

# THE REPORTER



While the President's Report is inside, these are important and deserve

## Front Page News!



**Clubhouse Celebration Dinner Dance is**

**January 13<sup>th</sup>, 2024 from 6 TO 10 PM**

There are a few tickets left. If you have not gotten yours, please contact Kate to purchase tickets.

Mainlands 4 residents are half price. More on page 3.

**Community Yard Sale Saturday January 20th from 8-2**

Many residents are planning a community yard sale on January 20th. We did one last year and many people had a great time and earned some money! You can too! More on page 4.



## Important Reminder!



Bulk trash does not go out until **Sunday evening**. Some people are putting out bulk items and debris during the week and it sits until a Monday. This should not be. Our Documents state that it cannot go out until Sunday evening, so please follow the rule to keep our community looking well.

## Civic Meeting!

This month we begin Civic meetings again. Civic meetings are held in January, February, March, September, October and November. Everyone is also encouraged to attend our Board meetings.

This month's Civic Meeting is the 17th at 7 pm.



## President's Report

Happy New Year! It is with ambivalence that I am stepping down. I love you all and love helping this community. It has been my honor and privilege to assist this community. But life has a way of getting very busy at times, and self-care is very important. As I said last time, I'll still be around, but I am sure Claudia Stoner will be quite competent in holding the reins.

As a recap of what has been happening, there has been a lot done and more in the works. We should have our security cameras installed inside and outside the Clubhouse within the next week or so. It is scheduled for January 16<sup>th</sup> and should be up and running soon. That will help, especially when people have hit the posts or overhang in front of the clubhouse.

New pool heater/cooler units for the pool should be going in within the next week or two. I was able to sell our current units to Mainlands 1 & 2 for \$4500 to defray some of the cost. We needed new filter units as ours cracked and were too old to purchase new parts. We also needed an OSHA approved chemical container. These have been replaced costing \$5,540. A new sump pump will also be installed soon, which is necessary because of flooding of the pump house.

Another thing we have recently done is to purchase a house in our community. We have two investors interested in purchasing it from us, so we hope to make a significant amount to put in our Reserves. That money may be able to go toward the new windows and patio covering for the Clubhouse.

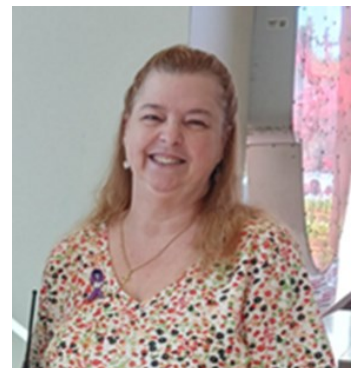
Speaking of the Clubhouse, I think that might be my biggest accomplishment to help this community. We own it! It's so nice to say that! I hope you will be celebrating with us at the Dinner Dance on the 13th. It promises to be a great time!

There are so many other things that have been accomplished during my tenure and I have tried to keep you updated as we went along. I believe communication is key, hence the email notifications when necessary. So, let me just say, I hope you have seen some improvements in the way things have been done. I am confident the new Board will carry on this tradition of openness and transparency.

Should you have any questions or concerns, please feel free to contact me! I'll be around.

Again, my prayer for you is a peace-filled new year! Oh, and my word for this year? Gratitude.

So, with gratitude, *Kate Johnson*



# Clubhouse Celebration!

We are so excited (at least I am) to finally have our Clubhouse Celebration! This will be a night of dinner, dancing, and downright fun!

It has been a long time coming... around 50 years long! It is great to own the Clubhouse and be able to enjoy the accomplishment that we all contributed toward.

Won't you join us in the momentous occasion?



**Entertainment/DJ will be provided by Ed Horowitz**

## **Menu includes:**

Chicken Parmesan, Eggplant Rollatini, Baked Ziti, and Garlic Rolls

catered by



Rolls and Salad

Dessert Cake

Coffee, Tea, Soft Drinks, and Water Provided

**There are a few tickets remaining so reserve yours now.**

Residents \$10 (half price)

Guests \$20

If you have not reserved a ticket, you may do so by emailing

[katejohnsonms4@gmail.com](mailto:katejohnsonms4@gmail.com) or by text of phone at 305.490.1778.

It will be a great celebration of fun, friends, and food! Won't you join us?



## Community Yard Sale



**Saturday, January 20th from 8 am to 2 pm**



**Homes in our community will be holding yard sales in their front yards.**



Why not join in? Feel free to add signs pointing to your house.



