Cascadian

Vol. 22, No. 9 *A Publication of the Cascades at St. Lucie West Residents Association, Inc.* OCTOBER 2026



A Message from your General Manager, Diane Blakeman, LCAM

Happy Fall!

As we begin the season here in Florida, I would like to welcome everyone back from summertime travel. I look forward to seeing you around our town and enjoying all that the season has to offer.

As you settle back in, I encourage everyone to take a fresh look at their residence and surrounding property.

Landscaping and Home Maintenance

The moratorium provided by the Board to the Association regarding landscaping has been lifted. It is now time to submit your ACB applications. Here are a few examples of what to look for:

- Replacement of shrubs
- Garage plant replacements
- Adding foliage to screen pool equipment
- Removal of dead trees caused by the 2026 frost

Please remember that maintaining your home and property is part of the rules and regulations by which we are governed. Cleaning driveways and roofs, painting the home when needed, and keeping mailboxes clean and maintained are all important components of community beautification.

I receive mixed reactions from residents regarding compliance enforcement. Some feel that the Board and Management are too strict, while others believe that more should be done. The reason many residents enjoy living in an HOA is compliance of our homes. Our goal is to maintain the beauty and standards of our community while working with residents to resolve concerns.

Vehicles and Parking

Our attention should not be focused solely on homes and landscaping; vehicles and parking are also important. Tact Tech Security has been asked to warn residents about parking on the sidewalk side of the street. This rule also applies to vendors. Please remember that residents are responsible for their guests and should make sure they understand our parking requirements.

Please inform small buses and minivans picking up residents that they must also be cognizant of the rules so as not to cause congestion. Additional rules regarding this infraction are currently being developed. We see instances where vehicles and trailers are blocking sidewalks by extending beyond driveways and into the curbing. This can prevent neighbors from safely walking through the community.

Valid handicap placards must be properly displayed when

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A Message from your Association President, Deane Piekara

Fall Is Here - Welcome Back to the Cascades!

Fall has arrived, and that means one thing we all look forward to - many of our winter residents are returning home to the Cascades!

It is wonderful to see our community becoming more active as neighbors and friends return for the season. With the cooler weather approaching and the holidays just around the corner, this is a great time to reconnect, get involved, and enjoy everything our community has to offer.

There is a lot happening in the Cascades. Our Entertainment Committee has an exciting lineup of shows and programs planned, and our many clubs are preparing activities, meetings, outings, and special events.

Whether you are a year-round resident or just returning for the season, there is something for everyone!

Security – An important community priority

Security remains an important responsibility of your Board of Directors, and I want to take this opportunity to remind everyone about the work being done throughout our community.

Each month, our security company, Tact Tech, provides the Board with a detailed security report. That report is included in the Board of Directors' meeting package.

Have you read the report?

Many residents may not realize just how much our security personnel do on a daily basis. The monthly report provides a good picture of the many activities taking place throughout the community 24 hours a day, 7 days a week. Our security personnel also work with the Port St. Lucie Police Department when police assistance is necessary.

Through the combined efforts of our security team, law enforcement, and residents who report suspicious or unauthorized activity, we have made significant progress in addressing trespassing and unauthorized access.

Security personnel have also assisted in addressing recurring problems involving groups of youths riding electric bicycles in the community. Documented trespassing incidents have been addressed through appropriate enforcement and legal channels.

... continued on page 11



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I would appreciate the opportunity to show you what I will do to

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For emergencies, see page 7 under Important Numbers

Visit the Cascades website at www.cascadesatslw.com

Cascadian is published by the Cascades at St. Lucie West Residents Association Inc., for dispensing information to the residents of the Cascades only. Unauthorized use of content of Cascadian in any form is prohibited. Contents and design are controlled and approved by the volunteer staff, which is comprised of residents. All articles are to be directed to Dave Caron at davecaronD5@gmail.com. Deadline for each issue is the tenth of the month prior to publishing date.

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Weekly Events at the Cascades

Please notify the Cascadian of any changes of club activities by emailing ddcaron@comcast.net

Mondays

8-10AM	Tai-Chi (Advanced)	Aerobics room
8-11AM	Pickleball Open play	Pickleball courts
8AM	Men's Golf	Off-site course
9-10 AM	Water Aerobics	Pool
9-11 AM	Women's Bocce (Oct.- April)	Bocce courts
10-11 AM	Pool Walkers	Pool
10-Noon	Mixed Fun Bocce	
(Jan. - April)	Bocce courts	
10 AM	Lady Golfers	Off-site course
10:15-11:15 AM	Yoga class	Aerobics room
1-3 PM	Mah Jongg lessons	Card room #1
3-5 PM	Stitchery Club	Arts & Crafts room
5:30 PM	Tennis	Tennis courts
	Men's & Women's doubles	
6-9 PM	Men's Bocce	Bocce courts
6-9 PM	Pickleball Open play	Pickleball courts
	(Please use court reserve)	

Tuesdays

8-11AM	Pickleball Open play	Pickleball courts
8:45-10:30 AM	Ladies Pitch & Putt golf	Golf course
9-10 AM	Strength & Balance	Aerobics room
9-10 AM	Water Aerobics	Pool
10-11 AM	Pool Walkers	Pool
10-Noon	Mixed fun Bocce (Jan. - April)	Bocce courts
10 AM	Bowling	Bowlero
10:30-Noon	Ticket sales	Arts & Crafts room
11:30 AM-Noon	Chair Class	Aerobics room
	(begining Oct. 2026)	
1-3 PM	Bunco	Card room #1
	(1st & 3rd Tuesday)	
1-3 PM	Cribbage	Card room #2
1-4 PM	Painting & Drawing	Arts & crafts room
1:30-3:30 PM	Mexican Train Dominoes	Card room #1
2:30 PM	Texas Hold'em Poker	Card room #3
4-6 PM	Table Tennis (ping pong)	Arts & Crafts room
5:45-9 PM	Duplicate Bridge Club	Card room #2
6-9 PM	Men's Bocce	Bocce courts
6-9 PM	Clay CLub	Arts & Crafts room
7 PM	Computer Help	Conference room
	(September - May)	

Wednesdays

8-11 AM	Pickleball Open play	Pickleball courts
9-10 AM	Water Aerobics	Pool
10-11 AM	Pool Walkers	Pool
10-Noon	Mixed Fun Bocce	Bocce Courts
	(Jan. to April)	
10:15-11:15 AM	Yoga class	Aerobics room
1-3 PM	Artist ast Cascades	Arts & Crafts room
1-5 PM	Pinochle	Card room #2
3-4 PM	Ballroom dancing	Aerobics room
	(Beginners)	
4-5 PM	Ballroom Dancing	Aerobics room
		(Intermediate)
6-9 PM	Men's Bocce	Bocce courts
6-9 PM	Pickleball Open play	Pickleball courts
6:30 PM	Bingo	Ballroom
	(October - May - Doors open at 5:30 PM)	

Thursdays

8-11 AM	Pickleball Open play	Pickleball courts
9-10 AM	Aerobics & Strength	Aerobics room
9-10 AM	Water Aerobics	Pool
10-11 AM	Pool Wlakers	Pool
10-Noon	Art Matters	Arts & Crafts room
10:30-Noon	Finding Inner peace	Library
12:15-4 PM	Duplicate Bridge	Ballroom
1-2:30 PM	Ticket sales	Arts & Crafts room
1-3 PM	Billiards Tournament	Billiards room
2-3 PM	Line Dancing	Aerobics room
6-9 PM	Men's Bocce	Bocce courts
6:30-9 PM	Mexican Train Dominoes	Card Room #1

Fridays

8-10 AM	Tai-Chi (Advanced)	Aerobics Room
8-11 AM	Pickleball Open play	Pickleball courts
9-10 AM	Water Aerobics	Pool
10 AM-Noon	Fun Mixed Bocce League	Bocce courts
6-9 PM	Pickleball Open play	Pool
6:30-11 PM	Texas Hold'em Poker	Card room #3

Saturdays

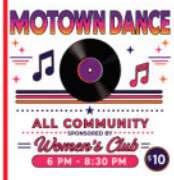
7-9:15 AM	Stickball	Parking lot
8-11 AM	Pickleball Open play	Pickleball courts
9-10 AM	Aerobics & Strength	Aerobics room
10-11 AM	Pool Walkers	Pool
6:30-9 PM	Texas Hold'em Poker	Card room #3

Sundays

8-11 AM	Pickleball Open Play	Pickleball courts
9-10 AM	Water Aerobics	Pool
12-4 PM	Tiki Bar	Pool

hello October

Non-weekly Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30 – 10:30 AM Travel Club Conference Rm 1:00 – 2:30 PM Ticket Sales Arts & Crafts Rm	**2**	**3** 5 PM 
4 	**5**	**6** 10 AM ACB Conference Rm 10:30 AM – Noon Ticket Sales Arts & Crafts Rm Book Club - Library 10:30 AM – Noon and 7PM – 8 PM Bocce Club 4:30 – 7 PM Ballroom	**7** 2:00 PM Community Connections Committee Ballroom BINGO Begins!	**8** 1 – 2:30 PM Ticket Sales Arts & Crafts Rm	**9** 9 AM - Noon  Arts & Crafts Rm	**10**
11 	**12** 1 – 2:30 PM Facilities Committee Conference Rm 11 AM – 12:30 PM Scarlet Mad Hatters Library	**13** 10:30 AM – Noon Ticket Sales Arts & Crafts Rm	**14** 8:30 – 10:30 Men's Club Meeting Ballroom 10:30 – Noon Caregivers Club Card Room 1	**15** Budget & Finance Committee Conference Rm 1 – 2:30 PM Ticket Sales Arts & Crafts Rm	**16** 11 AM – Noon Landscape Committee Conference Rm	**17** 9:30 – 11 AM Free Tennis Clinic All Levels Courtside 
18 	**19** 	**20** 10 AM ACB Conference Rm 10:30 AM – Noon Ticket Sales Arts & Crafts Rm 1 PM Board of Directors Meeting Ballroom	**21** 10 – 11:30 AM Munch & Learn Pre-Planning Panel Ballroom 3:30 PM Safety & Security Committee Conference Rm	**22** 1 – 2:30 PM Ticket Sales Arts & Crafts Rm	**23**	**24** 9 AM -Noon  Arts & Crafts Room
25 	**26**	**27** 9:30 – 11 AM Entertainment Season Ticket Sale Arts & Crafts Rm	**28** 6 – 7:30 PM Munch & Learn Seacoast Bank Building Financial Confidence	**29** 9:30 – 11 Entertainment Individual Sales Ballroom 1 – 2:30 PM Ticket Sales Arts & Crafts Rm 	**30**	**31** 

Notices - Updates - Reminders

ART MATTERS

Art is for all ages. It stimulates imagination, creativity and self-satisfaction.

Art is a way of releasing your frustrations. It is a distraction from everyday nuisances as you lose yourself in the creation of your work.

