

*The*  
*Lake Heritage*  
**breeze**

**July 2023**  
**Issue 7**

*Land of the Free  
Home of the Brave...  
Happy 4th of July!*

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**LAKE HERITAGE BOARD  
OF DIRECTORS  
MEETING MINUTES**

[https://lakeheritage.appfolio.com/connect/shared\\_documents](https://lakeheritage.appfolio.com/connect/shared_documents)

Click the link above to view LHPOA Board of Directors Meeting Minutes or scan the QR code!



**Meeting Dates to Remember:**

**Media Development & Delivery Meeting**

Monday, July 3 - 6:00pm

**Pool Committee Meeting**

Monday, July 10- 7:00pm

**Governing Documents Meeting**

Tuesday, July 11 and July 18 - 2:00pm

**Board Meeting**

Thursday, July 13 - 7:00pm

**Front Entrance Committee Meeting**

Wednesday, July 19- 7:00pm

**Operations Committee Meeting**

Thursday, July 20- 7:00pm

**Community Amenities Committee Meeting**

Monday, July 24 - 7:00pm

**Internet Technology Committee Meeting**

Tuesday, July 25 - 7:00pm

**Finance Committee Meeting**

Wednesday, July 26 - 5:00pm

**Strategic Planning Committee Meeting**

Wednesday, July 26 - 6:00pm

**Lake & Dam Committee Meeting**

Wednesday, June 28 - 7:00pm

**Other Dates to Remember:**

**Brush Drop Off**

Saturday, July 15

7:30am-1:30pm

**Office Closed**

Monday, July 3 & Tuesday, July 4

# July Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
						1
						MEMBER PRIVATE EVENT CC & POOL - ALL DAY
2	3	4	5	6	7	8
MEMBER PRIVATE EVENT SG - 10:00AM-4:00PM	OFFICE CLOSED WATER FUN N FITNESS 10:00 AM MEDIA DEVELOPMENT & DELIVERY COMMITTEE MEETING 6:00 PM	OFFICE CLOSED FISHING CLUB PANCAKE BREAKFAST 7:30 AM-10:30 AM MEMBER PRIVATE EVENT PARADISE COVE- ALL DAY	TRASH & RECYCLE WATER FUN N FITNESS 10:00 AM	TAI CHI BO 9:00 AM MEMBER PRIVATE EVENT SG - ALL DAY	WATER FUN N FITNESS 10:00 AM MEMBER PRIVATE EVENT POOL & PAVILION - 12:00- 4:00 PM BRIDGE CLUB 7:00 PM	
9	10	11	12	13	14	15
	WATER FUN N FITNESS 10:00 AM POOL COMMITTEE MEETING 6:00 PM	TAI CHI BO 9:00 AM WOMEN'S CLUB 10:00 AM GOVERNING DOCUMENTS COMMITTEE MEETING 2:00 PM	TRASH WATER FUN N FITNESS 10:00 AM	TAI CHI BO 9:00 AM BOARD MEETING 7:00 PM	WATER FUN N FITNESS 10:00 AM FISHING CLUB PICNIC - SG MEMBER PRIVATE EVENT POOL & PAVILION - ALL DAY	SKI CLUB MEMBER PRIVATE EVENT CC - ALL DAY KIDS CLUB PIRATE/PRINCESS SCAVENGER HUNT
16	17	18	19	20	21	22
MEMBER PRIVATE EVENT SG - ALL DAY	WATER FUN N FITNESS 10:00 AM	TAI CHI BO 9:00 AM GOVERNING DOCUMENTS COMMITTEE MEETING 2:00 PM	TRASH & RECYCLE WATER FUN N FITNESS 10:00 AM FRONT ENTRANCE COMMITTEE MEETING 7:00 PM	TAI CHI BO 9:00 AM OPERATIONS SUB COMMITTEE MEETING 6:00 PM   7:00PM	WATER FUN N FITNESS 10:00 AM MEMBER PRIVATE EVENT SG - 4:00-10:00PM BRIDGE CLUB	MEMBER PRIVATE EVENT CC - ALL DAY MEMBER PRIVATE EVENT SG - ALL DAY
23	24	25	26	27	28	29
MEMBER PRIVATE EVENT CC - ALL DAY	WATER FUN N FITNESS 10:00 AM BLOOD DRIVE 12:00-6:00 PM COMMUNITY AMENITIES COMMITTEE MEETING 7:00 PM	TAI CHI BO 9:00 AM INTERNET TECHNOLOGY COMMITTEE MEETING 7:00 PM	TRASH WATER FUN N FITNESS 10:00 AM FINANCE COMMITTEE MEETING 5:00 PM STRAT PLANNING COMMITTEE MEETING 6:00 PM	TAI CHI BO 9:00 AM KID'S CLUB NATURE TRAIL PLAYDATE	WATER FUN N FITNESS 10:00 AM	MEMBER PRIVATE EVENT CC, POOL & PAVILION - ALL DAY
30	31					
MEMBER PRIVATE EVENT POOL & PAVILION - ALL DAY	WATER FUN N FITNESS 10:00 AM					

[Stay informed with Lake Heritage through AppFolio App, the LH Website, and Official Facebook Page!](#)

**AppFolio** is an app that can be downloaded onto your phone. You can use the app to pay your dues, view the calendar, view upcoming events, log maintenance requests and access the current and past newsletters. Go to the link [lakeheritage.appfolio.com/connect](http://lakeheritage.appfolio.com/connect) or contact the office for more information. **The most up to date calendar is on AppFolio.**

### Lake Heritage Website

[www.lakeheritage.org](http://www.lakeheritage.org) is the Lake Heritage website. You can access and download any forms you may need such as building permits, pool pass request form and club recognition forms, just to name a few. There is access to the members online portal, too.

### Official Facebook Page

Please join the [Lake Heritage - The Official Page](#). Here you will find important updates for the community as they happen.



# Lake Heritage, Board President, Rich Dooley's Remarks

It is strange for me to think I've completed 25% of my term as your president. In some ways, time has flown by. In others, I feel like I should have gotten so much more done by now than I have. I have been working on two major projects over the last month that are about to come to fruition. The creation of a new policy structure and organizing a club for volunteers in the neighborhood.

Our new policy structure is ready to be approved by The Board later this month, and we'll have several new board policies to approve, too. We would love your input on them! These policies can all be found on the LHPOA shared folder. Shoot me an email if you need it and I'll send you a link to the folder. I hope to get a link posted on the members portal soon.

The 1st Lake Heritage Volunteer Brigade has received a lot of interest, and I hope to have the club recognized by The Board at the July meeting as well. We will be having an organizational meeting on Sat. July 1st at 11:00 in the small room. All are invited. Shoot me an email if you cannot attend but would like to be involved.

The Associations committees and clubs are always looking for new members and new ideas. I urge you to come on out. See you on the water!

