

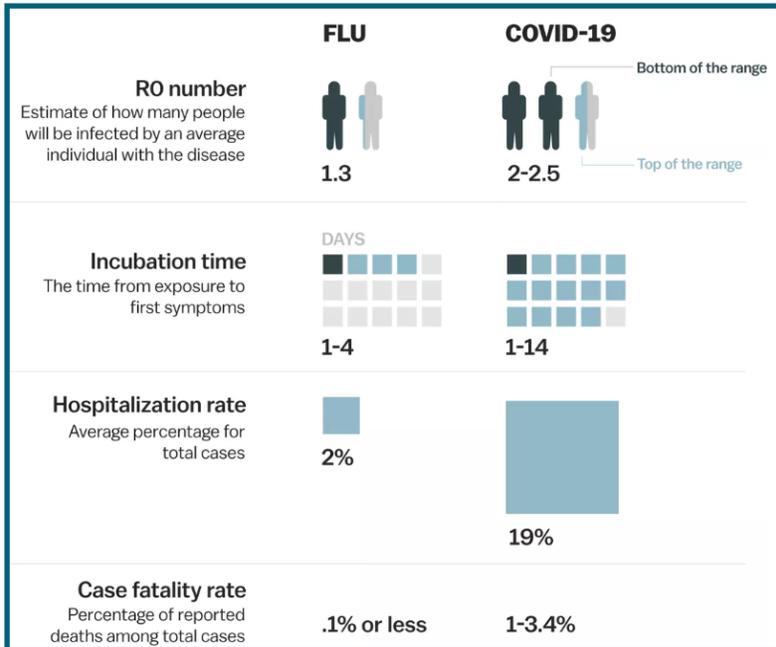


A MONTHLY PUBLICATION OF MWFPOA , PO Box 77-1896—OCALA, FL 34477

Different Times Call for Different Measures

To quote Dr. Tom Frieden, former director of the US Centers for Disease Control and Prevention and former commissioner of the New York City Health Department, “Different times call for different measures.” With normal activities seemingly being upended for all of us, we are seeing both the worst and the best of people. Fortunately, I have seen a lot of the best as people reach out to help one another, distribute helpful information, share a joke to ease the tension with some healthy laughter, and just treat one another with increased care and concern.

To be sure, we still have a long way to go before we work our way through this pandemic, but we can actively do our part, while making the most of the situation. Remember that Covid-19 is worse than the flu because it is more contagious, more deadly (particularly for older people), and has a significantly greater potential to overwhelm our healthcare system, as illustrated below.



Sources: CDC, WHO, NCBI

continued on page 6

Upcoming Events

Board Meetings

April 2, 2020

May 14, 2020

Association Meetings

May 21, 2020 elections

Minutes are posted on the website after all Board and Association meetings:
www.mwfpoa.com

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PRESIDENT'S MESSAGE

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Hello Neighbors—

I hope this finds you healthy and well. It seems that another storm has blown through Florida and Meadow Wood Farms (MWF). This time, it isn't a hurricane. I'm very proud to see that the MWF community has stepped up to the challenge as usual. We bought our supplies and have hunkered down. Our MWF1 email group and our Facebook page have provided a wealth of information, as well as neighborhood support and contacts. Your Board has continued to pay the bills and address any of the property duties that have arisen. Sadly, we had to cancel the Meet and Greet, but think how happy we will be when we can "Meet and Greet" our neighbors again when this blows through. We can even share all those "war stories" of how we survived!

Don't forget to check our website (www.mwfpoa.com), which is an important source of information, including an excellent section on emergencies and contacts. There is also a section called "Phone a Friend," which was started by resident Elaine Hager. This would be a great time to check on a neighbor to see how they are doing. Elaine and other neighbors have volunteered to pick up groceries and run errands, if necessary. You might give her a call and volunteer (352-873-1951). Elaine is a great example of volunteering for our community. She's been here in MWF for many years and is a knowledgeable resource. She has also been one to consistently step up!