Whether or not you think you have talent, it is a place to develop and create your imagination and talent, enjoy and socialize, while opening a new world in the art field using any medium you prefer.

Our classes are every Thursday morning from 10:00 to 12:00 in the Arts and Crafts Room. If you would like to join us, please contact Gail Goldstein at 772-873-6610.

Ballroom Dance Lessons

Anyone interested in beginner or intermediate ballroom dance lessons, please call and make an appointment before coming to the Aerobics Center. The number is 344-8628. Thank you.



Lou & Diane DeBlasio

Mexican Train Dominoes

Everyone is welcome !

Every Thursday night at 6:30 PM in Cardroom 1 in the clubhouse. If you have a game set, bring it with you.

For more info contact: Sharon 777-2060

sharondanenberg@yahoo.com

In case of an emergency or suspicious activity, PLEASE call the police, not the gatehouse.

BUNCO

Join your friends for an afternoon of fun!

Everyone welcome! • Cash prizes each week

Mid-year pizza party • **$5.** per person

1st & 3rd Tuesdays of the month

1 PM in Card Room 1

All you need to know is how to roll the dice!

For more information, call

Marla Abrams at 954-729-5727

CareGivers Meeting

Second Wednesday of each month

Card Room 1 from 10:30 AM to 12 PM

For further information, please call Sylvia at 873-9924.

The Cascades website is

www.cascadescommunity.com

Pinochle Anyone

Pinochle players needed for Wednesdays at 1 PM.

Call Dan Eisen for further information.

772-579-5044

FREE Mah Jongg

lessons for beginners

Every Monday from 1 - 3 PM

in card room 1

Come join the learning experience

Notices - Updates - Reminders

Important Phone Numbers

Medical, Police, Fire Emergency.....911
Fire & Safety Corp. (Pye-Barker) ...772-334-0577
Gatehouse343-8258 (Entry System) 888-286-5305
Non-Emergency
Port St. Lucie Police 772-871-5000
St. Lucie Sheriff's Office. 772-462-7300
Fire Station #14. 772-621-3514
Local Post Office 772-873-0674
FCC Environmental (trash pick-up)772-205-3356

Campbell Property Management
Office Hours: 8:30 AM - 5:30 PM

General Manager (Diane Blakeman).....785-5950
Campbell Property Emergency.....561-203-7910
Customer Service (Account Inquiries)..... 561-406-9180
Campbell Property Website.www.campbellmgt.com
Tennis Facilities Manager (John Koahou)..... 785-5937
..... Tcascades@gmail.com
Juniper Landscaping (customer service)..... 239-561-5980
FL City Gas 800-993-7546
FP&L 772-462-0555
FP&L Power Outage..... 800-468-8243
Comcast Cable.. 800-931-0790
Poison Control.....800-222-1222
St. Lucie West Services 772-340-0220

Finding Inner Peace:

Principles of Meditation & Self-Realization

Thursdays10:30-12:00 in the Library,

with facilitator Penny Cohen

We all experience stress, which can come from many sources: loss, relationships, illness or trauma, aging, loneliness, fear, etc. In this weekly class, we explore topics like consciousness, increasing calm through meditation, awareness of how our thoughts affect our experience of the world, tapping into the wisdom of the body and much more. Through discussion, meditation and experiential exercises, you'll learn key skills to overcome obstacles to living in the present with peace, joy and harmony: Happiness from the inside out. And it's FREE!

Please register or, if you have any questions, email: Penny@PennyCohen.com. On the subject line type "Inner Peace" or call (914) 582-0104.

Trash and yard waste

(FCC Environmental)

are collected every Wednesday.
Bulk pick up days vary by district. Please see below the schedule for bulk collection

Bulk Pick-up Days

District 1 - The 4th Wednesday of the month
District 2 - The 4th Wednesday of the month
District 3 - The 4th Wednesday of the month
District 4 - The 4th Wednesday of the month
District 5 - Millpond & Clearview 2nd Wednesday of the month. Breezy Point Loop & Baycrest the 4th Wednesday of the month
District 6 - The 2nd Wednesday of the month
District 7 - The 2nd Wednesday of the month

Cascadian Information

Deadline for the next issue (November).
Copy and photos for the next issue of the Cascadian are due to Dave Caron on or before October 10th. You may drop off a disk at the Resident Services Coordinator's desk to Dave's attention or email to davecaronD5@gmail.com

Important Information for submitting articles

To give you the best outcome for your article or ad, please follow these guidelines:

- Articles MUST be in digital formats.
- Only the following formats are acceptable: Word, Indesign, Powerpoint and PDF, photos to be jpegs, ***(please send original digital photos, not photos embedded in Word.)***
- PDF's must be saved at *High Quality Print* or *Press Quality* setting.
- ***The following formats will NOT be accepted:*** Print Master, Corel Draw, Quark, Poster My Wall, Publisher, and printed material will be returned.

Articles or newsletter information turned in after the 10th of the month WILL NOT be guaranteed to appear.

There will be a Board of Directors meeting on October 20TH at 1 PM in the Ballroom.

These meetings are open and residents are encouraged to attend.

Notices - Updates - Reminders

Chair Class Returns Every Tuesday!



Date: Beginning Tuesday, October 6, 2026
Time: 11:30 AM – 12:30 PM
Location: Aerobics Room
Space will be limited to 16 participants due to the limitations available at the exercise railings. First come, First participate basis. Safety & comfort of participants is the focus of limited participation at each class.

ATTENTION

The Cascadian is looking for residents who volunteer their time to agencies outside the Cascades. Let us highlight the work you do and the needs of the agency you work for in an effort to raise interest and perhaps recruit other volunteers to help with the work. If you volunteer or know someone who does, please reach out to Janet Maffucci at mrs_jfooch@yahoo.com.



Be Ready When It Counts

"The purpose of the American Red Cross CPR/AED course is to teach untrained bystanders how to perform CPR/AED (automated external defibrillator). Having more trained bystanders, good CPR and early use of the AED may SAVE the life of a loved one."
Classes are FREE to the Cascades residents!

To schedule a class, please contact:
Beth Swem, 772-577-8451

Community Connections Committee

meets on the first Wednesday of the month
at 2 PM in the Ballroom.
Our next meeting will be

October 7th

in the Ballroom room at 2 PM.

Please join us and share your thoughts and concerns



Notices - Updates - Reminders

Welcome

To our new neighbors…

Amin Hachem & Karen Markham Owner	499 NW Blue Lake Dr. PSL, FL
William Harris Owner	445 NW Lismore Lane PSL. FL
Rhenne & Scott Warshaw Owner	524 NW Blue Lake Drive Stuart, FL
Kathleen Diver Owner	469 NW Blue Lake Drve Franklin Square, NY
Roslyn & Salvatore Silipo Owner	524 NW Blue Lake Drive Massapequa, NY

How the Board Voted

At the August 11, 2026 board meeting the following motions were voted upon.

Motion to approve a Cascades at St. Lucie West logo was approved 6-1.

Motion to approve the cost of installing a contmeporary secure wireless by Celtic communications not to exceed $8,000. with a monthly Sophos license fee of $34.32, in the 2027 budget. Motion passed 6-0.

Motion to approve Elite Christmas Lighting's 3 year contraact at $5,067.49 per year. Motion approved 6-0

Motion to approve the following members to be on the Aa/V Committee; Alex Monsiegneur, Donna Torrey, Jeannie Torrito and Richard Young. Motion approved 6-0.

Motion to ratify the consent vote to add Gail Webster and Dick Totten to the Documents Committee was approved 6-0.

Motion to approve Barbara Cannatella as the Board liasion to the Document Committee.

REMINDERS

In recent weeks there has been a noticeable increase of residents **NOT** paying attention when driving on our roads and walking the sidewalks in the Cascades.

Residents are **NOT** stopping at stop signs, they're not even breaking their speed when coming onto the bloulevard. Residents are walking in the streets NOT on the sidewalks.

We recently had a resident hit by a car when crossing the boulevard. Fortunately that resident received minor bruises, etc. It could have been a lot worse. Look before crossing.

For the safety of all our residents, when you're driving STOP at the stop sign before proceeding and look to be sure it is safe to do so.

When you're walking be sure to look before crossing a street, please use the sidewalks as opposed to walking in the road. It is for safety to use the sidewalks.

Thank you



Check Your Email!

ATTENTION DISTRICT 6 RESIDENTS!

YOU ARE INVITED

to the fourth annual District 6 Fall Fest!

Sunday, November 15, 2026

5:00 to 8:00 PM in the Ballroom

FOOD DANCING MUSIC by DJ KYLE

Cost: $8 per person and one food item per household

Coffee, water and ice provided.

Bring your own choice of beverage!

Please complete this form and bring your fee

(cash please) to register.

Registration: Arts and Crafts Room

Tuesday, October 13th and Thursday, October 15th

9:30 to 11:00 AM

Names of attendees:

1. _____

2. _____

Address: _____

PRESIDENT'S MESSAGE... continued from COVER

🚧More Fencing - Better Access Control

Residents returning to the Cascades will notice additional fencing in several areas of the community.

These improvements are designed to help control access and reduce opportunities for unauthorized entry.

We are continuing to work with Magnolia regarding the remaining section of fencing near the Blue Lake entrance that involves property outside the Cascades.

There is also a remaining gap near the Old Inlet entrance. We expect to address that area when the fencing contractor returns to complete repairs associated with the Claria Court gate and its access to the college campus.

These projects require coordination with neighboring properties, contractors, and existing access points. We appreciate everyone's patience as this work continues.

🔑One Simple Thing You Can Do

One of the security concerns we continue to see is garage doors being left open.

It may seem like a small thing, but an open garage provides an unnecessary opportunity for someone to access your home or belongings.

Please make closing your garage door part of your daily routine.

Before leaving home, and before going to bed - take a moment to make sure the garage door is closed.

A few seconds can make a difference.

🌴Landscaping - Recovering from the freeze

Our winter freeze created considerable damage to landscaping throughout the Cascades, and replacing the damaged plants has been a significant expense for our community.

Our Landscape Committee and landscaping team have been working hard to restore the affected areas and keep our community looking its best.

🌺A Job Well Done!

I want to take this opportunity to recognize and thank the members of our Landscape Committee for their time, effort, and attention to detail. Their work does not go unnoticed.

As we move into fall, preparations are also underway for our new annuals and annual mulch installation. These seasonal improvements will once again add color and help keep the Cascades looking attractive throughout the coming months.

Thank you to everyone who helps maintain the beauty of our community!

🏌️‍♂️New and Improved – Around the Cascades

There are several improvements and projects underway that residents should know about.

⛳Golf Driving Net — Get Ready to Practice!

A new golf driving net will be installed outside the pool area.

Golfers, this one is for you! Grab your clubs, work on your swing, and come practice your drive!

🌳More Shade at the Bocce Courts

Our Facilities Committee is working on options to provide additional shade at the bocce courts.

