



Vol. 22, No. 6

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

JUNE 2026



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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.

Neither the Cascadian, nor its staff, support or recommend any advertiser. We caution the buyer to check for insurance and/or license, as Cascadian is not responsible for advertisers or their content. Cascadian, nor its staff, is responsible for information, and errors contained within articles and free advertisements from the various community organizations. Cascadian, 800 Cascades Isle Blvd, Port St. Lucie, FL 34986

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Weekly Events at the Cascades

Please notify the Cascadian of any changes, additions or cancellations of club activities by emailing davecaronD5@gmail.com

Mondays

8:00AM - 11:00AM	Pickleball	Pickleball Courts
8:00AM - 10:00AM	Tai-Chi (Advanced)	Aerobics Room
9:00AM - 10:00AM	Water Aerobics	Pool
9:00AM - 12:00PM	Women's Bocce	Bocce Courts
9:00AM - 12:00PM	Clay Club	Arts & Crafts Room
10:00AM - 12:00PM	Fun Bocce Mixed League (Jan.-April)	Bocce Courts
10:00AM - 11:00AM	Pool Walkers	Pool
10:00AM - 11:00PM	Mah Jongg / Canasta	Card Rooms #1 & #2
10:15AM - 11:15AM	Yoga Class	Aerobics Room
10:00AM - 12:00PM	Social Committee Ticket Sales	Arts & Crafts Room
11:30AM - 12:30PM	Groovies	Aerobics Room
1:00PM - 3:00PM	Mah Jongg Lessons	Card Room 1
1:00PM - 3:00PM	Stitchery Club	Arts & Crafts Room
5:30PM -	Men's & Women's Doubles	Tennis Courts
6:00PM - 9:00PM	Men's Bocce	Bocce Courts

Tuesdays

8:00AM - 11:00AM	Pickleball	Pickleball Courts
8:00AM - 9:30AM	Tennis Round Robin (B-1 Men)	Tennis Courts
8:45AM - 10:30AM	Ladies Pitch & Putt Club	Golf Course
9:00AM - 10:00AM	Strength & Balance	Aerobics Room
9:00AM - 10:00AM	Water Aerobics	Pool
9:30AM	Bowling League	Bowlero
10:00AM - 11:00AM	Pool Walkers	Pool
10:00AM - 11:00PM	Mah Jongg/Canasta	Card Rooms #1 & #2
10:00AM - 12:00PM	Entertainment Comm. Ticket Sale	Arts & Crafts Rm.
10:00AM - 12:00PM	Fun Bocce Mixed League (Jan.-April)	Bocce Courts
11:30AM - 12:30PM	Chair Class	Aerobics Room
12:30PM - 5:00PM	Pinochle	Card Room #2
1:00PM - 2:00PM	Ballroom Dance Show	Aerobics Room
1:00PM - 3:00PM	Cribbage	Card Room #2
1:00PM - 3:00PM	Bunco (1st & 3rd Tuesdays of month)	Card Room #1
1:00PM - 4:00PM	Painting & Drawing Class	Arts & Crafts Room
1:30PM - 3:30PM	Mexican Train Dominos	Card Room #1
3:00PM -	Texas Hold'em	Card Room #2
3:00PM	Pickleball	Pickleball Courts
4:00PM - 6:00PM	Table Tennis	Arts & Crafts Room
5:45PM - 9:00PM	Duplicate Bridge Club	Card Room #2
6:00PM - 9:00PM	Men's Bocce	Bocce Courts
6:00PM - 9:00PM	Clay Club	Arts & Crafts Room
7:00PM	Computer Club Help Class	Media Room

Wednesdays

8:00AM - 11:00AM	Pickleball	Pickleball Courts
9:00AM - 10:15AM	Tai-Chi (Beginners)	Aerobics Room
9:00AM - 10:00AM	Water Aerobics	Pool
9:00AM - 12:00PM	Clay Club	Arts & Crafts Room
10:00AM - 11:00AM	Pool Walkers	Pool
10:00AM - 12:00PM	Fun Bocce Mixed League (Jan.-April)	Bocce Courts
10:00AM - 12:00PM	Social Committee Ticket Sales	Arts & Crafts Room
10:00AM - 11:00PM	Mah Jongg/Canasta	Card Rooms #1 & #2
10:15AM - 11:15AM	Yoga Class	Aerobics Room
11:30AM - 1:00PM	Jazz/Tap/Ballet Dance	Aerobics Room
12:00PM - 4:00PM	Card Games	Card Room #3
1:00PM - 4:00PM	Artists at Cascades	Arts & Crafts Room
3:00PM - 4:00PM	Ballroom Dancing (Beginners)	Aerobics Room
4:00PM - 5:00PM	Ballroom Dancing (Intermediate)	Aerobics Room

Wednesdays

... continued

5:30PM -	Men's & Women's Doubles	Tennis Courts
6:00PM - 9:00PM	Men's Bocce	Bocce Courts
6:30PM	Bingo	Ballroom
7:00PM - 10:00PM	Clay Club	Arts & Crafts Room

Thursdays

8:00AM - 11:00AM	Pickleball	Pickleball Courts
8:00AM - 9:30AM	Tennis Round Robin (Women)	Tennis Courts
9:00AM - 10:00AM	Aerobics & Strength	Aerobics Room
9:00AM - 12:00PM	Clay Club	Arts & Crafts Room
9:00AM - 10:00AM	Water Aerobics	Pool
9:00AM - 10:00AM	Women's Fun Bocce	Bocce Courts
10:00AM - 11:00AM	Pool Walkers	Pool
10:00AM - 12:00PM	Shuffleboard (Jan.-April)	Shuffleboard Courts
10:00AM - 12:00PM	Entertainment Comm. Ticket Sales	Arts & Crafts Room
10:00AM - 12:00PM	Art Matters	Arts & Crafts Room
10:00AM - 11:00PM	Mah Jongg/Canasta	Card Rooms #1 & #2
10:15AM - 11:30AM	Happy Tappers	Aerobics Room
10:30AM - 12:00PM	Finding Inner Peace	Library
12:00PM - 4:00PM	Card Games	Card Room #3
12:15PM - 4:00PM	Duplicate Bridge Club	Ballroom
1:00PM - 3:00PM	Billiards Tournament	Billiards Room
1:00PM - 3:00PM	Chess Club	Arts & Crafts Room
2:00PM - 3:00PM	Line Dancing	Aerobics Room
3:00PM	Pickleball	Pickleball Courts
6:00PM - 9:00PM	Clay Club	Arts & Crafts Room
6:00PM - 9:00PM	Men's Bocce	Bocce Courts
6:30PM	Mexican Train Dominos	Card Room 1

Fridays

8:00AM - 11:00AM	Pickleball	Pickleball Courts
8:00AM - 10:00AM	Tai-Chi (Advanced)	Aerobics Room
8:00AM - 9:30AM	Tennis Round Robin (All Levels)	Tennis Courts
9:00AM - 10:00AM	Water Aerobics	Pool
10:00AM - 12:00PM	Fun Bocce Mixed League (Jan.-April)	Bocce Courts
10:00AM - 11:00PM	Mah Jongg/Canasta	Card Rooms #1 & #2
10:00AM - 11:00AM	Pool Walkers	Pool
1:00PM - 3:00PM	Clay Club	Arts & Crafts Room
6:30PM - 11:00PM	Poker (Texas Hold'em)	Card Room #3

Saturdays

8:00AM - 11:00AM	Pickleball	Pickleball Courts
8:00AM - 11:00AM	Stickball	Parking Lot
8:00AM - 9:30AM	Tennis Round Robin (B-1 Men)	Tennis Courts
8:30AM - 10:00AM	Tennis Drill	Tennis Courts
9:00AM - 10:00AM	Aerobics	Aerobics Room
10:00AM - 11:00AM	Pool Walkers	Pool
1:00PM - 3:00PM	Clay Club	Arts & Crafts Room
6:30PM - 10:30PM	Poker (Texas Hold'em)	Card Room #3

Sundays

8:00AM - 11:00AM	Pickleball	Pickleball Courts
9:00AM - 10:00AM	Water Aerobics	Pool



Non-weekly Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 9:30 AM ACB Mtg. Conference Room 9:30 - 11:30 AM Ticket Sales Arts & Crafts Room 4:30-7 PM -Bocce Club Ballroom	3 2 PM Community Connections Comm. Conference Room	4 12 N - 4PM Snorkel Club Ballroom	5 11 AM - 12 Noon Landscape Committee Conference Room	6
7	8 11:00-12:30 PM Scarlet Mad Hatters Library 1-2:30 PM Facilities Committee Conference Room	9 9:30 - 11:30 AM Ticket Sales Arts & Crafts Room	10 8:30-10:30 AM Men's Club Mtg. Ballroom 10:30 A M-12 Noon Caregivers Club Card Room #1	11	12 9 AM -12 Noon- CPR Arts & Crafts Room	13
14 FLAG DAY 	15 6 - 9:30 PM Women's Club Mtg. Ballroom	16 9:30 AM ACB Mtg. Conference Room 9:30 - 11:30 AM Ticket Sales Arts & Crafts Room 7PM BOD Meeting Ballroom	17	18 9 AM Budget & Finance Committee Conference Room	19 11 AM - 12 Noon Landscape Committee Conference Room	20
21 FATHER'S DAY 	22	23 9:30 - 11:30 AM Ticket Sales Arts & Crafts Room	24	25	26	27 9 AM -12 Noon- CPR Arts & Crafts Room
28	29	30 9:30 AM ACB Mtg. Conference Room 9:30 - 11:30 AM Ticket Sales Arts & Crafts Room				

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.

