



VILLAGES OF
HOMESTEAD
est. 1979

The Audubon Village Voice

Audubon Clubhouse and Community News

www.theaudubonvillagevoice.com

August 2024

Issue 6

The Villages of Homestead Audubon Clubhouse is solely responsible for the clubhouse and its surrounding property



Dear Friends and Neighbors

I hope that everyone had a fabulous 4th of July!!!!!!

My message this month may be lengthy as my hubby, *Merv* and I have had the new variant of the *Covid* virus called *Flirt*. It is our first bout with *Covid* and I pray it is the last.

I want to share our story with each of you because I want to bring awareness to this horrible virus.

We went to dinner at a local restaurant with eight friends and within three days seven of us were positive for *Covid*. Not only were we positive, the folks seated behind us were, as well.

We have had all of our vaccines and boosters. However, based on research, this particular variant is resistance to prior vaccines. *Merv* and I have had a very rough three weeks. We tested positive for fifteen days. Speaking of testing, there were no home testing kits to be found three weeks ago from this writing. *Thank God* I had a few on hand until we could replenish our supply through *Amazon*.

Not only were there no testing kits available, every pharmacy we contacted were also out of the recommended medication, *Paxlovid*.

Because we could not obtain the medicine and the hospitals were overly full, we were on our own. I am happy to share our experience, with the hope it might help you if you have any like symptoms.

Our symptoms were a little different. I ran a fever of 103 + degrees and *Merv* did not. I had severe aches and pains. His pain was not as bad. I lost my sense of taste and smell. *Merv* did not. Both of us lost our appetite. He lost 20 pounds in two weeks, Me, about 10 pounds.

Our biggest complaints were severe fatigue, weakness, brain fog and terrible cough. Doctors are reporting that this particular variant is highly contagious and can be very serious. After three weeks, the fatigue remains.

Please wash your hands and try to avoid any contained spaces as well as events. Medical specialist believes this outbreak could last throughout the summer. My message to all of you is to be very aware of your surroundings.

Lastly, we are noticing that if you have had *Covid* before, the symptoms were not as severe as ours. This is my opinion only, based on the people we know personally.

With all that being said the Clubhouse does have events planned in August. I would only ask that you are careful.

Please watch over your neighbors. Be kind to one another, you never know if someone needs a helping hand.

My neighbors are wonderful. *Maria* cooked for us as well as *Daniella and Raul*. *Raul* even went grocery shopping for us. We are so appreciative. Until next month.... **STAY WELL**

Judy Waldman
President
Audubon HOA



P.S. Thanks Raul for always watching over us

Clubhouse Staff

Larry Meno

Tiffany Bishop

Michelle Velez

Jennifer Greenwald

Maria Gracia

Hours of Operation

Sunday-Thursday 10 am-9 pm

Friday-Saturday 10 am-10 pm

Call for Holiday Hours

Contact

Phone: 305-245-3003

Email: audubonclubhouse@att.net

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JOIN US FOR OUR
Annual Picnic

3 AUGUST 2024
AT 1PM

All residents are free
Food and fun for the whole family

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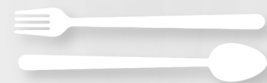
“Neighbor’s Notes”

We wish everyone a wonderful and successful back-to-school season. May this academic year be filled with growth, achievement, and memorable experiences.

Wishing **Judy** and **Merv** a swift and complete recovery from their battle with **COVID**. May they regain their strength and health, after a challenging two-week period.

Notes to: villages.clubhouse@yahoo.com

What is **RSVP**?



“**RSVP**” derived from the French phrase “*Répondez s’il vous plaît*,” is a formal request for a response from invited guests to confirm or decline attendance at an event. It is a courteous and standard protocol used in invitations, indicating the host’s desire for an accurate headcount to facilitate proper event planning, including arrangements for seating, catering, and other logistics. Failure to respond may result in inconvenience to the host and may affect the guest’s inclusion in the event.

With the escalating costs of food, we kindly request your **RSVP** to our Friday dinner event, movie nights, as well as any other event we plan to properly prepare all food and drinks. All guests who do not **RSVP** by our regularly scheduled event will regrettably not be guaranteed a meal. Your timely response is greatly appreciated for proper event planning.

As a precautionary measure, we will be preparing an additional ten meals beyond the confirmed **RSVP** count but will provide meals to those that **RSVP** first.