Florida sunshine is great - but a little shade can make our outdoor recreation areas much more comfortable. The committee is evaluating the best way to provide this improvement.

🖥️The Tiki Bar Has More to Offer

Haven't stopped by the Tiki Bar lately? Take another look!

We've added additional table space and a new television, giving residents more room to sit, relax, socialize, and enjoy the area with friends and neighbors.

Come by, grab a seat, and enjoy the Tiki!

🏘️What's happening around the Cascades?

Our surrounding area continues to grow and change, and several projects may be of interest to Cascades residents.

🎓Indian River State College

Indian River State College is planning additional development at its NW California Boulevard campus, including a proposed 500-bed student dormitory and a five-story parking structure. The development is associated with plans to expand educational offerings, including a nursing program.

As with any development project, plans and schedules can change as approvals and permitting move forward.

🏘️New Development Near Old Inlet

Residents entering and leaving through the Old Inlet area may have noticed activity involving the previously vacant property. The property owners have submitted plans and filed permits for a proposed townhouse community known as Canopy Walk.

We will continue to monitor developments in the area and share information that may be relevant to our community as it becomes available.

⚾Mets Stadium Complex

There is also new activity at the Mets Stadium Complex, including a rehabilitation facility intended to provide treatment and rehabilitation services for professional baseball players. This is another example of the continued development taking place in our surrounding area.

🏨Possible Hotel Development

There has also been discussion about a potential new hotel along NW Peacock Boulevard.

Among the factors being considered is the anticipated need for additional accommodations associated with nearby development, including the college dormitory and the rehabilitation facility.

At this point, residents should view this as proposed or discussed development, rather than a completed project. We will share additional information as it becomes available.

💻 Stay Connected – Read the digital Cascadian!

... continued on page 22



Advanced Heart Care on the **Treasure Coast**

When it comes to your heart, you need someone you can trust. At Florida Coast Medical Center, our experienced surgeons, cardiologists, nurses and care team staff are committed to providing advanced, comprehensive heart care, delivered close to home for patients on the Treasure Coast.

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FLORIDA COAST MEDICAL CENTER

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Stronger Together. *For You*.

Cascades Activities, Clubs & Committees 2026





Below Is a listing of the various Cascades Activities, Clubs, and Committees with contact names and phone numbers.

Note: much of this information and more is also in the Resident Directory / Handbook and in the Cascadian.

ACTIVITY	CONTACT	PHONE #
BOARD COMMITTEES		
A/V Committee	Deane Piekara	561-704-0984
Architectural Control Board (ACB)	Bob Spenelli	772-905-8316
Budget & Finance (B&F)	Parker Burns	772-519-8111
Community Connections	Kathy Sanders	772-579-6406
Community Connections	Teri Blevins	772-204-2993
Documents	Sharon Sorensen	772-204-2080
Facilities	Don Caputo	631-255-9288
Hurricane Preparedness	Carol Rognon	772-212-7134
Insurance	John Kopec	860-816-2190
Landscape	Dennis Darak	724-816-0777
Rules & Regulations	Jim Gleason	402-709-1187
Safety & Security	Margie Osheroff	617-750-4520
Violation	Mark Roskin	772-249-1882
HEALTH & WELFARE		
Caregivers Support Group	Sylvia Rosen-Horowitz	772-873-9924
Finding Inner Peace	Penny Cohen LCSW	914-582-0104
CPR / AED	Beth Swem	772-577-8451
Good Samaritan	Ann Gadonniex	772-336-0967
VOLUNTEER		
Cascadian / Resident Directory	Dave Caron	772-224-2010
EXERCISE & DANCE		
Aerobics & Strength	Barbara Pritchard	609-504-8737
Ballroom Dance	Lou DeBlasio	772-344-8628
Chair Class	Karen Levy	954-261-3295
Line Dancing	Diane DeBlasio	772-344-8628
Pool Walkers	informal	
Strength & Balance	Karen Levy	954-261-3295
Tai Chi Advanced	Charles Ottesen	772-879-6790
Tai Chi Beginners	TBD	
Water Aerobics	Cathi Webster	443-808-7277
Yoga	Joni Spiegelman	772-336-8271
GAMES		
Backgammon	Nat Marvi	772-878-7340
Bingo	Rhonda Gibula	772-446-4889
Bunco	Marla Abrams	954-729-5727
Canasta	Adrienne Rubin	772-871-7483
Card Games	informal	
Cribbage Club	Lou Montalvo	860-917-6934
Duplicate Bridge Club	Jeanne Cunningham	513-702-9104
Mah Jongg	Adrienne Rubin	772-871-7483
Mexican Train Dominoes	Sharon Danenberg	772-777-2060
Pinochle Players	Dan Eisen	772-579-5044
Poker (ladies only)	informal (Sarah)	772-344-2447
Poker (Texas hold'em)	Max Glickman	845-527-0726

ACTIVITY	CONTACT	PHONE #
ARTS & CRAFTS		
Art League	Paula Huffell	772-530-9983
Art Matters-Painting	Gail Goldstein	772-873-6610
Artists at Cascades League	Helena Aves	919-400-2677
Clay Club	Diane Nathans	201-321-4968
Painting and Drawing Class	Susan Croke	772-214-6077
Stitchery Club	Gina Demarcantonio	609-420-5444
Stitchery Club	Diane Pape	508-769-2522
CLUBS		
Book Club	Sally Eisenberg	772-621-4172
Cascades Bocce Club	Barbara Muselli	917-968-2867
Computer Tuesday Evening Help	Richard Young	772-834-9127
Entertainment Club	Janet Soloshatz	772-344-1207
Entertainment Club	Louise Sulzer	772-800-6247
Men's Club	Vince Agro	772-249-4308
Scarlet Mad Hatters	Janet Vella	772-621-7819
Scarlet Mad Hatters	Pat Lunt Erickson	772-340-2707
Social Club	Melanie DeCicco	973-452-5944
Social Club	Linda Cincotta	516-458-0787
Special Events Club	Maryann Redding	706-290-4199
Special Events Club	Barbara Cannatella	561-762-1743
Tiki Bar Service Club	Carlo Ciampaglia	201-446-6978
Travel Club	Matty Lucarelli	216-407-2332
Veterans & First Responders Club	Joe Carroll	913-523-6948
Veterans & First Responders Club	Marie Brogna	516-996-2250
Women's Club	Debbie Torrey	860-803-3911
SPORTS		
Billiards	informal	
Billiards League	Duane Bruce	772-879-9224
Bocce - Fun League	Barbara Muselli	917-968-2867
Bocce - Women's	Judy Siniscalchi	772-785-9548
Bocce - Women's Fun Bocce	informal	
Bowling League	Jim Marshall	561-558-3667
Cascades Softball Team	Mike Keleher	772-871-1784
Cascades Ladies Pitch & Putt Golf	Janet Wood	954-303-8639
Lady Golfers	Janet Wood	954-303-8639
Golf Tournament - Mixed	John Gallagher	561-743-1597
Men's Golf League	Joe Kokoszka	772-871-8967
Pickleball Club	Marge Caputo	631-327-9438
Shuffleboard	informal	
Snorkel & Scuba Club	Marge Caputo	631-327-9438
Snorkel & Scuba Club	Don Caputo	631-255-9288
Stickball	Alan Portnoy	772-871-0407
Table Tennis Club (was Ping Pong)	Angus McLean	772-342-4580
Tennis Club	Colleen Dumais	815-382-3535

NOTE: Activities labled "informal" are not official Clubs but may have a contact person

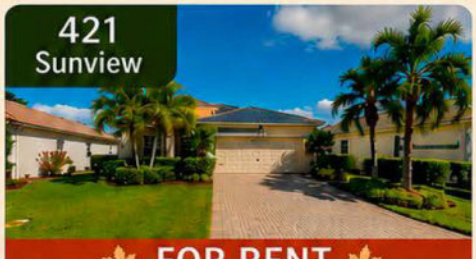
The Cascades
at St. Lucie West
CENTURY 21 | Move With Us

Feeling THANKFUL for GREAT NEIGHBORS & BEAUTIFUL PLACES TO CALL HOME

THANKFUL HEARTS, Grateful Homes, Wonderful Community.

So much to be thankful for in The Cascades.





THIS FALL IS A PERFECT TIME TO
SELL OR RENT IN THE CASCADES!

Buyers are actively searching and opportunities are OPEN.

GIVE ME A CALL TODAY!
772.607.2798
Let's talk about your options.



GRATEFUL FOR OUR COMMUNITY.
Thankful for You!



Linda Barra – REALTOR®
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3383 SW Mapp Rd
Palm City, FL
Email: lindabarra@bellsouth.net

Wishing you a season filled with THANKFULNESS, JOY & BLESSINGS.

Each CENTURY 21 Office is Independently Owned and Operated.

Community Information

Hurricane Preparedness Sub-Committee

If you have any questions, concerns or wish to volunteer, please contact your district team leader listed below.



Volunteers are always welcomed.

District 1 Carol & Rudy Rognon	772-212-7134
District 2 Beth Swem	772-577-8451
District 3 Deane Piekara	561-704-0984
District 4 Rita Banashek	772-359-3335
District 5 Hal Frasier	772-201-1448
District 6 Janet Maffucci	914-424-6728
District 7 Angelo Cona	516-680-4735

Helpful information:

Special Needs Shelter:	772-462-8100
FL Department of Health:	772-462-3800
WQCS FM (88.9):	24hr radio station
WPSL AM (1590):	24hr radio station
Police Non-Emergency:	772-871-5000
Public Works:	772-871-5100
Utilities (water & sewer):	772-873-6400
Emergency Management Division:	772-871-7340

Search**: Alert St. Lucie** - Sign up. Send alerts and notifications to your phone.

Know where your safe room is in your house before hurricane season starts on June 1, 2026.

Suggested Hurricane Supply and Evacuation List

Canned food and nonperishables that do not need cooking: Canned meats, fish, fruits, vegetables, puddings, fruits juices, dried fruit, bread, crackers, cookies, peanut butter, jelly, water (1 gal per person for 5 days), chlorinated unscented bleach, special dietary food (if required)

Other items to consider:

Manual can opener, disposable plates, cups, utensils, plastic bags, ice chest, flashlight (1 per person), extra batteries, battery-operated radio and clock, fire extinguisher (ABC type), plastic sheeting or drop cloths, **cash,** prescription medication (2 week supply), personal hygiene items, eyeglasses, hearing aids, washcloth, towel, bedding (for each person), change of clothes (5 days), rainwear, pet food, first aid kit, mosquito repellent, cell phone charger

Identification: Place in a waterproof container or ziploc bag valuable papers, insurance policies (car/house), current photos of the outside/inside of your house, medical insurance cards, important contact list (phone numbers)

The items listed above can be very helpful to have on hand.

Neighbors Helping Neighbors

If the power goes out during a hurricane event and you have a generator, please consider the following:

- offer refrigerator space for food or medicine.
- provide a cool room to rest for a while.
- offer an electrical outlet to charge cell phones.
- keep outside carriage lights on overnight to provide safety and security.
- check on your neighbor before and after the storm.

