- ◆ Meadow Wood Farms
- ◆ Meadow Wood Farms Equestrian Club
- ◆ Meadow Wood Farms Garden Exchange
- ◆ MWF Ladies Luncheon
- ◆ Meadow Wood Farms "Playing Games" Group

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 or call Jim Bain (352) 615-2572. The Angels will contact you and obtain additional information in order to evaluate the request.



Don't know how to play any of the games? That's okay - we will teach you! Don't want to play the games that day or ever but would love to come watch and socialize? GREAT - come join us!

Welcome to the MWF group of "Playing Games." We will be playing a variety of card, dice, board, trivia, and sometimes easy field games. The types of games will be determined by how many people are attending and what the group desires that day. Different small groups may wish to play multiple games or the entire group might play a large group game.

Please join the closed FB Group named Meadow Wood Farms "Playing Games" Group to stay up to date - I am VERY organized and all the info can be found there and will be kept the most up-to-date as well. Check the "EVENTS" tab on the FB Group for the individual Days. Please RSVP to each date's event so I have an idea how many people might be attending. On this EVENT date, we can also have discussions about which games we are interested in playing, any foods you are bringing (remember, though, you do NOT have to bring anything at all to come enjoy the fun and socialization!). Bring your own drink.

Each week, we will alternate what type we will be playing. Check the EVENTS to see what we are playing on which day (ex: CARDS or GAMES).

Below are the cards or games people have responded they are interested in playing. Let me know if there is a card game or game that you love. The only requirement is that it is easy-to-learn, fun to play with a group, and can either be played by a small table of 4 or a large group (up to 20+). We can have individual tables of small groups playing different games as well sometimes, if desired.

If parents have kids' games they would like to bring for their children and others to play, that is good (as I don't have any of those).

CARDS: Cribbage, Euchre, Hand & Foot, I Doubt It (like Bullsh*t), MAD Cards, Phase 10, 500 Rummy, and Skip Bo.

GAMES: Apples to Apples, Bunco, Cards Against Humanity (this takes a special group as it can be a dark and mischievous humor!), Clean Slate, Dominos, Farkle, Herd Mentality, Hot seat, Left-Right-Center, Incoherent Family, Never Have I Ever, Outburst, Pickles to Penguins!, Quirkle, Rummikub, Sequence, Stuff Happens, Taboo!, Things They Don't Teach You in School, Uno, Uno Attack, Wits & Wagers, Worst Case Scenario, and Yahtzee

I hope to see you all soon at the MWF Park. Please contact me if you have any questions through the FB Group or (352) 299-5549 or deborahshahadey@gmail.com

Submitted by *Deborah Shahadey*

When Attention Turns Into Stalking: Signs, Risks, and What Women Can Do

Stalking is a pattern of unwanted attention or contact that causes fear, anxiety, or disruption to your daily life. Because it can look “small” at first—an extra text, a surprise visit, a gift—it’s easy to second-guess yourself or worry you’re overreacting. You’re not.

Many stalkers may present as charming, persistent, helpful, or “romantic,” using tactics that are easy to explain away. Early behaviors can include:

- Frequent messages or calls that ignore your pace (e.g., double-texting, demanding quick replies).
- “Coincidental” run-ins—showing up at your gym, workplace, or usual spots.
- Over-the-top compliments, gifts, or favors that create a sense of obligation (“After all I’ve done…”).
- Fishing for personal information: your schedule, where you live, who you’re with.
- Testing boundaries with small “jokes” or guilt (“You’re so cold,” “I guess you don’t care”).

Monitoring your online presence: liking everything, commenting intensely, reacting when you don’t post.

The Escalation: From Persistence to Control

Stalking tends to escalate when you set limits, say no, end contact, or begin a new relationship. What looked like persistence can shift into entitlement: the belief that your attention, time, or access is something they deserve.

As the behavior worsens, you may notice:

- Refusing to accept “no” (arguing, negotiating, contacting you through new numbers/accounts).
- Demanding access: wanting your location, passwords, or constant check-ins.
- Tracking behaviors: watching your home, workplace, or social events; using friends to gather information.
- Escalating emotional volatility: apologizing dramatically, then lashing out; cycles of charm and anger.
- Isolation attempts: criticizing your friends, pressuring you to stop seeing people, creating conflict around your support system.
- Threats (direct or implied): self-harm threats, revenge threats, threats to expose private information, or threats toward people/pets you care about.

Property interference: unwanted deliveries, vandalism, tampering with your car, or repeated “gifts” you did not request.

The Dangers of Stalking (It’s Not “Just Annoying”)

Stalking is dangerous because it is about **access** and **control**. Even when violence hasn’t happened, the pattern can escalate—especially around separation, rejection, or major life changes. Stalking also causes serious harm on its own: chronic stress, sleep disruption, anxiety, difficulty concentrating, and a shrinking sense of freedom as you change routines to avoid being found.

- **Physical danger:** increased risk of assault when a stalker’s sense of control is challenged.
- **Digital danger:** spyware, account takeovers, location tracking, impersonation, and harassment campaigns.
- **Workplace risk:** showing up at work, contacting colleagues, or attempting to harm your reputation.