Cascadian needs an Ad Manager

Looking for a volunteer to be the Ad Manager for our monthly magazine. If interested contact

Teri Blevins @ 843-226-3626 -

blevins.cascades@gmail.com, or

Dave Caron @ 772-224-2010 -

davecaron@comcast.net.

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 12PM

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
Gatehouse 343-8258 (Entry System) 888-286-5305
Non-Emergency
Port St. Lucie Police772-871-5000
St. Lucie Sheriff's Office.....772-462-7300
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 Gas..... 800-993-7546
FP&L772-462-0555
FP&L Power Outage..... 800-468-8243
Comcast Cable.....800-931-0790
Poison Control.....800-222-1222
St. Lucie West Services 772-340-0220

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

Cascadian Information

Deadline for the next issue (June)

Copy and photos for the next issue of the Cascadian are due to Dave Caron on or before May 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 print.*

There will be a Board of Directors meeting on June 16TH at 1 PM, in the Ballroom.
These meetings are open and residents are encouraged to attend.

Notices - Updates - Reminders



To our new neighbors...

Susan & Ronald Sodaro Owner	333 NW Springview Loop North Charle, SC
Heidi Kane Owner	357 NW Springview Loop Bellmore, NY
James & Nancy Welsh Owner	136 NW Lawton Road PSL, FL
Martin & Pat Bodkin Owner	241 NW Toscane Trail Patchogue, NY
Charles Thompson Owner	616 NW Whitfield Way Lynbrook, NY
Mark & Karen Wilford Owner	339 NW Shoreline Cir Hollidaysbu, PA
Eileen Briley & Bernadette Nolan Owner	338 NW Toscane Trail Mineral, VA



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

THE CASCADES TEXAS HOLD 'EM Tournaments



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

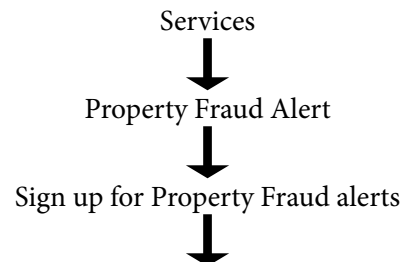
FRIDAYS
Sign-up: 6:00 - 6:30
Game Starts: 6:30pm

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

Property Deed Fraud is one of the fastest growing scams across the country. You can protect yourself by simply applying for fraud alerts through the county clerk office.

By doing so you will be notified within 24 hours if anyone attempts to make any changes to the property you own. This one act could save you thousands of dollars in legal fees and provide peace of mind.

Just 3 simple steps: Stlucieclerk.gov



Having problems navigating through the website? They can be reached by phone at 772-462-6900 for assistance.

Address:
250 NW Country Club Drive
Port Saint Lucie, FL 34986

How the Board Voted

At the April 21, 2026 board meeting the following motions were voted upon.

Motion to approve renewal of the liability, D & O, crime and property insurance agreements with Brown & Brown Insurance not to exceed \$199,724.00. Motion approved 7-0.

Motion to approve library furniture not to exceed \$9,000.00. Motioned to table this for a future meeting.

Motion to approve the 2026 Financial Manual. Motion approve 7-0.

Motion to approve the 2025 audit. Motion approved 7-0.

Motion to approve paver overlays to install brick pavers near the Tiki Bar and pool area not to exceed \$3,000.00. Motion approved 7-0

Motion to approve paver overlays to install brick pavers and deco drain near the pickleball courts and the purchase of additional brick pavers not to exceed \$5,000.00. Motion approved 7-0.

Motion to approve Pat Esposito as a member of the Rules and Regulations Committee, Motion passed 7-0.

Motion to appoint Dave Caron as Board liaison to the Rules and Regulations Committee. Motion passed 7-0.

Motion to appoint Diane Haseltine as the board liaison to the Library Task Force. Motion passed 7-0.

Motion to appoint Geroqe Ostreich as the Board liaison to the Facilities Committee. Motion passed 7-0.

Motion to appoint John Brodzinski and Mario Todd to the Facilities Committee. Motion approved 7-0.

Motion to appoint Diana Burns as the Board liaison to the Landscape Committee. Motion approved 7-0.

Motion to appoint Barbara Cannatella as Board liaison to the Community Connections Committee. Motion passed 7-0.

Motion to appoint Carlo Ciampaglia as Board liaison to the Insurance Committee. Motion approved 7-0.



Guidelines for donations to the Cascades Library 2026 Planning to donate your unwanted books to our library?

PLEASE NOTE WE DO NOT ACCEPT:

- Books that have been published prior to 2016
- Books that are damaged, including items that are soiled, water damaged, have loose, yellowed or missing pages or covers.
- Computer books or instructional manuals
- Cookbooks
- Children's books
- Reference materials
- Bibles, Religious Materials
- Board Games (puzzles are ok)
- VHS tapes, cassette tapes, cds and dvds
- Magazines and newspapers

If you are unable to sort through your items to see if they fit the above criteria, consider donating them to a charity or thrift shop of your choice, or dispose of them on your own. Please don't bring them to the library.

Thank you in advance for your cooperation.

Attention

St. Lucie West Services District

The Water District has a Board Workshop meeting the first Monday of each month, and their Board meetings on the first Tuesday of each month. They are very informative as to what is happening in St. Lucie West area.

**They begin at 9 AM at their offices on
450 SW Utility Drive off Bethany.**

Community Connections Committee

meets on the first Wednesday of the month
at 2 PM in the Ballroom.

Our next meeting will be

June 3rd

in the Ballroom room at 2 PM.

Please join us and share your thoughts and concerns

SPECIAL

Dryer Vent Cleaning



**Clothes
taking too
long to dry?**

\$70.00

ASK ABOUT OUR DISCOUNT SPECIAL



**Prevent
Fires**

Call

Unlimited Services

772-344-3939

Other maintenance and repair services available



**A Message from your
General Manager,
Diane Blakeman, LCAM**

As always, we invite you to join us for our upcoming monthly meetings. Please save the following dates:

Reserve Study Workshop: June 11th at 6:30 PM. Let's get informed about the Reserves with our Specialist from Association Reserves.

Board Workshop: June 15th at 1:00 PM. Our pre-meeting to the Board Meeting welcoming open discussions with members on all agenda items and non-agenda items.

Board Meeting: June 16th at 1:00 PM. A duplicated agenda from the workshop. The Board will now motion on the topics discussed at the workshop, keeping the conversation and conducting business amongst themselves.

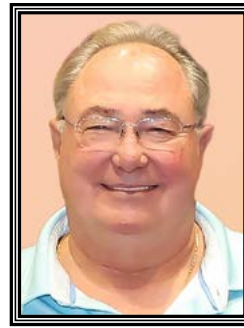
I am extending thanks to all clubs, committees, and residents who host scheduled activities, including card games, and to those who have already submitted their events for 2027. I am currently working with Vice President Diane Haseltine to create a cohesive schedule that allows all residents to easily plan and enjoy these offerings. We encourage everyone to take full advantage of everything Cascades has to offer, including Tennis, Veterans, Clay, Snorkel, Bridge Clubs and more. Hey! Did you know we also play stickball here?! Be sure to check the activities list and take the opportunity to meet your neighbors.

While enjoying the common areas, please remember to wear your wristbands. Tact Tech Security will be checking for proper identification. Guests are also required to wear wristbands. With increased police patrols addressing trespassing concerns, particularly involving children on bikes, wristbands are a simple and effective way to confirm that you belong in the community.

What is tailgating? In road safety, tailgating means driving too closely behind another vehicle without leaving enough distance to stop safely. At Cascades, tailgating is also considered a violation of community rules. For the safety and security of all residents, all guests, whether family, friends, or vendors, must be properly registered and processed through the front gate. When vehicles follow others through the gate without stopping, it creates concern among fellow residents and compromises the community's security. We kindly ask for your cooperation and please have your guests take the time to stop and be processed at the front gate.