May this hurricane season be very uneventful.

Know the Hurricane Lingo

Hurricane - A tropical cyclone that has minimum sustained surface winds of 74 mph or greater.

Hurricane Watch - Hurricane conditions are possible within 48 hours.

Hurricane Warning - Hurricane conditions are expected within 36 hours.

Tropical Storm - A tropical cyclone with maximum sustained surface winds of 73 mph or less.

Tropical Storm Watch - Tropical storm conditions possible within 48 hours.

Tropical Storm Warning - Tropical storm conditions are expected within 36 hours.

CALLING ALL CASCADES RESIDENTS

THE CASCADES ARTS & CRAFTS FAIR – NOVEMBER 7, 2026

CELEBRATES ITS 20TH ANNIVERSARY

9:00 AM to 3:00 PM

GET READY FOR A SPECTACULAR ART SHOW AND AN IRRESISTIBLE SHOPPING SPREE!

Tables were a near sellout on the first day of registration, each one bringing something special, of high quality, colorful, intricate, amazing, beautiful, tasty, unique, and the perfect gift. You can start window shopping through the pictures below.

Of special interest will be a new feature at the Fair. A FREE table. There could be more than one. Everything on it will be FREE. There is no catch. A generous former resident donated a number of household items for the taking. Likewise, a number of generous vendors asked to be included in the giveaway. All that is asked of individuals is to give one or two items a good home and leave the rest for others. Look for the signs that say "FREE".

Now, picture this – sample selections from some of our featured artists:





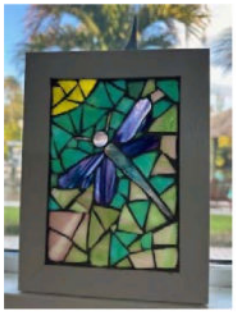


Rope Baskets by Jan Yoshioka.

Stained Glass by Christine Fitzgerald.














Nancy Sander – Quilted and crocheted bags, playing card holders (not shown), wallets, coasters, seat belt covers, ++.

Daphne Goodyear – Magical photo restoration from any condition, faded black and white to color, resizing, enhancements, etc.





Sue Johnson – Resin art and seashell ornaments.





Patricia Kuhn – Fused glass. Holiday and coastal art.



Dana Bartley – Holiday wreaths, decoupage shells, etc.





Camille Geib – Wood engraved by laser.








Carol Evangelist – Oil Paintings.



Gary Evangelist – Reflective film and acrylics.



Karen Parker – chunky knit plushies, seashell crafts





Brigitte Plucienik - Glass, wood, shells and hand painted pieces. Coastal art and ornaments.









Kathy Lambert – custom table toppers/ runners, quilted handbags, coin purses, etc.



Maggie Pacelli – handsewn items: purses for Iphones and credit cards, gift bags, angel earrings, etc.



Sharon LeCompte – Quilts, etc.



David Phillips - Pictures burned on wood and water color paper. All are unique and totally original.



Lorraine Quackenbush - Oil paintings.

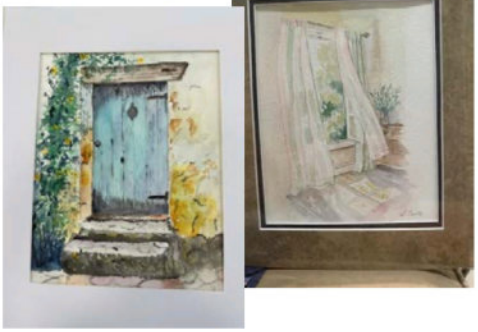
Joan and Paul Gangemi – Flower arrangements, specialty chocolates, jewelry, candles, and more!







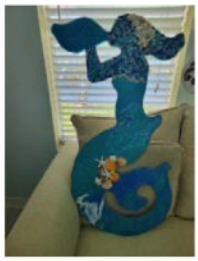

Nicole Feltovic -- Fresh, preserved, and silk floral designs.



Susan Croke -- Watercolors

Sheri Nelson—Creatures of the sea and more.





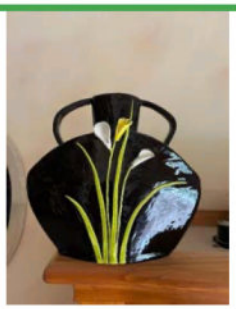

There is much more to come in the November Cascadian. Let's all celebrate the Fair on November 7!

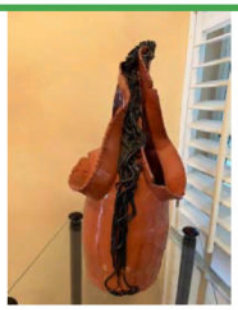
Paula Huffell
Chairperson, Arts & Crafts Fair (#20)
772-530-9983
legalsec1939@yahoo.com

Multi-media creations by resident artist, Dave Caron



Wall-to-wall acrylic murals.





Acrylic vases that make you look twice!!



Menorahs that put a high shine on the holidays!



Pet Portraits

Other favorite artists did not submit their photos in time for publication this month. Look for them in the November Cascadian – and come meet them at the Fair!

1/22/27

Save The Date

1/22/27

***All residents are invited**

***Annual Activities, Clubs and Committees Fair**

Stroll around and mingle with activity representatives in an "Open House" format. Your chance to ask questions, to sign-up, to discover something new.

1–3 PM in the Ballroom

Maybe you have expertise to contribute.
We are all volunteers.
Find out what our specific committees do.



Social Gatherings



Health & Welfare



Games



Sports





Clubs

GENERAL MANAGER... continued from cover

parking in designated handicap spaces. These are not simply pleasantries or preferences; they are requirements that the Management team is contracted to address.

We appreciate everyone who follows the Cascades Rules and Regulations and helps us maintain a safe and attractive community.

Understanding the Violation Process

Let me take a moment to explain how the violation process works.

Inspections of District 5 and District 6 occurred during the second week of September. Management will continue inspections through District 7, and the remaining districts through the year. Residents that alert management of issues will be inspected outside of the rotation.

1. Courtesy Notice

After an area of concern is reviewed by Management, a Courtesy Notice is generated.

The Courtesy Notice will provide 30 days or less, depending upon the specific violation, for the matter to be corrected.

2. Second Notices

If the violation is not resolved by the deadline, it will either move directly before the Board, or a second notice will be issued to the residence. Second notices allow 14 days to have the violation resolved.

3. Board Review and Fines

If the violation remains after the allotted correction period, the matter will be placed on the agenda for the next Board meeting.

Fines have been adopted for many types of violations. For example:

Dirty driveway: $50 per day, up to a maximum of $1,000.

In circumstances involving egregious behavior toward a vendor or other serious conduct, the Board may approve a one-time fine and suspension of amenity and/or barcode privileges for a specified number of days.

The Board will formally consider and vote on the fine or suspension during the Board meeting.

4. Opportunity to Appeal

If the Board approves the fine and/or suspension, a Hearing Notice will be issued to the residence. During the hearing, residents are given an opportunity to appeal to the Violations Committee. The residents may attend the meeting and speak regarding the matter or provide written correspondence explaining the circumstances. If the homeowner is unable to attend, correspondence may be submitted to the Management office prior to the hearing day. Once received, Management will submit the information to the Hearing Committee. During the Hearing, the Violations Committee will discuss each case individually and vote to accept or deny the violation.

5. Notification of the Decision

Following the meeting, the resident will receive a letter communicating the results of the Committee's decision.

If a fine or suspension is assigned, the fine will begin immediately.

Communication Is Encouraged

Communication is always encouraged. The Board and Management strive to resolve violations with residents, even though receiving a violation letter may not always feel amicable.

Many residents have purchased a home in an HOA community specifically because they value the oversight and standards that help maintain the neighborhood.

Ideally, once a violation has been corrected, residents should send an email to Management confirming that the matter has been completed. A re-inspection will occur and upon inspection, if the violation is resolved, it will be closed out.

Thank you to everyone who takes pride in their home, follows our community standards and helps keep Cascades a beautiful and welcoming place to live.

Happy Fall, and welcome back!

PRESIDENT'S MESSAGE... continued from page 11

With so much happening in and around our community, staying informed has never been more important—or easier. Don't forget to check our digital Cascadian, available through our community website: www.cascadescommunity.com

The website is an excellent resource for keeping up with:

- Upcoming community activities
- Entertainment and special events
- Board and committee meetings
- Community announcements
- Club activities
- Important community information
- The latest digital Cascadian

Make it a habit to check the website regularly.

It is one of the easiest ways to know ***what's happening, what's coming up, and what's new in the Cascades.***

❤️More than a place to live

As we head into the fall and winter season, there is a lot to look forward to.

Your Board of Directors, committees, clubs, and - most importantly - our many resident volunteers who contribute their time and talents continue to make the Cascades a wonderful place to call home.

But a community is about more than buildings, roads, landscaping, amenities, and activities.

It is about people. It is about neighbors saying hello, friends getting together, residents volunteering their time, and everyone doing their part to make our community a welcoming place for all.

So, as our winter residents return, **welcome home!**

To our year-round residents, thank you for helping keep our community active throughout the year.

And to everyone, take advantage of the many activities, clubs, amenities, and friendships that make the Cascades special.

Enjoy the fall. Enjoy your neighbors. Enjoy the Cascades!

On behalf of the Board of Directors, I wish everyone a safe, healthy, happy, and enjoyable fall and holiday season.

Deane Piekara
President
Cascades at St. Lucie West Residents Association, Inc.



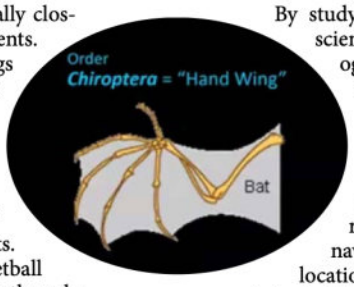
Since Halloween is coming up, I want to expand on my last article about mosquitoes with the mosquito predator--bats.

Bats in Florida?! Yes, we have bats in our backyards. Bats are everywhere in Florida. They are rarely seen though because they hunt at night and avoid well-lit areas to be less vulnerable to their predators.

MYTHS:

Although we think of Dracula and vampires at this time of year, only a small portion of bat species (3 out of 1400) feed on blood. The most familiar is the Vampire bat. Vampire bats live in central and south America. Vampire bats are relatively small and bite mostly the ankles of chickens, birds, and livestock, not humans. The U.S. has a small colony of blood-feeding bats that reside along the Mexican border in the south Arizona mountains. However, most bat species feed on nectar (nectarivores) and insects (insectivores).

No, bats are not "flying rats." Bats are genetically closer to cattle, giraffes, hippos, and deer than rodents. Bats are the only mammal that can fly. The wings of bats are dissimilar to bird wings. Bats have moving hands with human-like finger bones. They rotate their hands at the wrist to fly. Bats cannot fly directly up from the ground. They have to crawl to a higher point to take off.