*Rich Dooley*

**Rich Dooley**

**LHPOA Board President**

*Regatta 2023*

*Labor Day Weekend  
Dr. Seuss, Sea and Shore*



**Mark your calendars,**

**Regatta 2023**

**Friday, September 1st -  
Sunday, September 3rd**

# Community Manager Report

Hello, Lake Heritage!

As a reminder for members who initiated the payment plan for 2023/2024's Fiscal Year, the second installment is due on July 1. The third installment will be due on October 1.

The Office will be closed Monday, July 3rd and Tuesday, July 4th in observance of the holiday. Beginning Friday, July 7th the office will revert back to the following business hours: Monday-Friday 8:00am-5:00pm. After working in the office alone for 9 months, I am pleased to announce we have hired a new administrative assistant, Tracy Mitchell.

On June 22, the office closed early to allow for a staff meeting. During this meeting, President Dooley and myself sat down with our team of employees to discuss what the day to day operations of the Association will entail now that the Board has decided not to partner with a management company. Together, we will be working to improve our current gaps by redefining the operational structure of the Association. Moving forward, Safety and Security will be referred to only as Access and Patrol.

With this change comes the addition of creating and hiring an Operations Supervisor position. This position will oversee both Maintenance and Access and Patrol and report directly to the Community Manager.

On Wednesday, July 5, weather permitting, Maintenance will begin installing speed bumps to the following locations: Community Center, Shady Grove and the Boat Launch area.

Being as only Lake Heritage Patrol has authority to monitor the roadways of Lake Heritage, we are looking to conduct radar in addition to our common rec areas to ensure safety in all locations of the Lake. If you are a member interested and willing to allow Patrol to conduct radar on your private member's property, there is a form in the office to be signed, granting the department access to do so.

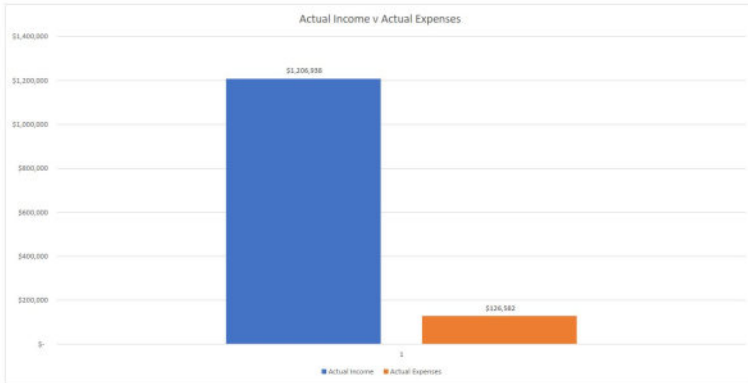
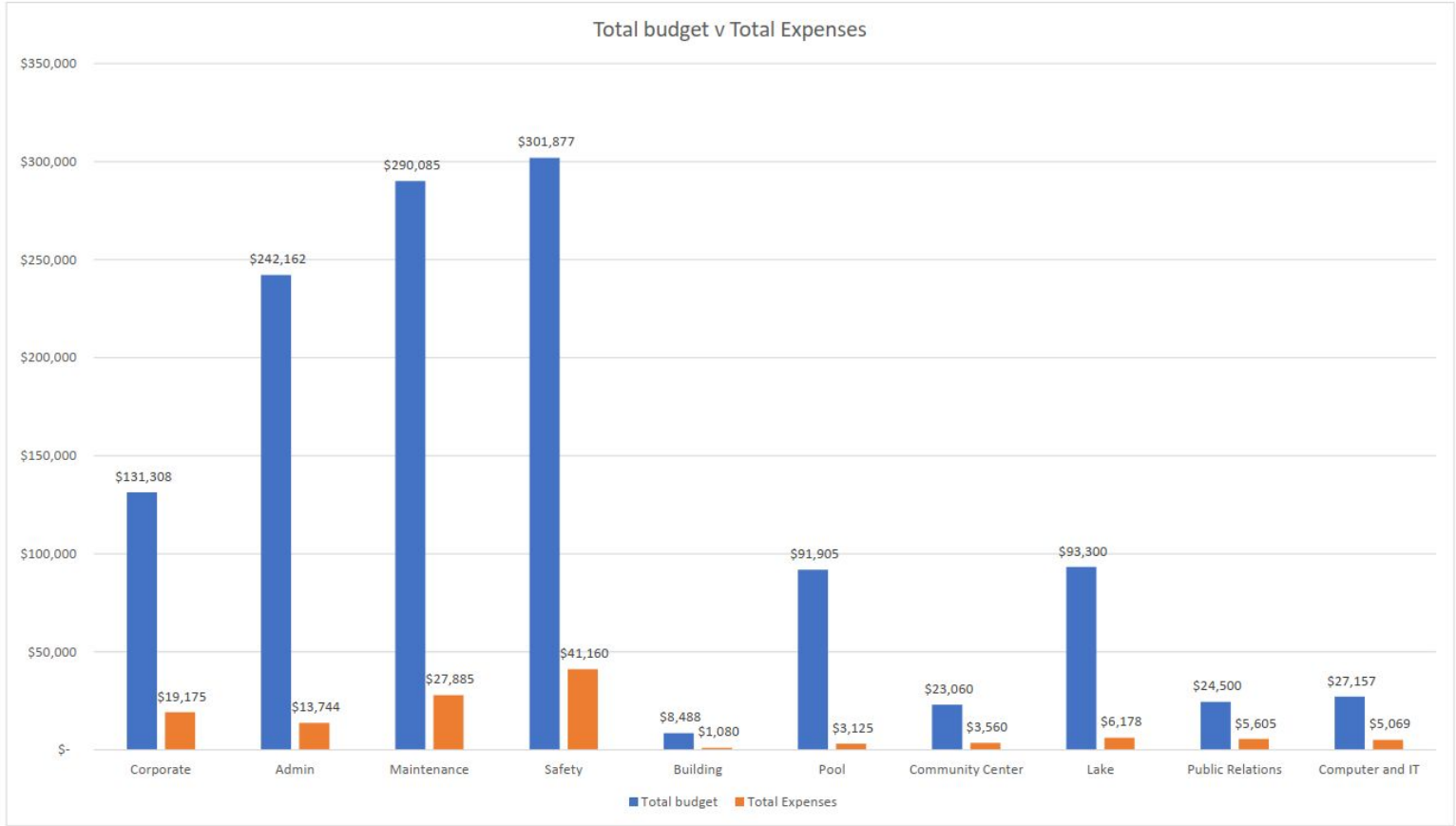
On Tuesday, July 11, White Run Regional Municipal Authority will break ground at the Boat Launch area to repair a valve. The area they will be cutting/digging has already been marked out. Please refrain from parking in the space where their work will entail that week. I will be sending an email blast the Monday before they break ground with more details.