Pool etiquette: please do not reserve chairs by placing towels on them for later use. Seating is available on a first-come, first-served basis for those actively using the pool area.

The Tiki Club: every Sunday from 12:00 PM to 4:00 PM. The recent Cinco de Mayo event proved to be a wonderful time, highlighting the strong sense of community that shines through thanks to the dedication of the members



**A Message from your
Association President,
Deane Piekara**

As President of our community, I would like to share a few updates and reminders as we move well into another beautiful Florida summer season.

Florida summers are known for their sunshine and warmth, and for our newer residents, please remember that the Florida sun can be especially intense this time of year. Be sure to stay hydrated, use sunscreen regularly, and take precautions against overexposure to the heat. One of the many wonderful amenities we enjoy at the Cascades is our resort-style pool, which remains a favorite gathering place for residents throughout the summer months. To enhance your comfort, the pool water is cooled during the hotter months to provide a refreshing escape from the heat. Whether you prefer an early morning swim, an afternoon break, or a relaxing evening by the water, the pool remains open until 10:30 PM for your enjoyment.

Your Board of Directors, together with Campbell Property Management, continues to work diligently to maintain the high standards and quality of life that make our community such a desirable place to live. We remain committed to improving communication, transparency, and resident involvement throughout the community.

As part of this effort, we are adding additional evening meetings to better accommodate residents who are still working or who may find daytime meetings difficult to attend. We want every resident to have the opportunity to participate, stay informed, and have their voice heard. In addition, we are implementing several improvements to the structure and flow of our meetings in hopes of creating clearer and more effective communication throughout the community.

One important enhancement is the addition of a monthly Security Report that will now be included as part of both our Board meetings and Board information packages. This report will provide residents with greater insight into the important work being performed daily by our security personnel and the ongoing efforts being made to protect our community.

We are also working hard to improve the timing and availability of Board materials. Our goal is to have complete Board packages prepared and posted to the community website at least one full week prior to Workshops and Board Meetings whenever possible. This will allow residents additional time to review materials, prepare questions, and communicate with their District Representatives before meetings take place. We believe this additional transparency and preparation time will lead to more productive discussions and better-informed decisions.

Security continues to remain a top priority. We are

... continued on page 12

... continued on page 12

volunteering their time. Yet another great neighborhood gathering.

Thank you all for being a part of Cascades. So glad you are here.

I am seeking, I am striving, I am in it with all my heart. – Vincent Van Gogh

Have a beautiful June.

Diane Blakeman, LCAM

Campbell Property Management

cascadesgm@campbellproperty.com

PRESIDENT'S MESSAGE... continued from page 11

maintaining a close working relationship with the Port St. Lucie Police Department regarding ongoing trespassing and unauthorized e-bike activity within the community. To date, multiple e-bikes have been confiscated, and more than fifteen individuals have been formally trespassed from the property.

We ask all residents to please assist in these efforts by ensuring that guests, especially grandchildren and younger visitors, wear their community wristbands while utilizing community facilities and common areas. Police patrols and enforcement operations continue both within our community and in neighboring communities experiencing similar concerns. Individuals found on property who are

neither residents nor authorized guests may be subject to trespassing enforcement and criminal charges.

In addition, we continue to work on several physical security improvements throughout the community. Plans are underway to install additional fencing and pedestrian access gates, particularly near the Blue Lake entrance and Old Inlet Gate areas. Permit applications have already been submitted, and we are currently awaiting final approval before work can begin.

Residents should also be aware of upcoming development activity adjacent to our community. A new 72-unit townhouse development known as Canopy Walk is planned for the vacant parcel located beside the Old Inlet Gate entrance. At this time, construction is expected to begin toward the end of the year.

As many residents travel throughout the summer months, whether exploring new destinations, visiting family, or simply spending quality time with children and grandchildren during summer vacation, we wish everyone safe and enjoyable travels. Summer is a wonderful time to create lasting memories, and we hope each of you has the opportunity to relax, recharge, and enjoy all that life has to offer.

Thank you for your continued support, involvement, and commitment to making our community one of the finest places to live in Florida.

Respectfully,

Deane Piekara

President, Cascades HOA Board of Directors



Many of us at the Cascades have been fortunate enough to do some traveling in our retirement years. We would appreciate it if you would share a photograph (with you in it and with something that indicates where you are visiting)

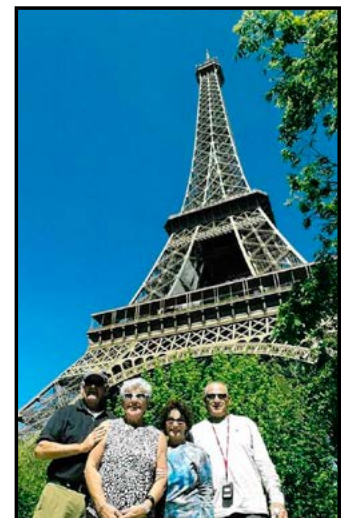
from a recent trip. Please leave your submissions with Shea at Residents Services desk in the lobby or email to davecaronD5@gmail.com. All photographs, if requested will be returned to you.



Recently Janet Maffucci and Gwen Cunningham walked, ate and drank their way through Barcelona, Madrid and Seville accompanied by Janet's grandson Colin. It was a great and exhausting eight days!



Alan Portnoy, Pauline Faubert, Steve & Martha Weinstein Enjoyed a Viking Cruise "Paris & The Heart of Normandy"





New!

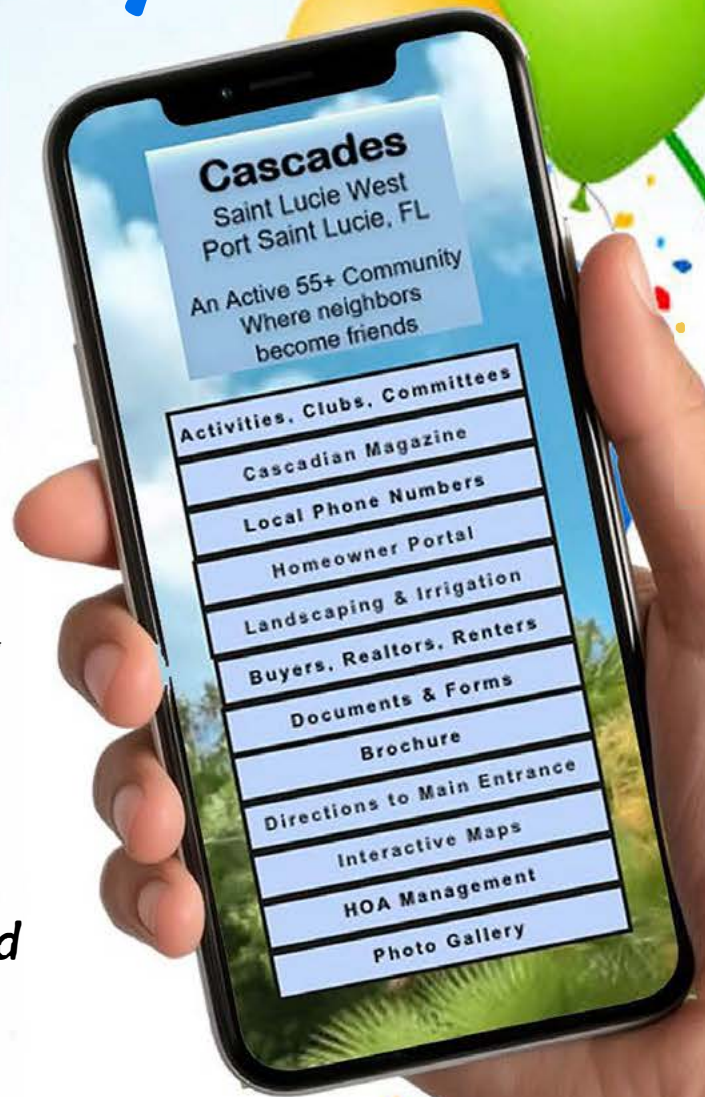
Cascades Website Launch Party

**Going Live
June 1st**

Doors open at 6 PM -
Presentation at 6:30 PM
Presenting & Celebrating
the New Cascades
Community Website.
"cascadescommunity.com"



*Presented in the
Cascades Ballroom followed
by 1 on 1 technical help
that you may need to
access the website.*





Thank you, Teri,

I would like to thank you for your incredible service in helping to produce the Cascadian. There are not enough words for what you have meant to our staff and the contributions

you made over the years as our ad manager for the Cascadian.

Your dedication every month in keeping track of our finances and making sure our advertisers were taken care of through the years was immeasurable.