Thank you for your participation and cooperation.

Please **RSVP** to the Clubhouse at 305-245-3003



HURRICANE TIPS

HURRICANE SEASON JUNE 1ST–NOV. 30TH



ENGLISH APPLICATION



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PRE-REGISTER FOR THE EMERGENCY & EVACUATION ASSISTANCE PROGRAM (EEAP):

Register early for the EEAP program offering specialized transportation and medical monitoring for residents with disabilities, medical needs, or other limitations. Pre-registered individuals receive priority during emergencies and post-disaster wellness calls, ensuring timely assistance. Residents only need to apply once to be a lifelong member of the program.

NOTE: RESIDENTS WITH NEEDS MUST PRE-REGISTER. DO NOT WAIT UNTIL A STORM IS APPROACHING.



STAY INFORMED



MORE INFORMATION:

WWW.CITYOFHOMESTEAD.COM/PREPAREDNESS

CLUBHOUSE'S FRIDAY NIGHT DINNER

Join us at the Audubon Clubhouse Friday August 16th from 6pm to 7pm for a delightful home cooked dinner. It's a fantastic opportunity to connect with your neighbors and enjoy good company. We hope to see you there. All residents are only \$7.00. Any questions please call us at 305-245-3003



SPORTS



Miami Dolphins Pre-Season

- August 9 Dolphins VS Atlanta 7:00pm
- August 17 Dolphins VS Washington 7:00pm
- August 23 Dolphins @ Tampa Bay



Miami Hurricanes

- August 31 Hurricanes @ Florida 3:30pm



Golf

- August 8-11 Wyndham Championship
Sedgefield Country Club- Greensboro, NC
- August 15-18 FedEx St. Jude Championship
TPC Southwind- Memphis, TN
- August 22-25 BMW Championship
Castle Pines Golf Club- Castle Rock, CO
- August 29- September 1 TOUR Championship
East Lake Golf Club- Atlanta, GA



NASCAR

- August 11 Cook Out 400
Richmond Raceway- Richmond, Virginia
6:00pm
- August 18 Firekeepers Casino 400
Michigan International Speedway- Brooklyn,
Michigan 2:30pm
- August 24 Coke-Zero Sugar 400
Daytona International Speedway- Daytona
Beach, Florida 7:30pm



Judy Waldman 305-216-6821



Summer Friday Dinner Schedule one dinner a month

- August 16th - 6:00 pm - 7:00 pm
- September 20th - 6:00 pm - 7:00 pm

Regular Friday dinner schedule will resume in the fall



Upcoming Events

AUDUBON CLUBHOUSE

MOVIE

17 AUGUST

NIGHT

FEATURING:
Ghostbusters:
Frozen Empire

FREE POPCORN
DRINKS
HOT DOGS & CHIPS

SHOW TIME
6PM

RSVP REQUIRED BY
August 10TH



August 10

Italian Ice Saturday

Join us for a free Italian Ice on Saturday August 10th from 12pm-3pm

1851 South Canal Drive
Homestead, FL 33035

ITALIAN ICE

YOGA

The Audubon Clubhouse will be offering a free adult aqua yoga class on Saturday, August 30th at 9:00 am. If any resident wishes to bring a guest there will be a \$5.00 charge per guest (cash only). RSVP is required to reserve pool noodle. All participants will need to sign a release form. This session is being held by *Tamera Anderson-Hanna, Licensed Mental Health Counselor and Registered Yoga Teacher.*

tchanna35@gmail.com
786-457-1023

JOIN US FOR OUR

Annual Picnic

3 AUGUST 2024
AT 1PM

All residents are free
Food and fun for the whole family

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12 Study Tips for

BACK TO SCHOOL

Now is the time to break out of your same-old homework habits. Try these study tips and get the brain boost you need for back to school.

1. You don't need ONE study space.

A well-stocked desk in a quiet place at home is key, but sometimes you need variety. Coffee shops, libraries, parks, or even just moving to the kitchen table will give you a change of scenery which can prompt your brain to retain information better.



2. Track more than HW in your school planner.

Keeping a calendar helps you plan ahead—but you've got more going on than just homework assignments! Make sure you're marking your extracurricular, work, and social commitments, too. (Tests, band practice, away games, SAT dates, half-days and holidays are just a few examples of reminders for your planner.)



