



Vol. 22, No. 8

A Publication of the Cascades at St. Lucie West Residents Association, Inc.

SEPTEMBER 2026



Happy LABOR DAY

LABOR DAY IN THE UNITED STATES ORIGINATED IN THE LATE 19TH CENTURY AS A CELEBRATION OF WORKERS AND THEIR CONTRIBUTIONS, EMERGING FROM THE LABOR MOVEMENT AMID THE INDUSTRIALIZATION ERA.

Historical Background

Labor Day traces its roots to the growing labor movement in the United States during the **late 1800s**, a period marked by rapid industrialization, long work hours, and difficult working conditions for many American laborers. Workers began organizing to demand **better wages, shorter hours, and safer working environments**. Major labor unions, such as the Knights of Labor and the American Federation of Labor (AFL), were influential in advocating for worker rights.

Key Events and Figures

The first Labor Day celebration is generally credited to **New York City on September 5, 1882**, organized by the Central Labor Union. Workers held a **parade to honor laborers and demonstrate union solidarity**, marking the beginning of an annual tradition. Over the next few years, other cities, including Chicago and Cleveland, began holding similar observances.

Several individuals also played important roles in promoting Labor Day. **Peter J. McGuire**, a co-founder of the AFL, is often recognized for proposing a day

to celebrate workers. Another early advocate was **Matthew Maguire**, a machinist and union leader from New Jersey, who some sources credit with initiating the first official Labor Day observance.

Federal Recognition

Congress officially recognized Labor Day as a **national public holiday** in 1894 following the **Pullman Strike**, a massive railroad strike that turned violent and drew national attention to labor unrest. President **Grover Cleveland** signed the legislation, partly as a gesture to reconcile with workers and acknowledge their contributions to the nation.

Purpose and Significance

Labor Day was established to **honor the American workforce** and acknowledge the efforts, achievements, and economic contributions of laborers. It also served to highlight the labor movement's push for fair treatment and humane working conditions. Over time, the holiday has evolved into not only a celebration of labor but also a cultural marker for the end of summer, often observed with parades, picnics, and public events.

Found: One hearing aid on Blue Lake Drive near the exit gate. Call Janet Maffucci at 914-424-6728 to claim.



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

Tuesdays

8-11AM	Pickleball Open play	Pickleball courts	8-11 AM	Pickleball Open play	Pickleball courts
8:45-10:30 AM	Ladies Pitch & Putt golf	Golf course	9-10 AM	Aerobics & Strength	Aerobics room
9-10 AM	Strength & Balance	Aerobics room	9-10 AM	Water Aerobics	Pool
9-10 AM	Water Aerobics	Pool	10-11 AM	Pool Wlakers	Pool
10-11 AM	Pool Walkers	Pool	10-Noon	Art Matters	Arts & Crafts room
10-Noon	Mixed fun Bocce (Jan. - April)	Bocce courts	10:30-Noon	Finding Inner peace	Library
10 AM	Bowling	Bowlero	12:15-4 PM	Duplicate Bridge	Ballroom
10:30-Noon	Ticket sales	Arts & Crafts room	1-2:30 PM	Ticket sales	Arts & Crafts room
11:30 AM-Noon	Chair Class (begining Oct. 2026)	Aerobics room	1-3 PM	Billiards Tournament	Billiards room
1-3 PM	Bunco (1st & 3rd Tuesday)	Card room #1	2-3 PM	Line Dancing	Aerobics room
1-3 PM	Cribbage	Card room #2	6-9 PM	Men's Bocce	Bocce courts
1-4 PM	Painting & Drawing	Arts & crafts room	6:30-9 PM	Mexican Train Dominoes	Card Room #1
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 (September - May)	Conference room			

Wednesdays

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

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

Saturdays

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

Sundays

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



Non-weekly Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:30 AM-Noon Ticket Sales & Registration for Arts & Crafts Fair Arts & Crafts Room	2 2 PM Community Connections Committee Ballroom	3 9:30 - 11 AM Travel Club Conference Room 1 - 2:30 PM Ticket Sales Arts & Crafts Room	4	5
6 	7 	8 10 AM ACB Mtg. Conference Room 10:30 AM-Noon Ticket Sales Arts & Crafts Room 4:30 Bocce Club Ballroom	9 8:30-10:30 AM Men's Club Mtg. Ballroom 10:30 AM-12 Noon Caregivers Club Card Room #1 6-7:30PM Munch & Learn CandyMan Ballroom	10 1 - 2:30 PM Ticket Sales Arts & Crafts Room	11 9 AM - 12 Noon- CPR Arts & Crafts Room Rosh Hashanah begins at sundown	12
13 	14	15 10:30 - Noon Ticket Sales Arts & Crafts Room 1PM BOD Meeting Ballroom	16 6-7:30PM Munch & Learn Medical Marijuana Ballroom 	17 9 AM Budget & Finance Committee Conference Room 1 - 2:30 PM Ticket Sales Arts & Crafts Room	18 11 AM - Noon Landscape Committee Conference Room 	19
20 Yom Kippur begins at sundown	21 1-3PM Facilities Committee Conference Room 6 - 9:30 PM Women's Club Mtg. Ballroom 	22 10:30 - Noon Ticket Sales Arts & Crafts Room 10 AM ACB Mtg. Conference Room	23	24 1 - 2:30 PM Ticket Sales Arts & Crafts Room	25	26 9 AM - 12 Noon- CPR Arts & Crafts Room
27 	28	29 10:30 - Noon Ticket Sales Arts & Crafts Room	30			