We will truly miss you and we wish you and Jim the best in the years to come.

Sincerely,

Dave Caron

REMINDERS

Remember to wear your wristbands whenever you or your guests are using the amenities within the Cascades. It is very helpful for our security to be sure your a resident or guest of a resident, and not someone who does not live here.

Please be sure your guest list is up to date at the main gate. **Also**, be sure to remind your guests to put the correct address of 800 Cascades Isles Blvd. in their GPS, so they are directed to the main gate.



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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.



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EARLY CALL TO ALL ARTISTS –

The Cascades Arts & Crafts Fair (#20) is coming Saturday, November 7, 2026.

Place: Cascades Ballroom – 800 Cascades Isle Blvd., Port St. Lucie 34986

Time: 9:00 AM to 3:00 PM

Table Costs: Residents – \$25 Non-residents – \$40

Setup: Friday, November 6 Time: 12 Noon to 4:00 PM

Registration Dates: Tuesday mornings – September 1, 8, and 15.

Place: Cascades Clubhouse – Arts & Crafts room

Time: 9:30 AM to 11:30 AM

Registration forms will be sent by email at a later date.

Wanted: Artists of all types, including cooks and bakers.

About the Fair:

- No raffle tickets of any kind will be offered or sold. Vendors will carry the day.
- All-day coffee and cake will be available in the kitchen for vendors and their helpers.
- Name tags will be provided.
- Video from the artistsatcascades.com website will feature clips of collective artists.
- Refreshments for all will be offered on the ballroom floor.

Please contact me with any questions or for any reason. Text or email is best. Thank you.

Paula Huffell, Chairperson

Cascades 2026 Arts & Crafts Fair (#20)

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**SAY YOU FOUND INFORMATION
IN CASCADES NEWSLETTER**

In Our Gardens

By Eileen Abbott, Master Gardener volunteer

“April showers bring May flowers”

In Florida however, June brings rain and the start of the summer heat, and moisture and heat bring mosquitoes to our gardens. What can be done to protect ourselves from being bitten while we enjoy the outdoors?

First, some information about mosquitoes. Mosquitoes thrive in the tropical and subtropical habitats of Florida. Florida is home to eighty species of mosquitoes and there are approximately 3,000 worldwide. Mosquitoes feed nocturnally or right at dawn and dusk. But some species are aggressive daytime biters, especially in shaded areas. Mosquitoes are attracted to dark, shady areas to avoid being eaten by their predators. However, only female mosquitoes bite, males do not. Males feed only on nectar. Male mosquitoes fly in swarms, especially during mating season. Females fly alone searching for hosts, such as humans, birds, white-tailed deer, rodents, and reptiles, like the American alligator. Females are attracted to carbon dioxide exhaled in our breath. Female mosquitoes need the proteins and iron found in blood to produce their eggs.

Diverse aquatic habitats of floodwaters, permanent bodies of water, and containers are where mosquitoes live and breed. Mosquitoes either lay their eggs singly in areas prone to flooding on moist substrate or in rafts in permanent water habitats such as brackish marshes and freshwater swamps. Mosquitoes lay about 100-300 eggs every few days. The eggs hatch into larvae within 48 hours. In 7 to 10 days, they become adults, creating new generations every two weeks. Mosquitoes require undisturbed, stagnant water to lay their eggs. Eggs are laid directly on the water surface. A continued calm water environment is needed for the eggs to hatch, breathe and develop. When laid on moist substrate, mosquito eggs typically dry out and must be flooded by rains, tides, or sprinklers to survive. Flowing or turbulent water will wash away the eggs, drown the larvae, or prevent them from accessing oxygen on the surface.

In our gardens, containers that are left outside can provide the still water catchment mosquitoes need to lay their eggs. To not become a host to mosquito breeding grounds, follow these tips:

- Reduce mosquito populations by dumping out buckets, watering cans, potted plant saucers, outdoor furniture and their covers. Empty pet bowls, tarps, pool covers, and car covers once a week. For containers that cannot be dumped out, like fountains and bird baths, use mosquito dunks or disrupt water surface with a spray hose once a week. Also spray the standing water in Bromeliads. Bromeliads are an air plant that gets nutrients from water stored in its upright tank of tightly overlapping leaves. Other sources of groundwater pooling are leaky hoses and outdoor faucets.



Address drips and leaks to prevent puddling.

- Check house screens for damage. It is common for the mesh to be damaged by environmental elements or by maintenance workers. Over time, the sun, wind, rain, birds, squirrels, and lizards can cause holes or deteriorate the spline gaskets. Weed eating and pressure washing can also damage screens. Repair and/or replace torn screening.
- Personal protection from mosquito bites includes covering your skin with close-woven clothes. Alternately, use lemon eucalyptus and deet spray insect repellents. Lemon eucalyptus is the only plant based active ingredient recommended by the CDC. Lemon grass is a drought-tolerant plant that can handle full sun and is a natural mosquito repellent. However, for lemon grass to work, the leaves need to be crushed. The oil released then must be rubbed onto the skin. Personally (not as an MG), I use a “sunbrella” not just for protection from the sun to lower the feels-like temperature, but to block my breath from mosquitoes and their bites from me when I walk under the oak tree canopy.
- Natural predators are an effective biological control. Dragonflies can consume up to 100 mosquitoes a day. There are over 100 species of dragonflies found in Florida. Dragonflies consume mosquitoes in midair. Dragonfly nymphs live in the same waters as mosquito larvae and feed on them. Bats also eat mosquitoes. Yes, we have bats in our backyards. They are rarely seen because they hunt at night and avoid well-lit areas to be less vulnerable to predators. A single bat can eat their body weight in mosquitoes each night. Other predators are frogs, damselflies and birds.
- Spatial repellents emit active ingredients into the air to kill mosquitoes. These sprays last for 1-3 weeks depending upon the weather and the chemical used. However, mosquitoes from an untreated area can fly over after the treatment dissipates. Reliance on insecticides compromises efforts to control mosquito populations. When the same chemical is used repeatedly, mosquitoes build up resistance. Insecticides also aren't specific to mosquitoes. They kill many non-targeted beneficial insects like dragonflies, bees, ladybugs, butterflies, and other pollinators. Area-wide chemical sprays should only be used as a last resort.
- Local mosquito control programs may provide “mosquito fish.” Some fish native to Florida that can be used for mosquito control include the Eastern Mudminnow, Pygmy Killifish, Sunfish, Lined Topminnow, Sailfin Molly, and Eastern Mosquitofish.
- Lastly, mosquitoes don't fly very well in gusty winds. An upright fan blowing directly in front of you can disrupt the flight path of mosquitoes while providing a cool breeze.



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Residents Volunteerism

Sydney and David Ferrell both have a spirit of volunteerism. Having moved to the Cascades from Ohio in 2015, both were looking for an outlet for their energy and good will. Sydney found her perfect spot volunteering at Hospice as a patient visitor. Her dedication to and passion for the work she does is obvious in her conversations about her work.

It takes a special person to work with the dying and Sydney is clearly that person. She was introduced to Hospice through a neighbor who would visit the patients there with her dog. Sydney completed the application and went through the training and has never looked back. That is where you will find her every Thursday from noon to 4:00 PM, visiting the patients, talking with them, and sometimes just holding their hand so they know that they are not alone. She also is called on to visit Hospice patients in their home, especially if they are near the end of their lives. She views this as a treasured service that she can provide to someone who may not have family nearby.

Sydney cannot say enough good things about the Hospice family. She gives high praise to the nursing staff, the administrators, the other volunteers and the programs they offer. From Benjy, the service dog, who does tricks for the patients or just lies on the bed and allows them to pet him, to the music therapy that is offered, Hospice provides peaceful and calming end-of-life care to its patients.

Treasure Coast Hospice also offers free grief counseling to anyone who has suffered a loss, whether the family had sought hospice care or not.

Sydney says that Hospice always needs volunteers and that there are many different jobs if you would like to help the program but not work directly with the patients. For more information, you can go to treasurehealth.org to learn about the volunteering opportunities available.

Sydney's husband David is a lifelong volunteer himself. Living in Ohio for all of his working life, David was active in, and on the board of, Big Brothers Big Sisters for many

years. His other passion for over twenty-five years was his connection with Wishes Can Happen, an organization similar to the well-known Make-a-Wish Foundation. In addition to his work with Wishes Can Happen, he served on the board and as president of the Association of Wishmaking Organizations, an information-sharing group whose members assisted each other with their goals.

After moving to the Cascades, David was also looking for volunteer work. He found it at what was then Martin Health Hospital in Tradition, working as a patient greeter and transporter. He enjoyed this work until COVID put the brakes on the program.

