



Cascadian

Vol. 22, No. 5

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

MAY 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 11 AM - 12 Noon Landscape Committee Conference Room	2 12N-3 PM Community Fashion Show Ballroom
3 12N-4 PM Cinco de Mayo Tiki Bar	4	5 9:30 AM ACB Mtg. Conference Room 9:30 - 11:30 AM Ticket Sales Arts & Crafts Room 10:30 AM or 7 PM- Book Club Library 4:30-7 PM -Bocce Club Ballroom	6 2 PM Community Connections Comm. Conference Room	7	8 9 AM -12 Noon- CPR Arts & Crafts Room	9
10 Mother's Day 	11 11:00-12:30 PM Scarlet Mad Hatters Library 1-2:30 PM Facilities Committee Conference Room	12 9:30 - 11:30 AM Ticket Sales Arts & Crafts Room	13 8:30-10:30 AM Men's Club Mtg. Ballroom 10:30 A M-12 Noon Caregivers Club Card Room #1	14	15 11 AM - 12 Noon Landscape Committee Conference Room	16
17 11:00AM-6:30PM DUPLICATE BRIDGE PIZZA SUNDAY	18 6 - 9:30 PM Women's Club Mtg. Ballroom 1PM Board Workshop Meeting Ballroom	19 9:30 AM ACB Mtg. Conference Room 9:30 - 11:30 AM Ticket Sales Arts & Crafts Room 7PM BOD Meeting Ballroom	20 10AM Hurricane Preparedness Meeting Ballroom	21 9 AM Budget & Finance Committee Conference Room	22	23 9 AM -12 Noon- CPR Arts & Crafts Room
24	25  Memorial Day Tribute Ballroom	26 9:30 - 11:30 AM Ticket Sales Arts & Crafts Room	27	28	29	30
31						

Notices - Updates - Reminders

ART MATTERS

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

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

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

Our classes are every Thursday morning from 10:00 to 12:00 in the Arts and Crafts Room.

If you would like to join us, please contact Gail Goldstein at 772-873-6610.

Backgammon Club

Every Wednesday 1 - 3 PM in card room 1.

Everyone is invited.

for more informations call Nat Marvi at

772-878-7340

Ballroom Dance Lessons

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



Lou & Diane DeBlasio

Mexican Train Dominoes

Everyone is welcome !

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

For more info contact: Sharon 777-2060

sharondanenberg@yahoo.com

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

BUNCO

Join your friends for an afternoon of fun!
Everyone welcome! • Cash prizes each week
Mid-year pizza party • \$5. per person
1st & 3rd Tuesdays of the month

1 PM in Card Room 1

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

For more information, call

Marla Abrams at 954-729-5727

CAREGIVERS MEETING

SECOND WEDNESDAY OF EACH MONTH
CARD ROOM 1 FROM 10:30 AM TO 12 PM

FOR FURTHER INFORMATION,
PLEASE CALL SYLVIA AT 873-9924.

The Cascades website is

www.CascadesatSLW.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 Workshop meeting on May 18TH at 1PM and Board of Directors meeting on May 19TH at 1 PM, both in the Ballroom. *These meetings are open and residents are encouraged to attend.*

Notices - Updates - Reminders



To our new neighbors...

James & Sandra Preston Owner	324 NW Breezy Point Loop Riviera Beach, FL
Garv & Anita Weinstein Owner	324 NW Treeline Trace Sherrills Ford, NC
Charles Nocco & Ann Visone Owner	354 NW Shoreview Drive PSL, FL
Kathleen Smith Owner	135 NW Lawton Road Pembroke Pines, FL



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

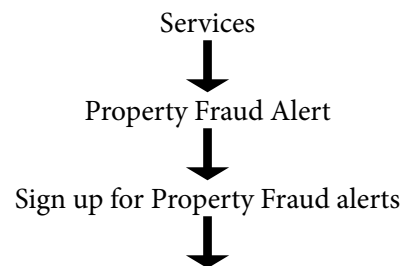
FRIDAYS
Sign-up: 6:00 - 6:30
Game Starts: 6:30pm

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

Cascades Activities, Clubs & Committees 2026



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

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

ACTIVITY	CONTACT	PHONE #	ACTIVITY	CONTACT	PHONE #
BOARD COMMITTEES			ARTS & CRAFTS		
A/V Committee	Deane Piekara	561-704-0984	Art League	Paula Huffell	772-530-9983
Architectural Control Board (ACB)	Bob Spenelli	772-905-8316	Art Matters-Painting	Gail Goldstein	772-873-6610
Budget & Finance (B&F)	Parker Burns	772-519-8111	Artists at Cascades League	Helena Aves	919-400-2677
Community Connections	Kathy Sanders	772-579-6406	Clay Club	Diane Nathans	201-321-4968
Community Connections	Teri Blevins	772-204-2993	Painting and Drawing Class	Susan Croke	772-214-6077
Documents	Sharon Sorensen	772-204-2080	Stitchery Club	Gina Demarcantonio	609-420-5444
Facilities	Don Caputo	631-255-9288	Stitchery Club	Diane Pape	508-769-2522
Hurricane Preparedness	Carol Rognon	772-212-7134	CLUBS		
Insurance	John Kopec	860-816-2190	Book Club	Sally Eisenberg	772-621-4172
Landscape	TBD		Cascades Bocce Club	Barbara Muselli	917-968-2867
Landscape	Diana Burns	585-704-5152	Computer Tuesday Evening Help	Richard Young	772-834-9127
Rules & Regulations	Jim Gleason	402-709-1187	Entertainment Club	Janet Soloshatz	772-344-1207
Safety & Security	Margie Osheroff	617-750-4520	Entertainment Club	Louise Sulzer	772-800-6247
Violation	Mark Roskin	772-249-1882	Men's Club	Vince Agro	772-249-4308
HEALTH & WELFARE			Scarlet Mad Hatters	Janet Vella	772-621-7819
Caregivers Support Group	Sylvia Rosen-Horowitz	772-873-9924	Scarlet Mad Hatters	Pat Lunt Erickson	772-340-2707
Finding Inner Peace	Penny Cohen LCSW	914-582-0104	Social Club	Melanie DeCicco	973-452-5944
CPR / AED	Beth Swem	772-577-8451	Social Club	Linda Cincotta	516-458-0787
Good Samaritan	Ann Gadonniex	772-336-0967	Special Events Club	Maryann Redding	706-290-4199
VOLUNTEER			Special Events Club	Barbara Cannatella	561-762-1743
Cascadian / Resident Directory	Dave Caron	772-224-2010	Tiki Bar Service Club	Carlo Ciampaglia	201-446-6978
EXERCISE & DANCE			Travel Club	Matty Lucarelli	216-407-2332
Aerobics & Strength	Barbara Pritchard	609-504-8737	Veterans & First Responders Club	Joe Carroll	913-523-6948
Ballroom Dance	Lou DeBlasio	772-344-8628	Veterans & First Responders Club	Marie Brogna	516-996-2250
Chair Class	TBD		Women's Club	Debbie Torrey	860-803-3911
Line Dancing	Diane DeBlasio	772-344-8628	SPORTS		
Pool Walkers	informal		Billiards	informal	
Strength & Balance	Karen Levy	772-878-1555	Billiards League	Duane Bruce	772-879-9224
Tai Chi Advanced	Charles Ottesen	772-879-6790	Bocce - Fun League	Barbara Muselli	917-968-2867
Tai Chi Beginners	Karen Teitel	772-879-1857	Bocce - Women's	Judy Siniscalchi	772-785-9548
Water Aerobics	Cathi Webster	443-808-7277	Bocce - Women's Fun Bocce	informal	
Yoga	Joni Spiegelman	772-336-8271	Bowling League	Jim Marshall	561-558-3667
GAMES			Cascades Softball Team	Mike Keleher	772-871-1784
Backgammon	Nat Marvi	772-878-7340	Cascades Ladies Pitch & Putt Golf	Janet Wood	954-303-8639
Bingo	Rhonda Gibula	772-446-4889	Lady Golfers	Janet Wood	954-303-8639
Bunco	Marla Abrams	954-729-5727	Golf Tournament - Mixed	John Gallagher	561-743-1597
Canasta	Adrienne Rubin	772-871-7483	Men's Golf League	Joe Kokoszka	772-871-8967
Card Games	informal		Pickleball Club	Marge Caputo	631-327-9438
Cribbage Club	Lou Montalvo	860-917-6934	Shuffleboard	informal	
Duplicate Bridge Club	Jeanne Cunningham	513-702-9104	Snorkel & Scuba Club	Marge Caputo	631-327-9438
Mah Jongg	Adrienne Rubin	772-871-7483	Snorkel & Scuba Club	Don Caputo	631-255-9288
Mexican Train Dominoes	Sharon Danenberg	772-777-2060	Stickball	Alan Portnoy	772-871-0407
Pinochle Players	Dan Eisen	772-579-5044	Table Tennis Club (was Ping Pong)	Angus McLean	772-342-4580
Poker (ladies only)	informal (Sarah)	772-344-2447	Tennis Club	Colleen Dumais	815-382-3535
Poker (Texas hold'em)	Max Glickman	845-527-0726			

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

How the Board Voted

At the March 17, 2026 board meeting the following motions were voted upon.