Until next month,

*Taylor Eiker*

Taylor Eiker  
Community Manager

# Lake Heritage Property Owners Association Treasurer's Report May 2023



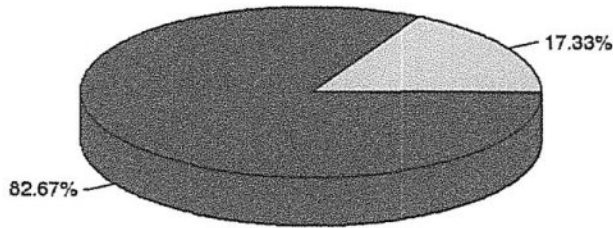
	2023 Budget	2024 Budget	Actual 2024
<b>Total</b>			
<b>Revenue</b>			
Assessments - Corporate	\$ 1,322,890	\$ 1,448,207	\$ 1,195,518
Assessments - Safety	\$ -	\$ 2,000	\$ -
Income - Corporate	\$ 17,730	\$ 3,500	\$ -
Services - Community Center	\$ 9,500	\$ 9,500	\$ 3,975
Services - Pool	\$ 12,500	\$ 13,400	\$ 150
Services - Building	\$ 7,500	\$ 10,500	\$ 2,550
Services - Public Relations	\$ 10,000	\$ 10,000	\$ -
Services - Corporate	\$ 5,540	\$ 6,540	\$ 4,745
<b>Total Revenue</b>	<b>\$ 1,385,660</b>	<b>\$ 1,503,647</b>	<b>\$ 1,206,938</b>
<b>Operating Expenses</b>			
Corporate	\$ 127,808	\$ 131,308	\$ 19,175
Admin	\$ 235,083	\$ 242,162	\$ 13,744
Maintenance	\$ 225,644	\$ 290,085	\$ 27,885
Safety	\$ 285,189	\$ 301,877	\$ 41,160
Building	\$ 7,445	\$ 8,488	\$ 1,080
Pool	\$ 107,542	\$ 91,905	\$ 3,125
Community Center	\$ 21,850	\$ 23,060	\$ 3,560
Lake	\$ 51,900	\$ 93,300	\$ 6,178
Public Relations	\$ 26,000	\$ 24,500	\$ 5,605
Computer and IT	\$ 26,520	\$ 27,157	\$ 5,069
<b>Total Operating Expenses</b>	<b>\$ 1,114,982</b>	<b>\$ 1,233,842</b>	<b>\$ 126,582</b>

The Finance Committee meets the fourth Wednesday each month at 5:00pm. The next meeting being, Wednesday, July 26th. With the committee's recommendations, the Board has moved \$1,725,000 into short term CD's with M&T in addition to the \$1,200,000 that was moved into long term CD's with ACNB. The committee is now discussing whether or not the ACNB CD's should be transferred into M&T's investments instead. The following charts show the current status of all funds that are currently in CD's.

ACNB CD's Update: (\$1,200,000)

Capital Reserves (\$450,000)

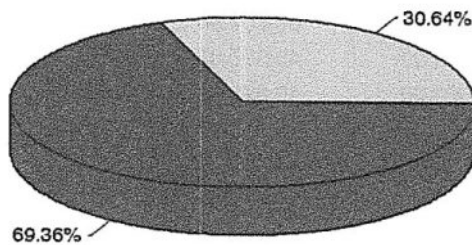
\$454,356.96 as of 05/31/23



Asset Class	Market Value	%
CASH & EQUIVALENTS	78,236.97	17.33
FIXED INCOME SECURITIES	373,275.75	82.67
<b>Total Investments</b>	<b>451,512.72</b>	<b>100.00</b>
Accrued Income	2,844.24	
<b>Total Account</b>	<b>454,356.96</b>	

Spillway Reserves (\$750,000)

\$757,249.51 as of 05/31/23



Asset Class	Market Value	%
CASH & EQUIVALENTS	230,882.22	30.64
FIXED INCOME SECURITIES	522,578.00	69.36
<b>Total Investments</b>	<b>753,460.22</b>	<b>100.00</b>
Accrued Income	3,789.29	
<b>Total Account</b>	<b>757,249.51</b>	

M&T CD's Update: (\$1,725,000) \$1,725,965.52 as of 6/27/23

Security Identifier	Description	Type	Shares	Price	Market Value
139805BF1	CAPITAL BANK NA ROCKVILLE MD CD FDIC #35278 IAM CPN 5.200% DUE 10/10/23 DTD 06/09/23 FC 10/10/23	Certificate of Deposit	150,000.000	100.00	150,000.00
27579TUZ1	EAST WEST BANK PASADENA CA CD FDIC #31628 IAM CPN 5.200% DUE 08/08/23 DTD 06/08/23 FC 08/08/23	Certificate of Deposit	150,000.000	100.00	150,000.00
30606WCF9	FALCON NATL BANK FOLEY MN CD FDIC #57603 IAM CPN 5.200% DUE 01/09/24 DTD 06/09/23 FC 01/09/24	Certificate of Deposit	150,000.000	100.00	150,000.00
32026UQ41	FIRST FOUNDATION BANK IRVINE CA CD FDIC #58647 IAM CPN 5.250% DUE 04/09/24 DTD 06/09/23 FC 04/09/24	Certificate of Deposit	150,000.000	100.00	150,000.00
43708WKA1	HOME FEDL SVGS BANK ROCHESTER MN CD FDIC #29042 IAM CPN 5.150% DUE 06/06/24 DTD 06/07/23 FC 06/06/24	Certificate of Deposit	75,000.000	100.00	75,000.00
60151MBD3	MILLYARD BANK NASHUA NH CD FDIC #59176 IAM CPN 5.000% DUE 02/06/24 DTD 06/06/23 FC 02/06/24	Certificate of Deposit	150,000.000	100.00	150,000.00
740367RM1	PREFERRED BANK LOS ANGELES CA CD FDIC #33539 IAM CPN 5.250% DUE 12/08/23 DTD 06/09/23 FC 12/08/23	Certificate of Deposit	150,000.000	100.00	150,000.00
744039BG2	PROVIDENT SVGS BANK FSB RIVERSIDE CA CD FDIC #30879 IAM CPN 5.200% DUE 04/12/24 DTD 06/12/23 FC 04/12/24	Certificate of Deposit	150,000.000	100.00	150,000.00
90354KCA4	U S BANK NA CINCINNATI OH CD FDIC #06548 IAM CPN 5.200% DUE 09/07/23 DTD 06/07/23 FC 09/07/23	Certificate of Deposit	150,000.000	100.00	150,000.00
98970LFQ1	ZIONS BANCORP NA SALT LAKE CITY UT CD FDIC #02270 IAM INSTL CPN 5.300% DUE 03/07/24 DTD 06/07/23 FC 03/07/24	Certificate of Deposit	150,000.000	100.00	150,000.00
9999776	GVI-JP Morgan US Government-Investor Shares	Money Market	300,965.520	1.00	300,965.52
<b>11 Positions Total</b>					<b>1,725,965.52</b>

# 2023 Lake Heritage Pool Rules

The following policies are for the health and safety of all swimmers.