Once volunteer opportunities opened up post-COVID, David found himself trying different venues, most notably the Treasure Coast Food Bank. He worked there for quite a while until an injury prevented him from continuing. Not one to slack off, he is once again on the hunt for a suitable and less physical volunteer opportunity. Stay tuned to find out where he ends up.

After speaking with both Sydney and David, it is clear that this couple has found a common bond in their desire to help others. They are an inspiration to anyone who is fortunate enough to know them.



For many residents of the Cascades, retirement means the opportunity to do things that there was no time for during their busy working days. One of those opportunities is finding ways to give back to the community in which they live. The Cascadian would like to highlight over the next few months those generous souls in our community who seek to help better St. Lucie County and the surrounding area.

If you are one of those individuals or know someone who is, please contact Janet Maffucci at mrs_jfooch@yahoo.com

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3. Learn from Home

Arts at Cascades website:
Categories of Art include:
painting, pottery, stained
glass, needlework, and
jewelry, photography,
culinary arts.

Come to our group meeting
on Wednesday's 1-3 PM in
the Arts and Crafts room.

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and the newest categories:
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CASCADES

ENTERTAINMENT SERIES

2027 Second Season Ticket Sale

Tuesday, October 27 ~ In the Arts and Crafts Room

From 9:30 - 11 :00 AM

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Individual tickets go on sale

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

Price: \$32.00 per ticket

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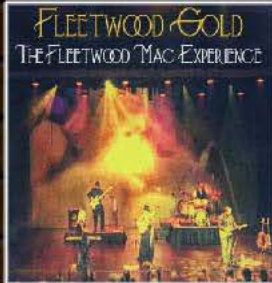
ENTERTAINMENT SERIES



Jayne Curry
Sunday
January 10, 2027
8 PM

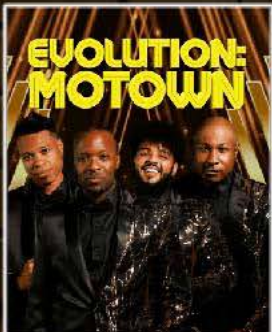
BACK BY POPULAR DEMAND!

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.

Join Us!

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

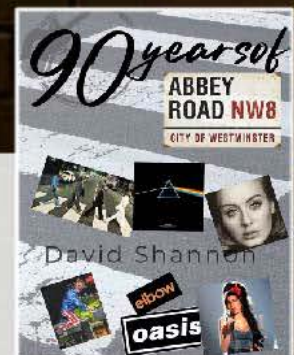
Michael is an extraordinary talented ventriloquist, comedian, and master showman who combines his many abilities to this laugh out loud performance **THIS ISN'T FOR "DUMMIES"**



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.



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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



CASCADES DUPLICATE BRIDGE CLUB

The Duplicate Bridge Club is pleased to be adding new members due to the 12 informative lessons provided by our Director, Saul Bronstein.

Note: Due to the requirements of the new electronic scoring system players need to arrive 15 minutes prior to the game, 12:15PM for Thursday afternoon play in the Ballroom and 5:45PM for Tuesdays in Card Room#2. Any resident can join us if they would like to observe our play.

Any questions, contact Jeanne Cunningham, at jeannecunningham@gmail.com

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

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

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-Dominick Graci, Cascades Resident



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Men's Club Newsletter

By Tim Malone, Club Scribe

Closest to the Pin follow-up information

Although the closest to the pin event took place back on March 7th, some information was not reported at that time. As such, the following organizations and individuals are now being recognized as instrumental in procuring or providing the top prizes that were awarded to the winners of the event. Plaques of appreciation were recently presented to the following organizations and individuals, to thank them for their donations and support of the Cascades Men's Club fundraising efforts towards the DAV Chapter 113.



Hammock Creek Golf Club—Corey Hamlin, Owner and PGA professional; Michelle McGrory, Pro Shop Manager; Scott Barnaby PGA Head Golf Professional, and Art Leishman, Cascades Mens Club member.



PGA Golf Club—Holly Taylor, Director of Golf, and Heidi Geisel, Membership Services Coordinator.

Fairwinds Golf Course—Jeff Ross, Men's Club member; Susi McCabe, Program Assistant; Mike Melton, PGA Head Golf Professional, and Art Leishman, Men's Club member.

Sandridge Golf Club—Another plaque of appreciation was presented to Bela Nagy, Director of Golf by Victor Bertucci, Men's Club member (no photo available).



Sock Hop follow-up

A special thanks to Roy Nevirauskas for putting together the Sock Hop on April 18th, as it was a huge success with a sellout crowd in attendance. All those participating seemed

to have a great time dancing to the stars. The following volunteers helped with either setup or breakdown of the event, or both. Many hands make light work.

Thank you all for helping out!

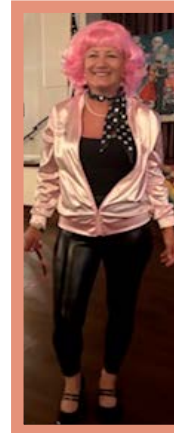
Diane and Roy Nevirauskas, Eric Behre, Joyce Blackwood, John Blodorn, Diane DeBlasio, Maryann and Bob DePouli, Darren Desiere, Les Jenei, Bob Hasse, Gary Lucarelli, Vince Agro, President of the Men's Club, Tim Malone, Janice and Mike McKenna, Deane Piekara, Jeff Ross, Russ Buser, Bob Russo and Bob Steele. If anyone was overlooked, please let me know and I will mention you the next time we have an event.

There were prizes given for the top two costumes at the Hop, as follows:

First prize went to Trish and David Antinore, in the amount of \$250. Since Trish is an Army veteran, she and Dave donated \$150 back to the DAV chapter 113. [Congratulations](#) and thank you for your generous donation and your service.



Second prize went to Coe Decker, in the amount of \$100. Coe happens to be a Marine veteran and she donated her winnings back to the DAV chapter 113. Thank you also for your service and generous donation.



The combined donations to the DAV Chapter 113, from the Closest to the Pin event and the Sock Hop, along with the above individuals, amounted to \$3615. Thanks to everyone who supported the Cascades Men's Club and The Veterans and First Responders Club in their efforts to help the DAV chapter 113.

There were six winners of \$50 each for the 50/50 drawing.

Upcoming events

Island Night—June 13, 2026

Founder's Day Picnic—July 11, 2026

Summer Affaire—August 15, 2026

The Men's Club meets every second 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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The Pickleball Club hosted three inter-community events in April when Cascadians played round robin social games against PGA players and players from Mariner Sands. The games were women, men, and mixed, and all were enjoyed by the players. The event was organized by John Koahou, who is hoping to put players from various categories together for future events. Information will go out to the pickleball community in order to create the teams when John is back to work. When the details are advertised, get involved and play! It is not meant to be a competitive event, but rather a way to meet new pickleball players from other communities and have a fun time.



Our annual 4Ps Spring Fling was held on April 25th and 80 members seemed to enjoy the picnic type food buffet and lots of choices of desserts. We played some silly games including a dice game called Build a Bunny, a penny dropping water game, and the craziest of all which was called Barnyard Banter. The players had to find 10 members of their family by only speaking in their animal's language and gather them together first to win the game. Nearly everyone was up walking around quacking, mooing, neighing, and so on and it was hysterical.

Our next 4Ps event will be the Pickleball Pirates' Birthday Bash being held on Tuesday, July 28th, and will be a pizza party celebrating all pickleball players having a birthday anytime in 2026! Jeannie Tirrito is asking you all to get her a 5x7 color or black and white photo of you when you were between 6 months and 2 years old for a "Pretty baby" guessing game. Remember, in order to attend our events if you live in The Cascades, you need to be a dues-paying member.

As this is the hot days of



summer, please be mindful of the HEAT.

Types of Heat Illness

Heat Stroke (Emergency): Body temperature exceeds 106° F, sweating often stops, and mental confusion, unconsciousness, or seizures may occur.

Heat Exhaustion: Characterized by heavy sweating, rapid pulse, dizziness, nausea, and cold, clammy skin.

Heat Cramps: Painful muscle spasms, often in the legs or abdomen, caused by loss of salt and water.

Heat Syncope: Fainting or dizziness caused by prolonged standing or rising suddenly in heat.

Heat Rash: Skin irritation from excessive sweat that does not evaporate.

Symptoms and Warning Signs

Physical: Heavy sweating, headache, dizziness, weakness, nausea, fast pulse.

Mental/Cognitive: Confusion, slurred speech, irritability, delirium.

First Aid and Treatment

Heat Exhaustion: Move the person to a cool, air-conditioned spot, offer water or electrolyte drinks, and apply wet cloths or a cool bath.

Heat Stroke: Call 911 immediately. Move the person to a cool area and attempt to lower their body temperature with cool water or ice packs while waiting for emergency services.