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 10:30AM 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 Emergency911
Fire & Safety Corp. (Pye-Barker) ...772-334-0577
Gatehouse343-8258 (Entry System) 888-286-5305
Non-Emergency
Port St. Lucie Police772-871-5000
St. Lucie Sheriff's Office772-462-7300
Fire Station #14.772-621-3514
Local Post Office772-873-0674
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 Emergency561-203-7910
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 Gas800-993-7546
FP&L772-462-0555
FP&L Power Outage..... 800-468-8243
Comcast Cable..... 800-931-0790
Poison Control..... 800-222-1222
St. Lucie West Services772-340-0220

Finding Inner Peace:

Principles of Meditation & Self-Realization

Thursdays 10:30-12:00 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

PLEASE NOTE NEW INFORMATION Cascadian Information

Deadline for the next issue (October).

Copy and photos for the next issue of the Cascadian are due to Dave Caron on or before September 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 September 15TH at 1 PM in the Ballroom.

These meetings are open and residents are encouraged to attend.

Notices - Updates - Reminders



Please Welcome,

Bill Gordon to the Cascadian staff. He will be taking over the responsibilities of being the advertising manager. The cost of the Cascadian has always been covered by the advertisers, so, Bill will be monitoring and maintaining that the advertisers always cover the costs of producing the Cascadian. Thank you Bill for taking on this responsibility for our community.

Community Connections Committee

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

Please join us and share your thoughts and concerns

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.

THE CASCADES
TEXAS HOLD 'EM Tournaments



TUESDAYS
Sign-up: 2:30 - 3:00
Game Starts: 3:00pm

FRIDAYS
Sign-up: 6:00 - 6:30
Game Starts: 6:30pm

SATURDAYS
Sign-up: 6:00 - 6:30
Game Starts: 6:30pm

Notices - Updates - Reminders



To our new neighbors...

Amin Hachem & Karen Markham	499 NW Blue Lake Dr.
Owner	PSL, FL
Rhenne & Scott Warshaw	524 NW Blue Lake Drive
Owner	Stuart, FL
Chris & Donna Roussell	302 NW Toscane Trail
Owner	Kingsland, GA
Maureen Cool & George Winn	326 NW Toscane Trail
Owner	Jensen Beach, FL
Paula & Ira Aronowitz	128 NW Lawton Road
Owner	Margate, FL
Maria Wentz	394 NW Springview Loop
Owner	Severna Park, MD
Dennis and Catharine Shipman	334 NW Millpond Lane
Owner	Ocala, FL
Vincent Cavazza & Gretchen Oakes	434 NW Shoreview Dr
Owner	Highland, NY
Barry & Linda Lesser	319 NW Treeline Trace
Owner	PSL, FL
Marcella & Carmelo Delvecchio	431 Cool Water Court
Owner	Fort Pierce, FL
Franco Diloreto & Franca Bellomo	330 NW Shoreview Dr
Owner	Canada
Charles & Judy Reeder	145 NW Lawton Road
Owner	Bridgewater, NJ

How the Board Voted

At the June 16, 2026 board meeting the following motions were voted upon.

Motion to approve the position of the police radar speed signs allotted to Cascades periodically by the city. Motion failed 3-3.

Motion to approve to pre-approve Juniper Landscape to provide landscape enhancements not to exceed \$20,000.00 for frost damages only. Motion passed 6-0.

Chair Class Returns Every Tuesday!

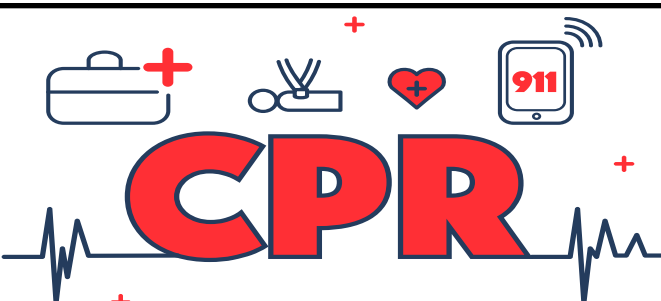
Date: Beginning Tuesday, October 6, 2026
Time: 11:30 AM - 12:30 PM
Location: Aerobics Room
Instructor: Karen Levy

What to Bring:
Resistance band or therapy band
Water bottle

We Provide
A welcoming atmosphere, Positive instruction, An armless chair

Class Description:
Designed for all fitness levels, this class encourages each participant to work within their own comfort level. We begin with gentle stretching and low-impact aerobics movement, followed by balance exercises at the railing. The class then transitions to seated exercises, incorporating stretches and strengthening movements for the arms, neck, legs, back, spine, and abdominal muscles. Resistance bands are used throughout portions of the class to add variety and enhance strength training.

Benefits:
Along with the camaraderie of exercising in a group, Chair Class can help:
Improve strength and endurance
Build and maintain lean muscle
Enhance balance and flexibility
Support healthy weight management
Increase overall mobility and functional fitness



Be Ready When It Counts

Tom and Suzanne Davis and Joe and Carol Dias in photo:



While most people agree that CPR and AED training are important, fewer feel confident stepping in during an emergency. Encouraging news is that confidence grows with knowledge, training and practice. Tom and Suzanne Davis along with Joe and Carol Dias took the CPR/AED class so that they will be ready to act when moments matter.

Contact Beth Swem 772-577-8451 to schedule a class.
Classes are FREE to the Cascades residents!