If you don't want to have tables in your yard, please visit other neighbors and see if there is something you might like! Neighbors helping neighbors!



***Save the Dates!***

***Mainlands 4 Civic Dinner Dances on***

***February 24, 2024***

***And***

***March 16th, 2024***

***More information will follow so be sure to keep a look out.***



## 2024 Board of Directors

**Should you need anything, please contact the appropriate person. If there is a sprinkler or lawn issue, please call the maintenance line at 954.733.3009 and leave a message.**

- |                    |                           |                        |                     |
|--------------------|---------------------------|------------------------|---------------------|
| • Claudia Stoner   | President                 | CStonerms4@gmail.com   | 954-246-4956        |
| • Cynthia Baker    | Vice-President            | Cgbmls4@gmail.com      | 954-319-5587        |
| • Sandra Sanders   | Secretary                 | Ssandersms4@gmail.com  | 954-439-5440        |
| • Paul Moore       | Accounts Receivable       | PMoorems4@gmail.com    | 954-254-4559        |
| • John Kilbane     | Accounts Payable          | JKilbanems4@gmail.com  | 754-252-7205        |
| • Andrean Robinson | Civic Treasurer           | KRobinsonms4@yahoo.com | 954-246-4956        |
| • Mario Orta       | House Chair               | MarioOrtaML4@gmail.com | 305-613-3169        |
| • <b>Vacant</b>    | <b>Maintenance Chair</b>  |                        | <b>954-733-3009</b> |
| • Sheriza Waith    | Social & Recreation Chair | Swaithms4@gmail.com    | 954-907-2395        |

**Remember, Board Members are all volunteers who serve to assist our community.**

**Jim Cogswell**

**Librarian**

**954 999 5464**

**Office / Maintenance Number: 954.733.3009**

**Office emails: [mainlandssec4interview@gmail.com](mailto:mainlandssec4interview@gmail.com) | [mainlandsms4@gmail.com](mailto:mainlandsms4@gmail.com)**

**Website: [www.mainlandssection4.org](http://www.mainlandssection4.org)**

### ***Where can you serve?????***

If you do not feel called to serve on the Board, there are other areas to serve. At the beginning of each year, all committees are reappointed and positions filled. Where can you help your community?

These are some of the committees on which people can serve:

**Social (to help plan and carry out functions)**

**Maintenance / Architectural**

**Publicity (which includes Block Captains who are needed)**

**Fining and Suspension (to hear appeals to fines, meets monthly)**

**Hurricane Preparedness (helping neighbors who need it when a hurricane approaches)**

**Clubhouse (helps prepare or assist when needed)**

**Documents Committee (Bylaws, Declaration of Restrictions, Rules and Regulations)**

If you are interested in serving, please let the Chair for that committee or the President know and your name will be brought to the Board for consideration and appointment. If you can think of other committees that will help our community, let us know.







## Making Smart Goals

I thought I would write and touch on a topic we have all struggled with – scratch that – that I have struggled with. Keeping and achieving goals.

Each year we make resolutions, break them, get mad at ourselves, try again, and then, often, give up. Why do we do that? Often, it is because our resolutions are unrealistic. Here's the thing about goals. They need to be SMART. What are SMART goals? I'll explain. Often my counseling clients want to set goals that are too hard to accomplish easily and then they pile more guilt on themselves for not completing them. However, there is a better way, make them SMART! SMART Goals are:

### **Specific — Measurable — Achievable/Attainable — Relevant — Time-sensitive**

Let's take a goal of losing weight in 2024. Sounds good, except does it fit the criteria we set? Not really. Let's break it down.

**Specific** – there is a saying that if you aim at nothing, you'll hit it every time. We need to be specific. For instance, losing weight is an ok goal, but losing 10 pounds is better. Why? Because it's specific.



**Measurable** – adding the “10 pounds” makes it measurable. Can you tell if you lose 10 pounds? Can it be measured? The answer is yes.

**Achievable/attainable** – is losing 50 pounds easily attainable? Probably not because that is a lot to lose in a short amount of time, which is what you want, progress you can see. So, while 50 pounds might be unachievable in 3 months, 10 pounds might be. The average weight loss to be healthy is one half to one pound per week, no more. As you are eating healthier, you might find weight coming off easily at first, then it slows down. So be sure your goal is something you feel you can achieve.

**Relevant** – now let's take that 10 pounds and see is that relevant for you? If you are already underweight, obviously not. But if you have health issues and losing weight would help, then it is relevant to you.