Motion to approve A Great Fence to install a 42” tall 3-rail commercial railing at the Tiki Bar. Motion approved 6-1.

Motion to approve A Great Fence to install a pedestrian gate only at the Blue Lake entrance and a pedestrian gate and fencing to the Peacock entrances not to exceed \$19,000. Motion approved 7-0.

Motion to approve the following residents to the Safety and Security Committee, Connie Bauer and Rudy Rognon. Motion approve 7-0.

Frank Meyo passed away on February 4th at the Artie R. Copas State Veterans Nursing Home in Tradition.

Thank you to everyone who sent cards, notes and donations, and to all who attended his celebration of life. I am especially grateful to our Cascades friends for your kind words and support. Frank truly enjoyed the many years he spent bowling with the Cascades Bowlers and writing articles about the weekly results.

I would also like to thank the Veterans and First responders Club for their special tribute to Frank.

Sincerely,

Bonnie Meyo and Family

Community Connections Committee

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

Our next meeting will be

May 6th

in the Ballroom room at 2 PM.

Please join us and share your thoughts and concerns

Florida Trivia

- 1 - Which Florida City is home to the world's largest collection of Art Deco Architecture?
 - a. St. Augustine
 - b. Jacksonville
 - c. Miami Beach
 - d. Fort Lauderdale
- 2 - Which of these Florida hurricanes was the deadliest in the state's history?
 - a. 1935 Labor Day Hurricane (Key West)
 - b. 1928 Lake Ocheechee Hurricane
 - c. 2004 Hurricane Charley
 - d. 1992 Hurricane Andrew
- 3 - Florida is home to more freshwater springs than any other U.S. state. Approximately how many springs does Florida have ?
 - a. 700 springs
 - b. 200 springs
 - c. 50 springs
 - d. 1,500 springs
- 4 - Florida's official state reptiles and state marine mammal are which two species?
 - a. Loggerhead sea turtle & Bottlenose dolphin
 - b. Eastern Diamond Back rattlesnake & Hump-back whale
 - c. Gopher tortoise and Blue marlin
- 5 - Florida produces over 70% of the United States crop of which fruit?
 - a. Apples
 - b. oranges
 - c. strawberries
 - d. Watermelon

Answers on page 25



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

We hope you enjoyed the April Board Meeting and the opportunity to welcome our new Board members. You may have noticed a few procedural updates, including a more formal approach to addressing one another and placing Good and Welfare at the

beginning of the agenda. These changes are part of the Board's ongoing efforts to conduct Association business in an efficient and respectful manner. The May 19th Board Meeting will be held at 7:00 p.m. in the Ballroom and via Zoom, listen in only.

Residents may visit the homeowner portal at portal.campbellproperty.com and follow the posted steps each Friday evening prior to upcoming Board meetings to review the materials. We encourage everyone to attend meetings either in person or via Zoom to stay informed and engaged in HOA matters. Your feedback and participation are always appreciated.

Your Management Team and Board of Directors continue to work hand in hand to address the important needs of our community. If you have questions or concerns, please reach out to your District Representative. Assigned Board Members will respond directly or connect you with the appropriate resource. And yes—we are always happy to receive compliments as well

You may have noticed an increased police presence within Cascades. The Association has been experiencing issues with trespassing, including individuals entering the community to fish or ride bikes. If you witness trespassing, please contact Port St. Lucie Police. For your safety, do not engage. If you are able to safely take photos, you may forward them to cascadesgm@campbellproperty.com, and they will be shared with authorities to assist with monitoring.

We are aware that state officials are currently reviewing legislation related to e-bikes, as this has become a widespread concern. We will continue to monitor developments and share updates as they become available.

Hurricane season runs from June 1 through November 30. We invite you to attend our Hurricane Preparedness Meeting in the Ballroom. Zoom details will be sent via e-blast prior to Wednesday, May 20th at 10:00AM Representatives from Juniper Landscaping, Tact Tech Security, Campbell Management, and your volunteer Hurricane Preparedness Team will be present to discuss roles, responsibilities, and steps you can take to prepare your home.

Lastly, I would like to extend a sincere thank you to Mr. Max Glickman for his two years of dedicated service on the Board of Directors. Max has contributed significant time and energy to numerous projects, including asphalt improvements, the library renovation, clubhouse functionality, the poker room, new security cameras, golf course enhancements, and ongoing support of the Campbell Management Team. His efforts have made a lasting impact on our community, and we are truly grateful.

Thank you, Max, for all that you have done.

Yesterday is history, tomorrow is a mystery but today is a gift.

That is why it is called the present.



**A Message from your
Association President,
Dean Pickara**

May has arrived, ushering in the start of our summer season here in the community. While some of our neighbors have traveled north to enjoy cooler weather, many of us remain to appreciate the sunshine,

beaches, and the beauty of our Florida homes.

This month, we will hold both a Board Workshop and a Regular Board Meeting. The Workshop is scheduled for **Monday, May 18 at 1:00 PM**, followed by the Regular Board Meeting on **Tuesday, May 19 at 7:00 PM**. Both meetings will take place in the Ballroom. The Board continues to work toward keeping meetings concise, with a goal of concluding within two hours. As a reminder, a link to the Board Package will be provided in advance. We encourage all residents to review the materials beforehand and direct any questions or comments to your District Representative prior to the meetings.

We would also like to provide an update regarding unauthorized individuals entering the community, particularly minors using e-bikes. We are actively working in coordination with the Port St. Lucie Police Department to address trespassing concerns. To date, more than a dozen individuals have been cited, primarily for unauthorized fishing in our lakes, and two e-bikes have been confiscated due to improper registration. Recent enforcement efforts included a police operation utilizing unmarked vehicles, drones, and bicycle patrols; however, inclement weather limited activity during that time. Additional enforcement efforts may occur in the future.

To help prevent misunderstandings, we ask all residents to ensure that guests - including grandchildren - wear the required guest wristbands at all times while in the community. This applies even when walking or riding bicycles. Our goal is to maintain security while avoiding inconvenience to authorized residents and their guests.

As mentioned in last month's message, we are exploring the creation of a community logo. We have already received two submissions and welcome additional designs from residents. Submissions will be reviewed at a future Board Meeting, where a final selection will be made.

Our landscaping team continues to monitor the health of our palm trees. Any trees identified as diseased will be tagged, and homeowners will be responsible for their removal. Please remember that Architectural Control Board (ACB) approval is required prior to removal; however, diseased palms are exempt from the September moratorium.

We encourage all residents to attend our Board Meetings and stay engaged in the ongoing efforts to maintain and enhance our community.

Thank you for your continued cooperation and support.



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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, 2025.

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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4. Navigate to Home Page Usage:
 - For single accounts: Click "Manage Alerts"
 - For multiple accounts: Click "More" → "Consumption" → "Manage Alerts" and repeat for each account.
5. Choose Your Notification Method:
 - Select email or text message for receiving alerts
6. Set Up Leak Alerts:
 - Click "Leak Alerts", then "Sign Up" to receive leak notifications
7. To set up option for consumption threshold alerts:
 - Click on "Consumption Threshold Alerts", enter your daily usagelimit in gallons, then click "Sign Up," or "Update"

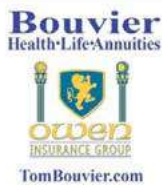


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EARLY CALL TO ALL ARTISTS –

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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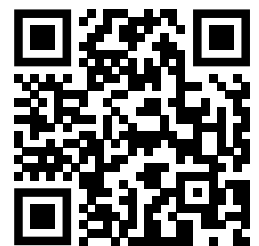
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The Artists at Cascades League

Artwork and Handmade Crafts

In 2026 Cascadians have new ways to participate in artistic expression!



Share your talent, learn new skills, and connect with your neighbors, both online and in person!


1. Share Your Art Online


2. Join Us In Person


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.
Resumes January 7,
2026.