ATTENTION!
DISTRICT 6 RESIDENTS!
SAVE THE DATE!
Sunday, November 15, 2026
5:00 to 8:00 PM
for the fourth annual
DISTRICT 6 FALL FEST!
Food! Fun!
Music and dancing with DJ Kyle!
Invitations will be distributed in early October! Please plan to join us!



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**Advanced technology, meticulous attention to detail,
& highly compassionate care.**

Let us show you the difference seeing a specialist makes.

Cascades Residents
FREE DENTAL
CONSULT*
Consult free. Does not include
x-rays. No expiration Date.



SCAN HERE!

“Expert care, superior
expertise and knowledge.
Terrific chair side manner.
Detailed explanations.
Awesome experience and
highly recommended.



-Cascades resident

www.tcdentalpros.com • (772) 337-2338



A Message from your General Manager, Diane Blakeman, LCAM Community Update 2027 Budget Season

Planning for the 2027 budget is now underway. The Reserve Study was presented during the June Board Workshop, providing an overview of the association's long-term funding

needs.

Members of the Budget and Finance Committee have met with many of the clubs and committees responsible for individual budget line items to discuss their anticipated funding requests for 2027.

The Board of Directors plays an important role in representing the interests of individual districts while also considering the needs of the association as a whole. Balancing infrastructure maintenance and reserve funding with recreational amenities and community programs requires thoughtful planning and careful decision-making. These decisions are made with the goals of protecting property values, maintaining residents' quality of life, and preserving the community's assets for the future. We encourage all residents to attend the November budget meeting, either in person or via Zoom, to hear the discussion firsthand and participate in the budget planning process.

Parking Lot Reminder

RVs, boats, and trailers may be parked in the guest parking lot for up to 48 hours with prior approval from the Management Office. Once approval is granted, a parking pass will be issued along with instructions identifying the authorized parking location.

Parking Violations

At the August 11 Board meeting, the Board discussed vehicles parking in loading and unloading zones and along curbs.

Parking along the curbs can create a safety hazard when residents are backing out of parking spaces or when a vehicle unexpectedly appears alongside a parked car. For this reason, the Rules and Regulations Committee has been asked to develop an appropriate rule addressing parking.

Please also remember:

- Handicap permits must be valid and unexpired. Tact Tech Security has been instructed to address vehicles displaying expired handicap tags while parked in handicap spaces as violations.
- Vehicles may not park on or overlap sidewalks.
- Please use designated parking spaces and observe all posted parking regulations.

Hitting the Gate Arm... An Olympic Sport?

Please take care when approaching the gate arms. Both residents and guest gate arms are in place to help ensure that only residents and authorized guests enter the community. They operate at a fair—and some would say more than fair—speed!

... continued on page 19



A Message from your Association President, Deane Piekara

I hope everyone had a wonderful summer, whether you were traveling, spending time with family and friends, or enjoying time with your grandchildren. As summer comes to an end, we look forward to welcoming our winter residents

back to Cascades as they begin returning to the community.

Landscaping and Freeze Damage

September is here, and we hope that the freeze-damaged plants on your residential lots have been removed and/or replaced. If you need additional time to complete the required landscaping work, please contact Campbell Property Management to request an extension.

The Association is also continuing its work to address the freeze-damaged landscaping throughout our common areas. This is a significant and expensive project, but one that needs to be completed. As we replace damaged landscaping, we are making every effort to select plants that are more durable and better suited to our Florida climate and future weather conditions.

Perimeter Fencing and Security

You may have noticed the installation of additional perimeter fencing designed to close gaps along the boundaries of our community. We have also installed new pedestrian gates with locks to help prevent unauthorized individuals from entering Cascades.

We are continuing to work with our neighbors at Magnolia to close the final remaining gap near the Blue Lake Gate. We are hopeful that this issue will be resolved by the time you read this article.

According to the June TactTech Community Security Report, we continue to experience incidents involving trespassing. In several instances, law enforcement has responded and arrests have been made. The additional perimeter fencing was completed at the end of July, so the impact of these improvements should be reflected in future security reports.

A Reminder Regarding Security and Our Guards

Our security firm continues to report instances of residents leaving their garage doors open. Please remember to close and secure your garage door whenever you are not actively using it. An open garage door can create an unnecessary security risk for you and your neighbors.

I also want to remind everyone that our security guards are here to perform an important job: protecting our community and enforcing our established security procedures. We have received reports of residents yelling at or otherwise verbally confronting our guards while they are performing their duties. This behavior is unacceptable and is contrary to our community rules. Please treat our security personnel with

... continued on page 15



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Community Information

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COMMUNITY GALLERY

Share your talent —
every resident's work belongs here.

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Endless Creativity

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DISPLAY
YOUR WORK

MEET
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LEARN NEW
SKILLS

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OTHERS

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TO JOIN

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Chalangeapinnomas Foundation

More from our artists

FREE TO ALL CASCADES RESIDENTS

Visit
ArtistsAtCascades.com
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!

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.

CASCADES BINGO IS ALMOST HERE, SO DUST OFF YOUR DAUBERS, WE'LL BE BACK IN THE BALLROOM ON WEDNESDAY OCTOBER 7TH.



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.
Doors will open at 5:30 PM and games will start at 6:30 PM
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.
Looking forward to seeing you all on the 7th.
If you have any questions, please contact Rhonda Gibula at 772-446-4889

PRESIDENT'S MESSAGE... continued from page 11

the same courtesy and respect that you expect from them.

Important Information About Vehicle Bar Codes

There continues to be some confusion regarding the bar-code decals placed on residents' vehicles.