Prevention Tips

Hydration: Drink plenty of fluids, even if not thirsty.

Acclimatization: Gradually increase time in hot environments to allow the body to adjust.

Clothing: Wear lightweight, light-colored, loose-fitting clothing.

Scheduling: Limit intense physical activity during the hottest parts of the day.

Your Leadership Team.

Cascades Pickleball Club

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*Tickets for nonmembers will be sold at \$35/person,
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*After Sept. 29th, call Marge at 631-327-9438



Mother's Day tennis was a big hit with 26 players playing on a very warm Saturday. Three sets were played in a round robin fashion followed by a delicious lunch from Publix. Also, a Saturday morning treat was made by Kathy Koahou, her now famous pistachio cake. Needless to say, it is always very much appreciated. Thank you, Kathy! We also enjoyed delicious strawberries and grapes, definitely making it a very nice lunch.

So much fun was had that it will happen again for Father's Day. This time, however, pizza will be served. Be sure to sign up for another fun Saturday morning.

Also coming this July 4th, another round robin will be scheduled. This one will feature a BBQ theme. Keep checking the bulletin boards for sign-up sheets and join your fellow Cascadians for fun on the courts!

We would also like to thank Janice McKenna and Barry and Janet Roffer for always putting so much effort into making these events enjoyable!

June Tennis Tip

By RSPA Tennis Pro John Koahou

The Success of Your Tennis Game is in the Mental Skills"

Some of the best tennis sessions that I ever attended over my 30+ years at division or World Tennis Conferences were the classes discussing "Mental Skills" that lead to peak performance. I taught the 16 Second Cure back in 1995 to some of the top Hawaii junior tennis players which was based on research by Jim Loehr who was one of the first mental toughness coaches. The first thing to remember is that mental skills have to begin with developing good mental habits. The 16 Second Cure is a mental process of habits when serving or returning serve. There are 25 seconds in between tennis points, and you must use 16 seconds of that time before you begin the next point. Notice how many times a professional player bounces the ball before they serve. That is a routine that is taught to the player, and it becomes that same habitual routine with the same number of bounces throughout the match. Players at the highest level, even after missing a shot, have the same habitual reaction of moving on to the next point and forgetting about the unforced error. When players win a point with a positive reaction, that immediately helps

them mentally. Just as negative reaction can hurt your performance and make you dwell on the past and have a difficult time recovering to a positive state, so a positive reaction can make you perform at a higher level and keep you uplifted and put you in a peak performance state. So, my advice that I give to you like I did to my juniors back in Hawaii is to play each tennis point with a positive attitude, a good upright posture, and a nice smile on the court. It is very difficult to beat a player who is always happy!

June Tennis Rules

By RSPA Racquet Sports Director/Former USTA Florida Referee

"The Scoring Format and Tiebreakers"

Growing up in Hawaii my tennis coach made us play tiebreakers until, we had the format down to a science. Back in the mid 1970's we played two types of tiebreakers which were a 9 Point tiebreaker and a 12 Point tiebreaker. The 9 Point was the first player to 5 points and at 4-4 whoever won the last point for the match. The 12 Point tiebreaker was based on the first player to 7 points with a margin of 2 points at 6-6. In today's tennis the tiebreak match is based on the 12 Point or the 10 Point (called the Comen tiebreaker) tiebreaker. The Comen 10 Point tiebreaker is the first player to 10 points with a margin of 2 points at 9-9. The basic scoring formats are advantage scoring which uses 15, 30, 40, Deuce and Advantage. The other basic scoring is No-Ad Scoring which uses 1, 2, 3, and at 3-3 one additional point is played to win the game. In a mixed doubles scenario using the No-Ad format, the male server serves to the male receiver, and the female server serves to the female receiver. In the typical men's and women's doubles, it would be the receiver's choice from what side the server would serve on the court. Most tiebreak set formats will be made when the game score in the set reaches 6-6. There is also a Pro Set system where the first team that reaches 8 games wins the match. I played a fun Pro event at one of my tennis conferences and it was called "The Fast 4" or what the USTA calls a Short Set which is the first team to win 4 games and at 4-4 play a 7 of 12 Point tiebreaker. Learning all these match and tiebreaker formats was a fun way to learn tennis and allows players to use different scoring formats to help with time and efficiency in tennis scoring.



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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" .

Our annual Memorial Day tribute to our fallen American military heroes is now completed. Over 100 club members and residents attended honoring and remembering family relatives and friends who are no longer with us. The program included various patriotic songs upon entrance into the ballroom, followed by the presentation of the colors and national anthem. Of course we presented those all-time favorites on the big screen.

As a tradition the invocation was presented by a national "celebrity," followed by an explanation of the meaning of the "Missing Man Table". Composer John Williams again performed "Hymn of the Fallen". Hearts were touched watching the photo display on the screen showing each of our "Hero Family- Club" members.



The month of May also offered all residents a look at the memorabilia in the club house glass case. Club members/residents displayed pictures and mementos of our heroes who have passed on.

The balance of 2026 club activities will include the annual sell-out social event " It's Five O'Clock Somewhere "; featuring dance mash-up videos followed by the evening headliner 'BIG T. and Squiggy performing all the fun hits. Mark your Calendar, AUGUST 2nd - Saturday. Be sure to wear your dancing shoes!

Once again in October we will be featuring our annual tribute to the local first responders featuring attendance by local PSL officers, county sheriff personnel, and EMTs. Guest speaker will be announced as the time approaches.



In November the VFRC joins with the men's club to commemorate our veterans at the 11th Veterans Day dance event. Finally the year wraps up with the annual December meeting highlighting the history of Pearl Harbor and other important monthly features.

We are always eager to welcome new members. Our new goal is 450 members- we are almost there. Military veterans, spouses, first responders, and government service personnel are all welcome to sign up. [see contact info below].

Joe Carroll, President 913-523-6948, jcarroll@collector.org

Marie Brogna, Exec. event planner/photographer, secretary. 516 996 2250, mariebro337@gmail.com

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Sports News

CASCADES MEN'S GOLF LEAGUE "DOWN THE MIDDLE"



Rich Eisenberg

APRIL 2026 PLAY

Daren Desiere returns as our April scheduler.

April 6th - The Saints - With significant weekend rain softening and slowing the greens they thought they had figured out, front nine scores were making a lot of guys nervous today. However, things got a whole lot better on the back nine as the ground dried, with 30 of 44 players meeting or beating quota in today's twosomes match in two flights.

In the AB flight, Phil Banashek had the round of the day at +8 and partner Brad Garceau shot +5 to run away with the title. Sal Schembre and Val Tang teamed up at +4 each to come in second, while John Blodorn and Jerry Buckalew took third place.

In the BC flight, Ed Yoder and Rich Eisenberg took the checkered flag at +8. It should be noted that Ed shot 13 against his quota of 6...scoring more than double your quota is ALMOST as rare as shooting your age here in the CMGL! Two strokes behind, there was a 3-way tie for second place at +6 among Fred Gehron with Harvey Levy, Vin McCann with Jim Linkowski, and Bob Harper with Dan Gromko.

Birdie scorers included Sal Schembre and Ron Ekstrom with three apiece. John Blodorn, Roy Neviraskas, John Salazar, and Bob Palladino each had one.

Closest to the Pin winners were Dan Gromko on #7, Roy Neviraskas on #10, and Rich Eisenberg on #16.

April 9th - Cascades Ballroom - The CMGL observed a long-standing tradition tonight with its annual Farewell Dinner. Forty attendees once again enjoyed an excellent buffet dinner catered and served by Mission Barbecue. Tournament winners were honored, and Ron Rider was announced as the 2026 CMGL Appreciation Award winner in recognition of his outstanding leadership of our Entertainment Committee. Election of CMGL officers for the next two-year term was also conducted at this event, a departure from earlier procedures necessitated by calendar issues. Joe Kokoszka will step down as president and secretary (after over 15 years of service in that position) to take a spot as vice president, along with Uno Lausen. Vic Bertucci will move up to president from vice president, and Jim Gleason will continue as treasurer. Returning to the Board after a 4-year hiatus, Rich Eisenberg will replace Joe as secretary.

April 13th - The Saints - A rather odd day for the CMGL at the Saints as the winter season started winding down with today's every man for himself match. Our heavy hitters in the A flight left a decidedly pungent odor on the course, with only 2 of 11 players managing to reach their individual quotas. The Bs and Cs fared much better, with about 65% of

... continued on page 47



STICKBALL

By Rudy Rognon

April 4, 2026 - Twenty-three players showed up for our game, including Dillon, Ron Polakowsky's 12-year-old grandson. Alan Portnoy's Mets played Max Glickman's Yanks.