Coming Soon:
Join our professional
Cascadian artist, Oscar
Vigano at
viganostudio.com
and do lessons at home.

and the newest categories:
modelling, authors, writers,
poets, video creators.

All forms of art are
welcome!

Helena Aves,
chairperson,
919-400-2677
helena.aves@gmail.com

ArtistsatCascades.com

Access **Beginning Lessons Online** with Oscar Vigano. Follow along with the lessons and submit your work afterward to receive personalized **Guidance and Encouragement!**

CASCADES

ENTERTAINMENT SERIES

2027 Second Season Ticket Sale

Tuesday, October 27 ~ In the Arts and Crafts Room

From 9:30 - 11 :00 AM

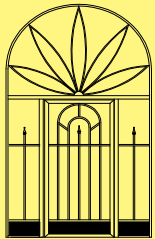
Price: \$140.00 for all 5 shows - What a bargain!!

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.



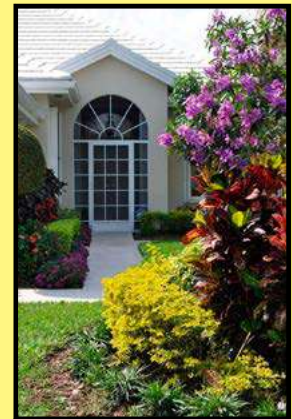
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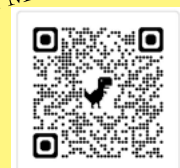


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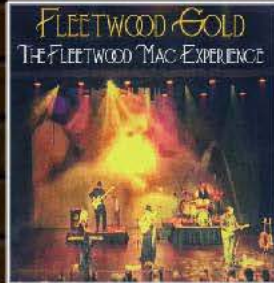


Jayne Curry
Sunday
January 10, 2027
8 pm

**BACK BY
POPULAR DEMAND!**

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

Join Us!



Fleetwood Gold
Sunday
February 7, 2027
8 pm

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

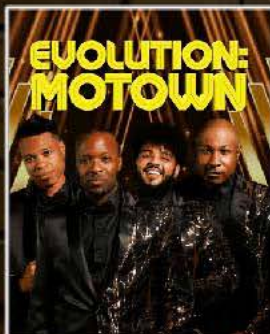
**Michael Harrison/
Jeff Norris**
Sunday
March 7, 2027
8 pm



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



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

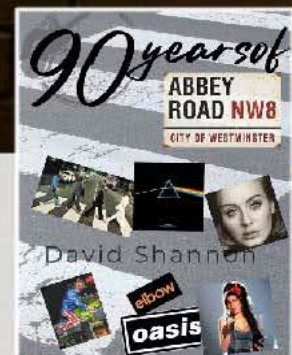


**Evolution:
Motown**
Sunday
February 21, 2027
8 pm

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

David Shannon
Sunday
March 21, 2027
8 pm

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



RESIDENTS VOLUNTEERISM

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 (mrs_jfooch@yahoo.com).

Ann Warren and her husband Joe moved to the Cascades in 2003. They enjoyed a relaxing retirement for a while but then Ann saw a request for food from Mustard Seed Ministries, a St. Lucie County non-profit that has been helping people who have fallen on hard times for many years. Not only did Ann donate food to the food drive; she also collected food from her neighbors. When she arrived at Mustard Seed with a car full of donations, she encountered Susan, who was in charge of running the food pantry and who was clearly overwhelmed. Ann stayed to help organize things and returned weekly to help. In time, when Susan retired, Ann took over the work in the pantry.

In time, Ann realized that Mustard Seed needed help preparing bags of food for their clients. She enlisted the help of Dave Kranz. They started going every Thursday to fill bags with food but she realized around the time of COVID that she had injured her shoulder and bagging was aggravating it so she stopped. However, her dedication to Mustard Seed Ministries has continued. She is well-known in the Cascades for collecting clothing and household items and furniture that are no longer wanted and delivering them to Mustard Seed. Over the years, she has been instrumental in helping to arrange for the donation of entire households to Mustard Seed.

In the meantime, Dave had become a regular in the food pantry at Mustard Seed and enlisted the help of some of his friends. This has become a weekly event for Dave and his four friends: Bob Steele, John Kline, Bill Rittaler and Jerry Mahon. Every Thursday morning, you will find the four men loading Dave's truck with 120 boxes of cereal donated by Dave and Bob and almost 200 packages of Ramen noodles donated by Ann and Joe. When asked why they are so dedicated to Mustard Seed Ministries, the men's answers all echoed the same theme.

Dave said that he feels that he has been very lucky in life, especially having won a \$1,000,000 lottery some years back. He said that he enjoys helping others and that he likes Mustard Seed for the variety of help they provide and the vetting process that their clients must go through. Bob replied that, once he retired, he had more spare time and he enjoys being able to give back to the community through his work at Mustard Seed. John has been a volunteer with non-profits for most of his life. He likes helping people and putting together bags of food for those in need suits his philosophy well. Bill believes that working at Mustard Seed is a good cause and a good fit for him. He likes working behind the scenes instead of at the front lines, working directly with clients. Jerry also has the desire to help those in need. The men all enjoy working together and each other's company.

Not allowing dust to settle under their feet, Dave, Bill and Jerry also spend time weekly at Treasure Coast Hospice doing administrative work. Hospice has large packets of information that they give to people who are interested in their services and the men put together these packets that are then distributed all over the Treasure Coast.

Both Mustard Seed Ministries and Treasure Coast Hospice always welcome volunteers. There are several different volunteer positions available at each location. If you are interested in finding out more about these organizations, go to their websites at mustardseedslc.org or treasurehealth.org.

In addition to the food pantry, Mustard Seed sponsors Sarah's Kitchen that provides dinners five nights a week, has hygiene kits available for the homeless, provides clothing, furniture and other household items for those in need, helps with rent, mortgage and electric bills and runs two thrift stores.

Treasure Coast Hospice has a veteran's program whose goal is to have a positive impact on end of life care for veterans, a music therapy program and a treasured pet program in which the pets of hospice patients are cared for by volunteers. They offer free grief counseling for anyone in the community, both individual and group support, and run Camp Good Grief for children ages 8 to 18 for those who have lost a loved one.

These five wonderful Cascadians are truly making a difference in their community outside of the Cascades and we should all be very proud of their contributions.

Please join us every Wednesday evening for a fantastic night of BINGO.
 Doors 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.
 Pizzas arrive at 5:30 PM and will be sold until 6:20 PM
 to allow volunteers time to clean up and play.



May Schedule:

Wednesday, May 6th -

Free Mother's Day/Father's Day Dauber with each package purchased

Wednesday, May 13th

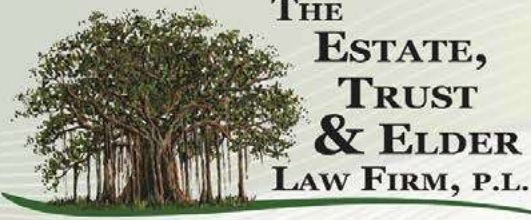
Wednesday, May 20th - Last night of BINGO for the Season

Please Note if you have any BINGO Bucks, you need to turn them in before the 20th of May.

We'll be back in the Ballroom on October 7th.

As always the BINGO Club thanks you for supporting your Cascades BINGO!!

If you have any questions, please feel free to contact Rhonda Gibula at 772-446-4889.



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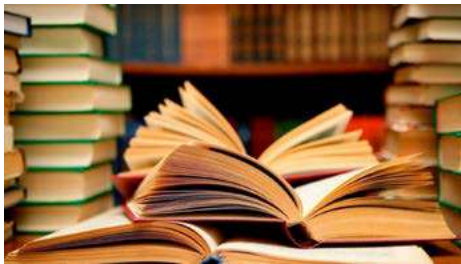
CLUB NEWS

Book Club News



The Cascades Book Club recently enjoyed lunch at Olive Garden with discussion leaders Sally Eisenberg and Judy Nappi.

Be on the lookout in the next Cascadian for a list of our upcoming selections for 2026-2027 (beginning Sept 2026) and readings for this summer too.



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 Bridge Club will continue to play twice weekly during the summer months.

Tuesday evenings at 5:45 PM in
Card Room 2.

Thursday afternoons at 12:45 PM in
the Ballroom.

Please join us if you would like to observe
our play and possibly join us in a game.

Questions: suzymccann361@aol.com



**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

Answers for Florida Trivia

1 - C, 2 - B, 3 - A, 4 - D, 5 - B

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May Men's Club Newsletter

By Tim Malone, Club Scribe

Presentation of the colors for our March meeting

Les Jenei presented the colors for the pledge of allegiance. He spent 3 years in the U.S. Army from 1959-1962, starting in Fort Dix and spending time in Munich, Germany. He was in the infantry as a machine gunner, did some photography and was honorably discharged as a specialist 4. Les also helps with coffee & donuts at our monthly meetings and gives a hand at every Golf Scramble each month.