The bar-code decals on our vehicles cannot be read by our security guards. Many communities use similar bar-code decals, and the letter "C" appearing on the decal does **not** necessarily mean that the vehicle belongs to Cascades.

These bar codes are designed to be read by the laser scanners located at the resident entrances. Our security guards cannot manually scan or read these bar codes to verify that a vehicle is authorized to enter the community.

Improvements Around the Clubhouse and Tiki Bar

As we prepare for the upcoming season, you may have noticed that we have expanded the patio area alongside the Tiki Bar. This additional space will provide room for more tables and seating and should make the area even more enjoyable for residents and their guests.

We are also hoping to have a golf driving net installed soon, providing another opportunity for residents to enjoy our recreational amenities.

Speaking of golf, please remember to take advantage of our golf course. Dennis Darak, working together with Juniper, has done an outstanding job helping bring the course back to life and maintaining it for our residents to enjoy. Their

continued efforts are greatly appreciated.

Looking Ahead to the 2026-2027 Season

Our clubs and organizations are busy preparing for the upcoming season, with many activities and events planned for our community. We also have an exciting lineup of shows planned for the 2027 season.

There will be plenty of opportunities to have fun, meet your neighbors, learn something new, participate in activities, and take advantage of everything Cascades has to offer.

As always, please remember to check our digital Cascadian, available through our new community website at www.cascadescommunity.com. The website is an excellent resource for staying informed about upcoming community activities, announcements, meetings, special events, and other important information.

As we welcome our residents back for the new season, I encourage everyone to get involved, support our clubs and community activities, and take pride in the wonderful community we call home.

Welcome back, Cascadians. I look forward to seeing everyone around the community and enjoying another great season together!

Respectfully,

Deane Piekara

President, Cascades HOA Board of Directors

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July 4th golf cart parade

Over 40 golf carts participated in this years parade







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GENERAL MANAGER'S MESSAGE... continued from page 11

Distraction and impatience can result in vehicles striking the gate arms, leading to unnecessary repairs and replacement costs. Residents are responsible for damages when this occurs.

Please slow down, remain attentive, and drive carefully through all association entrances and exits. A little patience can go a long way toward keeping our gates operational and our community safe.

Vaping Reminder

A new rule has been passed stating that vaping may occur only in designated smoking areas. Please observe this requirement throughout the community.

Coming Soon: A Golf Net!

Good news for our golfers! The Board has approved the installation of a golf net at the course.

We look forward to this new addition and will provide additional information as plans move forward.

55-and-Over Census

The Association is required to complete a 55-and-over census every two years. The census form has been distributed via e-blast and is also available in the Clubhouse office. A copy of your driver's license must accompany the completed form. Please complete and return the census as requested to help the association maintain compliance with applicable requirements.

Holiday Lights Are Coming!

The Board has approved Elite Christmas Lighting to decorate the front entrance for the next three years. The holiday display will include the fountain and additional trees, creating a festive welcome to our community. It will be a wonderful sight to look forward to as Thanksgiving approaches!

Thank you for doing your part to keep our community safe, welcoming, well-maintained, and enjoyable for everyone.

"It only seems impossible until it's done." Nelson Mandela

Kind regards,

Diane Blakeman, LCAM

Campbell Management

E-mail: cascadesgm@campbellproperty.com



NOT ALL
THOSE WHO
» WANDER «
ARE LOST.



On June 6-June 20, Ted and I took a cruise with Princess to: Copenhagen, Skagen, and Bornholm, Denmark; Oslo, Norway; Visby, and Stockholm, Sweden; Helsinki, Finland; Tallin, Estonia; Riga, Latvia; and Gdansk, Poland. It was a wonderful trip.



Now that the Cascades Library restoration is complete, we have a great revised Resource center. Thanks to all the planning and building folks for their hard work and expertise in the transformation. The resource center is something we can all be proud of, and it now makes a great area for small scale gatherings. Some book sections have moved, but the same tried and true organization still applies, and our mission remains unchanged.

Books that are returned should be placed on the cart

next to the front doors. Please do not re-shelve the books yourself as our staff uses that opportunity to conduct an impromptu inventory. Non-fiction hardcover and non-fiction paperback are shelved by authors' last name in their respective section. The fiction section contains biographies memoirs, and oversized books that range in multiple topics and are shelved randomly. Puzzles are shelved on the bottom shelves under the hardback section and in no particular order.

... continued on page 49



**Do you or a loved one need help in your home.
We are available 24/7**

Services Provided

- **Personal Care:** Bathing, Dressing, Grooming, Oral Hygiene and Skin Care. Ambulatory and transferring assistance, walking and exercises. Continence care/Toileting assistance. Medication assistance and reminders.
- **Meal Assistance:** Preparing grocery lists, planning and preparing nutritious meals, monitoring dietary needs, monitoring fluid intake, monitoring food for freshness, cleanup.
- **Specialized Care:** Dementia/Alzheimer's care, in home safety assessment, post/pre surgical assistance -supporting the plan of care to aid in the recovery process.
- **Respite Care:** Relief for family members or spouse when needed.
- **Transportation:** Errands, shopping, prescription pick up, airport assistance, doctor appointments, social activity outings.
- **Light Housekeeping:** Laundry, bed making, linen changes, garbage and dishes.
- **Companionship:** Conversation,, emotional support, encouragement to attend social events, playing games, reading. mind stimulating games, movies, music, lunch or dinner companion.