There was no scoring in the first, second, or top of the third innings. In the bottom of the third, Pat Sacco, Dillon and Paul Zumbo all singled to load the bases. Jack Nisbet then hit an RBI single, and the score was 1-0 Yanks. In the top of the fourth, Barry Worshoufsky doubled. Steve Depietro singled and Rich Fiederlein hit an RBI single. Daren Desiere then singled. Portnoy then blasted a double to right for two RBIs and the Mets led 3-1. There was no scoring in the bottom of the fourth or in the fifth. In the top of the sixth, Steve Depietro singled and Desire followed with another single. Portnoy followed with a double and an RBI. The score was now 4-1 Mets. In the bottom of the sixth, there was no scoring, but the inning included Mike Demarcantonio's third hit and Pat Sacco's fourth hit. The final score was 4-1 Mets.

April 11, 2026 - Seventeen players showed up for our game. Vinny McCann's Sox battled Alan Portnoy's Mets. In a tightly contested battle and fine pitching, there was no scoring until the bottom of the third. Bob DePouli, Rich Fiederlein and Howie Bland had singles to load the bases. Jack Nisbet broke the tie with a single to right and the Mets led 1-0. The fourth and fifth innings saw a return to tough pitching by McCann and Portnoy. Portnoy did receive some help from a great play by Fiederlein that kept the score 1-0 Mets. In the fifth inning, Frank Ferry also singled for his third hit of the game. In the top of the sixth, the scoring drought continued, and the game ended 1-0 for Portnoy's Mets.

April 18, 2026 - Seventeen players showed up for our game. Alan Portnoy's Mets vs. Vinny McCann's Sox. In the top of the first, Portnoy singled. Jack Nisbet followed with a double. Frank Ferry doubled home two runs and the Sox led 2-0. In the bottom of the first, McCann, Daren Desiere and Pat Sacco all singled to load the bases. Jim Durante then hit an RBI single to right. Mike Demarcantonio finished the scoring, and the game was now tied at 2. There was no scoring in the second or top of the third. In the bottom of the third, McCann doubled. Daren Desiere singled. Dianne Skerry then laced a single and an RBI to right and the score was now 3-2 Sox. Jim Durante followed with an RBI single and the inning ended 5-2 for the Sox. In the top of the fourth, Larry Heck led off with a single. He was followed by Bob DePouli who hit a double. Jack Nisbet then hit an RBI single to right. Portnoy also hit a single, and the score was now 5-4 Sox. There was no scoring in the bottom of the fourth. In the top of the fifth, DePouli led off with a double.

... continued on page 47



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the players in those brackets finishing in positive territory.

Ed Yoder did it again, with round of the day honors at +7 against his quota of 6. We'll have whatever he's having! Also having very good days were Tom Russian and Steve Bisacco, both turning in impressive +6 cards.

Tom Russian's +6 was enough to win the A flight, with Roy Nevirauskas three strokes behind in second. John Blodorn was third and Ron Rider was fourth.

The flight B winner was Joe McCoy at +5...and then there was another result we don't see too often...a SIX-way tie for second place at +3, including Ron Quackenbush, Ozzie Edwards, Art Benson, Val Tang, Jerry Buckalew, and Jim Fitzgerald.

Ed Yoder and Steve Bisacco took first and second in the C flight, respectively, with a three-way tie for third place including Tommy Mattina, Joe Kokoszka, and Dan Gromko.

Birdies were spread out back in the neighborhood today. Ozzie Edwards and Roy Nevirauskas had two each, while Ron Quackenbush, Ken Virtuoso, Larry Belton, Brad Garceau, Pete DeCicco, Tom Russian, Ed Yoder, Jerry Buckalew, and John Blodorn had one apiece.

Closest to the Pin winners were Dan Gromko on #7, John Salazar on #10, and Bob Harper on #16.

April 20th – The Saints - Howling wind and intermittent rainstorms are good for plants and maybe something else, but not for golfers. Just about everyone in the CMGL field stuck it out for the front nine, but the crowd around the clubhouse looking for rainchecks shortly after noon told the story. Match cancelled, and hopefully those with rainchecks can use them next week for our last outing of the winter season at the Saints.

April 27th – The Saints - And so, we come to the final outing of our winter residency at The Saints. The weather was certainly better than last week, and so were the scores for today's ABC+1 match. While not everyone had a great day, eight of the twelve foursomes in the field managed to meet or beat their collective quotas...not too shabby, guys.

Individual round of the day honors went to Brad Garceau, who shot a +9 for 26 points. Others who played particularly well at +6 included Ed Yoder, Pete Knoll, and Paul Mezzo.

Competition was unusually close in the match today, with only two points separating the first place and third place teams. The first-place foursome included Fred Gehron, Bob Harper, Ed Yoder, and Joe McCoy, who shot a combined +13 for the win. Second place went to the team of John Blodorn, Brad Garceau, John Pipe, and Jim Gleason, only one point behind the leaders. (Nice to have John Pipe back out there with us after a prolonged medical absence.) Third place went to Carl Morante, Pete Knoll, Paul Mezzo, and Dan Gromko.

Closest to the Pin winners today included Paul Mezzo on #7, Ron Eckstrom on #10, and Pete DeCicco on #16.

Birdie scorers included Roy Nevirauskas and Joe McCoy with two circled 3s each. John Salazar, Carl Morante, Jeff Ross, Ron Eckstrom, newcomer Jerry Cohen, Brad Garceau, John Pipe, Tom Russian, Fred Gehron, Rich Eisenberg, and Tim Yoder each had one.

BLAST FROM THE PAST

Here's a bit of CMGL nostalgia from ten years ago as reported

in the Cascadian.

Week 24 of winter golf at the Saints on 4-11-16

Before we get into the play of the day, we want to recognize that our oldest player, George "Too Tall" Kann, recently moved to Orlando to be near his kids. George played almost every week with the league even though he was 90 years young. Now Harvey Engel and Arnold Marks can vie for the oldest member of our league. We all hope we can be playing as we approach their ages. We only had 12 tee times with 47 players on a nice day with more wind than most of us would have liked. The game of the day was AB vs. AB and CD vs. CD teams. The AB winners were Bill Barlowe, Witt Buckalew, Jerry Sher and Ed Yoder. Tied for second were Joe Ambruso, Sam Coil, Warren Evensen, Bob Fuchs, Jack Scheuten and Tom Swem. The CD winners were Tom Cassidy, Cliff Lewis and Tim Mygatt. The second place winners were Mike Coccia, Bill Kimball and Connie Moore. Tim Mygatt led all scorers with a +11, followed by Tom Cassidy and Cliff Lewis at +8, Joe Kokoszka and Bob Russo at +7 and Bob Brennan at +6. Witt Buckalew is giving up softball and rightly so since he is playing such good golf. His AB foursome won; he was +5 and he topped it off with 3 birdies! There were eleven other players that got one birdie each; Joe Ambruso, Tom Cassidy, Warren Evensen, Cliff Lewis, Tony Navarra, Tom Swem, Ray Teet, Ed Yoder, Joe Kokoszka, Leo Collins and Tim Mygatt.

STICKBALL... continued from page 45

Nisbet followed with a single. Janice McKenna then singled in a run and the score was tied at 5. In the bottom of the fifth, there was no scoring, but the inning featured McCann's fifth hit of the game. In the top of the sixth, Heck, DePouli and Nisbet all singled. It was Nisbet's fifth hit of the game. Portnoy hit an RBI single, his fourth hit of the game. The score was now 6-5 Mets. In the bottom of the sixth, Durante and Don Smith both singled. Mike Jarsky then laced a line drive that McKenna snagged at the bases. It saved the game for the Mets as they won 6-5.

April 25, 2026 - Eighteen players showed up for our game. Vin McCann's Sox faced Jack Nisbet's Giants. In the top of the first, McCann doubled. Bob DePouli singled and Rich Fiederlein hit an RBI double. Don Smith followed with an RBI single. Dianne Skerry then hit an RBI single. Ted Samuelson singled and Joe Poerio hit a double, knocking in two runs. The score was 5-0 Sox. There was no scoring in the bottom of the first or in the second inning. In the top of the third, Samuelson singled. Joe Simone then hit an RBI triple. McCann followed with an RBI single. The score was now 7-0 Sox. There was no scoring in the bottom of the third or fourth for the Giants. In the top of the fourth, Simone doubled, and McCann and Jim Durante had RBI singles. Fiederlein followed with an RBI double and the score was now 9-0 for the Sox. In the top of the fifth, Dianne Skerry and Ted Samuelson both singled. Joe Simone then hit a triple for two RBIs. Durante finished the scoring and the Sox led 12-0. In the bottom of the fifth, the Giants got on the board. Larry Heck singled and Nisbet doubled. Joe Poerio then knocked in a run for a single. The score was 12-1. The Giants entered the sixth and made a valiant try by scoring five runs on hits by Steve Depietro, John Kenneally and Frank Ferry and RBI hits by Larry Heck, Nisbet, Poerio and Depietro. They came up short and the Sox won 12-6.