March meeting speaker

The speaker for our meeting, Ken Shenkman, owns a Bulk Candy Store in West Palm Beach. He gave a very informative, sometimes funny presentation on the history of candy and kept everyone engaged with his expertise. His store provides 45-minute guided tours of his facility, for a nominal fee. There are group discounts available for 12-15 people. It appears to be a great place that the grandkids would really enjoy visiting. There were plenty of free candy samples that were provided and many of the members enjoyed them. More information can be obtained at BulkCandyStore.com/Tours or by calling 561-540-1600.

Ken's presentation was sponsored by Kim Grajcar, owner of CapTel (Captioned Telephone). These phones display in words (English or Spanish) what the caller is saying to someone who has a hearing issue. For those that qualify, the phones and service are free. For more information, please contact Kim Grajcar at 561-635-5325 or kim.grajcar@oelus.org.

March 12th golf scramble

There were 38 participants that formed 10 teams, consisting of 8 four-man teams and 2 three-man teams. The weather was good for golfing, even if it was a bit windy. There were 2 teams that finished at four under par and one team that finished five under par. The winning team #6 consisted of Darren Desiere, Dennis Darak, Carl Morante and Steve Bisacco. The closest to the pin on the 6th hole went to Phil Banashek at 6' 8".

Hot dogs and refreshments were served at the conclusion of the round. Special thanks to our helpers that set up, cook, serve and clean up afterward: Russ Buser, Darren Desiere, Deane Piekara and Les Jenei.

Presentation of the colors for our April meeting

Jim Siniscalchi was our flag bearer for the opening pledge of allegiance.

He was in the Air Force from 1957-1961 and was stationed in San Antonio, Texas before his honorable discharge as an E-5.

April meeting speaker

Vice President, Russ Buser, introduced Dr. Elhuni Shams to speak about overall health, nutrition, good eating habits and what effects they have on us as we age. She was very informative and stressed that we all should take care of our bodies, with exercise and healthy eating habits, in order to have a healthy heart for life. She also stated that processed foods contain chemicals that can cause cancers.

A rule of thumb for getting your proper daily amount of water is to divide your body weight in half and then drink that amount of water, in ounces, (Example 100lbs/2= 50 lbs, then convert to 50 ounces of water). It was recommended that we drink some water at least every two hours.

A balanced diet consists of carbs, vegetables and protein in moderation. Any kind of berry is beneficial, as well as bananas, if you like fruits. Dr. Shams states that Monk Fruit sweetener won't raise your glycemic index like other sugars and recommends it to people who are diabetic. She also mentioned that there is an Açai ice cream, for ice cream lovers, that will not increase your A1C numbers. It might be worthwhile purchasing some and try it out.

Presentation of check to the DAV Chapter 113 at our April meeting

A check in the amount of \$3,200 was presented by the Cascades Men's Club President, Vince Agro and our Vice President, Russ Buser, on behalf of Joe Carroll, the President of the Veterans and First Responders Club, who could not attend the meeting. The recipients, on behalf of the Disabled American Veterans Chapter 113, were Dr. Fernando Marrero, Chaplain and Manny Anon Jr., Adjutant.

April Golf Scramble

Unfortunately, due to all the rain, the golf course was closed and the scramble was cancelled. There were 44 participants ready to play, hopefully we will have better luck next month.

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

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

The Cascades Men's Club Presents

Island Night

Dance Party

Saturday, June 13, 2026 | 5:00—9:30 PM

Live Music by

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Bring Your Own
Food and Drink Event
Coffee, Water and Ice Provided

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Starting May 5th in the Arts & Crafts Room

Travel Club



35 Residents and friends made their way to Miami's Little Havana Culinary tour. The food was scrumptious and the drinks outstanding, the educational tour was one for the books!

Everyone was elated and even mother nature got into the act by providing a stellar weather day.

Matty Lucarelli



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Hello to all of our members. As the summer approaches, I know we are all ready to enjoy more pickleball. The First Friday events, the special Fun Day & 4Ps events, Fun Day events being set up by our Cascades Pickleball Professional (John Koahou), and the

Halloween event are just to mention a

few. Remember to utilize Court Reserve for all of your pickleball needs. This helps all of us know if the courts are being used at various times and prevents confusion. Regardless, if you play in the morning, evening or mid-day, the Court Reserve App is your best tool to use.

Pickleball offers significant cardiovascular, mental, and social health benefits, including lower blood pressure and improved cholesterol, but it is accompanied by a sharp rise in injuries like ankle sprains, knee strain, and fall-related fractures. Safe play requires proper court-specific shoes, consistent hydration, and a warm-up.

Injury Prevention and Safety Tips

Wear Proper Footwear: Use athletic shoes specifically designed for tennis or pickleball that offer lateral support to prevent ankle sprains.

Warm Up and Stretch: Always perform a proper warm-up to prepare muscles and joints for quick, jerky movements.

Use Correct Equipment: Select a paddle with the correct handle size to prevent tennis or golfer's elbow.

Listen to Your Body: Overuse injuries are common; take breaks and rest if you feel pain in your joints or muscles.

Hydration: Drink plenty of fluids to stay hydrated, especially in warm weather or, as often seen in Florida, where injuries are rising due to high activity levels.

The Many Benefits of Playing Pickleball

People who play pickleball regularly enjoy several benefits, including:

Improved heart and lung health: Playing pickleball elevates your heart and breathing rate, which helps keep your heart and lungs working effectively.

Improved balance: Getting into position to make shots requires moving around the court in various directions and orienting your body properly for swinging the paddle. Those actions help players develop and maintain good balance.

Better hand-eye coordination: Striking the ball effectively requires good hand-eye coordination, which is beneficial in other activities.

Improved brain health: Exercise has been shown to improve cognitive activities like processing information and remembering facts.

Stronger muscles and bones: Regular physical activity tones muscles. It also strengthens bones, helping to prevent osteoporosis.

Increased social interaction: Pickleball is a sport focused on fun and friendship. Connecting with others can boost your mood and improve your mental health.

Pickleball Risks

Like any physical activity, pickleball poses health risks. Players can injure muscles, tendons, and ligaments in ankles, knees, elbows, shoulders, and other joints. Falls can cause scrapes, abrasions, and even broken bones. Playing pickleball can also worsen existing conditions like arthritis in the knees or hips.

For many people, the benefits of playing pickleball outweigh the risk of pickleball injuries. You can lower your risk by taking precautions, including:

Stretching before and after playing

Avoiding “backpedaling” and the associated fall risk

Standing with your feet apart and knees bent in a “ready position”. That’s a good starting point for going after the ball

Keeping your body hydrated!!!

Pickle Tip by RSPA/Cascades Pickleball Professional John Koahou

“Making Good Returns”

The key to a good return of serve is to be balanced and low to the ground when it comes to your stance. The main objective is to make good contact with the ball in front of you and to transfer your weight into the ball right at contact.

The goal of your return of serve is depth so that you can get to the kitchen line before your opponents. The backswing should be minimum and the direction of the ball should be to your opponents backhand or down the middle of the court. Remember, time is the biggest factor on the court so a high return will buy you time and get you to the kitchen line much faster. So, make good deep returns and your game will see a return in points won.

... continued on page 33

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USA Pickleball Rules by RSPA/Pickleball Professional

“Players Readiness and Calling Out Scores”

Being ready for the serve is based on each player facing each other in the ready position prepared to play out the point. There are three ways to indicate to the server that you are not ready to start the point. One way to signal to the server is to raise your paddle above your head. The second way to signal is to raise your non paddle hand to the server. And the third signal is to turn your back on the server. All these signals must be exhibited before the score call and before the ball is live and put in play. Calling out the score is important and timed when all players are ready to play. In Doubles, the score must be called all three numbers: serving team’s



Ladder A League winners:
Ken Dickson, Bill Carten, Dave Shapiro



Ladder B League winners:
Larry Heck (not in photo), Vin McCann,
Max Glickman, No Name

score, receiving team’s score, then the server’s number. To start the game for example, the score will be called out as zero-Zero-two.

We would like to take this opportunity to thank the retiring board members, Ken Dickson, Alex Monseigneur, Manny Cannatella, and Cherie Montalvo for their contributions to the club as officers over the past several years.

We are looking forward to a fun year of pickleball and are already in the process of planning our annual Halloween party! See you at the

courts at our Fun Day Competition!