**Time-sensitive** – each goal should have a time table attached. Why? Because if your goal is 10 pounds, by when? Next year? Next month? Six months? A time table helps keep you on track.

So, instead of lose weight in 2024, our goal is now to lose 10 pounds by April 30th, 2024. SMART.

Maybe your goal is to call 3 friends each week, or walk around the block 3 times a week. It is better to have goals that are realistic (attainable) because if you say I'm going to call a friend a day, or read my Bible every day and you fall behind, you are liable to give up. Instead I recommend choosing 2 or 3 times a week for starters. You can always adjust your goals as you achieve them.

Hope this helps! My goal as I start the New Year? Get my book, *Healing the Broken Places*, on Amazon by June 1<sup>st</sup>, 2024. It's a SMART goal. Now that I've said it I need to accomplish it, right?

Warmly, Dr. Kate Johnson

Licensed Mental Health Counselor

### ***Do we have your email????***

If not, please send it to us as we try to send out notices of special issues or activities that occur, sometimes between newsletters, so that communication to the entire association is enhanced. Email addresses can be sent to

[PBushnellms4@gmail.com](mailto:PBushnellms4@gmail.com)

## **SMART** GOALS

**S**PECIFIC  
Plan effectively with specific targets in mind. 

**M**EASUREMENTABLE  
Track your progress and reevaluate along the way. 

**A**TTAINABLE  
Set realistic goals that are challenging but achievable. 

**R**ELEVANT  
Ensure the goal serves a relevant purpose. 

**T**IME  
Specify a deadline, monitor progress and reevaluate. 

### **Volunteers needed!**

If you are willing to help, please contact Mario at 305-613-3169

**We want to hear any ideas you have for future events. Are you willing to host and plan a dinner dance? A BBQ?**

**How about a game night with dessert! (Bring your favorite)**

**Or maybe an outdoor game night? We have croquet, corn hole, and others. Maybe a BBQ to go with it?**

If you would be able to help with any event or have any ideas, please call

Sheriza at 954-907-2395 or by email at [SWaithms4@gmail.com](mailto:SWaithms4@gmail.com).

If you have NOT completed your New Emergency Contact Form, please complete this page and leave it in the Maintenance Mailbox. Thank you.

## Emergency Contact Form

Mainlands 4 Civic and Recreation Association  
4630 NW 46 Ave, Tamarac, FL 33319  
954.733.3009

### OWNER INFORMATION AND EMERGENCY CONTACT FORM

OWNER CONTACT INFORMATION			
Property Address:			
Owner 1:		Signature	
Email:		Contact #	
Owner 2:		Signature	
Email:		Contact #	
Owner 3:		Signature	
Email:		Contact #	
Owner 4:		Signature	
Email:		Contact #	
EMERGENCY CONTACT INFORMATION			
Name:		Contact #	
Email:			
Relation-			
Name:		Contact #	
Email:			
Relationship			
<p>Pursuant to Florida Statute (Section 718.111(12)(a)7), homeowners must consent in writing to receive electronic transmission (email) from Mainlands 4 Civic and Recreation Association, Inc., therefore, <b>by my signature(s) above</b>, I/we give permission for Mainlands 4 Civic and Recreation Association to send but not limited to meeting notices, assessment invoices, enforcement notices, late notices, newsletters, and any other electronic communication furnished by the Association.</p> <p>I would like to receive the newsletter by Email _____ or Hardcopy _____ (check one)</p> <p>I also give permission for authorized persons of Mainlands 4 Civic and Recreation Association to contact the person(s) noted above in the event of an emergency.</p>			
Date:			





We were also grateful that the many cars are no longer parked in the road as it would have caused a great delay.

**Can you imagine if this happened during the night with cars parked up and down the road????** The houses around might have caught fire waiting. Thank you for moving your cars.

**A big thank you...**

...to **Tamarac Fire Rescue** for their quick and professional handling of a house fire in our community.



**Another thank you to**

**Tamarac Fire Rescue** who is scheduled to install smoke detectors at the Clubhouse on February 7th!

This will be free of charge due to a special program in conjunction with the American Red Cross.

**Our deepest gratitude!**



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**cgboffice@comcast.net**

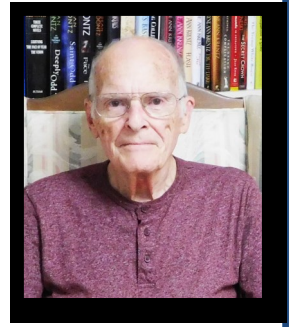
## FROM OUR LIBRARIAN JIM COGSWELL

Our library is filled with many novels by excellent writers, too numerous to list. There are many books that will meet someone's taste, from historical novels to science fiction to crime dramas. There are many espionage novels, too. All for your enjoyment.