3. Start small.

If you've got a big assignment looming, like a research paper, stay motivated by completing a piece of the project every few days. Write one paragraph each night. Or, do 5 algebra problems from your problem set at a time, and then take a break.



4. School supplies (alone) don't make you organized.

Come up with a system and keep to it. Do you keep one big binder for all your classes with color-coded tabs? Or do you prefer to keep separate notebooks and a folder for handouts? Keep the system simple—if it's too fancy or complicated, you are less likely to keep it up everyday.



5. Get into a routine.

When will you make the time to do your homework every day? Find the time of day that works best for you (this can change day-to-day, depending on your schedule!), and make a plan to hit the books.



6. Learn how to create a distraction-free zone.

A study on workplace distractions found that it takes workers an average of 25 minutes to return to what they were working on pre-interruption. Try turning off your phone notifications or blocking Twitter (temporarily) on your computer so you can concentrate on the homework tasks at hand.



7. Get real.

When you're looking at the homework you have to get done tonight, be realistic about how long things actually take. Gauging that reading a history chapter will take an hour and writing a response will take another 30 minutes will help you plan how you spend your time.



8. Use class time wisely.

Is your teacher finished lecturing, but you still have 10 minutes of class left? Get a jump on your chemistry homework while it's still fresh in your mind. Or use the time to ask your teacher about concepts that were fuzzy the first time.



9. Look over your notes each night to make sure you've got it.

Fill in details, edit the parts that don't make sense, and star or highlight the bits of information that you know are most important. Interacting with your notes will help you remember them. You can also use Homework Help to get your questions answered 24/7.



10. Study a little every day.

Cramming Spanish vocabulary for a quiz might work in the short-term, but when comes time to study for midterms, you'll be back at square 1. You might remember the vocab list long enough to ace the quiz, but reviewing the terms later will help you store them for the long haul.



11. Don't let a bad grade keep you down.

A rough start to the semester doesn't have to sink your GPA. Take proactive steps by checking your grades regularly online and getting a tutor if you need one.



12. Make a friend in every class.

Find a few people you can contact from each of your classes if you have a homework question or had to miss class (and do the same for them!). Then when it comes time to study for exams, you'll already have a study group.



<https://www.princetonreview.com/college-advice/back-to-school-study-tips>



Hash Brown and Bacon Omelet Cups



Prep Time: 10 mins
Cook Time: 35 mins
Total Time: 45 mins
Servings: 12



INGREDIENTS

- Cooking spray
- 3 cups frozen shredded hash brown potatoes, thawed
- 3 tablespoons butter, melted
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 2 cups shredded Mexican-style four-cheese blend
- 6 large eggs, lightly beaten
- 1/4 cup chopped red bell pepper
- 1/4 teaspoon crushed red pepper (optional)
- 6 slices bacon, crisp-cooked and chopped
- Chopped fresh chives, for garnish



DIRECTIONS

1. Preheat the oven to 425 degrees F (220 degrees C). Grease 12 (2 1/2-inch) muffin cups with cooking spray.
2. Wrap hash browns in a clean kitchen towel and squeeze to remove as much moisture as possible. Stir together hash browns, melted butter, salt, and black pepper in a large bowl. Press about 1/4 cup of the hash brown mixture into bottom and up the sides of each prepared muffin cup.
3. Bake in the preheated oven until lightly browned, 18 to 20 minutes.
4. Meanwhile, stir together cheese, eggs, bell pepper, and crushed red pepper (if using) in a bowl.
5. Remove muffin tin from the oven. Reduce oven temperature to 400 degrees F (200 degrees C). Top hash browns with half of the bacon. Top with egg mixture and remaining bacon. Bake until a knife inserted into centers comes out clean, 13 to 15 minutes. Garnish with chives.

<https://www.allrecipes.com/hash-brown-and-bacon-omelet-cups-recipe-7567917>





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A BROKEN-WINGED EAGLE PART 3 OF 6

For some unknown and unwritten reason, we are inclined to think that what a broken-winged eagle, a grieving person, needs most in their time of waiting is our words. And so, we speak. And speak. And speak. But what a broken-winged eagle needs more than anything is presence. In my own journey of grief, I can remember very little of what anyone actually said to me. What stands out for me are the faces of those who drew near.

Oftentimes we speak so much during a time of someone's grief because we're trying to make sense out of what has happened. But here's the dilemma with that: It's impossible to make sense out of nonsense!