Looking forward to seeing all of you on the courts.

The Leadership Team

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



Special Events Club Volunteers Needed

The Special Events Club was created to bring new, fun, and innovative activities to the Cascades community.

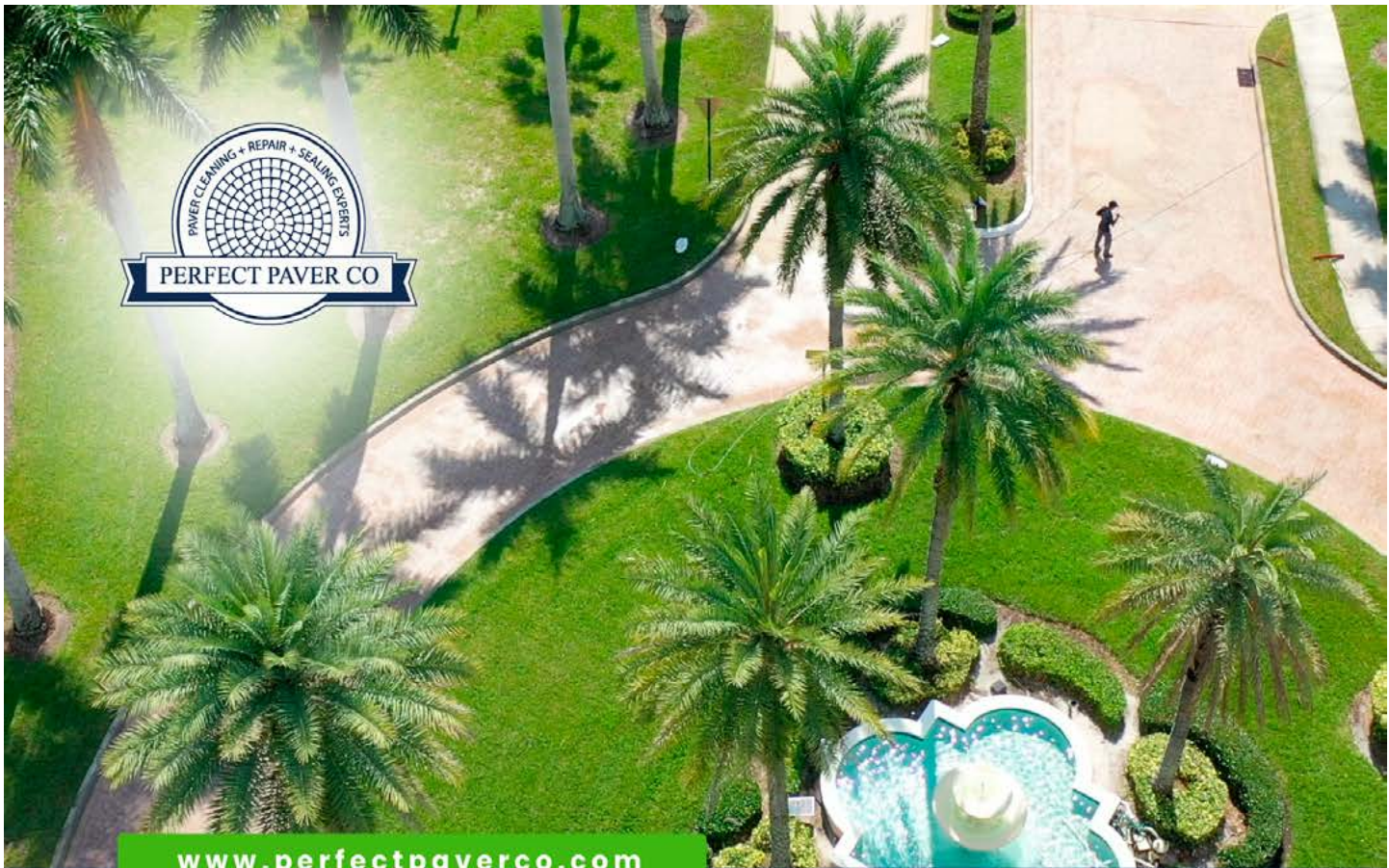
The club is open to all Cascades residents—there is no membership required, and everyone is encouraged to attend and enjoy our events.

To help make these activities possible, we are currently seeking volunteers who would like to be involved. There are many ways to participate, including selling tickets, assisting with event setup and breakdown, decorating, and helping with other event tasks.

Your support helps us continue offering enjoyable and memorable experiences for the entire community.

If you are interested in volunteering or would like to learn more, please email barbaradistrictone@gmail.com

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-Dominick Graci, Cascades Resident



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Serene Meadow Way



Scan me to watch a video of our team completing the front driveway at the Cascades entrance!

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May is upon us already and the 2026 winter tennis season is winding down. The last meeting was held on March 18, where Mike Trinchitella was welcomed to the Tennis Board. He will serve as secretary and Tom Pioro will take over the Treasurer position. A big thanks to Rick Peck as he finished his term as treasurer. Rick's hard work keeping our club finances in order was greatly appreciated.

The spring B-B-Q was held on Sunday April 12 and attended by nearly 90 members and guests. The delicious food was supplied by Florida BBQ and entertainment supplied by Boho Cowboy.

The ladies team finished their 2026 season on a good note and expressed their thanks to the great leadership under Therese Scharf and Veronique Shapiro. They also commented on the strong support given to them by our Pro, John K. They are looking forward to next season and hope to recruit interested players and build on their existing talent. Contact them if you are interested in joining the team.

Don't forget to join in on the Hit and Giggle, Saturdays and we will try to keep everyone posted on any upcoming events that John may plan for us. Remember new and experienced players are always welcome.

Sue Croke

Tennis Tip

By RSPA/Director of Tennis

John Koahou

"All Tennis Strokes Depend on Making Good Contact with the Ball"

No matter what tennis stroke you are learning and practicing with a partner or on the ball machine, the key to having a good tennis stroke is making sure you have good contact with the ball. This means seeing the ball hit the strings and watching the ball come off the strings. There is an old saying, "You can't hit what you can't see" and it is very true in your tennis strokes. The difference between professionals like Roger Federer, Rafael Nadal, and the average tennis player is that the top professionals never take their eyes off the ball when it comes in contact with the racket strings. The professionals see the ball hit the string and follow through their stroke even after the ball has left their racket. Some of the basic fundamentals that

I learned from my mentor back in Hawaii in 1993 when I was teaching high performance juniors was that basic word association can really help with a student's learning process. When you say a specific word, your muscles can actually produce the mechanics. Your brain is like a computer so when your muscles make a certain movement, your brain can correct that movement and make adjustments to correct that movement. The first specific word that I taught those juniors players was "BOUNCE" so they could see the ball hit the ground and specify the reaction. The second specific word was "HIT" so they could see the ball hit the strings and associate the connection of that contact. So, putting the two words together and making that contact connection will allow you to hit the ball with good contact. Just say the words Bounce & Hit and your strokes will have perfect contact.

Tennis Rule

By RSPA/Former USTA Florida Tournament Referee

"Who makes the Call on a Double Bounce"

I recently watched a ladies 3.0 tennis league match where a point was being played and a short ball was chased down by an opponent. The player made contact with the ball on the second bounce, and the shot went over the net. A question was posed by the opposing team that the ball was struck on a second bounce. The person who hit the ball also questioned the second bounce and asked the other team to confirm the call. What are the rules that surround a second bounce call by the player and the opposing team? The first rule pertains to the player hitting the ball on a double bounce. The rules state that this is a gentleman's call and can be made only by the player attempting the shot. That player cannot solicit the help of teammates or opponents when making the call on a double bounce. The judgment by the opposing team when the ball is returned over the net on a double bounce is to treat the shot as a playable point and return the ball until the call is made by the player hitting the double bounce. So, when you are running for a shot and the ball hits the ground for a second bounce you are the only person who can call a second bounce on yourself and give the point to your opponent. But if you feel that you hit the ball before the second bounce and the ball goes over the net, your opponents should continue playing out the point and return the ball and not assume a double bounce.



Memorial Day Facts

The history of Memorial Day in the U.S. is a little complicated. Arlington Cemetery is officially recognized as the first Memorial Day site. Despite this the U.S. Department of Veteran Affairs acknowledges over 20 places claiming to be the first to hold the practice.

The war between the Confederate States and the United States started on April 12, 1861, at Fort Sumter, Charleston, South Carolina. The main cause of the war was the constitutional principle that declined to recognize the southern states' right to secede from the Union.