## Section 1:

### Membership & Guests

1. The Lake Heritage Pool Facility is available for the enjoyment of all LHPOA dues paying members, their immediate family (defined in the Rules and Regulations as their spouses and members of their immediate family who live permanently, on a full-time basis at the same address as the dues paying member), and their guests (a fee is associated with a guest use of the pool).
2. Members acknowledge they are responsible for their conduct and the conduct of their guests and hereby hold harmless, indemnify, and agree to defend LHPOA, its officers, and employees from any and all claims, losses, damages, and expenses arising from the use of the pool facility and/or the actions of the employees whether or not those claims, losses, damages, and expenses arise from acts, negligence, or omissions of LHPOA. Members also acknowledge they have read, understand, and will comply with the Lake Heritage Pool Facility Rules.
3. All members must present their pool membership card to the attendant at the pool office whenever entering the pool area.
4. Guests: ALL guests must be registered and paid for upon entry.
  - a. Members must accompany and be responsible for the conduct of their guests at all times. There is a limit of 6 guests per household at any one time (with the exception of special events as described in Section 1, #5).
  - b. Children under age 12 years of age do not have guest privileges with the exception of an accompanied adult/caregiver (age 16 or older and as described in Section 4, #1).
  - c. Multiple guest passes and season passes are available for purchase at the pool office during business hours.
5. Members may sponsor special events at the pool by making prior arrangements with the Lake Office. Arrangements must be made at least two weeks in advance for groups greater than 6 to allow for proper preparation and staff coverage.

## Section 2:

### Pool Operation

1. Pool hours – Full use of the Pool Facility is available from 10 am – 8 pm. All hours are subject to appropriate staffing.
2. Pool closure occurs with the loss of electricity, weather conditions that create an obstructed view of the pool bottom, thunder, lightning, and equipment malfunction that results in unsafe conditions at the discretion of the Pool Manager, Assistant Pool Manager, Head Lifeguard, or Community Manager.
3. Everyone must obey the pool staff at all times. The Pool Manager, Assistant Pool Manager, and lifeguards, at their sole discretion, are authorized to expel any individuals from the pool area who decline to obey instructions for the safety of others or for their behavior. Parents should inform their children of this authority.
4. In the event of an emergency, the lifeguard will sound 3 loud whistle blasts. Exit the pool immediately and listen for instructions.

## Section 3:

### Health Considerations

1. Per CDC recommendations, shower before entering the pool, ESPECIALLY when coming to the pool after being in the lake.
2. Admission to the pool will be refused to anyone with open sores; eye, ear, or nose infections; or with bandages/adhesive tape on the body.
3. Spitting, spouting water from the mouth, and blowing the nose in the water are prohibited.
4. Report all injuries to a lifeguard for immediate first aid.
5. Clothing and diaper changing must be done in the locker rooms regardless of age.
6. To help reduce bacteria in the pool, children who are non-potty-trained must wear both a swim diaper and tight-fitting waterproof latex/rubber pants in the wading pool and the big pool.
7. Do not use items such as water shoes, flotation devices, life jackets, etc. that have been used outside of Lake Heritage pool facility to avoid cross contamination of bacteria.



Section 4:  
Age Requirements, Activities, Responsibilities, and Safety

1. PARENTS - WATCH YOUR CHILDREN. Children under age 12, regardless of swimming ability, must be accompanied by an adult or caregiver (age 16 or older) at all times. If the child cannot touch the bottom or swim 25 meters independently\*, the caregiver must be in the water and within arm's reach of the child at all times. \*Children will be required to pass a swimming test to enter deep water independently. This test will consist of swimming one length of the pool.

2. ALL NON-SWIMMERS WHO CAN NOT TOUCH THE BOTTOM SHOULD WEAR A LIFEJACKET OR COAST GUARD APPROVED FLOATATION DEVICE.

Swimsuits with floatation inserts are also permitted.

a. All children using a lifejacket or Coast Guard floatation device must be directly supervised by an adult who is in the water and within arms reach at all times.

b. All children using a lifejacket or Coast Guard floatation device must always enter the water feet first

3. Proper bathing attire must be worn. Street clothes, compression shorts, and sports bras are not permitted.

4. The use of rafts, inner tubes, Swimmies™, and floating boats are prohibited unless they are being used for a special event.

5. NO HYPERVENTILATING, EXTENDED UNDERWATER SWIMMING, OR EXTENDED BREATH HOLDING.

6. NO DIVING IN WATER THAT IS LESS THAN 6 FEET DEEP.

7. NO running, pushing, dunking, horseplay, wrestling, climbing on, or throwing people within the pool facility.

8. NO hanging or sitting on the ladders or steps. They must be kept clear except when in use for entering or exiting the pool.

9. Toy use in the main pool is at the discretion of the Pool Manager, Assistant Pool Manager, or the Head Lifeguard on duty.

10. Diving Board Rules:

a. One person on the diving board at a time.

b. Go straight off the end of the board.

c. One bounce on the board per jump or dive.

d. All dives must enter hands or feet first.

e. Swim immediately to the closest ladder after going off the board.

f. Wait until the previous person reaches the ladder before taking your turn.

10. Sliding Board Rules:

a. Rider must be at least 48" tall.

b. One person on the slide at a time.

c. Rider must remain in the upright seated position at all times and enter the pool feet-first.

d. Swim immediately away from the end of the slide upon entering the water.

e. Wait until the previous person clears the area at the bottom of the slide before taking your turn.

11. Wading Pool Rules:

a. The wading pool is for young children under 48" tall and their parents or caregivers (age 16 or older).

b. Parental or caregiver supervision is required at all times.

12. Lap lanes are reserved for lap swimming only. Hanging on the lane lines or swimming through the lanes is prohibited. Section 5: General Restrictions

13. All food and drinks must be consumed on the grass or at any of the various tables available on the patios or in the pavilion.

14. The following are prohibited within the pool enclosure:

- Chewing Gum
- Alcoholic Beverages
- Smoking or Vaping (including E-cigarettes)
- Abusive, foul or offensive language
- Inappropriate displays of affection
- Glass of any sort
- Pets

VISITOR POOL PASSES: Punch card pool passes for non-members are available for purchase at the pool gates:

\$25 for a 10 punch pass

\$40 for a 20 punch pass

\*Passes do not expire and unused punches can be used the following summer

# BRUSH DROP-OFF 2023 SCHEDULE



## 7:30AM-1:30PM

**DON'T FORGET:**

- LIMBS NO LARGER THAN 3 INCHES IN DIAMETER
- NO GRASS CLIPPINGS, NO LEAVES OR GARDEN CUTTINGS (MUST BE WOOD)
- NO LUMBER OR PLYWOOD
- NO ROOT CLUMPS

- July - 15th
- August - 19th
- September - 16th
- October - 7th & 21st
- November - 4th & 18th

## Parks Garbage 2023 Holiday Schedule:

**Independence Day - Tuesday, July 4th**

Labor Day - Monday, September 4th

Thanksgiving Day - Thursday, November 23

Christmas Day - Monday, December 25

**Delay - Pick Up Thursday, July 6**

Delay - Pick Up Thursday, September 7

Delay - Pick Up Thursday, November 30

Delay - Pick Up Thursday, December 28



# Scouts Paper Drive

## Located at Shady Grove

- Jul. 14
- Aug. 18
- Sept. 15
- Oct. 20
- Nov. 17
- Dec. 15

Questions can be answered by contacting Ernie Finfrock at 717-451-7511 or email: [erniefinfrock@gmail.com](mailto:erniefinfrock@gmail.com)

# Meet Tracy Mitchell

## Our New Administrative Assistant

Article and Photo by Pete Vogel



When you come into the Lake Heritage Office the first person you are likely to see is Tracy Mitchell who joined our staff on Monday, June 12. She brings us a wealth of experience including Property Management, Real Estate, and has served as Vice President of an HOA. She said, “I look forward to meeting and assisting the members of the Lake Heritage Community and being part of the Lake Heritage Team.”