Bats are not blind. Bats use echolocation "yells" and their large ears to track and hunt insects. Echolocation works like the sound of a basketball being dribbled closer and closer to the ground; the echo comes back faster and faster. Bats use these "reflective pulses" to locate food and avoid obstacles in the dark. The "yells" are a very high-pitched sound that humans cannot hear.

FACTS:

Depending upon the species, most bats are small in size. They can fit through spaces the width of a human thumb. Bats live in caves (of course), under bridges and pine tree bark, tree snags, dead palm fronds, sheds, Spanish moss, attics, and bat houses. Bats day roost. They sleep during the day and wake to feed at night. Upon awakening, they drink before hunting. Bats need flat undisturbed water to drink on the fly. Bats have a high metabolism. A single bat can eat their body weight in insects and mosquitoes each night. Bats torpor, or mini-hibernate, in temperatures under 50 F.

Bat populations are declining. Bats have a lifespan of about 30 years and only breed once a year, usually producing only a single pup. Females roost together to raise their pups from April 15 to August 14.

Under Florida administrative code rule 68A.4.001 it is illegal to kill any bat. Two Florida specific bats are on the endangered species list: the Bonneted Bat and the Brazilian Free-tailed Bat. The Bonneted Bat is the most endangered bat in Florida, while the Brazilian Free-tailed Bat is the most common. The statute also protects bats during pup raising season from April 15 to August 15. During this time, property owners cannot perform bat removal, remediation or exclusion activities. It is illegal to shoot, poison, or harm bats AND the places they live. Do not use pesticides or dump chemicals in or around waterways.

BENEFITS:

Bats' unique physical features have inspired scientific discoveries, technological advances and medical innovations.

Medicine

Immunologists are interested in studying bats because they can harbor diseases that don't directly affect bats. To know how they suppress diseases could be beneficial to humans. Bats can also suppress inflammation. Practical applications could be developed for human inflammatory diseases like rheumatoid arthritis. Bat immune systems are naturally cancer resistant. Research into this could lead to breakthroughs in cancer therapies. A study of Vampire bat saliva has led to the discovery of an anticoagulant which prevents blood from clotting. This could be instrumental to treat stroke and/or heart attack victims. Bat longevity has also prompted research into low-temperature surgery techniques and studies on aging to improve human health.

By studying bats' echolocation, flight, and physiology, scientists and engineers continue to develop technologies that enhance human safety, health, and efficiency.

Echolocation Technologies

A bat's ability to navigate by echolocation has directly influenced human inventions. Scientists studying bats have developed sonar and radar systems used in submarines, aircraft and navigation devices. Another device that uses echolocation aids the visually impaired to navigate and for obstacle detection by sound reflections.

Robotics/Drones

Innovations in stealth, surveillance, night-vision, and biomimetically-engineered wing design and maneuverability use traits from bats. Their flight mechanics and echolocation have inspired tiny drones capable of navigating dark, smoky, or stormy environments for search and rescue missions. These drones use echolocation to independently detect obstacles and to locate survivors. The drones have improved efficiency and safety in disaster responses. Tiny drones with thin, flexible bat-like wings are in development, as well as smaller, more efficient sonar systems.

Environmentally

Bat insectivores can eat their body weight in mosquitoes daily, which can help prevent the spread of mosquito-borne diseases and illnesses. They also eat insects that can damage crops. Bats naturally provide about $3.7 billion of pesticide-free pest control each year in the U.S. The American nectar-feeding bats pollinate plants and fruit-eating bats distribute seeds that maintain plants and forests.

The complex ecosystems of caves host a variety of animals who rely on nutrients carried into caves by water or other animals. Bats provide nutrients in their guano (manure) to support cave organisms.

Lastly, if you find a bat, leave it alone. Like most wild animals, bats will bite in self-defense.

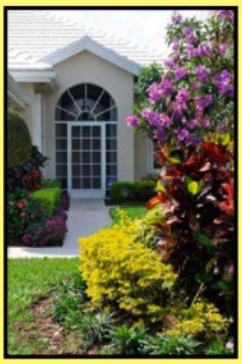
Have a Safe and Happy Halloween!

Pfeffer's Custom Aluminum Products, Inc.

pfeffersaluminum@gmail.com



What do we do?
Custom Screen Doors and Entryways
***Rehab your existing Screen door or Entryway**
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Thank you residents of Cascades for your continued loyalty!

Scan Me!

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800-552-2173 www.FLDoorAndScreen.com

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Associate Attorney
Michael D. Fowler, Esq., LL.M.
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- *Medicaid Long Term Care*
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- *Guardianship*

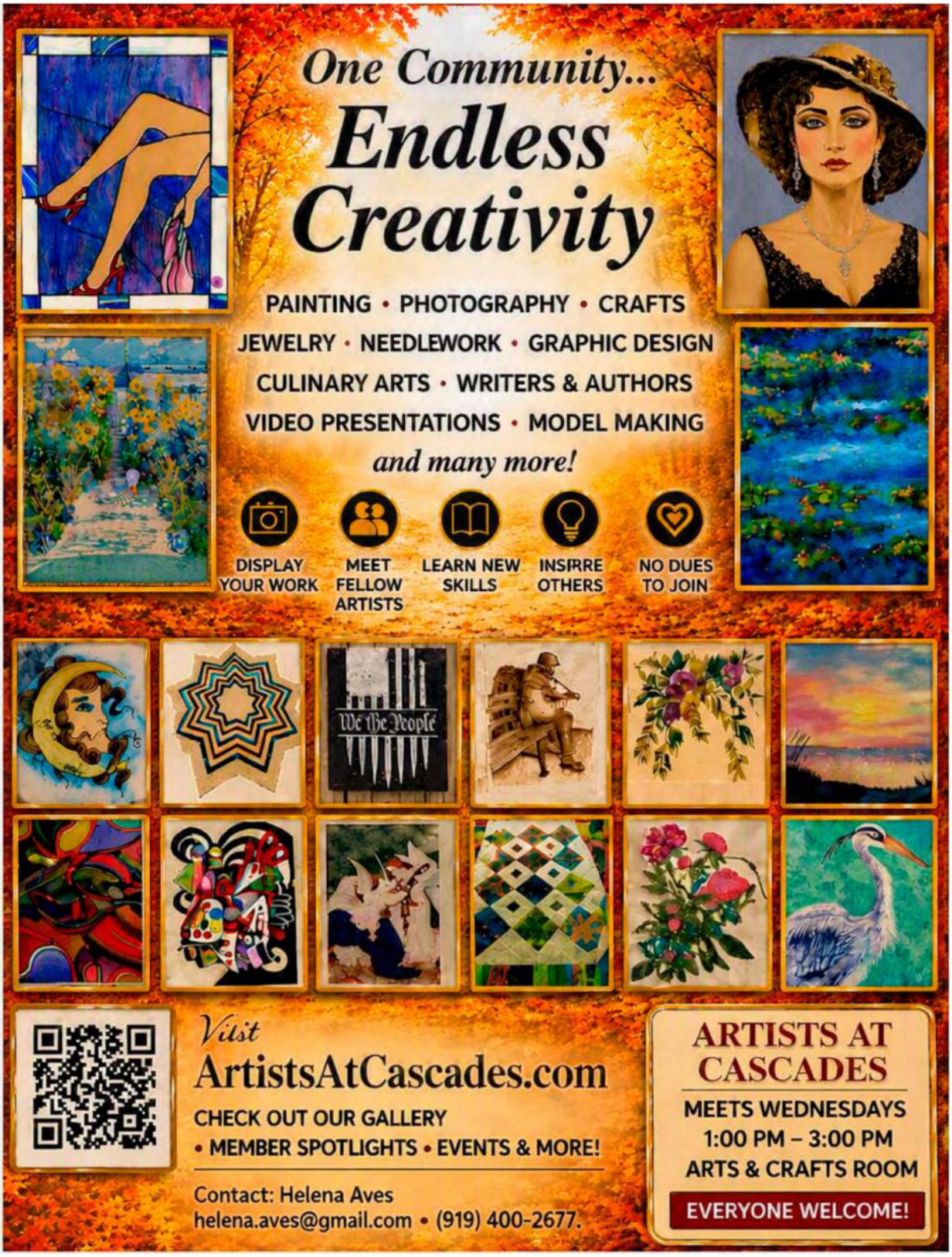
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Offering FREE Monthly Seminars

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Stuart, FL 34994

Other Locations:
Ft. Pierce - Okeechobee - Port St. Lucie - Vero Beach

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Endless Creativity
PAINTING • PHOTOGRAPHY • CRAFTS
JEWELRY • NEEDLEWORK • GRAPHIC DESIGN
CULINARY ARTS • WRITERS & AUTHORS
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and many more!
DISPLAY YOUR WORK
MEET FELLOW ARTISTS
LEARN NEW SKILLS
INSPIRE OTHERS
NO DUES TO JOIN
We the People
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CHECK OUT OUR GALLERY
• MEMBER SPOTLIGHTS • EVENTS & MORE!
Contact: Helena Aves
helena.aves@gmail.com • (919) 400-2677.
ARTISTS AT CASCADES
MEETS WEDNESDAYS
1:00 PM – 3:00 PM
ARTS & CRAFTS ROOM
EVERYONE WELCOME!

Re: Resident Coffee Social at Cascades



Cascades Bingo is Back!

Join us in the Ballroom on Wednesday, October 7th
as we start our 2026-2027 season of Cascades BINGO.

Doors will open at 5:30 PM and games will start at 6:30 PM.

To welcome you back, we'll be offering you a FREE slice of pizza
with every package that you purchase.

As always, coffee will be available free of charge.

Pizza will be sold at $2.00 per slice; sodas will be offered for $1.00 each.

BINGO package prices remain the same, $14 for a small package and
$16 for a large package. Specials are still $1.00 apiece.

October Schedule

Wednesday, October 7th - free slice of Pizza with every package purchased.

Wednesday, October 14th • Wednesday, October 21st

Wednesday. October 28th, Free Halloween Dauber with every package purchased.

Looking forward to seeing you all on the 7th.

If you have any question please contact Rhonda Gibula at 772-446-4889

CASCADES Munch & Learn SERIES

All sessions will be held in the Ballroom
and include light refreshments

OCTOBER 21
10:00 - 11:30 AM
Pre-Planning Panel
How to prepare for future needs and important life decisions.

OCTOBER 28
6:00 - 7:30 PM
Seacoast Bank
Helping individuals make informed financial decisions and build long-term financial confidence.

NOVEMBER 12
6:00 - 7:30 PM
Artificial Intelligence (AI):
Opportunity, Innovation & Impact
Discover how AI is shaping our world today and tomorrow.



2027 Second Season Ticket Sale

Tuesday, October 27 ~ In the Arts and Crafts Room

From 9:30 - 11 :00 AM

Price: $140.00 for all 5 shows - What a bargain!!