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**Sundays at
the Tiki Bar**



**Diana and Parker Burns
and family**



**Celebrating
Anniversaries**



**Sharon and Bill Swan
and family**



CASCADES

ENTERTAINMENT SERIES

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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CASCADES

ENTERTAINMENT SERIES

Join Us!



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.

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

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.

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.

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.

Computer Help Nights

will start again in October!



EVERY TUESDAY



7:00 PM – 8:00 PM



CONFERENCE ROOM
Beginning October 6



We can work with you to find a solution to any computer issue or question



Every computer, phone, and tablet is different, but we will do our best to help you progress

Questions? We're here for you! ♥



Another successful event put on by the Special Events Committee



It was tough to pick a favorite, they were all fantastic



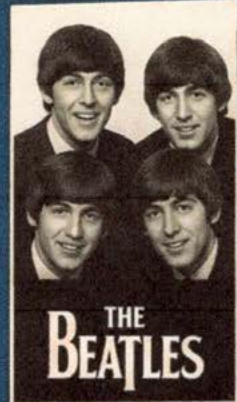
CLUB NEWS

The Cascades Men's Club
& Dancing To The Stars

Presents

The BRITISH INVASION

Another Evening of
Music, Dancing, and Memories



☆ ★ and many more! ☆ ★

SATURDAY
OCT. 3, 2026
DOORS OPEN AT
5:00 P.M.

TICKETS
\$10.00
EACH

**BYOB
AND FOOD**
Soda, Water,
Ice Tea, &
Coffee
provided

TICKETS ON SALE NOW!

The Cascades of St. Lucie West Women's Club
Members

PAINT
On Wine or Pilsner Glass
PARTY
"Just Beachy"

Mon, Sep 14
6:30-8:00 pm
Arrive By 6:00pm

BYOB

50/50 Raffle



Register in the Arts & Crafts Room

On Thur, Aug 27 at 1-2:30pm Or Tue, Sep 1 at 10-11:30 am

*\$10 Per Person Includes all Paint Supplies-

Instruction & 1 glass per person

*Indicate *Stemmed Wine *Stemless Wine or *Pilsner Glass

*Let us know if you'd like to be seated with friends

*Cash or Check Payable to:

Cascades Women's Club

Further Info Contact Marjorie at 845-721-0238



Women's Bocce Club

It's that time again. We will meet in the ballroom on September 28, 2026 to pick teams. Bocce will begin the following week on October 5, 2026. Hope to see you all there.

Intriguing Labor Day Trivia

- 1 – In what year was Labor Day first celebrated in the United State?
- 2 – Which city hosted the first Labor Day parade?
- 3 – On which day of the week is Labor Day observed?
- 4 – What major sports event typically starts on the week-end of Labor Day?
- 5 – Which famous American landmark was dedicated on Labor Day?
- 6 – Labor Day originated due to the efforts of which labor union?
- 7 – Which other country celebrates Labor Day on the 1st of May?
- 8 – Why was the date in early September chosen for Labor Day?
- 9 – Which American organization hosts a major telethon every Labor Day?
- 10 – What's the relation between Labor Day and retail sales?
- 11 – Which state was the first to make Labor Day a state holiday?
- 12 – Which Caribbean country also celebrates Labor Day in September?

... answers on page 34



Want to play Cribbage?

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



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

SAVE THE DATE!

OCTOBER 19

MR. MOTOWN

CURTIS HILL

Dance Party

OPEN TO THE COMMUNITY

6:00 – 8:30 PM

TICKETS

\$20

TICKETS WILL BE SOLD:

- ★ **TUESDAY, SEPTEMBER 29**
10:30 AM – NOON
- ★ **THURSDAY, OCTOBER 1**
1:00 – 2:30 PM
- ★ **TUESDAY, OCTOBER 6**
10:30 AM – NOON

Sponsored by the Women's Club

Cascades Pickleball Club

HALLOWEEN DINNER DANCE

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

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

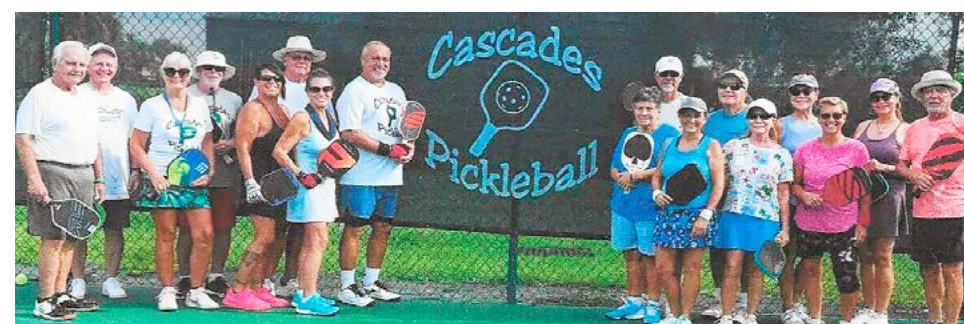
BYOB • Celebrate Halloween with food & music.
Prizes for best costumes!

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**



This summer was a little quiet on the courts because it's been extremely hot and it seems that many times when we planned to play, every raindrop in the universe decided to fall on Port St Lucie at that time! However, we did manage to squeeze in a couple of fun events!

We held our second Round Robin Event the morning of our Pirate Party and we had all four courts filled with players! There were eight players in each of the intermediate and advanced players' categories. Without keeping scores at the end,



many of the players felt at ease playing, which made it a true social event. A few of the advanced players were disappointed that they weren't actually able to finish a couple of their games because they were playing too well and couldn't get to a winning score! We played six 12-minute games with five minute breaks in between and it turned out to be a very enjoyable morning and a great way to kickstart our day! We are hoping to plan another Round Robin event, probably in mid-September, and we will send a flyer with info soon. We would like to start some double elimination events in October and will be working with John Koahou to make that happen.