Around 655,000 Americans died during the Civil War. The 4 -year old Civil War claimed the lives of almost 700,000 American soldiers. It is by far the highest casualty count for any war in American History, even surpassing the death tolls of World War 1 or World War 1.

Memorial Day was created because of the Civil War. Memorial Day was a response to the bloodshed of the Civil War, the lives that were taken, and its effect on the communities in the United States, The gravity of the losses suffered in the Civil War led to several spontaneous commemorations of the fallen.

Some believe that Abraham Lincoln was the founder of Memorial Day. Under the Lincoln administration, a cemetery at Gettysburg, Pennsylvania held a ceremony of commemoration at soldiers graves in 1863. Since this obviously precedes the official

declaration of Memorial Day in 1868, some believe that Lincoln may have initiated the practice.

Doylestown, Pennsylvania observed Memorial Day since 1868. For the same reason, Dolyeston, Pennsylvania holds the claim to being the oldest state to practice Memorial Day. However, records show that Rochester, Wisconsin, observed Memorial Day a year ahead than Doyleston.

Boalsburg, Pennsylvania also claims to be the birthplace of Memorial Day. According to local archaeologists, women in 1864 decorated soldiers' tombs in Boalsburg, Pennsylvania. Because of this, Boalsburg advertises itself as the birthplace of Memorial Day. However this data only emerged in 1904 during the publication of the History of the 148th Pennsylvania Volunteers.

Canadian Poet John McCrea introduced red poppies for Memorial DayThe practice of wearing red poppies on Memorial Day originated from John McCrea's 1915 poem "In Flanders Fields". Similarly, people in Canada, wear red poppies to honor its soldiers on Remembrance Day in November every year.

Each American takes part in the National Moment of Remembrance each year. The National Moment of Remembrance was created after a survey in the year 2000 revealed that only 26% of Americans know the essence of Memorial Day. even more, the younger generation mostly defined Memorial Day as the reopening of parks and swimming pools.

To clarify, the National Moment of Remembrance does not replace the event of Memorial Day. It's only a complementary observance in respect of the soldiers from around the world who sacrificed for peace and freedom of the United States.





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

March 26th marked our third annual VFBC tribute to our club and community Vietnam veterans. One hundred seventy-one loyal members, residents, friends and guests packed the ballroom to experience videos, songs of the Vietnam era, special guests and informative speakers.

The doors opened at 8:30 AM to war videos and songs depicting the gallant fighting men in various combat roles during the ten-year war (1965-1975). As the ballroom filled to capacity early, the American Legion Honor Guard 318 and dedicated members rolled in, escorting the fifteen valorous veterans from the Ardie R. Copas State Veterans Home in Tradition.

Seated guests applauded and shook hands as our veteran guests were rolled through the aisles to be recognized. Once again, we were fortunate to have our two honorary guests with us – Mr. Francis (Army), 102 years old, and Miss Virginia (Navy), 104 –both amazing and blessed. Special seating was arranged in the front of the ballroom on the dance floor.

The program began with the Pledge of Allegiance, National Anthem sung by our member Cathi Webster and invocation by none other than President Ronald

he didn't recognize, struggling to understand public rejection and trying to fit in. Afterwards, Russ Buser's comical description of the "slang" terms used in the war brought back lots of memories from half a century ago.

Featured speakers were Peter Pertrelis from Honor Flight, Mike Kiper and Brian Ford, Treasure Coast Veteran Organizer, Dr. Fernando Marrero from DAV 113 and Navy Seabee, Harvey Hagar, President of the Veterans Club at Aviva Assisted Living. The club recognized three passed-on community vets as their families were announced as well:(Gary) Ash, George Oestreich Sr. and Frank Meyo.

The program continued, furthering the honor to our vets with a special presentation of a 75-inch color TV to the Ardie R. Copas Vet Nursing Home. The TV will be placed in their Recreation Room for the residents to enjoy.

The final segment presented a video of the Vietnam Vets War Memorial in Washington D.C., followed by 50/50 and raffles. Congrats to the lucky winners! The program ended to the stirring strains of ."Proud to be an American" and "We'll Meet Again."

Special "thanks and appreciation" to event planner, club secretary, and photographer Marie Brogna for



Reagan. Robin Williams and Kate Smith once again joined the program.

Joe Carroll, President, highlighted the program segments to follow which included: a special tribute to our community's fifty-two Vietnam era vets, our twenty-three actual Vietnam vets, and an emotional 18-minute video which dramatized a 19-year-old boy being drafted and his indoctrination into the horrors of war. He came home a changed man, to a place



... continued on page 42



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Cascades Women's Club

Where Friendships Flourish



"MUSIC BINGO"

Music by 'Kiss by a Rose'

Join us on May 18, 2026, in the Cascades Ballroom. Doors Open at 6:00PM.

\$10.00 will be charged at the door.



Prizes will be awarded

**All Residents are Invited to Attend
Coffee, Hot Tea, Water and Cookies
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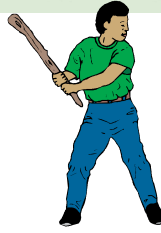
Reminder:

As always, your contributions of desserts are appreciated!

Sports News

CASCADES MEN'S GOLF LEAGUE

Rich Eisenberg



STICKBALL

By Rudy Rognon

MARCH 2026 PLAY

Now a year-round resident, veteran member Ron Quackenbush stepped up to the plate for his first time at bat as our March scheduler. Thanks for volunteering, Ron!

March 2nd – The Saints

A big turnout and a beautiful day were just the ticket for our kickoff to March golf. Scores pretty much followed a statistical bell curve (that IS what they are supposed to do!), with about the same number of plus and minus cards in each of the flights for today's every man for himself match.

Round of the day honors with +7 scores were shared by Vic Bertucci in the As along with Ken Virtuoso and Pat Smith in the C flight. Other notable rounds today included Jeff Ross at +6 and Ozzie Edwards at +5.

Vic Bertucci and Jeff Ross took first and second place respectively in the A flight, with Fred Gehron coming in third. There were quite a few horror stories being told at the other end of the big-hitter flight, but we'll refrain from pointing them out.

The B flight results had Ozzie Edwards for the win, with Pete Knoll in second place and Lloyd Torrey coming in third.

Ken Virtuoso and Pat Smith shared the checkered flag in the C flight, with Tommy Mattina taking third place.

The good weather attracted a lot of birdies today. Jeff Ross had a "trey" on his card, while Ron Ekstrom, Roy Neviraskas, and Ozzie Edwards each had a pair of circled threes. Pete Knoll, Phil Banashek, Lloyd Torrey, Vic Bertucci, John Blodorn, Pat Smith, Fred Gehron, Larry Belton, and Dean Hanson each had one.

Closest to the pin winners were Tommy Mattina on #7, Ron Ekstrom on #10, and Bernie Fischer on #16.

March 9th – The Saints

Two nice Mondays in a row...what's up with that? Not something we were going to worry about during a busy week in the CMGL, including the finals of our Annual Match Play Tournament, our Annual Dinner Dance, and – oh yeah, today's twosomes match by flight.

It was Roy Neviraskas and partner Tom Russian for the win with a combined +6 in the A flight – amazingly, the only twosome on the course today in which both individuals had "plus" cards. Ron Rider and a draw were one stroke behind in second place. Fred Gehron and Carl Morante tied with Brad Garceau with a draw for third.

In the Bs, Lloyd Torrey and Bob Palladino won the flight with a combined +2. Four pairs tied for second place, including Ron Quackenbush and Gary Lucarelli, John Kline and Val

... continued on page 41

March 7, 2026 - Twenty players showed up for our game. Alan Portnoy's Mets faced Max Glickman's Yanks,

A warm welcome to Kenna Leonhardt who played with us before moving. There was no scoring in the first inning. In the top of the second, Don Smith singled to center. Daren Desiere and Ron Polakowsky followed with singles to load the bases. Vin McCann followed with a hit; Dianne Skerry then laced a single to right for an RBI. Rich Fiederlein then singled in a run and the Mets led 3-0. There was no scoring in the bottom of the second or in the third inning. In the top of the fourth, McCann singled to center, Fiederlein then tripled for an RBI. Paul Zumbo got him home quick with a single and it was now 5-0 Mets. There was no scoring in the bottom of the fourth. In the top of the fifth, Polakowsky singled. McCann then doubled to center, his fourth hit of the game. Fiederlein then singled in a run, his third RBI of the game. Zumbo followed with a single, Smith singled in a run and the inning ended Mets 7 Yanks 0. In the bottom of the fifth, Pat Sacco doubled. Howie Bland then singled. Bob DePouli got an RBI hit and the Yanks were finally on the board. The inning ended 7-1 Mets. There was no score in the top of the sixth. In the bottom of the sixth, Janice McKenna singled, but her team could not get her home, and the game ended 7-1 Mets.