Individual tickets go on sale

Thursday: October 29 - from 9:30 - 11:00 AM - In the ballroom

Price: $32.00 per ticket

You won't want to miss the sensational season of shows we have in store for you.

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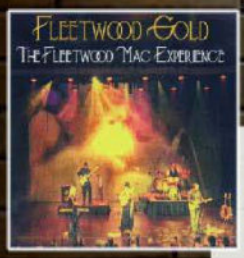


Jayne Curry
Sunday
January 10, 2027
8 PM

BACK BY POPULAR DEMAND!

Jayne is unquestionably one of the most in demand entertainers. Her stage presence, her show stopping vocals, and her humor leave her audiences loving her.

Join Us!



Fleetwood Gold
Sunday
February 7, 2027
8 PM

You will be taken on a journey with note-to-note recreations and tightly fused harmonies from Fleetwood Mac's early days to Stevie Nick's solo career. IT'S ALL ABOUT THE MUSIC

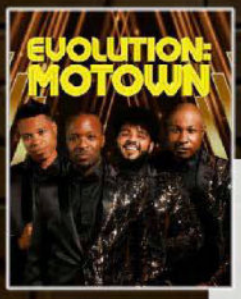
Michael Harrison/ Jeff Norris
Sunday
March 7, 2027
8 PM





Michael is an extraordinary talented ventriloquist, comedian, and master showman who combines his many abilities to this laugh out loud performance THIS ISN'T FOR "DUMMIES"

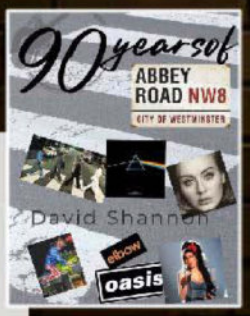
Jeff Norris is an energetic whirlwind of stand-up comedy and great impressions who has wowed audiences in clubs, on TV, in films, and even commercials.



Evolution: Motown
Sunday
February 21, 2027
8 PM

Four dynamic performers deliver all the moves, the precise harmonies, and the superior showmanship from Motown's arrival on the music scene to today's sounds of soul.

David Shannon
Sunday
March 21, 2027
8 PM



Known as "Ireland's Greatest Showman", he will delight you with his amazing voice. Stepping out from his usual role as a leading man on London's West End, he will be celebrating music recorded at the Abbey Road Studios - the music of the Beatles, Elton John, Adele, and many others.

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CLUB NEWS



2026-2027 CASCADES BOOK CLUB

We meet the first Tuesday of each month, October thru May, in the Cascades Library. Please contact **Sally Eisenberg** for further information, sreisenberg@comcast.net or 908-528-3955.

10/06/26 ***Plain Truth*** —Jodi Picoult
11/03/26 ***Before We Were Yours*** —Lisa Wingate
12/01/26 ***The Seven Husbands of Evelyn Hugo*** —Taylor Jenkins Reid
01/05/27 ***The Heiress*** —Rachel Hawkins
02/02/27 ***The Queens of Crime*** —Marie Benedict
03/02/27 ***The Book of Lost Names*** —Kristin Harmel
04/06/27 ***A Marriage at Sea*** —Sophie Elmhirst
05/04/27 ***Culpability***—Bruce Holsinger

Summer Reading:
Lincoln's Lady Spymaster —Gerri Willis
Listen for the Lie —Amy Tintera
I See You Called In Dead —John Kenney
In the Hands of Women —Jane Loeb Rubin
The Names —Florence Knapp
The Lion Women of Tehran —Marjan Kamali
Someone Else's Shoes —Jojo Moyes

Happenings in October throughout history

October's history includes the launch of Henry Ford's Model T on October 1, 1908, the start of the Cuban Missile Crisis on October 16, 1962, and the October Revolution on October 24, 1917. These events highlight the month's long-standing global significance.

October has been a transformative month throughout history, marked by major political shifts, scientific milestones, cultural traditions, and natural phenomena.

Historical Highlights

- **Model T Debuts (1908):** Henry Ford introduced the Model T on October 1, revolutionizing transportation.
- **Cuban Missile Crisis Begins (1962):** A defining Cold War moment started on October 16.
- **October Revolution (1917):** Bolshevik forces began seizing control on October 24, leading to the Soviet Union's creation.
- **Nuremberg Sentences (1946):** Twelve Nazi leaders were sentenced to death on October
- **People's Republic of China Founded (1949):** Proclaimed on October 1 with Mao Zedong as Chairman.
- **East & West Germany Reunified (1990):** Officially reunited on October 3.

Strange & Surprising Events

- **Mary Toft's Rabbit Hoax (1726):** A bizarre medical deception that captivated England.
- **Peshtigo Fire (1871):** The deadliest U.S. wildfire occurred on October 8, killing over 1,200 people.

Cultural & Seasonal Fun Facts

- **Name Origin:** "October" comes from octo (Latin for "eight"), reflecting its position in the early Roman calendar.
- **Old English Names:** Known as Winmonath ("wine month") and Winterfylleth ("winter full moon").
- **Hunter's Moon:** The full moon after the Harvest Moon typically occurs in October.
- **Orionid Meteor Shower:** Peaks mid-October, originating from Halley's Comet debris.



For those who have played before or those who would like to learn, a Cribbage Club has been formed. Please text if you are interested to 860-917-6934, leave your name and if you played before or not.
Thank you. Lou Montalvo

Table Tennis Club

There is a new activity here in the Cascades.
If anyone has an interest in joining the new Table Tennis Club, PLEASE contact:
Angus McLean at 772-342-4580





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Summertime was kind of quiet on the courts, but the "snowbirds" will be back soon! Please remember to sign up on Court Reserve if you would like to reserve a court to play on and also sign up during Open Play times so others know in advance if they will have people to play with when they get to the courts. It takes two minutes!

Ken Dickson arranged to host a Fall Ladder League that is running for five weeks from mid-September thru mid-October. Thank you to Ken for organizing a fun opportunity for our pickleball community.

We have a few events coming up that you should be aware of:

Round Robin Events - are meant to be social events in order to reduce anxiety about "competition." Our third one was scheduled to be held on September 17th and since this article was written prior to the event, it is assumed that all went well since we had the Intermediate Level all filled and the Advanced Level half filled the day after the event was announced. We hope to host a Round Robin Event each odd number month. Watch for announcement flyers and sign up! Players have enjoyed the action and appreciate those who are not playing coming to cheer them on.

Annual Halloween Party - Ticket sales took place on September 22nd and September 24th and we may be sold out! If you haven't purchased a ticket yet, please contact Marge Caputo at 631-327-9438 to see if there are any seats still available. Tickets are now open to all Cascadians. We will be holding a Best Costume Contest for three categories: Best Male, Best Female, and Best Couple. You may only compete in one category so start thinking about your costume and category choice!

Pickleball Club Meeting - We will hold our club meeting in the ballroom on Wednesday, October 14th, at 11 AM. Please plan on attending.

Friendsgiving Party - Our annual potluck dinner party will be on Monday, November 9th. More information will follow soon. Ticket sales will be taking place later this month.

If you are new to the game and are interested in learning the rules, how to keep score, and basic tips on how to play, we have volunteers who are usually there on Monday evenings who are willing to help you out. This is not meant to be private lessons (which you can arrange with our racquet ball pro, John Koahou) but rather informal tips about the game.

As always, enjoy playing, socializing, and competing in a friendly spirit. Just remember… don't run backwards!!




COME AND
PLAY
PICKLEBALL!
Want to learn the basics of pickleball?
Come down to the courts on Mondays at 6:00 PM to watch, try, and play in a friendly environment.
Please be sure to wear sneakers.



OCTOBER 31, 2026 • 5:30-9:30 PM
CASCADES BALLROOM

Music by DJ Orion • Catering by Mandi's
(Vegetarian options available)

Member tickets: $30/person (no refunds)
On Sale in the Arts and Crafts Room Tues & Thurs.
Sept. 22, 10-11:30 AM & Sept. 24, 1 - 2:30 PM

To reserve a table for 8-12, you can call
Marge prior to sale dates at 631-327-9438.

Tickets for nonmembers will be sold at $35/person
*if available, beginning Sept. 29th, 9:30-11AM **

BYOB • Celebrate Halloween
with food & music.
Prizes for best costumes!

You don't need a costume to come but we would like to see some great outfits
***After Sept. 29th, Call Marge at 631-327-9438**

Trick or Treat

The Cascades

REAL ESTATE EDITION

THINK YOU KNOW REAL ESTATE? LET'S PUT IT TO THE TEST.

1. My online home estimate knows exactly what my home is worth.
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2. Two homes with the same floor plan in The Cascades can have very different values.
   ☐ Trick ☐ Treat



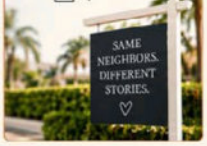
3. I shouldn't talk to a Realtor until I'm actually ready to move.
   ☐ Trick ☐ Treat



4. A remodeled kitchen always gives you a dollar-for-dollar return when you sell.
   ☐ Trick ☐ Treat



5. If my neighbor's home sold for $_____, mine is worth the same.
   ☐ Trick ☐ Treat



CASCADES
AT ST. LUCIE WEST

No Tricks...
Just Great Real Estate Advice

Real estate questions tend to come up long before there's a For Sale sign involved. Maybe you're curious what a neighbor's home sold for, wondering if that kitchen update is worth it, or just want to know what's happening in The Cascades. Whatever the question, we're always happy to be a resource.



JAN FRASIER | 772-201-1449
LORI MCNICHOLAS | 772-263-0237

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Welcome back to all of our traveling tennis players! As our season gets underway, it will hopefully bring some cooler weather along with tons of tennis fun!

Labor Day was kicked off with a Round Robin and pizza lunch on September 5th. Despite the heat, it was a huge success as eight courts were filled and more than forty people joined in the pizza lunch. Check out the bulletin board to see the latest pictures of the event.

Next up on the agenda is our annual fall welcome back dinner dance. It will be held on October 17th and, by popular demand, the cocktail hour will be held poolside under a tent. Music will be by Terry Hine and dinner catered by Mandi's. Get your tickets early … 9:15 AM at the pavilion thru October 12th … and enjoy another fabulous night.

Also coming back this season, is the free clinic offered every third Saturday of the month beginning October 17th and running through May 2027. Also check the boards for John's coffee league and Hit and Giggles, also beginning in October. If you are thinking about playing tennis, now is the time. With all the opportunities for lessons and practice, you'll be enjoying our fabulous courts in no time!

Don't forget that the ladies' traveling team is always looking for more players. If interested, give Therese Scharf a call at 914-589-0311.

Tennis Tip of the Month

By RSPA Racquet Sports Director John Koahou

"Moving with your partner is like the motion of your car windshield wiper".