Hopefully, we will see everyone at the General Meeting in May. We are still looking for someone special to fill the President and Vice President positions. Normally, the VP fills in as the next President, but work demands have made it difficult for our VP to continue. We also have several committee positions available. You can call any member of the Board for more information. Giving of your time is the greatest gift of all and truly appreciated by neighbors in our wonderful community. Stay healthy,

Leslie Pope-Hall
President MWFPOA

Officers of MWFPOA

President	Leslie Pope-Hall	352-861-3292	BLCTIE@aol.com
Vice-President	Heidi Boynton	253 347-3573	Heidi.boynton8@gmail.com
Secretary	Karen Reade	622-2030	at20146@earthlink.net
Treasurer	Lisa Yanes	291-0509	stokey@cfl.rr.com

Committees

Control	Chair: Elaine Hager Zach Zachary Dale Kennedy	857-4825
Directory	Chair: Toni Kimball	861-4934
Membership	Chair: Herb Albritton	954 260-2233
Newsletter	Chair: Sydney Smith Dorothy Henry	MWFPOAnewsletter@gmail.com
Parties	Chair: Connie Story Sandy Mollberg Dave Kane	369-0809 861-9622 509-7754
Refreshments	Chairs: Janice & Art Eide	861-8883
Sunshine	Chair: Jennie Adams	854-1914
Welcome	Chair: Lee Albritton	954 260-2223

Community Matters

Have you noticed that we don't have lines dividing roadways in our community? We are more or less a one-lane neighborhood, which requires all of us to be courteous and thoughtful of everyone using our roads. And our speed limit is 30 miles per hour for a reason!

We have joggers, horseback riders, bikers, power walkers, and dog walkers. And ALL are due our thoughtfulness and respect. If you encounter someone walking, jogging, bike riding, or horseback riding, and there isn't any oncoming traffic, just slowly and considerately go around them. Please don't force them off the road. There is plenty of room for all of us.

While MWF roads are not specifically State-approved for golf carts, areas to be aware of include the following:

- ◆ Golf carts can be operated between sunrise and sunset.
- ◆ Operators must be at least 14 years old.
- ◆ Max speed is 15 mph on roads with posted speed limits of 35 mph or below.
- ◆ You are personally responsible and liable for any issues involving your golf cart.

Yes, there are official rules, but respecting and protecting our residents is a priority. The Control Committee has no jurisdiction and has no interest in governing the actions of individuals who reside here. Our only interest is in helping to maintain and uphold the Deed Restrictions and By-laws, which govern the general welfare and integrity of our community.

Sunshine Report



If you are aware of someone who could benefit from receiving a card, please notify Jennie Adams at 854-1914.

Meadow Wood Farms Website

www.mwfpoa.com

If you live alone, you may want to be in contact with a neighbor on a daily basis, as a sort of virtual health & safety check. You can arrange with a friend on your own to call or text each day or, if you would like to be put in contact with a neighbor, complete the Phone A Friend form, found on our website.

- ◆ Phone A Friend Emergency Info Form: From main page, click on **Phone A Friend**
- ◆ The newsletter is available in **color** on our website: From main page, click on **Newsletter**, and then select the month

To join the Meadow Wood Farms email blasts and conversation, send a note to Meadowwoodfarms1@aol.com and ask the site master to add your email address. Please respect the rules... no politics, or religion, or any attachments or offensive material.

Meet & Greet Event—Postponed



The Party Committee and the MWFPOA Board are very disappointed to have to postpone the Meet & Greet event that was scheduled for April 23, due to the COVID-19 virus. It is our wish to keep our friends and neighbors safe and well until this health threat is over. We will evaluate and reschedule once there is an "all clear" message for the public.

Thanks for all the support you have given us for our previous events!

MWFPOA Party Committee

Do you know of a Meadow Wood Farms neighbor in need? The Meadow Wood Farms Angels is a group of anonymous volunteers who are ready to help with those small, one-time projects that our neighbors cannot do by themselves by reason of age, illness, disability, or lack of funds.

To submit a request for assistance, email: MWFAngels@gmail.com or call Jim Bain (352) 615-2572. The Angels will contact you and obtain additional information in order to evaluate the request.



MWF Equine Club

Some residents may be aware of the Meadow Wood Equine Club, which gave us discounts at local tack stores and hosted a lively Christmas party. Kathy and Stan Rohlwing, who most recently ran the group, are in the process of moving and have indicated that they will no longer manage this club.

With many new neighbors with horses who recently moved into MWF, we are looking for those who may be interested in helping to set up a new equine club: Meadow Wood Horsemen's Association. We can get together to enjoy, not only tack store discounts, but also events, such as rides together, shows, lectures by prominent horsemen, holiday parties, etc. You don't even need a horse to be able to join in.

If you are interested, please email me (vannospa@gmail.com), as I would like to set up a preliminary meeting (once we are through the current health concerns). So far, there are 10 others who have expressed a desire to form such a group. Any feedback on this idea is greatly appreciated.

All are welcome. I have been involved with other horse clubs before I moved to MWF, but only in the capacity of President and VP. Those who have expertise in financials (Treasurer), who love to write and take notes (Secretary), or who are interested in serving in any other capacity are more than welcome. We have many friends and neighbors who would jump at the opportunity to have an organized club, and I hope you are one!