March 14, 2026 - Twenty-one players showed for our game. Alan Portnoy's Mets faced Max Glickman's Yanks. In the top of the first, Dianne Skerry singled. Howie Bland and Ron Polakowsky followed with singles to load the bases. Jim Durante (guest) and Rich Fiederlein both hit RBI singles and the Mets led 2-0. There was no scoring in the bottom of the first. In the top of the second, Jack Nisbet, Ted Samuelson and Polakowsky loaded the bases on singles. Fiederlein then hit an RBI single. Durante followed with an RBI hit. John Kenneally then cleared the bases with a long triple to center for 3 RBIs. The score was now 7-0 Mets. There was no scoring in the bottom of the second. In the top of the third, Pat Sacco got a hit and Samuelson got an RBI single. The score was now 8-0 Mets. In the bottom of the third, the Yanks could not score despite hits by Bob DePouli, Don Smith and Vin McCann. There was no scoring in the fourth inning. In the top of the fifth, Nesbit doubled. Portnoy followed with a double for two RBIs. Dianne Skerry followed with a single, her third hit of the game. Polakowsky then hit a double for an RBI, his fourth hit of the game. Fiederlein then hit a single for an RBI, his third hit and fourth RBI of the game. The Mets led 12-0. In the bottom of the fifth, back-to-back doubles by Paul Zumbo and Vin McCann scored a run

... continued on page 42

Tang, Wit Buckalew and Pete DeCiccio, and Bob Harper and Pete Knoll.

The C flight had a smaller than usual turnout today, but it was Ed Yoder and Jim Fitzgerald for the win with a combined +2. Three pairs tied for second place, 5 strokes behind... Jim Gleason and Uno Lausen, Harvey Levy and Steve Bisacco, and Joe Kokoszka with Kevin Cahill.

The birdie fest of last week was not to be found today. Roy Neviraskas and John Salazar had two each, while Fred Gehron, Brad Garceau, and Larry Belton put up one apiece.

Closest to the pin winners were Brad Garceau on #10 and Val Tang on #16. No one had a greenie on #7, so the prize pool will carry over.

2026 Match Play Tournament – It took four rounds and several “overtime” matches, but we finally have champions to crown. In the finals today, the A flight winner was Don O'Such 6 and 4 over Vic Bertucci. In flight B, it was Lloyd Torrey 6 and 5 over Bob Palladino. In flight C, things were a little closer with Ken Virtuoso finishing 2 up over Art Leishman. Congratulations to all the winners and the runners up!

2026 CMGL Dinner Dance – It was a sumptuous buffet dinner catered by Mandi's, with dancing to the Terri Hines Band, and good times well into the evening for the 84 folks who attended our annual Dinner Dance on Friday, March 13th, in the Cascades Ballroom. New members and their spouses were introduced, and all of the ladies present received gift cards to Zest Restaurant. Kudos to the CMGL Entertainment Committee for rolling with all the punches from the weather and the HOA to bring off a great party.

March 16th – The Saints

The proverbial March lion made it clear he wanted to stay around a little longer today. While large swaths of the country were being inundated with horrible winter weather, and flight cancellations were trashing spring break plans, fierce winds battered us here from wire to wire, holding down the scores for today's ABC+1 with all scores counting match.

Case in point, only one foursome out of 12 was able to break into the plus sphere. With Phil Banashek's round of the day +5 leading the way, partners Ron Quackenbush, Ken Virtuoso, and a draw joined him in the winners' circle at the clubhouse with a combined +2.

Runner-up honors were shared by two foursomes coming in 4 strokes behind. Carl Morante, Joe McCoy, Pat Smith, and a draw tied with Ron Rider, Tom Russian, John Kline, and Tim Yoder for the second and third place prizes. Coming in fourth was the foursome of Dave Bousquet, Val Tang, Ed Yoder, and Jim Fitzgerald.

Birdie scorers included Carl Morante, Roy Neviraskas, Tom Russian, Ed Kokoszka, Kevin Cahill, Uno Lausen and Art Flath.

Closest to the pin winners were Tim Yoder on # 7, Jay Keleher on #10, and Paul Zumbo on #16.

March 23rd – The Saints

That “Chamber of Commerce Weather” day we've been waiting for all season finally arrived, bringing with it a scoring bonanza for a bunch of the 46 golfers in today's field. Twenty-

eight guys met or beat their individual quotas, an overall performance level we haven't seen in a while.

Outstanding individual scorers included Pete Knoll and Rich Eisenberg, who shared round of the day honors with impressive +9 cards. Tom Russian came in one stroke behind the individual leaders with +8, while Bernie Fischer and Jim Linkowski each shot very satisfying +6 rounds.

The match of the day was twosomes in two flights, AB and BC.

In the AB flight, Tom Russian and partner Pete Knoll ran away with the title, scoring an astounding +17 combined. Jeff Ross and Rich Eisenberg had an otherwise strong +8 for second place, while Carl Morante and Ozzie Edwards tied with Jay Keleher and Lloyd Torrey for the third position.

In the BC flight, it was Bernie Fischer and Jim Linkowski for the win at +12 combined. Bob Harper and partner Ed Yoder tied with Harvey Levy and a draw for second and third place, while Steve Bisacco and Dan Gromko came in fourth.

Birdies were well represented in today's excellent condition. Brad Garceau, Jay Keleher, John Kline, and Fred Gehron each had two circled threes on their scorecards. Jim Blevins, Rich Eisenberg, Ozzie Edwards, Sal Schembre, and Dan Gromko each had one birdie.

Closest to the pin winners were Jim Fitzgerald on #7, Jay Keleher on #10, and Pete Knoll on #16.

March 30th – The Saints

As if to say “not so fast,” the March lion came back for one final roar as we finished a very busy month with strong, swirling winds out at The Saints. The scores were surprisingly good for such conditions, with 32 of 44 golfers meeting or exceeding quota, a result even better than last week!

Round of the day honors were shared by Ken Virtuoso and Brad Garceau, who both shot +6 rounds. Paul Zumbo also had a good day with a +5 card. For the rest of the pack, the match of the day was foursomes by flight, with the best three of four scores counting.

Brad Garceau, along with partners Joe McCoy, Jeff Ross, and Sal Schembre took the checkered flag in flight A with a combined +14, a full nine points ahead of Vic Bertucci, Daren Desiere, John Blodorn, and Ron Rider, who earned second place.

The B flight competition was much closer, with Ron Quackenbush, Vin McCann, John Kline, and Pete DeCiccio at 11 points edging out Bob Harper, Lloyd Torrey, Paul Zumbo, and a draw in second.

The C flight winners were Ken Virtuoso, Jim Linkowski, Harvey Levy, and Tim Yoder way out in front with 11 points, seven over Pat Smith, Tommy Mattina, Karl Cohen, and Jim Gleason.

Birdies were plentiful today. Brad Garceau had a staggering 5 on his card, while Don O'Such, John Salazar, Roy Neviraskas, Vic Bertucci, and John Kline each had two birdies. Jay Keleher had one, along with a rare eagle on the par 5 ninth hole. Dave Coulter, Sal Schembre, Ron Rider, Pete DeCiccio, Lloyd Torrey, and Tim Yoder also had one birdie apiece.

Closest to the pin winners were Joe Kokoszka on #7, Jay Keleher on #10, and Pete DeCiccio on #16.

... continued on page 42

Blast from the past

Here's a bit of CMGL nostalgia from ten years ago as reported in the Cascadian.

Week 21 of winter golf at the Saints on 03-21-16

The third round of the tournament was combined with a game of the day that was best 2 of 4 quotas in each foursome. We had 14 tee times and 51 players on a good day with a lot of wind. Either the wind or the toll of match play resulted in a big drop in birdies. Only two players made birdies, with Fred Gehron getting two and Gary Kingston getting one. The winners of the day were 1st place to Tom Swem, Rick Burt, Leo Collins and Don Maxwell and a tie for 2nd place to Earl Faria, Sam Coil, Don Olson and Paul Nappi, and Charlie Foster and Dennis Donahue. Tom Swem led all scorers with a +6, followed by Dave Wood, Nick Ismailoff, Art Flath, Tim Mygatt and Charlie Foster at +5. In the match play tournament, Jerry Rogak beat Carlo Ciampaglia 2up to win the A flight. In the semi-final rounds Rich Eisenberg beat Witt Buckalew 1UP in the B flight, Rich Girard beat Ron Becker in the C flight and Bill Barlowe beat Bill Whitemore 2&1 in the D flight. Pete McCann and Dennis Donahue had a buy in the C and D flights respectively.