The best doubles teams move together on the court just like the motion of your car windshield wipers. When your partner moves in a certain direction you should move with them and stay within a distance of four feet. The whole purpose of moving with your doubles partner when they go for a wide shot is to cover the middle of the court, which is where your opponent's next shot will be after your partner makes the ball. Once you cover the middle of the court, it will give your partner some time to recover from their shot and allow you to return back to your area of the court. You may cover the middle of the court only for a moment and then you must return to your side of the court. There are two ways to move together on the court. The first way is to follow your partner and keep four feet between the both of you. The second way is to follow the direction of the ball so if the shot is going to your partner move in that direction. Move with your partner or move with the direction of the ball and your team will flow just like the windshield wipers on a car.

Tennis Rules and Etiquette

By RSPA Tennis Professional John Koahou

The first thing to know about the sport of tennis is that it is a gentleman's sport. You play the game by being honest in your line calls, calling out the score before you serve, making verbal and physical indications of out balls, and hand motions of good calls. One of the most basic etiquette rules is to clap and compliment for good shots, not for bad shots.

Tennis is played with reverence, so constant conversations and loud chatter on the court should be with a quiet voice or simply no talking during points. Some of the simple court etiquette when a person is serving is for the other three players gathering the balls to make sure the server has two tennis balls to serve and begin the point.

The server has a duty to make sure all players are prepared to begin the point. The receiving team should be prepared to receive the serve by facing the server; if they are not ready for the serve the player should turn their back to the server and walk away from the baseline to indicate that they are not ready to receive the serve.

All players must make honest and immediate calls on shots that are called out. If there is a delay in the call, the benefit of the point goes to their opponent. The server is in charge of calling out the score before serving the ball.

Before the points begin and during the point, there is no talking or waving gestures to distract the opponent. Because tennis is a gentleman's sport, win or lose, all players shake hands at the end of a match. Be kind and courteous on the court and be respectful of the other players who are next to your court, so all can enjoy their game.

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Men's Club Newsletter

By Tim Malone, Club Scribe

The presenter of the colors for our September meeting

Deane Piekara presented the colors for the pledge of allegiance. Although Deane was not a member of an armed service, he has been of service not only to the Men's Club but also to the Cascades community for several years in many capacities. He has held several positions, including being a past President, within the Cascades Men's Club and continues to work behind the scenes to help keep the club running smoothly. He is also the current Cascades Board of Directors President, which keeps him quite busy.

September meeting speaker

Our speaker for this meeting was AJ DiMattia, Esq. who spoke about the 5 essential tools of Estate Planning.

He highlighted the following facts with regard to necessary planning to safeguard assets and end of life decisions:

1. Last will and testament—requires probate, naming of trustee and personal representatives
2. Living will—requires written directives for end-of-life care
3. Health care proxy—someone named as your fiduciary who can carry out your wishes
4. Durable power of attorney—is only usable while you are living, the power of attorney dies with you
5. Irrevocable / Revocable trusts—you surrender all your assets to the Irrevocable trust, which protects the assets from lawsuits, IRS, etc. With a Revocable trust, you control 100% of the trust, however; the assets are not protected from lawsuits.

There were only four winners of $25. each for the 50/50 drawing. Let's hope that next month's meeting has more membership returning to the Cascades and we will be able to have larger prizes.

New 2027 membership cards will be available for purchase for $15, beginning at the October meeting. If you are not already a Men's Club member, the new membership card will be valid for the remainder of this year, as well as all of next year.

September 10th Golf Scramble

There were 27 players that formed nine 3-man teams. The winning team #9, at 4 under par, was comprised of Carl Morante- team captain, Sonny Fauver and Jeff Ross and won due to a tiebreaker with Team #1 who was also 4 under par. Team #1 members were Dennis Darak - team captain, Pat Pancaro and Sal Schembre.

The closest to the pin at hole # 1 was Steve Ciulla at 4 feet 5 inches.

A special **Thank You to Paul Kaufman** for donating 5 sleeves of Callaway warbird golf balls that were raffled off to the participants at the end of the scramble.

Thanks to all who helped with setting up, breaking down and cooking for this event—Russ Buser, Darren Desiree, Deane Piekara and Tim Malone.

Upcoming events

Dancing with the Stars - The British Invasion - Saturday October 3, 2026

This event is a sellout, however; tickets may still be available if cancellations occur.

Next year will be the 25th anniversary of the Cascades Men's Club and there will be an event, for Men's Club members and significant others only, to celebrate the milestone with a date and time to be announced in the near future.

The Men's Club meets every 2nd Wednesday of the month at 8:30 AM in the Ballroom. Bagels, donuts and coffee are served prior to the meeting. Membership is $15 a year. We welcome either cash or food donations to the Mustard Seed Ministries. Before the meeting concludes, a 50/50 drawing is held, usually with multiple winners.

NOTE: *This newsletter is written prior to some events taking place and may be subject to changes, depending upon circumstances beyond anyone's control.*



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" We are here for our community, not for ourselves, to serve, honor and show respect to our veterans and first responders."

Once again, it is our honor to report to our valued 503 members and residents the activities of the VFRC. It has been a rewarding 2026, working and delivering quality meetings and events. In return, your response has been overwhelming in attendance as is your generosity in contributing and supporting selected charities with donations. We will continue our hard work to bring you quality and interesting club-related subjects. Your voices are always heard and respected – let us know your thoughts and ideas going forward.

Our schedule for October: Thursday, October 29th, Annual Tribute to Our First Responders with the Ardie R. Copas Nursing Home vets attending as guests. Doors open at 8:30 AM. Refreshments will be served.

Representatives from the local police, sheriff, EMS and fire deptartments will be attending as special guests. (Get your questions ready !). Included will be a special segment on the heroes of 9/11 on this 25th Anniversary of the horrific event.

Schedule for November: Saturday, November 14th: Annual Veterans Dinner Dance sponsored by the Men's Club and joined by the VFRC. Speaker TBA – Music by Terri Hines Band.

Our schedule for December: First of It's kind "Appreciation Event" for all loyal club volunteers. Details to follow.

The VFRC is a federal/state approved 501(c) (3) public charity. We honor club members heroic service of our first responders and support veteran national and local charities.

****

We were asked to share the following events for those interested in attending: (always here to help for a good cause)

MARINE CORPS BIRHDAY BALL EVENT- see flyer attached (November 7th at Gator Trace). Contact: Marisol Guntkowski 321 258-2937.

PTSD support group at Ardie R.Copas Veteran's Nursing Home.
















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CASH BAR
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6:31 PM
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TO OUR
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9/11
WE WILL NEVER FORGET
DEDICATED FIRST RESPONDERS
OCTOBER 29TH
DOORS OPEN
8:30 AM
PROGRAM BEGINS
9:30 AM
Refreshments Served
COFFEE ★ DONUTS ★ BAGELS ★ WATER
HONORED GUESTS/SPEAKERS
PSL Police Chief Leo Niemczyk
St. Lucie County Sheriff Richard Del Toro
St Lucie County Sheriff, Honor Guard
Matt Brewster, St. Lucie County Fire
Brian Gonzalez, St. Lucie County Fire
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SELECTED MUSIC/VIDEOS TO HONOR THE OCCASION
HONORING THE BRAVERY & SACRAFICE OF OUR FIRST RESPONDERS
25TH ANNIVERSARY OF 9/11 HONORING OUR HEROES
IN AN EMERGENCY
THEY ARE HERE FOR US
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Sports News



STICKBALL

By Rudy Rognon

July 4, 2026 -The atmosphere was filled with joyful energy on this 4th of July. Fifteen players showed up for our game. Alan Portnoy's Mets faced Max Glickman's Yanks.

There was no scoring in the first inning. In the top of the second a triple by Joe Simone scored Mike Jarsky who had singled. In the bottom of the second Vin McCann doubled. Howie Bland followed with a single. After three outs, Mike Demarcantonio hit an RBI single to right and the score was tied at 1. There was no score in the top of the third. In the bottom of the third Janice McKenna, Howie Bland and Rich Fiederlein all singled to load the bases. Don Smith then doubled in two runs. There was no scoring in the fourth inning. In the top of the fifth Joe Simone tripled. DePouli then doubled in a run. The score was 3-2, Yanks. There was no scoring in the bottom of the fifth. In the top of the sixth Simone doubled. Depouli followed with a triple. Portnoy then hit an RBI single, and the score was now 4-3, Mets. In the bottom of the sixth Fiederlein doubled and was knocked in by an RBI double by McKenna. The game ended in a 4-4 tie.

July 11, 2026 - Twelve players showed up for our game. Vin McCann's Sox faced Alan Portnoy's Mets in a lively spirited stickball game.

In the top of the first McCann doubled. Don Smith then doubled him home. Janice McKenna singled, and Joe Simone then hit an RBI single. It was 2-0, Sox. In the bottom of the first Portnoy singled. Pat Sacco and Bob DePouli followed with singles. Portnoy then hit an RBI single to right. Jack Nisbet hit an RBI single, and the score was now tied at two. There was no scoring in the second or third innings. In the top of the fourth, singles by McKenna, McCann and Smith loaded the bases. Subsequent hits by McKenna and Simone plated two runs. Howie Bland made the score 6-2, Sox. In the bottom of the fourth, Sacco doubled. He was followed with four doubles by Portnoy, Nisbet, Mike Jarsky and Sacco. The score was now tied at six. In the top of the fifth Paul Zumbo doubled and Smith singled. McKenna then singled in a run. Simone then doubled in two runs (his fourth hit of the game). McCann then singled in a run. The score was now 9-6, Sox. In the bottom of the fifth, Jarsky, Sacco and Portnoy loaded the bases with singles. Rich Howell then hit an RBI single. Score now 9-7, Sox. There was no scoring in the sixth inning, and the game ended 9-7, Sox.

July 18, 2026 - Eleven players showed for our game. We adjusted the rules to three outs and three runs per inning. Vin McCann's Sox faced Rich Fiederlein's Tigers. The final score was 10-6, Tigers.

Recap of the game is as follows:

Rich Howell: three hits, four RBIs.
Rich Fiederlein: four hits, two RBIs.
Jack Nisbet: two hits, one RBI.
Don Smith: three hits, two RBIs.
Bob DePouli: two hits, one RBI.
Dianne Skerry: one hit.
Larry Heck: three hits, one RBI.
Vin McCann: one hit, one RBI.
Paul Zumbo: one hit, two RBIs.
Janice McKenna: one hit, one RBI.
Chris Hachem: one hit, one RBI.
A competitive friendly match.

July 25th, 2026 - There were thirteen players for our game. Vin McCann's Sox battled Max Glickman's Yankees.

We had two visitors. Joe Simone's son-in-law Mark and his eleven-year-old grandson Louis. Louis had three hits and two RBIs and played a great defensive game. The final score was 5-4, Yanks.

Recap of game is as follows:

Max Glickman: one hit.
Larry Heck: two hits.
Bob DePouli: 4 hits.
Howie Bland: three hits.
Rich Howell: two hits, one RBI.
Janice McKenna: two hits, one RBI.

