

Winding Cypress

May 2022 Newsletter



Photo by Linda Kissell

Winding Cypress

Shady Palm Manager

Meet Kaitlin O'Dubhda



Not much gets past Kaitlin O'Dubhda, new manager of Shady Palm.

In the three short months she has been on the job, she has been working to streamline the restaurant and has hired more employees. On her drawing board is opening the restaurant Saturday nights and possibly Tuesdays, and getting a new menu this summer. “We will have more gluten-free and vegetarian dishes rather than just fried food,” she said. Plus, salads will be changed on a more seasonal basis.



Although it's noticeable to the casual diner she already has hired more staff, this summer she plans to hire and train more people so they are ready to go in the fall.

On any given day you can find Kaitlin busy cleaning tables, taking meal orders or providing guidance to her staff. Despite her quiet demeanor, she is a mover and shaker.

Kaitlin hails from a family of restaurateurs and hoteliers in Ireland who have made premium service their trademark. She came to America in 2019 to manage restaurants in Boston and New York and has never looked back.

She knows some people comment about her not smiling a lot. “That’s just me being operational,” she explains, so she can focus on the many jobs at hand.

She thanked the Shady Palm committee members for recently cleaning the restaurant, bar and kitchen. Although customers may not have noticed, she said, it did need to be done.

Board of Directors

Bill Powell, President

Bill Bell, Vice President

Dr. Michael Boriss, Treasurer

Dr. James Schopp, Secretary

Kay Ballard, Director

WCboardofdirectors@swpropmgt.com

HOA Staff and Office Hours

Hours 8 a.m. to 4 p.m.: Mon—Fri

10 a.m. to 3 p.m.: Sat and Sun

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Shady Palm Manager

Kaitlin O'Dubhda

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Housekeeper

Antonia Devila

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Maintenance Supervisor

Jose Rivera

~ Meet Miguel Diaz ~

I started working here Monday, April 18, until Southwest Property and the Winding Cypress Board of Directors selected a permanent Property Manager for the community. I am pleased to say I have been offered, and accepted, the position.

CC (Communications Committee): How long have you been in the Property Management field?

MD: I have been a Licensed Property Manager for the past ten years, primarily for high-rise residential properties in the Miami area.

My family and I recently relocated to the Naples area, and as a Southwest Property employee I have worked as an Interim Property Manager in two Naples communities – Bayfront, where I managed approximately 156 residential units; and Valencia Golf and Country Club, where I was responsible for managing approximately 550 residential units.



CC: Can you tell us what the letters LCAM and HI mean after your name?

MD: Sure. LCAM is Licensed Community Association Manager. HI is an additional designation, indicating that I am also licensed as a Florida Home Inspector in both residential and commercial real estate for 4-point and mitigation reports, mostly done for insurance purposes as required for homes that are more than 30 years old.

CC: I hear you've been busy already, and have some great ideas. Can you elaborate?

MD: I have been getting acquainted with the staff and together we have been reviewing the ARC submissions for accuracy and completeness. Once we determine they have all the information necessary, we forward them on to the new ARC Committee. This process works best when your homeowners use the Southwest Property appfolio link to submit, because we can process them more quickly. This is the most efficient way all HOAs function, and works very well. Otherwise, I'm busy organizing and getting things in order.

CC: Glad you're jumping right in! It sounds like you have a solid background in residential management. Do you have any interests outside of work?

MD: Yes, thanks for asking. In my spare time I spend time with my wife and children. I also like to work out, and I play various sports – mostly baseball. It's important to have a good work-life balance.



Tropical Depressions

This barbershop quartet, led by Winding Cypress Dave Walker, lead singer, (second from right) recently entertained diners at the Shady Palm Restaurant.

~ Ladies' Luncheon ~

The ladies' luncheon will be traveling to The Boathouse on Naples Bay Tuesday, May 10th.

Lunch will be ordered from the menu, but a refundable \$20 check is necessary to reserve your spot. It will be refunded only if you attend. No-shows will have their checks cashed.

Buildings, Grounds Looking at Ponds, Added New Plants to List

The Winding Cypress Building and Grounds Committee has been busy since the transition!

“At this time our primary focus has been working with Pulte to mitigate the erosion around our ponds,” says chairperson Barbara Seccombe.

The committee has also met with Pulte regarding the condition of our nature boardwalk and Pulte has made the requested necessary repairs to the boardwalk.

The ARC has added the Asian Snow Plant and Bottle Palm Tree to the listing of approved plants. If you see an area of concern, please be sure to communicate the issue along with any pertinent information, address, and a picture, if appropriate, to the HOA office via email.

Upcoming Events

- * Cinco de Mayo Party: 6 to 9 p.m. Thursday, May 5
- * Kentucky Derby 6 to 9 p.m. Saturday, May 7
- * Mother's Day Lunch Buffet 12 to 3 p.m. Sunday, May 8
- * Ft Myers Mighty Mussels BB Game 7 p.m. Friday, May 13



Trivia Night was successful. Diane Bernaciak asks the question as hubby, Dale, looks on. The table in the front (left) — the Skrew Balls — won two times in a row. Congratulations!