Tracy lives in Gettysburg with her twin and very active 7-year-old daughters, “Fraternal and totally opposite,” she says, and her adopted dog, Ava. In her spare time she likes to swim, read, and do yoga. She is also a graduate of the University of Florida and a U.S. Army veteran.

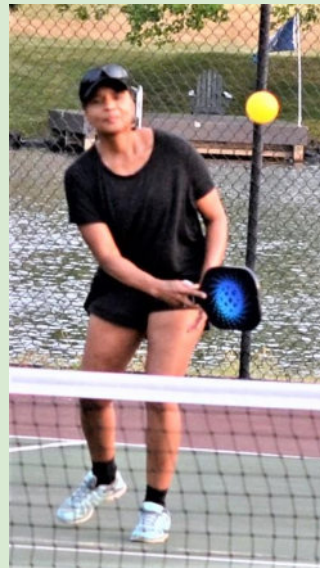
We are fortunate to have someone with her experience as part of our Office Team. Stop into the office and say “Hi” to Tracy.

# ANOTHER REASON TO LOVE LIFE AT THE LAKE!

## PICKLEBALL ANYONE?

Photos submitted by Donna Spicer  
Article submitted by Pete Vogel

Pickleball is a game that has been sweeping the nation and it has now come to Lake Heritage. Lines have been painted on our tennis courts to allow for its play. We have a dedicated group of players which is growing all the time. If you want to get in on the fun check the Lake Heritage Pickleball Facebook page for game times. Beginners are Welcome!





The LH Women's Club Mahjong players.  
We play Tuesday evening at 7 PM and  
Friday afternoon at 2 PM. For information  
or to join, text Beth Bauer at 201-874-0540

# Blood Drive

**When:**  
Monday, July 24th 12:30pm-6:00pm

**Where:**  
Lake Heritage Community Center



Sponsored  
by the  
Lake  
Heritage  
Women's  
Club



## SKI CLUB'S CHICKEN BBQ



**July 15<sup>th</sup>**

**11am-3pm**

*(or until sold out)*

**Shady Grove Pavilion**



sponsored by:



(proceeds to Regatta & Fireworks)

# Welcome New Board of Director Renee Trybula!

Article and Photo by Dawn Levickas

Meeting Renee Trybula for the first time is like being enveloped by a wonderful warm ray of sunshine. She genuinely cares about everything Lake Heritage as well as everyone who surrounds her in life and is committed for the long term to what she does. As a former certified public-school teacher, now a tutor for students of any grade level, Renee wants to utilize her life achieving talents and skills in organization, execution, and communications as Chairperson of The Pool Committee. Renee was selected to fill the Board vacancy as announced by President Rich Dooley on June 12 and promptly sworn in.



Renee will be working directly with the Pool Manager, Rachel Glover, Community Manager, Taylor Eiker, and members of The Pool Committee, on planned and projected improvements and needs, as well as day-to-day operations and programs.

Renee and her husband, Michael, have been Lake Heritage residents for 4 years. She firmly believes it takes a few years to fully understand the community in which one resides in, then take initiative to help better it through open and cordial communications and decisive action.

Renee welcomes LHPOA Members to provide ideas and suggestions regarding the pool.

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## Summer Enjoyment At Your Own Pace

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**No Private  
Fireworks Allowed  
at Lake Heritage!  
Report Concerns  
to PA State Police!**



## Water Exercise Rejuvenates and Restores Life

Article by Dawn Levickas

Thank you to Haley Blust for submitted photos

Throughout the course of humanity's history, water exercise and therapy have been a favored means of restoring physical stamina and benefiting overall health. Sooner or later, everyone experiences some kind of mishap - a fall, accident, even a wrong or quick movement that results in pain or worse. The very act of physical aging can take its toll on the body; then it becomes harder to do all the things we used to take for granted or do easily when we were younger.

As Lake Heritage Residents, we are blessed to have two important sources for water therapy in our community: the Lake and our Pool.

During summer months, the FunNFitness Exercise Group heads to the pool for a one-hour, three-times-a-week session. Refer to their article for more specifics.

If you come to see what the group does in the water, you'll take notice every age group is represented including Super Seniors as well as individuals who have physical issues and need to do their own personalized water workouts, water physical therapy programs, or long duration of swimming laps. Mary Cyr (almost Nonagenarian) as well as official Nonagenarians Bernadette and husband Duane Leichliter, all who were very active last year, agree they feel better when they do a water workout. As one adds years, arthritis can set in, be painful and physically limiting. Water movement can help one gain mobility which can also contribute towards better stability out of water.

Daily specialized water physical therapy routines and exercise program has greatly helped LH Resident Linda Hess in her quest to renew strength, stamina, and stability these past few years. Linda's physical progression has been truly amazing. While she is willing to share more extensive details of her journey, she states, "Extensive back surgeries and severe nerve damage have made land exercise for me almost impossible. The pool has allowed me to remain mobile. Truly without water exercise I would have real difficulty walking."



Linda Hess

# Longtime Lake Heritage Resident Bill Hulsether Credits LH Pool Swim Workouts For His Running Accomplishments History

In Bill's Words and with His Photo

I have been swimming for over 60 years. In college I worked as a lifeguard and swim instructor in the summer. Since I moved to Lake Heritage over 40 years ago, I swim about twice a week in the LH pool every summer. I am, however, slowing down lately from my peak of 2.5 miles.

Three years ago, I spent 4 months in bed with back issues, unable to walk. This resulted in over a week in the hospital with 3 days in critical care after passing out with double lung, leg, and arm blood clots. Doctor told my wife I might have died if I was not in such good shape. I started walking the driveway, around the block, 2 blocks, eventually working up to 4 miles after 9 months. I began swimming, starting with 10 lengths increasing to 1 mile. This resulted in a complete recovery at the end of a year.