August 1, 2026 - Fifteen players showed up for our game. Max Glickman's Yanks faced Alan Portnoy's Mets.
The Mets were 8-3.
Recap of game is as follows:

Yankees	**Mets**
Max Glickman: 1 hit.	Alan Portnoy: no hits.
John Kenneally: 1 hit.	Pat Sacco: 2 doubles.
Rich Howell: 2 hits, 1RBI.	Jack Nisbet: 3 hits.
Barry Worshoufsky: 2 hits, 1 RBI.	Bob DePouli: 1 hit, 1 RBI.
	Janice McKenna: 1 hit.
	Howie Bland: 1 hit.
	Rich Fiederlein: 2 hits, 5 RBIs.
	Larry Heck: 2 hits, 2 RBIs.

... continued on page 53



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STICKBALL... continued from page 51

Joe Simone 1 hit 1 RBI

August 8, 2026 - Thirteen players showed for our game. Alan Portnoy's Mets challenged Max Glickman's Yanks.
Final score 6-2 Mets.
Recap of game is as followers:

Yankees	**Mets**
Max Glickman: 1 hit.	Alan Portnoy: 1 hit.
John Kenneally: 1 hit.	Rich Howell: 3 hits.
Dianne Skerry: 1 hit.	Janice McKenna: 3 hits.
Pat Sacco: 2 hits, 1 RBI.	Bob DePouli: 5 hits, 2 RBIs.
Howie Bland: 1 hit.	Larry Heck: 3 hits, 4 RBIs.

August 15, 2026 - Fifteen players showed for our game. Max Glickman's Yanks faced Alan Portnoy's Mets.
In a well-played game, the Yanks held on to win 5-3.
Recap of game as follows:

Yanks	**Mets**
Max Glickman: 1 hit.	Alan Portnoy: 3 hits.
Chris Hachem: 1 hit, 1 RBI.	Mike Marcantonnio: 4 hits, 1 RBI.
Pat Sacco: 2 hits, 2 RBIs.	Don Smith:1 hit.
Larry Heck: 1 hit, 1 RBI.	Howie Bland: 1 hit.
Mike Jarsky: 1 hit, 1 RBI.	Rich Howell: 2 hits, 1 RBI.
	Dianne Skerry: 1 hit.

August 22,2026 - Vin McCann's Sox met up with Max Glickman's Yankees. A well-pitched game by both. Glickman prevailed and held on for a 2-0 victory.
Recap as follows:

Sox	**Yankees**
Vince Cann: 2 hits.	Max Glickman: 3 hits.
Howie Bland: 1 hit.	Bob DePouli: 3 hits, 1 RBI.
Barry Worshoufsky: 1 hit.	Larry Heck: 2 hits.
Mike Demarcantonio: 3 hits.	Jack Nisbet: 1 hit, 1 RBI.
Pat Sacco: 1 hit.	Don Smith: 1 hit.

August 29, 2026 - Fourteen players showed up for our game, with a chance of showers. Max Glickman's Yankees faced Alan Portnoy's Mets. The game started out like it was going to be a slug fest. One half of the runs were scored in the first two innings. Things calmed down for the Yankees, but the Mets continued to score runs and won the game 8-4.
Recap as follows:

Yankees	**Mets**
Max Glickman: 2 hits.	Alan Portnoy: 3 hits, 2 RBIs.
Janice McvKenna: 2 hits.	Bob DePouli: 2 hits, 2 RBIs.
Rich Fiederlein: 4 hits, 1 RBI.	Vince McCann: 2 hits, 3 RBIs.
Howie Bland: 2 hits.	Dianne Skerry: 1 hit.
Don Smith: 1 hit, 2 RBIs.	Chris Hachem: 2 hits.
Jack Nisbet: 1 hit, 1 RBI.	Larry Heck: 3 hits, 1RBI.

Great defensive plays by the Yankees robbed Mike Demarcantonio of 2 hits. Lou DeBlasio no hits. He was robbed of a hit by the defensive play by the Mets.



LADY GOLFERS

The Monday Cascades Golf Group plays at 18-hole courses nearby. We meet every Monday at 10:00 AM at a nearby course. During the season we play at Gator Trace in Fort Pierce. The League is open to any woman in the Cascades who would like to join us. No handicap needed; just be someone who likes to play and have fun. Interested or any questions, contact Janet Wood. 878-3708.



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The Cascades Ladies Pitch 'n Putt League meets Tuesdays at 8:45 AM for weekly tournaments.
Golfers randomly draw numbers to create each week's teams. We meet throughout the year including the summer months. There is no weekly commitment-golf on the Tuesdays that fit your schedule.

Our goal is to have fun ... come join us!



Are you a golfer?
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From November through April, we play at "The Saints" on Morningside Blvd. in Port Saint Lucie. From May through October, we play at other courses all over the Treasure Coast. The CMGL welcomes experienced players of all skill levels.
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The listing of residents' birthdays and anniversaries, which consists of those events that fall during that particular month, has become a popular feature in the Cascadian.

If you want your dates published, e-mail Dave Caron at davecaronD5@gmail.com

Also, please let us know if someone's name should be removed for any reason.

Happy Birthday

October

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Connie Siegal 1
Veronica Tucker 1
Russ Schulein 2
Vince Agro 3
Don Caputo 3
Valerie Davis 3
Cathi Webster 3
Mary Sue Broome 4
Steve Lotto 5
Jerry Siegel 5
Mike Weissberger 5
Mary Weber 6
Duane Bruce 7
Wini Impomeni 8
Bob Mack 8
Henry Rawlings 8
Paula Lattanza 9
Salvatore D'Amore 10
Ronald Becker 11
Carol Rognon 11
Howard Ginsburg 12
Stephen Salmon 13
Allan Schwatz 13
Kathleen Lunemann 15
Seppo Malkki 15
Richard "Dick" Mahoney 16
Robin Simonetti 17
Mary Ann Donahue 18
Louisa Lalata 18
Phylliss Samuelson 18
Marie Stevenson 18
Annette Day 20
Coe Decker 22
Woolrick Bennett 22
Jack Cavari 23
Robert Ross 23
Sheila Cohen 24
Ginger Greenstein 24
Vinnie Trinchitella 24
Iris Starr 25
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Steve Sherwood 26
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Joe Kokoszka 29
Doug Nielson 29
Rober Rampolla 29
Kristin Johnsen 30
Rudy Rognon 31

November

Marty Glickman 1
Alan Weber 1
Marcia Zuckerman 2
Faye Kish 4
Deg Agro 6
Ben Simonetti 6
Mario Steblai 6
Vincent Davis 7
Carmelo Lauria 7

Happy Anniversary

October

Elsie & Ed Long 2
Rochelle & Bob Scott 2
Annette & Ed Day 5
Ana & Victor Swift 7
Mary Sue and tom Broome 8
Bill & Ellen McKnight 9
Dennis & Jean Conrad 9
Adele & Robert Rampolla 10
Rudy & Carol Rognon 11
Richard & Theresa Young 12
Sandi & Nick Ragusa 14
Noreen & Jack Cavari 15
Cheryl & Joe Kokoszka 15
Joyce & Gordon Hurley 17
Indra & Tony Dil 18
Pat Lunt-Erickson & Russ Erickson 21
Sharyn & Howard Bland 25
Paula & Jerry Siegel 25
Maddalena & Diego Vitale 25
Karen & Bob Mattina 27
Chelle & Norman Levine 30

November

Regina & John Brodzinski 1
Kathleen & Harry Lunemann 7



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HISTORY OF HALLOWEEN

Halloween is a holiday celebrated each year on October 31. The tradition originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off ghosts. In the 8th century, Pope Gregory III designated November 1 as a time to honor all saints. Soon afterward, All Saints Day incorporated some of the traditions of Samhain. The evening before was known as All Hallows Eve, or simply Halloween. Over time, Halloween evolved into a day of trick-or-treating, carving jack-o-lanterns, festive gatherings, wearing costumes, Halloween movies and eating treats.

Halloween's origins date back to the ancient Celtic festival of Samhain (pronounced sow-in). The Celts, who lived 3,000 years ago in Central and Western Europe, celebrated their new year on November 1.

That date marked the end of warm weather and the harvest and heralded the beginning of the dark, cold winter—a time of year that was often associated with human death. The Celts believed that on the night before the new year, the boundary between the worlds of the living and the dead became blurred. On the night of October 31, they celebrated Samhain, when it was believed that the ghosts of the dead could return to earth.

Beyond causing mischief and damaging crops, Celts thought these returning spirits could also make it easier for the Dru-



ids, or Celtic priests, to predict the future. For a people entirely dependent on the volatile natural world, these prophecies were an important source of comfort and stability during a long, dark winter.

To commemorate the event, Druids built huge sacred bonfires where people gathered to burn crops and animals as sacrifices to Celtic deities. During the celebration, the Celts wore costumes, typically made of animal heads and skins, and told each other's fortunes.

When the celebration was over, they re-lit their home's hearth fires, which they had extinguished earlier that evening, from the sacred bonfire to help protect them during the coming winter.

By A.D. 43, the Roman Empire had conquered most Celtic territory. During the 400 years it ruled the Celtic lands, two Roman festivals were combined with the traditional Celtic celebration of Samhain.

The first was Feralia, a day in late October when the Romans commemorated the passing of the dead. The second honored Pomona, the Roman goddess of fruit and trees. Pomona's symbol is the apple, and the incorporation of her celebration into Samhain likely explains the Halloween tradition of bobbing for apples.

By the ninth century, the influence of Christianity had spread into Celtic lands, gradually blending with and supplanted older Celtic rites. In 1000 A.D., the church made November 2 into All Souls' Day, a day to honor the dead. Many believe the church created the holiday to replace the Celtic festival of the dead with a related, church-approved observance.

All Souls' Day was celebrated much like Samhain, with big bonfires, parades and dressing up in costumes as saints, angels and devils. The All Saints' Day celebration was also called All-hallows or All-hallowmas (from Middle English Alholowmesse meaning All Saints' Day) and the night before it, the traditional night of Samhain in the Celtic religion, began to be called All-Hallows Eve and, eventually, Halloween.





The Halloween tradition of trick-or-treating probably dates back to the early All Souls' Day parades in England. During the festivities, poor citizens would beg for food, and families would give them pastries called "soul cakes" in return for their promise to pray for the family's dead relatives.

The distribution of soul cakes was encouraged by the church as a way to replace the ancient practice of leaving food and wine for roaming spirits. The practice, which was referred to as "going a-souling," was eventually taken up by children who would visit the houses in their neighborhood and be given ale, food and money.

The tradition of dressing in costume for Halloween has both European and Celtic roots. Hundreds of years ago, winter was an uncertain and frightening season. Food supplies often ran low and, for many people afraid of long, dark nights, the short days brought constant worry and possible signs of seasonal affective disorder.

Did you know?

More people are buying costumes for their pets. Americans spent some $700 million on costumes for their pets in 2024—more than three times what they spent in 2010.

One-quarter of all the candy sold annually in the United States is purchased for Halloween.

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