Tack Sale in the Park!

A number of Meadow Wood Farms' horse enthusiasts got together on March 14 in Friendship Park to hold a tack sale and swap meet for MWF neighbors. Information was also posted to inform other Ocala residents of the sale.

Unfortunately, health concerns kept many potential buyers away. That, however, did not dampen the mood of those who did attend and who enjoyed the interactions and even made a few sales. We hope this type of event can be held again in the fall.

Thanks to everyone who showed up and supported this endeavor, and a big thanks to the MWFPOA for permitting this event to be held at Friendship Park.

Pat Van Nostrand



Pat Van Nostrand, Carolyn Camp, and potential customer Ron Roberts



Allison Carnell

Seeking Executive Board Candidates

In preparation for our annual Board elections in May, we are still seeking nominations and volunteers to serve as President, Vice President, Secretary, or Treasurer.

Note: All Executive Board positions are officially available. However, the current Secretary and Treasurer are interested in remaining in their Board positions for the 2020-2021 fiscal year.

Our current President (Leslie Pope-Hall) and Vice President (Heidi Boynton) are both stepping down, so we would especially like to see other Association members step up and into these positions. The newly elected officers' term will begin June 1, 2020, and extend through May 31, 2021.

We have a number of new residents, and that means a lot of new ideas and talent are available! You can help make a difference in our community by volunteering a bit of your time. Please consider adding your name to the election slate for next year. Currently, the slate consists of the following:

- ◆ **President:** *Vacant*
- ◆ **Vice President:** *Vacant*
- ◆ **Secretary:** Karen Reade
- ◆ **Treasurer:** Lisa Yanes

Any Association member in good standing may serve on the Board. If you are interested, contact Sydney Smith, Election Chair, care of mwfpoanewsletter@gmail.com. You can read the Duties of the Officers in our By-Laws, available in your Directory or online at www.mwfpoa.com.

Elections will be held at the May meeting. Nominations may also be taken from the floor at that time for any member in good standing. Thank you!

Sydney Smith
Election Chair



Line Dancing at Friendship Park!

Join our Line Dancers at the park on **Saturday mornings at 10 am** and **Wednesdays at 7 pm**. We maintain our distance from one another but can still enjoy great exercise and fun outdoors! As needed, we walk through with instructions before each dance.

Different Times *(continued)*

Guidance is straightforward and not terribly burdensome, in the grand scheme of the global impact that this virus has had:

- ◆ Adhere to social distancing.
- ◆ Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
- ◆ Avoid touching your face. Cover coughs or sneezes with your elbow. Do not use your hands!
- ◆ Clean surfaces frequently, including countertops, light switches, cell phones, remotes, and other frequently touched items.
- ◆ If you or someone in your home is sick, quarantine yourselves.
 - Rely on delivery.
 - Set up a separate sick room.
 - Clean meticulously, especially in the bathroom.
 - Don't share (e.g., dishes, towels, eating utensils, bedding, cups, and a lined trash can).
 - Do a daily temperature check. (Wait 7 days after your fever breaks to stop self-isolation.)
 - Reach out to friends for support and shared conversations; take care of body, mind, and soul.

According to Dr. Frieden, one thing that we should also do is work to increase our personal health resilience... "There has never been a better time to quit smoking, get your blood pressure under control, make sure that if you have diabetes that it's well controlled, and -- yes -- get regular physical activity. (Being active outside for at least 15 minutes a day also helps with vitamin D levels." *

Jim Bain's article this month offers some wonderful advice on how to spend some new-found time at home. Social media abounds with ideas for using technology to overcome a number of restrictions. And MWF neighbors have already started reaching out to one another with guidance and offers of assistance. For example, Elaine Hager, Linda Lemisch, and Tina Wilson have offered to pick up groceries for neighbors, and Donna Levin (works at Lowes Mon.—Fri.) has offered to pick up items you may need.

Finally, I'll share a little something that I saw on Facebook: "Instead of being bummed about all the shows being cancelled, ride your pony bareback and laugh like you did when you were a kid, braid your horse's mane for no reason, give them all the carrots and hand-graze them to their heart's content. Remember all those little things we used to get so excited to do when we fell in love with horses in the first place? Do those things." Just a few more ideas for making lemonade from the lemons that have been handed to us.

Sydney Smith

*Find the complete CNN Health article by Dr. Frieden, "There's a Long War Ahead and Our Covid-19 Response Must Adapt," at www.cnn.com/2020/03/20/health/coronavirus-response-must-adapt-frieden-analysis.