CASCADES MEN'S GOLF LEAGUE

The Cascades Men's Golf League is a year-round club that plays on Monday each week. Our home course is "The Saints" on Morningside Blvd. in Port Saint Lucie. First tee time is 9:30 AM. Over the summer we play a variety of courses on the Treasure Coast. The club currently has about 100 members, of which approximately 60 play weekly.

ANNUAL EVENTS

Welcome Back Dinner

Dinner Dance

Members Appreciation Cocktail Party

Pitch & Putt Tournament on Site

Farewell Dinner



2024-2026 Officers If you would like to join or learn more about the club, please contact one of the officers.

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

Vice President --- Vic Bertucci 344-2447

Secretary --- Joe Kokoszka 871-8967

Treasurer --- Jim Gleason 402-709-1187

STICKBALL... continued from page 40

and avoided a shutout. There was no scoring in the top of the sixth. In the bottom of the sixth, the Yanks went quietly, and the final score was 12-1 Mets.

March 21, 2026 - Eighteen people showed up for our game. Max Glickman's Yanks battled Alan Portnoy's Mets. In the top of the first, Glickman, Fiederlein and Don Smith

all singled to load the bases. Bob DePouli and McCann followed with RBI singles. Jack Nisbet, Glickman and Barry Worshoufsky all had RBI hits and the Yanks led 5-0, as there was no scoring in the bottom of the first. In the top of the second, Fiederlein doubled. Smith then cracked a double to right center and the Yanks led 6-0. In the bottom of the second, the Mets finally scored. John Kenneally doubled, Ted Samuelson singled and Steve Depietro then singled in a run. The score was now 6-1 Mets. There was no scoring in the third, fourth and fifth innings, although there were hits by Fiederlein, Zumbo, McKenna, DePouli and McCann, Glickman, Smith, Portnoy, Depietro and Cliff Slater. After five innings, the score was still 6-1 Mets. There was no scoring in the top of the sixth. In the bottom of the sixth, DePouli, Zumbo and Slater singled to load the bases. Depietro singled in a run. The game ended 6-2 Mets.

March 28, 2026 - Seventeen players showed up for our game, including guest Manny and his nine-year-old son Yenuel. Alan Portnoy's Mets faced Vin McCann's Sox. In the top of the first, Portnoy and Chirs Hachem both singled. Manny hit a double for an RBI and the Sox led 1-0. In the bottom of the first, Ted Samuelson, Pat Sacco and John Kenneally all singled to load the bases. Don Smith then singled for an RBI. Mike Jarsky and Jack Nisbet both singled in runs and the score was now 3-1 Mets. In the top of the second, Max Glickman relieved Vin McCann as pitcher. There was no scoring in the second or third innings. In the top of the fourth, Bob DePouli, Ron Polakowsky and Barry Worshoufsky all singled to load the bases. Portnoy and Hachem both singled in runs. Manny then hit a double to right for two RBIs. The score was now 5-3 Mets. In the bottom of the fourth, there was no scoring despite hits by Yenuel and Pat Sacco. In the top of the fifth, there was no scoring thanks in part to a great catch by Yenuel off the bat of Portnoy. There was no scoring in the bottom of the fifth. In the top of the sixth, Hachem and Janice McKenna both singled. Manny followed with a triple for two RBIs. Daren Desiere then singled in a run. Polakowsky and Zumbo both singled. Then Portnoy singled for an RBI. The score was now 9-3 Mets. In the bottom of the sixth, the Sox went quietly despite another single by Yenuel. Final score: Mets 9, Sox 3.

VFRC... continued from page 37

research and development of this spectacular program!!

Please mark your calendar for the upcoming Memorial Day Tribute, May 25th.

The Executive Committee would like to give special recognition to VFRC Pres. Joe Carroll for his tireless work obtaining and securing the Federal/State approvals to be classified as a "Public Charity". The Club can now legally raise operating funds through raffles, 50/50 auctions and more. This designation now recognizes this club as a non-profit - tax exempt, Veterans group. 501(C) 3. Thank you Joe!

May 22nd is National Poppy Day this year. Americans have worn this poppy as a symbol of sacrifice since WW1. Join us in honoring their sacrifices."

Written and Edited by Joe Carroll & Marie Brogna



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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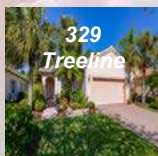


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Week 26 revealed some shining stars with these incredible high scratch games. Alex Monsiegnur started it all with a staggering 197 game! Woah! Larry Bannister and Les Vella both bowled tremendous 177 high games.

Colleen Giametta was one example of women's high scratch games when she scored an exceptional 161! Susan Guinta, only one point behind, landed a distinguished 160. Sherry Hasse, while babysitting two grandchildren, rolled a cool 156.

Week high scratch series were totally out there. After everyone waited patiently while Barry Karet measured the curve the ball made with a protractor, he seized a 542 series! (That's a little over three 180 games!) Tom Cucurullo, also a pro pickleball champion, heaved a riveting 495 series. Then we have Roy Neviraukas, I mean the guy is also one of the top 5 golfers in PSL, secured a magnetic 484 series.

High scratch games for women were not too shabby! Sharon Swan, who should actually be paid for this, ended up with a ravishing 479 series! She also has the highest women's average in the league as of now. Patricia Reynolds, cheered on by Tom, Ed, and Barb, leveled a sweet 404 series. Gail Winters who has the highest women's scratch series at 481, bowled a lovable 399 series.

If all this wasn't enough, Kathie Bowman, after Maddie Carrol told her what to do, got the 6 7 9 10 split which looks like this. || ||

It is one of the most difficult splits in bowling and you rarely, if ever see it made. Very nice Kathie! We all went nuts!

Week 27 was way too much when it comes to high scratch games. Bob Hasse, who chases moles around the golf course, smashed a monster 204 game! Holy Moley! Les Vella who keeps the whole league under control, bowled a 181 game. That's huge! Tom Occhio-grosso, "The Legendary Lefty" as we like to call him, heaved in a prime 170 game!

For the women, Colleen Giametta, after Gary gave her some unwanted advice, bowled a precise 149 game. After Roy spun Dianne Neviraukas around 8 times, she bowled a proper 147. Patricia Reynolds, another limitless lefty, casually bowled a super 142 game. These women are unreal!

This week's high scratch series were startling. Tom Cucurullo, a vital member of the first-place team, bowled a breathtaking 530 series. Roy Niveraukas, while simultaneously arranging a song list, bowled a wondrous 522 series. He didn't use his regular walk-up; he demonstrated the stroll dance for all. Larry Bannister, while socializing with the entire league, managed a very moving 461 series.

There was no shortage of women who attained high scratch series and here they are. Sharon Swan smashed a brutal 466 series. She might look sweet but.....! Young Melvin wasted no time belting out a remarkable 444 series. She later played that number on a lotto ticket! Barbara Muselli, while not playing cards or bocci, managed to bowl a dramatic 440 series! Rolling Legends remain in first place with only two more weeks to go! Stay tuned!



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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

May

Jim Adams.....1	Tammy Bousquet.....7
Nick Centola.....3	Marie Winters.....8
Sharon Ginsburg3	Mary Ann Evensen.....9
Robert Rubin.....3	Dennis Tarkington.....9
Roger Elowitz4	Tony Dil.....10
Jimmy Siniscalchi.....4	Rhonda Gibula.....10
Rae Tucci5	Paula Siegel.....11
Gigi Yeager5	Maria Cannavo12
Sandy Cherry6	Christine Hutton.....12
Margaret Glickman.....6	Pat Murgolo.....15
Pat Lunt Erickson.....6	Phyllis D'Amore.....16
	Debby Worshoufsky.....16
	Sharon Chapman.....17

Burton (Bud) Sorensen.....17
Geri Bonem.....19
John Brodzinski.....19
Pat Provencher.....19
Rich Salas.....19
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Names: _____

Address: _____

Birthdays (please put name with date): _____

Anniversary: _____

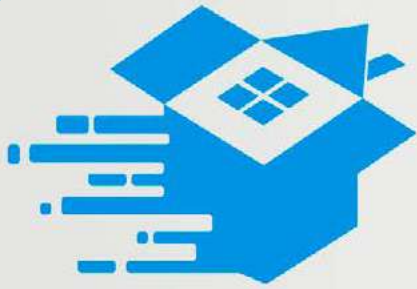
*Remember, we cannot print what we do not know. You only have to do this once.
We will make a list and use it each year.*

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