Are you a golfer?

Come join the 90 members of the Cascades Men's Golf League! We play 52 weeks a year (weather permitting!) on Mondays.

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



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!



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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It's week 28 and the excitement is palpable! Paul Zumbo, also an excellent golfer and established pickleball player, bowled a whopping 172 game! Gary Giametta, whom you may also see out on the golf course, rolled a wild 169 game. Only one point less, Alex Monsiegnur swept in with a terrific 168. Alex will also give free pickleball lessons to anyone who wants them.

The highest scratch game for a woman this week was a wicked 161 by Gail Winters, after weighing all options. Laurie Desiere, not knowing what lane she was on, somehow bowled a 149. Diane Neviraukas, who was thinking about hop sock songs, bowled a sweet 146 game!

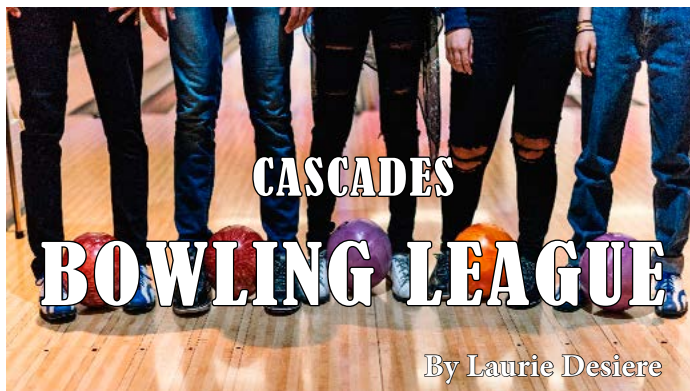
Week high scratch series are taken very seriously! Les Vella, who estimated the wind speed of the fans, then calculated how it affects the speed of the ball, bowled a monstrous 529 series. Not only that, he also picked up the 5-7 split! Roy Neviraukas, while signing up volunteers, bowled a revolutionary 463 series! Larry Bannister, after being blamed for everyone else's problems, rolled in a sincere 460 series.

Week high series for women involved Sherry Hasse informing her team that she would beat them all and rolling a deliberate 499 series! Marie Brogna threatened to set the lane on fire; she bowled a searing 445 series. Barbara Muselli recalculated the boards and angles, then rolled a mind-blowing 438 series! Two more weeks!

Week 29 was memorable! For high scratch games, Barry Karet blindfolded himself during practice to heighten his other senses. He then bowled an electric 170 game. Larry Bannister and Bob Hasse, both intense and "one with the ball," each bowled an astounding 169 game!

Women's high scratch games were beautiful! Terry Stover, laser-focused, bowled the highest women's scratch game at 158! Nice! Babara Finley, looking at pictures of her grandchildren, gracefully bowled a 155 game! Sweet! Sherry Hasse knew she had to carry her team and bowled a gorgeous 152 game!

This week's high scratch series were awesome! Gary Giammeta, after a brief



oil crisis with the lanes, bowled a worthy 495 series! James Marshall, who finally used his own ball and not a house ball, hurled a magical 467 series! Tom Cucurullo, after reengineering the entire lane, bowled a zealous 463 series!

High scratch series for women were excellent. Barbara Muselli, who measured the millimeters of the boards, bowled a calculated 472 series. Gail Winters decided

that bowling isn't just a hobby, it's a lifestyle, and then bowled a hot 431 series. Young Melvin, after studying statistics and probabilities of rolling strikes, had a very nice 416 series. One more week!

Our last week of bowling was a blast, once everyone stopped crying. High scratch games were brilliant! After trying to sue the bowling alley for substandard lanes, Daren Desiere rolled a keen 169! He withdrew the lawsuit. Tom Cucurullo, using the law of maximum impact, forced the pins to fall and ended up with a very cool 155 game. Bob Hasse hunted the pins like they were prey. He was the predator, of course. He killed those pins and ended up with a murderous 149 game!

Women's high scratch games were classic. Sharon Swan scolded her ball and then rolled a premium 147 game. She then hugged her ball and whispered to it gently. Barbara Godlash, who resides on the first-place team, bowled a dashing 138. Diane Neviraukas sang to her ball, (Yes, she's a talented singer.) and also threw a first-rate 138!

For men's high scratch series, Barry Karet, having confidence and doubt at the same time, smoothly bowled a premium 535! Confidence won! Roy Neviraukas measured the ball's circumference and weighed it. He then rolled a mind-blowing 468 series! Les Vella meditated in a corner for five minutes and then bowled a crackerjack 455 series!

Women's high scratch series were jolting! The calculating Sherry Hasse figured out how many pins she would need in each game to get a 450 series and then did just that. Laurie Desiere studied a bowling diagram and somehow managed to bowl a 427 series. The team was stunned. Gail Winters, with the focus of brain surgeon, guided the ball with dramatic precision and scored a 397 series!



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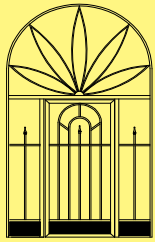
- * Parade will travel down the Boulevard, turning onto Clearview Court
- * Travels through the neighborhood via Sunview Way, onto Shoreline Circle and then heads back out to the Boulevard.
- * Proceeds onto Breezy Point Loop, then around Springview Loop and back out to the Boulevard, continuing up to the Clubhouse parking lot.

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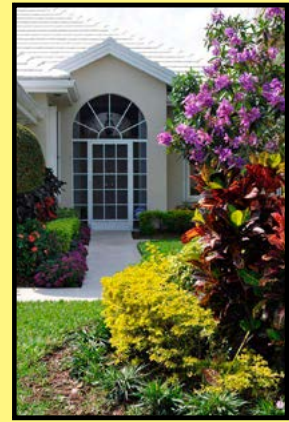
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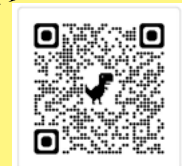


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The listing of residents' birthdays and anniversaries, which consists of those events that fall during that particular month, has become a popular feature in the Cascadian.

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

June

Suzanne Brandau 1
 Frank Dittrick..... 1
 Alan Portnoy..... 1
 Tom kish 2
 Kenneth Guntkowski..... 3
 Bob Weisberg 3
 Helen Winters..... 3
 Diane Ambruso 5
 Gerald Chiavelli..... 5
 Stephen Klunk 5
 Barbara Muselli 6

Judy Nappi 8
 Margaret Hurley..... 8
 Sal Schembre 9
 Lucie Gonzales..... 10
 Emily Lella 10
 Elaine Soboti 10
 Pauline Faubert..... 11
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Karen Mattina..... 17
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 Joseph Kalman..... 3
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 Kathleen Docherty 5
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 Howard Bland..... 6
 Joe Cilia..... 6
 Alex Monsieigneur 6
 Andrew Gavaletz..... 7

Happy Anniversary

June

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 Ed & Pam Laminsky 1
 Kathleen Bowman & Tom Culos 2
 Sharon & Howard Ginsburg..... 6
 Sandy & Marty Berne 12
 Matty & Gary Lucarelli 12
 Patricia & Donald Blue..... 14
 Rosemarie & Donald Mezzo..... 14
 Barry & Janet Roffer 14

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 Harriet & Ira Teper 16
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Linda & Steve Kimball..... 29
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 Jack & Maryann Nisbet 5

The listing consists of those events that fall during that particular month. Many residents have requested we re-run this form, so they may also include their names for publication. If you want your dates published, we must know about them. You can either fill out the information below and return the form to the administration office, or e-mail Dave Caron at ddcaron@comcast.net.

Names: _____

Address: _____

Birthdays (please put name with date): _____

Anniversary: _____

*Remember, we cannot print what we do not know. You only have to do this once.
 We will make a list and use it each year.*

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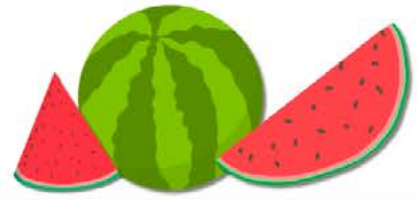
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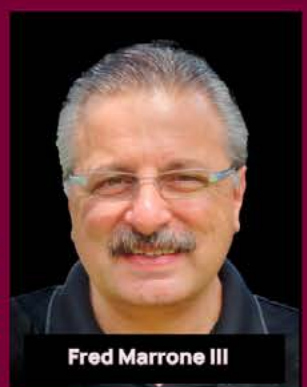
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