How Many Glasses of Water to Drink? It Depends

By Linda Herzog
First Time Fit, LLC
Certified Personal Trainer & Group Fitness Instructor

You’ve heard it a million times – drink more water! But do you really need 8 glasses of water a day for optimum health? It depends.

Eight glasses a day has been oft-repeated as the magic number for healthy hydration. But that’s a myth, according to nutrition experts at the American Council on Exercise (ACE) and Wayne State University.

There are a number of variables that determine just how much water you need including:

- Body size
- Outdoor temperature
- Breathing rate
- Intensity of physical exertion

According to Dr. Joel Topf, a nephrologist and assistant clinical professor of medicine at Oakland University in Michigan, “For most young healthy people, simply drink when you’re thirsty. Those who are in their 70s and 80s may need to pay more attention to sufficient fluids because the thirst sensation can decrease with age.”

And water isn’t the only answer to keeping hydrated. According to ACE, which certifies Personal Trainers, Group

Fitness Instructors and other fitness instruction specialists, “You can meet your body’s water needs over the course of a day through a variety of fluids and foods, including juices, soda, smoothies, tea, lemonade, soups, fruits and vegetables.”

The makers of sports drinks, which are formulated with electrolytes (sodium, potassium, chloride, and magnesium) would like us to believe that we need to constantly replenish our electrolytes when sweating and/or exercising. ACE says that plain water is sufficient for most exercisers and that sports drinks may be more appropriate for those participating in high-intensity exercise for a period of 45 to 60 minutes or longer.

ACE recommends that exercisers drink the following:

- 7 to 20 ounces of water two hours before the start of exercise.
- 7 to 10 ounces of fluid every 10 to 20 minutes during exercise.
- 16 to 24 ounces of fluid for every pound of body weight lost after exercise.

For the rest of us, remember the advice above: drink when you’re thirsty and a bit more if you’re in your 70s or 80s.



**Food
Drive
Underway

Ends
May 31st**

If you noticed a display like this while visiting the clubhouse, you probably know it’s Winding Cypress’s End of the Season Food Drive. Our residents have always been very generous, so don’t be surprised if it wraps around the corner.

Facebook Now Featuring Winding Cypress HOA



Welcome to the Winding Cypress HOA Facebook Page. This is being moderated by resident Heather Kaufman. It requires an address to join and is open only to Winding Cypress residents. Once on the Facebook HOA page, you will be “meeting” other people in our community.



Winding Cypress Residents: How Do Your Gardens Grow?

Winding Cypress is one of the few communities that has a neighborhood garden.

Resident Kendra Hoefs oversees the garden, which focuses on being organic. While you can plant what you want, here are a few rules:

- 1) tend to your plot weekly
- 2) clean the area around the bed of gravel and weeds

Being a gardener in Florida is different than other areas. "Gardeners have to fight nature," says Kendra. This includes birds and other critters. While netting doesn't always work, some residents give it a try.

In the garden you will see pots of herbs scattered around. These are available to everyone who has a plot.



This garden has been put to bed for the summer. Gardeners will start all over in the fall.

Tools of the ARC Committee

Google *Florida Native Plant* searches . . . Excel spreadsheets . . . Collier County Appraiser website . . . Drive-bys.

These are just some of the tools the Winding Cypress Architectural Review Committee (ARC) uses to determine whether a homeowner's request for external changes to their lot or home is approved or denied. One factor in the decision is whether the requested change will affect the community's property values.

ARC members are Veronica "Ronnie" Asafaylo, chair, plus Mark Brewer, Gail Creamer, Diane Glover, and Jayne Shedd. Dr. James Schopp is the board liaison.

The committee meets the 1st and 3rd Monday of the month and on an as-needed basis.

They have cleared a backlog of requests that occurred during the turnover from the developer to the homeowners. During a recent meeting, 11 requests were reviewed. Typically reviews take 2 weeks, an improvement over pre-homeowner board days.

Common requests include generators, storm and other screens, house painting, pools, outdoor lighting, paver bricks, landscaping and occasionally air conditioning for the garage. There is some seasonality to the requests. For example, during spring and summer there is a flurry of requests for generator installation as homeowners prepare for hurricane season.

Interestingly, painting and landscaping requests are among the most difficult to handle because of research time required. Generators and storm screens tend to be the easiest.

Homeowners can speed up the review and approval process by carefully and completely following directions on the Winding Cypress Architectural Change form (windingcypress.org).

Delays occur when information is incomplete or there is insufficient detail.

**Next Board of Directors Meeting 10
a.m. Tuesday, May 10 @ Amenity Center**

HOA Advisory Committees in a Nutshell

Social Committee

This committee has been hard at work researching processes, interviewing instructors, and generally fine-tuning the community's overall fitness program. They are also in the process of planning future social activities and venues, including Shady Palm events. More to come as details take shape!