I have been running for 40 years. I ran a 3.5-mile loop twice a week along with one 8 mile loop, but am slowing down now to two 3.5 mile loops each week and one long run every 2 weeks or so. I'm still running the 15K (9.3 mile) Utica, NY Boilermaker each year. Gettysburg Marathon was rough – lots of hills. I'll see how long the knees and energy allow me to run (being over age 75 doesn't help). Exercise and getting the heart rate up is the best pill you can take (it clears out brain plaque and repairs all body parts) as my stats are great and I take no meds.



## Meet your 2023 Lifeguards!



Pictured left to right: Finn Clarke, Zach Aumen, Drew Cole, Rob Kellett, Gabby Sainato, Matt Herkowski, Rachel Glover, Gavin Cole, India Mitchell, Daniel Contreras, Maya Brainard, Sam Nelson, Hannah Brainard, Zach Turner, Morgan Bishop



# LAKE HERITAGE 22<sup>nd</sup> EMERSON-GREENHOLT FAMILY FISHING MARATHON RESULTS

Article and Photos submitted by Ernie Clevinger

The weather was sunny, a little windy, and the temperature in the mid-eighties for the Emerson-Greenholt Fishing Marathon that was held on June 3. The lake looked great for a day of fishing. This was the first year we included catfish as part of the marathon. We had a total of 32 anglers, of which 18 were kids. They managed to bring to the weigh station 158 pounds, the majority of which were catfish. The largest catfish measured 22 inches and weighed 5 pounds. The white perch were small, measuring about 5-6 inches. This tells me the big fish - bass, walleye, and the strippers - are keeping the white perch in check.

The top three families were the Yodonises - 28 pounds, Fishers - 26 pounds, and the Savoies with 20 pounds. The Fishing Club paid out \$79.00 to the anglers for their day's work (if you call fishing work). Not only were the kids paid, but each of them was presented with a medallion, which was paid for by the Association.

I would like to thank Steve Oakes for assisting with the weighing, paying the anglers, and presenting the kids with medallions. I would like to thank all the families, especially the kids that participated in the marathon. If you have any suggestions or comments, you can send me an email [eclev020945@embarqmail.com](mailto:eclev020945@embarqmail.com).

Thanks, and hope to see you next year.





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Into Lake Heritage  
Must Be Quarantined  
For One Week  
Before You Can Put  
Them In the Lake!**

***This Is to Protect Our  
Lake From Harmful  
Organisms!***

## **CONGRATULATIONS 2023 SCHOLARSHIP WINNERS!**

**Submitted by Linda Griffin**

The Lake Heritage Fishing and Women's Clubs are proud to present the 2023 Lake Heritage Scholarships winners. Maxfield Ma will be attending Haverford College to study Mathematics. Eden Brown will be attending Penn State Schreyer's to study Veterinary Science and Biomedical studies. Lily Shriner will be attending William & Mary to study Environmental Science. We wish them well in the coming year.



Lily Shriner



Liz Haberman, Max Ma, Eden Brown,  
Linda Griffin, Matt Verdirame

# Lake Heritage Fishing Club and Women's Club Scholarship Essay

Written by: Eden Brown

I lived in four separate houses between the ages of six and nine; this meant four different neighborhoods and four different schools within three years. With my family difficulties and medical issues, I craved routine and stability. Lake Heritage was the first true community I had lived in. As I leave for college and graduated high school, I can truly appreciate how beneficial living in Lake Heritage has been for me and my personal growth.

At my other houses, I was not allowed to walk around by myself. My first house was on the side of a busy street, my second home was in inner-city Baltimore, and my third was in an open and relatively unsafe neighborhood. Once I moved to Lake Heritage, I gained a renewed sense of freedom and independence due to the safety regulations in place. I spent countless hours at the Pleasanton creek and the Johnson trail exploring by myself, knocking on my friends' doors to ride bikes, and coaxing my chubby go to go on walks with me. After I (finally) turned twelve, I spent so much time at the pool my eyes were constantly red with chlorine. When COVID hit, I took my puppy, Ruthie, on walks with me every day while I thought about my identity, my future, and my relationships with other people. I was the highlight of my day, even with Ruthie was too tired to finish the walk and I would carry her 50 pounds of fluff as far as I could on the way home. I used the streets of Lake Heritage to learn how to drive and avoided (almost all) mailboxes and trash cans. Now, after countless times of coming home late after rehearsal, dates, work, I am met with a sense of tranquility as I greet the security guard each night, knowing I made it home safely.

Not only has Lake Heritage allowed my independence and personality to flourish, but it has enabled me to gain valuable experience. For example, my first job was working at the community pool. In the two summers I spent working there I improved my people skills immensely and learned how to manage my money. I was fortunate enough to work with people like Margaret and Lily, with whom I would have long discussions about college, Littlestown and band with me when I felt that no one else could relate. I also had friends like Solie, London, and Lily who helped me mature, even if none of us went to the same school. I didn't matter, because we all lived in Lake Heritage.

Finally, living in Lake Heritage has physical benefits. Along with the aforementioned security of a gated community, the enforcement of traffic precautions ensures that the residents are safe as they walk, bike, and play. The lake provides a protected area to swim and fish, and the trails provide a space to appreciate nature. Living at the lake has also provided me with ample opportunities for exercise. Moreover, living in a gated community is proven to have less pollution and a lower crime rate. Since I grew up in these conditions, some of the positive effects will still be beneficial to me as I get older.

**Lake Heritage  
Fishing Club's  
ANNUAL JULY 4TH  
ALL YOU CAN EAT  
PANCAKE  
BREAKFAST!**

**PANCAKES  
SAUSAGE  
EGGS  
COFFEE  
JUICE**

ADULTS	\$8
CHILDREN (AGES 6-10)	\$4
CHILDREN (5 & UNDER)	FREE

**7:30-10:30 AM AT THE COMMUNITY CENTER**



Article III Section III of the

LHPOA Rules and Regulations states:

No golf carts, go-karts, minibikes, all-terrain vehicles, motorized scooters, will be permitted to operate on any Association roadway. In addition, the following are prohibited on Heritage Drive: skateboards, roller blades, or scooters.

Kids – Be Safe This Summer to Enjoy it



**Clean Up After Your Pet  
for the Health of Everyone AND  
The Lake**

Every time it rains, runoff from lawns and discarded pet waste can carry harmful bacteria and other unwanted

organisms into Lake Heritage that are dangerous to swimmers, wildlife, and the quality of the lake we love and enjoy.

- Flies can spread serious diseases found in pet waste to children and physically sensitive individuals who are high risk to infection from bacteria and parasites found in pet waste.
- Excess organic matter in pet waste can cause algae blooms that block sunlight and kill important underwater vegetation. Decaying pet waste depletes critical oxygen which fish and other aquatic life need to live.

Always clean up after your pet and bag your pet's waste

There are trash totes positioned at all Lake Heritage Recreation Areas, including the Boat Access, where bagged waste can be placed for safe disposal

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to RSVP

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



## For the Sake of Our Lake and Wildlife Helpful Tips from National Audubon Society

Q: When should someone start to treat their yard for pests?