Our 4Ps Pickleball Pirates' Birthday Bash was held on July 28th and everyone in attendance had a good time. Many came dressed as pirates which really made it fun. We played three games that gave us all a good laugh. Our first game was called "Walk the Plank." Teams of 10 participants had to race across the ballroom floor balancing a pickleball on top of a small pool noodle to get to the other side without dropping the ball. Of course, there was a wooden plank halfway across the floor that they had to walk on! The winners got packages of lifesaver candies in case they have to walk the plank



again. LOL. Our second game was "Pinning the Gold on the Treasure". A map of Florida with a small insert of a map of The Cascades was placed in the PSL area and players who were blindfolded had to pin their sticker on The Cascades insert since we know we truly live in a treasure of a community! Patti Berardone, Lou Montalvo, and Josie Impomeni won "Celebrate" platters for coming the closest to the treasure area while some people's stickers wound up way out in the Atlantic Ocean! Our last game was the "Pretty Babies" contest. Thirty members submitted baby pictures from six months old to high school seniors along with a current photo of themselves. Then everyone had to match up the names with the baby picture. It was pretty hard to do, but Marilyn Rawlings managed to get 22 correct and won a pretty picture frame to take home to put her baby photo in. Our next big party will be on Halloween, so start working on your costumes!

We also managed to host a First Friday Event to welcome in the month of August. The club provided ice cream and watermelon for all members to enjoy while playing a few games.

If you are new to pickleball, remember that we have a few volunteers who are willing to show you the ropes to help you learn the basics of the game on Monday nights. Just show up at the courts around 6:00-6:30 PM and hopefully one of our volunteers will be there to help you out. This is not meant to be a private lesson but rather just informal lessons on how to get started in the game. Please be sure to wear sneakers and bring water! We also had 12 new members join the club. Welcome to you all and hope to see you on the courts!



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

It is once again my honor to report to all our club veterans/first responders and residents the on-going and future activities of the VFRC.

On Saturday night August 1st, the club hosted 214 guests for our annual fundraiser for charities. The theme of the event was "Saturday Night Fever" Disco. It was a fun-filled evening consisting of dancing, fantastic costumes of the "Disco" era and social fun. The main headliner of the night was the "Terri Hines Band" who, with their dynamic talent, filled the dance floor as they helped us get our groove on with memories from the 70s.

It should be noted to all that the last three meetings and events presented by the club have been extremely successful in attendance with members and guests showing massive club support. Our Vietnam vets' tribute and our Memorial Day tribute entertained just under 200 guests. It is our goal to continue this interest in our club and all that it stands for. We all work very hard to make every event a memorable one.

This type of community support reflects the appreciation of our members and residents to be part of a great cause that generates top quality presentations with 100s of hours of preparation from dedicated volunteers!!!! The important end result is the veteran's charities that receive financial support and gifts from the VFRC.

For the balance of 2026, the club will bring to the community the annual tribute to our local first responders on Thursday morning, October 29th. Attending, once again, will be representatives of the local police, sheriff, fire, and EMS agencies. Also planned is to invite and transport the heroic veterans

from the Ardie R. Copas Veterans Home. These veterans from the nursing home enjoyed being at our event in the spring so much that we promised we would have them return once again to participate and be honored.

Speakers will include the police, sheriff, fire chiefs with selected videos featured on the big screen in the Ballroom.

In November the VFRC will assist the Men's club with their Annual Veterans Day Dinner/Dance on Saturday, November 14th. This annual event is very special and recognizes the community veterans by service branch to a packed house of appreciative guests. A very special thank you to Men's Club President and Air Force vet Vince Agro for making this a night to remember. Vince also is a valued Senior Advisor to the VFRC and volunteers his time at all our meetings and events.

In December plans are under way for another veteran tribute with plans to be announced. The 2027 schedule has been submitted to the community Board, and we promise another year of fabulous meetings and events.

The VFRC is a federally recognized "public charity" with a 501 [c][3] designation and, in conjunction with the State of Florida, is legally approved to conduct event raffles like 50-50/basket raffles and auctions.

"At your service"

Joe Carroll, VFRC President

Marie Brogna, Executive Event Planner/Secretary, photographer

Lorraine Longobardi, Treasurer

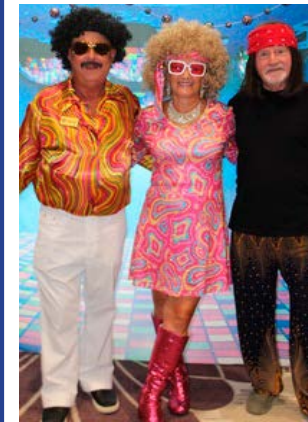
Russ Buser/Jeff Ross, Executive Advisors

Marie Stevenson/Joanne Janusz, Board of Advisors

Matt Day- Our indispensable digital creator

Answers to Labor Day trivia

- | | |
|---------------------------------|---|
| 1 - 1882 | 7 - Russia |
| 2 - New York City | 8 - It's halfway between July 4th and Thanksgiving |
| 3 - Monday | 9 - Muscular Dystrophy Association |
| 4 - U.S. Open tennis tournament | 10 - It's one of the largest sale dates of the year |
| 5 - The American Railway Union | 11 - Oregon |
| 6 - Knights of Labor | 12 - Trinidad and Tobago |



Great fun at the Veterans' disco Saturday Night Live party.