Shady Palm Advisory Committee

This group is working closely with manager Kaitlin O'Dubhda, the Finance Committee, and the Board of Directors (BOD) to identify improvements to operations and overall customer experience. Feedback from the focus groups has been valuable, and they hope to test ideas and practices over the slower summer months to measure the success, financial implications, and viability going forward. To date, both the front and back of the cafe have been thoroughly cleaned; repairs identified; services and equipment needs considered; job descriptions revised; hiring begun; and budget review undertaken. We all appreciate the patience and positive feedback we've received!

Financial Committee

Given the numerous and varied responsibilities of the BOD, the committee will consolidate information required to aid the BOD in budget preparation and effective fiscal management

Compliance Committee

The Compliance Committee has developed the following Mission Statement: Work collaboratively with the Winding Cypress Board of Directors and the Property Manager to inform all of the Winding Cypress Residents of the Community's Rules and Regulations in order to promote assurance of compliance.

The committee is currently waiting for the Board of Directors and the Board's Attorney to review and amend the existing Rules, Regulations and Bylaws. Upon completion of the review process the committee is prepared to fully execute its duties.

Architectural Review Committee

This committee acts as advisory to the BOD and is responsible for maintaining the community's property values by standardizing what changes can take place.

Safety & Access Control Committee

This committee met in April and elected a committee recorder; discussed various aspects of Security and Homeowner Association (HOA) management including software options; discussed former speed monitoring information as well as current speeding and access control at the US 41 gate; discussed the current rental status and security; reviewed current community access; and addressed overall security issues and concerns going forward.

Building & Grounds Committee

This committee will monitor the status of our community ponds, buildings and common areas. They will also evaluate the vendors providing services and determine the quality of work provided, review bids and make recommendations to the board.

Communications Committee

This group of individuals is responsible for keeping the community informed. We work closely with Activities Director, the Manager, and the WC Board of Directors to identify, streamline, and provide accurate, timely communications on overall operational aspects of Winding Cypress; create and publish the newsletter; and identify, review, and implement other communication-style tools as deemed necessary by Management and the BOD.



May 2022 Activities Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 DVD Fitness Water Aerobics Men Double Tennis	2 DVD Fitness Men's Breakfast Barre Fitness Mahjong Bocce Social Bunco Night	3 DVD Fitness Water Aerobics Cardio Circuit Mixed Social Tennis Texas Hold em	4 Quilting Club Hand Foot Elbow Bocce Social Poker Night	5 Women Double Tennis Water Aerobics Gentle Yoga Art Class Hook Yam Needle Cinco de Mayo Party	6 DVD Fitness Mahjong Men's Golf	7 DVD Fitness Cardio Circuit Mixed Social Tennis Kentucky Derby Party
8 DVD Fitness Water Aerobics Men Double Tennis Mother's Day at Shady Palm	9 DVD Fitness Barre Fitness Mahjong Bocce Social Book Club Jams Sessions	10 DVD Fitness Water Aerobics Cardio Circuit Ladies Lunch Mixed Social Tennis BOD Meeting	11 DVD Fitness Hand Foot Elbow Bocce Social Poker Night	12 Women Double Tennis DVD Fitness Water Aerobics Gentle Yoga Art Class Hook Yam Needle Corvette Club	13 DVD Fitness Mahjong Men's Golf Baseball Game	14 DVD Fitness Cardio Circuit Mixed Social Tennis
15 DVD Fitness Water Aerobics Men Double Tennis	16 DVD Fitness Men's Breakfast Barre Fitness Mahjong Bocce Social Trivia Night	17 DVD Fitness Water Aerobics Cardio Circuit Mixed Social Tennis Texas Hold em	18 DVD Fitness Hand Foot Elbow Bocce Social Poker Night	19 Women Double Tennis DVD Fitness Water Aerobics Gentle Yoga Art Class Hook Yam Needle	20 DVD Fitness Mahjong Men's Golf	21 DVD Fitness Cardio Circuit Mixed Social Tennis
22 DVD Fitness Water Aerobics Men Double Tennis	23 DVD Fitness Barre Fitness Mahjong Bocce Social Jams Sessions	24 DVD Fitness Water Aerobics Cardio Circuit Mixed Social Tennis Texas Hold em	25 DVD Fitness Hand Foot Elbow Bocce Social Poker Night	26 Women Double Tennis DVD Fitness Water Aerobics Gentle Yoga Art Class Hook Yam Needle	27 DVD Fitness Mahjong Men's Golf	28 DVD Fitness Cardio Circuit Mixed Social Tennis
29 DVD Fitness Water Aerobics Men Double Tennis	30 DVD Fitness Barre Fitness Mahjong Bocce Social Memorial Day Party	31 DVD Fitness Water Aerobics Cardio Circuit Mixed Social Tennis Texas Hold em				