A: Only when you actually see the pests, and even then, only with due consideration and care!

- Avoid pre-treatment. Preemptively applying chemicals may seem like a responsible garden measure, but it makes it very difficult for beneficial insects and plants to get established. Treat what you see, not what you expect! Scout your garden often. If you begin to see threats from a garden pest, [learn about the impacts to birds before you apply treatments](#).
- Get out of the routine of applying pesticides on a regular basis. Try skipping a time or two and see what impact it has. You may not need to treat as often as you think.
- Bird-friendly yards are nature's pest control. Add a bird bath, nest boxes, and resting areas to your yard to attract native birds, which will help keep leaf-munching insects in check. Birds also contribute to healthy soil by aerating the ground where they forage and providing a natural fertilizer with their poop, which makes for a beautiful lawn.

Hummingbirds thrive on sugar that's not too sweet

- The [National Audubon Society](#) recommends 1/4 cup of refined sugar to 1 cup of water. This is within the normal range of sweetness for most flower nectars and is moderately attractive to honeybees as they always go for the sweetest nectar around. Add a [bee guard which](#) is like a goaltender's mask. It is a spherical grid that bees can't fit through, nor their tongues can extend to reach the nectar.
- Hummingbirds love red flowers. Bee vision makes long-wavelength colors like red look black. However, bees can see both yellow and white, so pick a hummingbird feeder with as much red (and as little yellow) as possible.
- Hang Hummingbird feeders in the shade. Bees are sun-loving creatures, and you seldom see them foraging in shady areas or under trees. Hummingbirds don't mind the shade, however, so shade makes an excellent separator. Shade also keeps the bird syrup cooler which is slower to ferment.

Email questions about pesticides, federal regulations, or how to protect your garden from pest to: [ehardykern@abcbirds.org](mailto:ehardykern@abcbirds.org)

## That's a Good Question!

Q: Should our Patrol or the Office staff be notified if I am away for any length of time and what do I do?

A: Members have the option to have Patrol monitor their property when away during long periods of time. There is a House Check form that is to be filled out by a member to initiate this course of action. To obtain this form, you may contact the office.

# LAKE HERITAGE REGATTA

## SEP. 1ST, 2ND, 3RD

**Friday Sep. 1ST:**

**Kick-off party @  
the Point 5-9pm**

**Live music**

**Food for purchase**

**Saturday Sep. 2ND:**

**Land events**

**Sunday Sep. 3RD:**

**Sea events**

**Ski show @ The Point**

**Fireworks @ dark**



**“DR SEUSS - SEA & SHORE”**

# What is REGATTA??

- Regatta is a weekend of fun-filled activities for all ages!
- The first Regatta of Lake Heritage was in 1977.
- Regatta occurs every Labor Day weekend.
- It begins Friday evening with a Kick Off Party and ends Sunday evening with Fireworks.
- This year's Regatta theme is "Dr. Seuss Sea & Shore".
- For more information, contact this year's Regatta Admiral, Amy Gorman at [hooch9oclock@yahoo.com](mailto:hooch9oclock@yahoo.com)

## Club Reports

# Fun N Fitness

**Summer Fun N Fitness Water Classes are Going Strong!**

Article by President Kathy Miller

Photo submitted by Hailey Crockett

The FREE sessions are held at the Community Pool on Monday, Wednesday, and Friday from 10 AM to 11 AM



You do not need to know how to swim. The first half hour consists of warm-up moves and aerobic exercises. The second part of class concentrates on upper body exercises then hip and leg exercises. Every move can be adapted to your ability to move comfortably and safely. You are welcome to join us anytime - or come and watch our workout and then give us a try!





# TAILS FROM THE FISHING CLUB



## JUNE 9, 2023 MEETING

Fifty-seven members and guests celebrated our country's colors and community spirit at our monthly meeting on June 9th. The evening's theme of "RED, WHITE, and BLUE" was everywhere - from the balloons, flags, table centerpieces and napkins to the many colorful shirts and outfits worn by attendees. The food was plentiful and delicious, including ribs, hot dogs, kielbasa, potato/pasta/veggie salads, and unique dishes such as barbecued green beans and sweet potato casserole. Hors d'oeuvres and desserts were also plentiful and tasty - members who did not attend really missed out on a fun gathering.

After our savory potluck dinner, members were introduced to two of the three Lake Heritage scholarship winners for 2023. Each spoke of their future plans and appreciation for the financial support from their Women's/Fishing Clubs' scholarship. Max Ma will study mathematics at Haverford College - a wise choice, as he achieved a perfect score on the math portion of the SAT. Eden Brown will study veterinary and biological science at Penn State - her goal is to be a Veterinarian focused on large animal care - especially horses. Club members were proud of both winners and wished them luck in the future.

Summertime President Matt Verdirame (aka the "Patriot") ran the business meeting. Treasurer Ernie Clevinger presented the end of May 2023 financial status (spreadsheets were at each table). He reported \$8,721.59 in funds on hand, including \$1,266.95 earmarked for the Club's Veterans Initiative. The Treasurer's report was approved by the members.

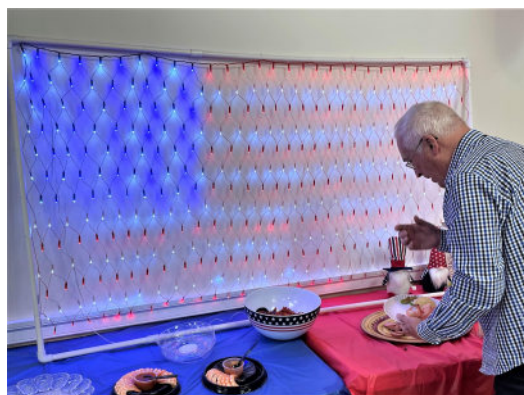
The Secretary's report of the May 12th meeting was approved by the members. We celebrated both June and July birthdays and anniversaries, as we won't have a business meeting at our annual July picnic gathering. There were many to recognize with treats, including our most uniquely dressed (Miss Liberty) and our "sparkling" scholarship recipients.

In old business: (1) Scotty Watt reported no new actions with the Club's Veterans Initiative, but noted the generosity of those who attended the Memorial Day Ceremony at Shady Grove. \$160 in donations were put in the Boot at that event. (2) Ernie reminded all that he continues to collect Fishing Club dues. (3) Ernie summarized results of the Emerson-Greenhold Family Fishing Marathon held on June 3. He noted 158 pounds of fish - mainly catfish - were caught by over 30 participants (mainly kids under 16). The largest catch was 22 inches and weighed in at 5 pounds. It was a very successful event. A special thanks to Ernie and Steve Oakes, who coordinated and ran the event. (4) Ernie thanked all who attended the May 28th Memorial Day Ceremony. Turnout was large (80 to 90 attendees) and guest speaker, color guard, and cannon salute made for an excellent program. (5) Ila Verdirame summarized the May 13th road cleanup. The 10 volunteers collected 14 bags of trash and recyclable material along the 2-mile route as well as functioning scissors! The next cleanup is Saturday, 12 August. (6) Ernie provided an update on the Club's July 4 pancake breakfast event. Things are looking good - nearly all openings are now filled, but 2-3 more volunteers would be helpful. Please come out to support this important fundraiser for the Club.