Make Your Own Masks

Because I am a crafter, I thought I would create a pattern for a mask, add some instructions, and pass it on to you. OMG! Not so easy! If you Google “how to make a mask,” you will find a plethora of YouTube videos for all kinds of masks. I’m still wading through them, but I’m learning that there seem to be some basic principles to keep in mind when trying to make a choice, beginning with the type of material to use. You need to balance the protective quality with breathability.

It’s also important to pick a style that will be as close to the face as possible to prevent leakage and or penetration. If you need to wear it for long periods, it should be as comfortable as possible. You also need to either be able to sanitize your mask for continued use or make it disposable.

The style you select may depend on your sewing skills, although there are fabric glues available as well. Look for Tear Mender or LiquiSew. Both products can be found on HSN.com and Amazon.

Keep in mind that no mask is 100% effective. The quality of your mask may depend on your skills, availability of fabric, or your specific needs. The experts do say that, if nothing else, the masks keep you from touching your mouth and nose. They also keep your coughs, sneezes, and breath away from others, which is especially important if you are not feeling well. It can’t hurt to “pretend that you are carrying the virus and act accordingly.”

Below is a chart that indicates the percentage of particles that are filtered out by masks and other materials:

Surgical masks	97%
Vacuum cleaner bags	95% (Who knew?)
Dish cloth or tea towel	83%
Cotton blend shirt materials	74%
100% cotton (T-shirts inc.)	69%

I’ve also read that non-woven fabric, such as fusible or non-fusible interfacing in addition to a cotton layer, is good. (This is what I have chosen to use as it is available from Joanne’s Fabric or Amazon.)

Examples of where you can find instructions online include:

- ◆ jennifermaker.com: (<https://jennifermaker.com/face-mask-patterns-cricut>) (*Very impressive!*)
- ◆ Joanne’s Fabric, which includes both a video and pattern to follow: <https://youtu.be/VgHrnS6n4iA>

I hope this helps, but I encourage you to do your own research to verify what I have learned or to find better solutions. Things change by the hour.

Jodie Gebhard (352-390-3739)

Editor’s Note: WESH news publicized that many hospitals and first responders are short of the disposable N95 masks. By using home-made fabric masks on top, they are able to more safely reuse the N95 masks. You might want to check locally to see if they are accepting donated masks.

Grocery Options

Many thanks to Jodie Gebhard for her “footwork” in the past week to get some answers from Publix and for researching other grocery options. As it turns out, none of us in MWF has access to the Publix delivery system (Instacart, which also delivers for Aldi). However, several stores offer curbside or online order and pickup services.

- ◆ Publix currently has only one pickup location, at 303 SW 17th Avenue.
- ◆ Nearby Walmart pickup locations are:
 - ⇒ Supercenter #697 at 2600 SW 19th Avenue Rd
 - ⇒ Neighborhood Market #4434 at 7855 SW State Rd 200 (near On Top of the World)
 - ⇒ Supercenter #5326 at 9570 SW Highway 200 (near SW Hwy 484)

Once you sign up and create a Walmart account, you can make your selections online, choose a pickup location and time (may be the next day or later), and then pick up your groceries at the designated time. There is no additional surcharge for this service.

Also, as a number of neighbors have shared on social media, many stores in our area are offering special times that are limited to shoppers over the age of 65. Other special options may arise as the situation evolves, so stay informed – and stay encouraged!

Sydney Smith



Nextdoor recently launched two new products to help neighbors connect.

The first feature will facilitate neighbors helping neighbors. It's called **Help Map**, which allows those in need to easily identify which neighbors have raised a hand to assist with an errand — or just give a call to check in.

The second is Nextdoor **Groups**. Some of you may have used an early version of this tool to organize around shared interests like hiking or reading. Neighbors can organize around those who may need assistance during this challenging time. In one neighborhood, they pulled together a group in the hopes of directing some kindness into the community as we all feel the impact of social distancing.

In these turbulent times and with churches and other large gatherings being cancelled, are you looking for words of hope and encouragement? The good news is out there; lots of people are doing good deeds, small and large, to help others in their communities.

We are already seeing MWF neighbors reaching out to neighbors with offers of help. Keep up the good works! Feel free to share your own good news story, either in the newsletter or through one of our social media vehicles (Facebook, MWF1 email group, or Nextdoor).

And if you are looking for online worship services, check out mbcocala.com and St. John's UMC Facebook page, as just two examples of local churches reaching out through technology.



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Methodist Church of
Cotton Plant**



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A Place to Call Home

Love God, Love People, Serve our Community

At this difficult time due to COVID-19
ALL Services, Sunday School, Choir Practice, Youth Group,
Breakfasts & Events are on "hold."
Watch our website, marquis & lawn signs for further notice.