Continued page 7

Social risk: triangulation—using mutual friends, family, or social media to pressure you. Manipulation is often fueled by inconsistency—kindness followed by anger, apologies followed by renewed pressure. This “push-pull” cycle can keep you engaged, explaining, or defending your choices. A helpful rule: **you don’t need to prove someone’s intent to honor your boundaries.** Discomfort and repeated boundary violations are enough.

What You Can Do: Practical Steps That Help

1) Name the behavior and reduce engagement

If you decide to communicate, keep it brief and unambiguous: “Do not contact me again.” Long explanations can be treated as negotiation. After a clear boundary, consider limiting or ending engagement (blocking where appropriate).

2) Document, document, document

- Keep a simple log: date/time, what happened, where, any witnesses, and how it made you change your behavior (left work early, stayed with a friend, etc.).
- Save screenshots, emails, call logs, social messages, and voicemails (back them up somewhere safe).
- Take photos of gifts left behind, damage, or vehicles repeatedly present.
- If safe, tell a few trusted people so there are additional witnesses to the pattern.

3) Tighten digital safety

- Check location sharing settings on your phone and apps; turn off unnecessary sharing.
- Adjust social media privacy, remove followers & block people you don’t trust, and avoid posting real-time location.

4) Consider reporting and legal protections

A victim advocate can often help you think through options such as making a police report, requesting a protective order, or creating a safety plan that fits your situation. If you do report, bring your incident log, screenshots, and any witness information.

Quick Checklist: Red Flags You Shouldn’t Minimize

- They keep contacting you after you’ve asked them to stop.
- They show up where you are without being invited.
- They punish boundaries with anger, guilt, threats, or smear campaigns.

You change your routines because of them.

Closing Thoughts

Stalking thrives on silence, doubt, and isolation. If someone repeatedly ignores your boundaries, that is information—no matter how charming their story sounds. We ALL deserve to feel safe.

Anonymous

Time doesn't ask anything from us, but it takes everything from you. We can't own time, we just live through it. We don't really spend time.

We just watch it pass. When a moment is gone, it's gone forever. Each second shows us that time isn't ours to control. It's always there, moving along with us, whether we notice it or not.

Because of this, how we choose our lives matters. Time gives us no receipts and no second chances, only the opportunity to be present while it's still ours. Each moment arrives without announcement and leaves without warning, asking only that we notice it before it passes. We will not be remembered for our plans or intentions, but for the way we lived inside our given allotted of time, not by how we wasted our time.

What lingers are the moments when we paid attention, listened, cared, and chose to be aware of what was around us, rather than wasting our precious time on mind-numbing, meaningless distractions. Choose wisely.

Ian Reade

Calf Pain Relief: 8 Simple Stretches to Release Tightness

Tight calves can cause pain, stiffness, and limited mobility. These simple stretches help improve flexibility, reduce muscle tension, and increase blood circulation. Hold each stretch for 30-90 seconds and repeat on both sides.

Wall Stretch

Stand facing a wall and place your hands on it. Step one foot back while keeping the heel on the ground and the back leg straight. Lean forward slightly to feel a deep stretch in the calf.

Seated Calf Stretch

Sit on the floor with one leg extended. Reach forward and hold your toes or foot while keeping your back straight. This stretch targets the lower calf and improves flexibility.

Bent Calf Stretch

From a standing position, bend your front knee while keeping the back heel on the floor. This variation focuses more on the soleus muscle (the deeper calf muscle).

Heel Drop Calf Stretch

Stand on a step or block with the balls of your feet supported. Slowly lower your heels down below the step to stretch the calves effectively.

Tibialis Anterior Stretch

Sit with one leg bent and gently pull the foot back while keeping the top of the foot extended. This helps stretch the front lower leg muscles and relieve shin tension.

Child's Pose with Calf Release

From kneeling, sit back on your heels and stretch your arms forward. This position gently lengthens the calves and relaxes the entire lower body.

Lunging Calf Stretch

Step one foot forward into a lunge while keeping the back leg straight and heel grounded. Lean forward to stretch the calf and Achilles tendon.

Downward Dog Calf Stretch

From the downward dog position, press your heels toward the floor while lifting your hips up. This stretch lengthens the calves, hamstrings, and back.



Submitted by *Deborah Shahadey*

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Deborah Shahadey, LMT (MA#89326)

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Dorothy Henry
Realtor®
(352) 817-7494
Fax (352) 629-0226
DOROTHYH2008@yahoo.com
OCALALANCHENOM
3485 W Highway 41 • Ocala, Florida 34887



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Handyman
Specializing in trim work and
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joeserviss53@gmail.com
631 831-7186



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Heather Mangus
Realtor®
(352) 322-9777

heathermangus1@gmail.com
3485 W Highway 41 • Ocala, Florida 34887



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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 Merry Lee Bain at 352-547-9327 or email her at treasurer@mwfpoa.com.

MEADOW WOOD FARMS PROPERTY OWNERS ASSOCIATION, INC.
 (Annual Dues Effective June 1, 2026, effective through May 2027)

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 Meadow Wood Farms Property Assoc., Inc., 73 Lake View Dr East, Ocala FL 34482

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*Photos always look
better in our online
edition...*

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P.O. BOX 77-1896
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