In new business: (1) Liz Haberman reminded all of the upcoming Lake Heritage Women's Social gathering at Shady Grove sponsored by the Women's Club. (2) Ernie noted Regatta planning is underway and the Ski Club has asked for support. See the Lake Heritage Newsletter for more.

The next Fishing Club meeting is our annual picnic on Friday, July 7th, 2023 at Shady Grove. It starts at 6:00pm and there will be no business meeting. The Club will provide hot dogs and buns. Hosts are John and Leslie Baker, Bill and Marilyn Bowers, and Dave Carruthers. Please come and enjoy this fun gathering.

The meeting was adjourned at 7:50 p.m.



# Lake Heritage Women's Club

The Women's Club met for their monthly meeting on June 13<sup>th</sup> with over 20 members in attendance. Reports were given on the many spring activities and fundraisers we sponsored in May.

Our Annual Plant Sale, Cookie Sale Fundraiser, and Before the Lake Presentation, were very successful and raised over \$1800 towards our Scholarship and decorating budgets. Thank you to all the residents who supported our cause by purchasing plants and Aukers plant gift certificates, attending the Presentation, and, of course, enjoying the sweet treats offered during the Ski Club's Summer Kick-off Party.

Our presenter for the meeting was Dr. Catherine Mauss, a local Doctor of Osteopathic medicine. She discussed her style of treating the whole patient to find the root cause of illness as opposed to just providing medications. She also addressed her office's unique business format as a Primary Care Doctor and explained the differences between her style and that of concierge doctors. It was a very informative presentation. The ladies were grateful she took the time to visit us and answer questions.

Our 2<sup>nd</sup> Spring Happy Hour was another success. It's so nice to have an opportunity to meet and chat with our neighbors in this informal setting. We invite all ladies to join us for our Fall Happy Hours:

Thursday, September 21



Thursday, October 19

We meet 5-7PM at Shady Grove. BYOB and a snack to share.



Women's Club  
Guest Speaker: Dr.  
Catherine Mauss

## Upcoming July Activities:

July 1 – A Patriot theme will welcome you to the Lake. Thank you, Agnes Reuter, Sam Richards, Gloria Serrao, and the many volunteers who organize the decorations and place flags around the Lake. Your time and effort are appreciated.

July 11 – Tuesday 10:00am – **Monthly Meeting**. Our presenter will be Ben Means, owner of Mud College Farms, speaking to us about organic farming. Come early for some social time before the meeting.

July 20 – Thursday 9:30- 12(ish) – **Rachel's Mystery Ride**. Where will we go this time? Rachel will lead us once again to parts unknown, but we do know it will be a lot of FUN! Members, please sign up during the July meeting or email Rachel that you will join us.

July 24 – Monday – all day – **Community Blood Drive**. Help save a life by donating at the American Red Cross Blood Drive. For more information, contact Betsy Myer (ejmyer99@hotmail.com)

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Maintenance	Courtney Pratt	M-F 7:00am-3:00pm	717-334-7242	maintenance@lakeheritage.org
Building Inspector	Keith Majeczky		717-334-7242	buildinginspector@lakeheritage.org

## LHPOA Clubs

Bridge Club	Roy & Linda Fauth	717-334-9417	lindafauth@gmail.com
Fishing Club	Steve Oakes	717-549-3334	soakes1949@gmail.com
Women's Club	Leslie Baker	301-606-6418	labbaker@gmail.com
Ski Club	Jeff Bristol	908-391-6084	jeffrey.bristol@gmail.com
Land & Water Fitness	Kathy Miller	717-334-9443	klm167_17077@msn.com
Creativity Club	Samantha Richards	703-999-5130	baskets217@gmail.com
Kid's Club	Lisa Heisey	301-908-1413	lisa.heisey24@gmail.com

## Local Services

Pennsylvania State Police	Emergency Services	911 or 717-334-8111
Adams County Dog Warden	Dog Control	717-762-9794
PA-American Water Co.	Water Company	800-565-7292
White Run Regional Municipal Authority	Sewer/Emergency Number	717-334-7476
Parks Garbage Service, Inc.	Refuse Collection	800-486-4490
Adams Electric Cooperative (East Side)	Electric	717-334-2171
Met-Ed (West Side)	Electric	800-545-7741
Comcast	Cable, Internet, Phone	800-934-6489
Brightspeed	Phone, Internet	833-693-7773

## **That's a Good Question!**

Do you have a Lake Heritage related question or concern which needs to be answered or acknowledged? Tell The Breeze!

Send a clear, brief description of the information which you need to know and email your request to [news@lakeheritage.org](mailto:news@lakeheritage.org). Please include your name, email address and pertinent information such as your address as it relates to your question.

Your question will be forwarded to the Board Officer or Director or Manager who is responsible for the answer. Details of the response will appear in a future issue of The Breeze. One question and answer will appear per issue for space purposes.

## **The Breeze Submissions Policy**

**Important New Submission Detail:** If a Club/Committee would like the Office Staff to develop a creative for an event which is to be published in The Breeze, the request must be put in writing and sent to [news@lakeheritage.org](mailto:news@lakeheritage.org) by normal publication deadline of the 15<sup>th</sup> of the month.

Submissions received after the News Team compiles The Breeze for publication are subject to appear in a subsequent issue. All news submissions must be emailed to...[news@lakeheritage.org](mailto:news@lakeheritage.org). Please do not send content to any other email address.

### **Article/Content/Photo Rules**

[News@lakeheritage.org](mailto:News@lakeheritage.org) is an email portal site which allows The Breeze News Team to view articles, photos, and other content. If an emailed submission needs to be changed in any way, please send a separate new message to cancel the original information. Then send the new, correct article/information plus all original photos and any other attachments. This step will help to alleviate as much confusion as possible. Word Documents are required for articles. Maximum of 6 clear, relevant JPG photos (300 DPI minimum) with appropriate captions, full names, etc. per article please.

### **Advertising Details**

Email Advertising submissions and information to: [Admin@lakeheritage.org](mailto:Admin@lakeheritage.org).

Advertising Rates per issue: Full or Half Back Page - \$125; Half Inside Page-\$85; Quarter Page-\$53; One Eighth Page -\$25. Discounts: 12 Months-25%; 6 Months-15%; 3 Months – 5%.

Lake Heritage Officers, Board of Directors, and The Breeze News Team reserve the right to modify and correct submissions for grammatical accuracy or reject any submission which is inaccurate or malicious. Anonymous submissions will not be published. LHPOA assumes no responsibility, financial or otherwise, for any adverse consequences resulting from information published in this publication. Remedies are limited to solely to correction, clarification, or retraction as appropriate in the next issue of The Breeze.