In addition, there are many puzzles that you can take home, complete, and return. Just try not to lose any pieces! For us puzzlers, there is not much that is more frustrating than completing a puzzle only to find it's missing a piece. Would you agree?

If you have any suggestions for our library, please let me know.

Have a great new year and happy reading! Jim Cogswell



### ***Those We Lost...***

*We mourn for the friends, family members, and with the families of our lost neighbors. May we remember them fondly, with love and prayers.*

### ***None we know of...***

***'Our hearts will be full forever with the beauty of what remains...'***

***Steve Leder, The Beauty of What Remains (I commend this beautiful book to anyone grieving—Kate)***

***... IF WE MISSED SOMEONE PLEASE LET US KNOW.***



## **WELCOME TO THE NEIGHBORHOOD!**

***Danilo Beltran 4632 NW 45th Court***



### ***Please don't forget...***

*If you have sprinkler and landscape issues, please call the maintenance line at **954.733.3009** and leave your name, address, phone number, and issues (such as my sprinklers on the left side are missing heads. No need to put out flags, just leave a message. Work orders are created from these messages.*

## Weekly and Monthly Events

### Free Tuesday Morning Coffee

Tuesdays from 8—9 am

This is a free social event in order to expand community and friendships. You can sit and chat or get a cup to go. Mmmmm coffee!



**Board Meetings**—2nd Thursdays @ 7 pm (this month January 11th)

**Civic Meetings**—3rd Wednesdays of some months @ 7 pm (this month January 17th)

**Book Club**—meets the 3rd Thursday of each month at 2PM at Mainlands 1-2 annex building and will begin on December 21, 2023 to allow participants time to obtain and read the book "The Book Woman of Troublesome Creek." Please contact John Kilbane at any time to obtain a copy of this book 754-252-7205 or at [john\\_k61@yahoo.com](mailto:john_k61@yahoo.com)

To reserve the Clubhouse for private use, please contact Mario at MarioOrtaML4@gmail.com or by phone to make arrangements. Rental Agreements are outside the office.

### Upcoming Board Meeting Agenda (not an exhaustive list)

- ◆ Updates on Pool Heater-Cooler Units
- ◆ Updates on Other Pool Issues and Replacements
- ◆ Update on Clubhouse Cameras
- ◆ Update on purchase and sale of house
- ◆ Smoke Detectors for Clubhouse



Please plan on attending and having your voice heard. This is your community and you have a say in what happens.



*"I wish it need not have happened in my time," said Frodo.*

*"So do I," said Gandalf, "and so do all who live to see such times. But that is not for them to decide. All we have to decide is what to do with the time that is given us."*



— J.R.R. Tolkien, The Fellowship of the Ring



### **RESIDENTS' CLASSIFIED**

Residents may advertise items for sale or donation in a classified sized ad at no charge.

Please have your ad to Kate at the HOA Civic Meeting or emailed to her by that date to make it into the following month's Reporter.

### **ADVERTISING RATES FOR THE REPORTER**

Residents may have one month free for a business card size ad

SIZE:		MONTHLY	ANNUALLY
Business Card	Resident	\$10	\$ 80
	Non-Resident	\$12	\$108
Quarter Page	Resident	\$18	\$162
	Non-Resident	\$22	\$198
Half Page	Resident	\$35	\$315
	Non-Resident	\$40	\$360
Full Page	Resident	\$70	\$630
	Non-Resident	\$75	\$675

Please have your ad to Kate at the HOA Civic Meeting or by email (katejohnsonms4@gmail.com) by the third Wednesday of the month to make it into the following month's Reporter (check payable to Mainlands Civic Association). Thank you.

My story is filled  
with broken pieces,  
terrible choices,  
and ugly truths.  
It's also filled with a  
major comeback, peace  
in my soul, and a grace  
that saved my life.

[www.stevemaraboli.com](http://www.stevemaraboli.com)



George W. Johnson  
Realtor ®

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**Cell: 954.536.8459**

Office: 954.545.5583

Fax: 888.972.1653

**GeorgeWJohnsonRealtor@gmail.com**

***Your Friendly Mainlands neighbor!***

When I list your house,

I show your house!

***Your home. My priority.***



Scott Mangione

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