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Tennis News

It's been a hot few months, but many of us endured the heat and humidity and continued to play throughout the summer. We are excited to welcome everyone's return to our great tennis facility.

To kick things off, Labor Day Round Robin is scheduled for September 5th at 9:30 AM. It is free for everyone to play at this event. However, if you want to join in a pizza lunch, the cost is \$5. for members and \$10. for non-members & guests. Sign up by September 3rd or see John, our tennis pro, at the tennis pavilion.

Good news! The free clinic every third Saturday is back starting October 17th at 9:30 AM. All levels are welcome, and if you are new to tennis, come join us. John has plenty of extra rackets to borrow. Come on out; you might find a new favorite sport!

Plans are also being made for the Welcome Back Dinner Dance to be held on October 17th. More information will be out shortly. Also, the Saturday Hit and Giggles tennis fun will begin again in October, going thru next May. Check bulletin boards for further information.

Remember, the Ladies' team is looking for new members; contact Therese at 914-589-0311 or email her at theresescharf@yahoo.com.

See you on the courts!

Sue Croke

Tennis Tip

By RSPA Professional John Koahou
"Know your Tennis Racket"

As a USRSA Certified Racket Stringer, I would like to describe all the facets of your tennis racket and all the components that go into making the racket play well for you. First, let's understand the type of racket you have which is based on the material this equipment is constructed from when it comes from the factory.

Most tennis companies construct their frames from a basic material called graphite. This graphite material allows the racket to play with a firm feel and so much elasticity or flexibility. The more flex a racket has, the less power the racket produces. A flexible material back in the old days of tennis was wood and the next generation of material was metal. The size of the early tennis rackets back in the 1800s was 46 sq. inches and later in 1930 around 65 sq. inches and, by today's standards, the range of tennis head size is from 95 to 100 sq. inches which puts them in the range size called mid-size to mid-plus. The last range size would be the 110 sq. inch racket called the oversize frame.

Most rackets have a length size of 27 inches and any length shorter would be considered a junior racket from 21, 23, and 25 inches.

Now, the next important aspect of a tennis racket is the grip size which ranges from 4 1/4, 4 3/8, 4 1/2, and 4 5/8. The small grip will tend to turn in your hand so the best way to measure

would be with a ruler from the tip of your ring finger to the middle line in your hand.

The last piece of equipment is the type of string and the tension put into the racket. Strings are based on monofilaments (single fiber strand), and multi-filaments (many fiber strands). The more fibers you have in your strings, the better your shots will feel when hitting the ball. The last aspect of the strings is the gauge, which is 16, 17, or 18. The thinner the gauge, the more response the string will have on the ball, which leads you to the tension of how tightly or loosely you string the racket. The tighter the tension, the more control you have on the ball. The less tension, the more power you have on your shots due to the trampoline or elasticity effect.

Knowing this aspect of your tennis will help you with your tennis strokes, and restringing your racket every six months will give the best feel in your tennis strokes and your tennis game.

September Tennis Rules

By Former USTA Florida Tournament Referee
"Knowing the Areas of a Tennis Court"

Knowing the areas of your tennis court ensures that you have knowledge of your positioning as a server or receiver or the server's partner and the receiver's partner. Whether you are playing men's or women's singles, men's or women's doubles or mixed doubles, knowing the area of the tennis court will allow you to play the game with no problems during each point.

Here are a few court terminologies that you should understand. The ADVANTAGE (AD) COURT. I regard it as the left side of the center mark. It is also the advantage side and the odd side of the court. If the score adds up to be an odd number (Example 30-40, which is the same as 2-3, the total is 5 which is an odd number and the point is played on the Ad side of the court. The DEUCE COURT which is on the right side of the center mark or even side of the court. All even points are played on this side of the court (Example 30-30, which is the same as 2-2 the total is 4 which is an even number) so the point will be played on the deuce side of the court.

Some other sections of the court include the CENTER SERVICE LINE which divides the two service boxes and the service in half with its description of 2" and a length of 42', service line to net. The BASELINE is 78' from one side to the other with the length from double sideline to doubles sideline being 36' long. The CENTER MARK is 2" wide and placed inside the baseline and marks the precise middle of the baseline separating the Deuce side from the Ad side of the court. Next month we will add more court terminologies so you can understand more of your court. Knowing your court will make your tennis games much more enjoyable and knowledgeable as you play each point.

Enjoy your time on the court!

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Sports News

STICKBALL
 By Rudy Rognon

June 6, 2026 - Eighteen players showed up for our game. Alan Portnoy's Mets battled Max Glickman's Yankees.

There was no scoring in the top of the first. In the bottom of the first, Bob DePouli doubled. Chris Hachem singled. Joe Simone then singled in a run for an RBI. Don Smith then singled in a run and the score was 2-0 Yanks. In the bottom of the second, singles by Joe Poerio, Hachem and Mike Jarsky loaded the bases. Don Smith then singled, knocking in a run. The score was now 3-0 Yanks. There was no scoring in the third or fourth innings. In the top of the fifth, Vin McCann singled. Pat Sacco then doubled him to third. Rich Fiederlein hit an RBI single, and the inning ended 3-1 Yanks. In the bottom of the fifth, Glickman singled. DePouli then hit an RBI triple. Hachem followed with an RBI single. It could have been more, but Fiederlein made a great catch off the bat of Jarsky. The score was now 5-1 Yanks. In the top of the sixth, Jim Durante (guest) hit a tremendous home run to make the score 5-2 Yanks. The Mets could not muster any more runs. Final score 5-2 Yanks.