Please know we're here for YOU.

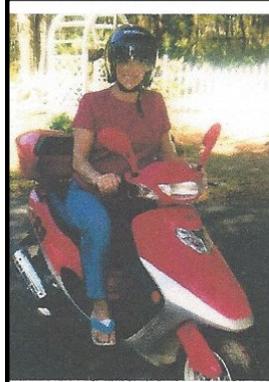
Dear God, May you surround our church family and
surrounding community with protection, healing and
wisdom. We come against all fear in the Name of Jesus,
knowing that you are ultimately in control. We place
ourselves in your Mighty Hands. Bev Dow,

Lay Leader St John's UMC

ALL are Welcome!

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352-237-5777



Critter Sitter

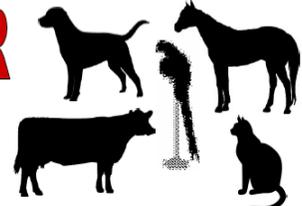
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I WORKED WITH 10 BUYERS & SELLERS IN MEADOW WOOD FARMS FOR SUCCESSFUL CLOSINGS IN 2019!

I AM A DEDICATED MWF RESIDENT & I AM READY TO HELP YOU SELL OR FIND YOUR PERFECT HOME.

Ok, so this month the very title of this column seems out of place. We have all been asked to stay at home as much as possible, wash our hands frequently, and practice “social distancing.” I have no interest in debating the wisdom of the orders that have come down from Washington, D.C. or from Tallahassee. I’ll leave that to the media and the Internet. My interest is in how to navigate these difficult times and maintain both our mental health and our physical health.

By way of example, the picture you see is the deck of Waldo’s, the most popular beach restaurant/bar in Vero Beach, FL. It was taken just 24 hours before our Governor shut down the restaurants and bars statewide. The time of day is lunchtime and the time of year is spring break! In that context, it’s amazing that one could shoot a cannon through this place and not hit anyone! So, how do we proceed?



First and foremost, I feel obligated to remind you that millions of people in our country work in food services, living from paycheck to paycheck. Daycares are closed. Their kids are at home, and even if they were working, they can’t pay all the bills with the few customers and tips they did have. So, find restaurants that are still doing carryout (preferably locally owned) and get out and pick up some dinner. Every little bit helps.

As of this writing, we are still encouraged to get out of the house and enjoy nature. We have such a great neighborhood to do just that. Get out. Take a walk, ride a horse, ride a bicycle, or walk your dog. Take a plastic bag and some gloves and pick up some trash. Play golf. Shoot some rounds at a local outdoor range. Maintaining social distance doesn’t mean becoming a hermit or being a troll living under a bridge. Engage yourself. Engage nature. Engage your friends and neighbors (from a minimum of 6 feet).

If you are in one of the more vulnerable populations (immune compromised, respiratory issues, over the age of 70, etc.) and choose to stay at home, good for you. Here are some suggestions to stay engaged. Pick up that guitar or clarinet you used to play as a kid. Practice like you never did then. There are online language courses that are fun and educational. Some are even free. Personally, I’m working on Spanish. *Entender?* Phone your friends – especially those you know can’t or shouldn’t get out. They need contact with the outside world, too.

We are living in a strange time and will need to make some adjustments. But, we are ALL in this together. And to quote one of our most beloved founding fathers, Ben Franklin, “we must all hang together, or we most assuredly will all hang separately.”

I am still encouraging you to get Out & About, albeit more locally. Enjoy our world. It will be back to normal before we know it.

Jim Bain



Membership Information

If you aren't a member, we would love for you to join us. The MWFPOA provides all kinds of services for your neighborhood (including this newsletter). Please use the form below to accompany your check.

Need to find out if you've paid? Contact Lisa Yanes at 291-0509 or email her at stokey@cfl.rr.com.

Your MWFPOA thanks you!

Please Join

MEADOW WOOD FARMS PROPERTY OWNERS ASSOCIATION, INC.

(Annual Dues Effective June 1, 2020, through May 2021)

Please send your check for \$55.00 with this form to:
Meadow Wood Farms Property Assoc., Inc., P.O. Box 771896, Ocala FL 34477

Please *print* to provide the information below :

Name(s): _____

Address: _____

Email: _____

Phone: _____

YES **NO** Put my/our information in the directory.

YES **NO** Deliver my/our newsletter to my/our address.

(Otherwise, it is available on the website, which saves the Association printing and mailing costs.)

A directory is distributed to MWFPOA members at no charge. It may be purchased by non-members for \$5.00. Additional copies for members = \$2.00.

mwfpoa.com

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