June 13, 2026 - Sixteen players showed up for our game. Alan Portnoy's Mets battled Max Glickman's Yankees. There was no scoring in the first inning. In the top of the second, Don Smith doubled. Pat Sacco followed with a single and Portnoy lined a single to center for an RBI. Rich Fiederlein then hit a triple which plated two runs. The inning ended 3-0 Mets. There was no scoring in the bottom of the second or in the 3rd, 4th or 5th innings. In the top of the sixth, Pat Sacco singled. Fiederlein then tripled in a run. The Yanks could not score any more runs, and the game ended 4-1 Mets. It was a good competitive game. Rich Fiederlein had five hits and three RBIs Pat Sacco had four hits.

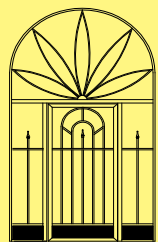
June 20, 2026 - No recap.

June 27, 2026 - Fifteen players showed up for our game.

Max Glickman's Yanks challenged Alan Portnoy's Mets. In the top of the first, Barry Worshoufsky, Rich Howell and Rich Fiederlein all singled to load the bases. Chris Hachem and Glickman followed with RBI singles. The Yanks led 2-0. There was no scoring in the bottom of the first or in the second inning. In the top of the third, singles by Janice McKenna, Pat Sacco and Worshoufsky loaded the bases. Howell then doubled in two runs. Fiederlein followed with an RBI single and Hachem singled in a run. The Yanks led 6-0. In the bottom of the third, the Mets came roaring back. Bob DePouli, Don Smith and Paul Zumbo singled to load the bases. Portnoy then doubled in two runs. Mike Demarcantonio then hit an RBI single. Vin McCann followed with an RBI double and Ted Samuelson finished the scoring with an RBI single. It was now 6-5 Yanks. In the top of the fourth, singles by Sacco, Worshoufsky and Howell loaded the bases. Fiederlein then doubled in two runs. Hachem and Glickmen followed with RBI singles. Sacco then singled. Worshoufsky finished the scoring with an RBI single, and the score was now 11-5 Yanks. In the bottom of the fourth, DePouli singled and Paul Zumbo doubled. Demarcantonio then singled in an RBI. The score was now 11-6 Yanks. In the top of the fifth, hits by Fiederlein, McKenna and an RBI single by Sacco made the score 12-6 Yanks. In the bottom of the fifth, Howie Bland singled. Don Smith doubled. Portnoy then hit an RBI single. The score was now 12-7 Yanks. There was no scoring in the sixth inning, and the game ended 11-7 Yanks.

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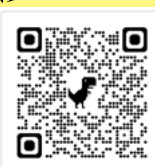


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From November through April, we play at "The Saints" on Morningside Blvd. in Port Saint Lucie. From May through October, we play at other courses all over the Treasure Coast. The CMGL welcomes experienced players of all skill levels.

But it's not just weekly golf!

The CMGL also has a year-round calendar of events including member dinners, a dinner/dance, tournaments, and charity drives.

Interested...or just want to learn more? Contact one of our officers...we'd be happy to talk with you!

President --- Vic Bertucci 631-987-2418

Vice President --- Uno Lausen 201-960-3688

Vice President --- Joe Kokoszka 772-871-8967

Secretary --- Rich Eisenberg 908-528-3954

Treasurer --- Jim Gleason 402-709-1187

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.



CASCADES LADIES PITCH & PUTT GOLF

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!

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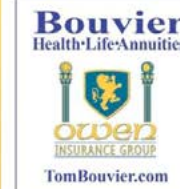
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HAPPY BIRTHDAY

September

Jerry Baliff.....	1	Jean Conrad.....	14	Arther Leishman.....	24
David Kranz.....	1	Frances Baselio.....	16	Thomas Cucurullo.....	25
Doug Wood.....	1	Claire Blodon.....	16	Barbara Lerner.....	25
Dieter Heuser.....	2	Rosalyn Infeld.....	16	Mona Fishman.....	26
Lori Singer.....	3	Joyce Weisberg.....	16	Lynn Mottice.....	26
Debbie Barra.....	3	Lon Hulsey.....	17	Linda Walker.....	28
Kathi Weissberger.....	4	Donna Malkki.....	17	Mary Lucia.....	28
Jane Castellazzi.....	5	Gerald Mariconda.....	17	Lori Purificato.....	28
Bob Loew.....	6	Dennis Conrad.....	18	Kathie Bowman.....	28
Renee Schwartz.....	6	Shelly Fuchs.....	19	Barry Worshofsky.....	29
Ruby Bolivar.....	7	Joe Tama.....	19	Jane Becker.....	30
Arlene Smith.....	7	John Blodon.....	20	Pat Canon.....	30
Karen Darak.....	8	Wayne Hallybutron.....	20	Dianne Murgolo.....	30
Robert Hurley.....	8	Gus Anderson.....	23		
Bob Scott.....	10	Ilene Dittrick.....	23		

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.

October

Ruth Clifford.....	1
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
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My sincere thanks to everyone that uses and contributes to make Cascades Library the dynamic community hub that we all use and enjoy and a BIG THANK YOU to our dedicated staff which consists of Mary Adams, Melanie DeCicco, Josie Grahl, Susan Giunta and Val Hellriegel and our seasonal staff: Tony Biasco, Deanie Russian and Marie Winters!

HAPPY READING!

Fran Basileo, Library Coordinator (2015)

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