Sometimes we try to answer things that even God has chosen to be silent about. In our rush to be helpful, we speak when we should be silent.

Sometimes in a sincere desire to help, we attempt to speak words of comfort that are anything but comforting. Sometimes scripture, no matter how lovely, may seem more like a club than a cure when coming off the lips of someone who has not yet personally tasted tears of loss. It's not that there is anything wrong with the word of God. Absolutely not. The mistake is made when in a person's rush to just say something that they quote scripture from the wrong place – their head and not their heart. And therein lies the problem.

A grieving person is in a feeling place, not a thinking place. To try to appeal to a grieving person's logic is purely illogical.

An excerpt from 'A Broken-Winged Eagle ~ Hope for Grieving Hearts' by Laura K. Dahne. To purchase your signed copy please visit: www.LifeCoachingwithLaura.org

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For questions or concerns in the neighborhood, please contact the appropriate management companies.

ACC: The ACC handles all homeowner issues pertaining to exterior home improvements, changes that are made, as well as parking concerns. Harbor Management handles Audubon, Cluster homes and townhomes north ACC matters and they can be contacted at **305-246-5867** ACC forms can be obtained by emailing acc@harborms.com

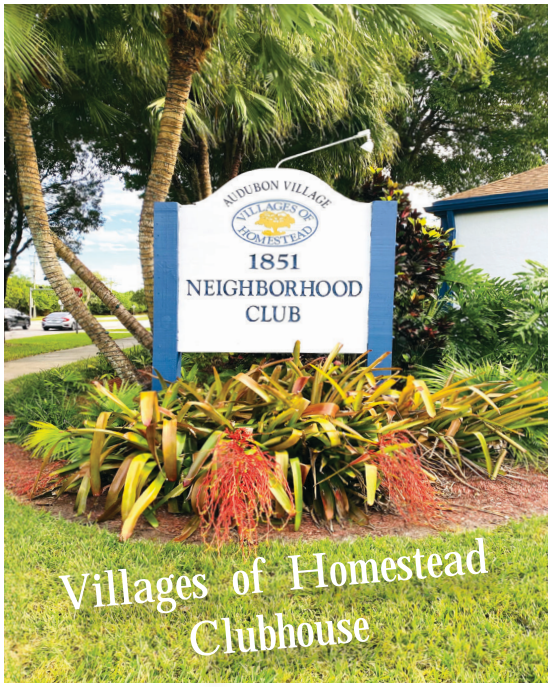
Villages of Homestead Overall: Harbor Management handles common areas this includes association payments, tree cutting and grass cutting and can be contacted at: **305-246-5867**

Townhomes South: Lakeview Management handles Town homes south concerns which includes association payments, ACC approvals, estoppels, tenant and homeowner approvals. They can be reached at **305-255-9058**

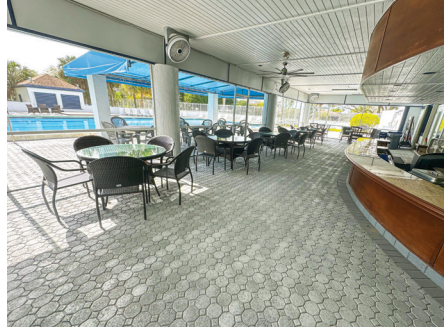
Townhomes North: Alton Madison handles Townhomes North concerns this includes association payments estoppels of Townhomes north. They can be reached at **305-247-5085**

Audubon Clubhouse: The Audubon Clubhouse handles all matters including the Clubhouse and its surrounding property. All other concerns can be handled through the appropriate management companies.

Alton Madison: 305-247-5085



Villages of Homestead Clubhouse



An HOA Clubhouse can provide several benefits to our community. The Villages of Homestead was Established in 1979, The clubhouse has always been a major part of this community for decades from birthday parties to weddings, but most importantly everything has been centered around our great pool. We encourage all residents to visit are state of the art facility because creating a sense of community is indeed an essential part of the clubhouse staff's role. We are very happy to announce The Audubon Village voice newsletter will be mailed to every house in the villages once a month with information about clubhouse events along with community information. Please feel free to contact the clubhouse with ideas or things you would like to see. Audubonclubhouse@att.net or 305-245-3003

BOOK YOUR EVENT TODAY!

Larry Meno
Clubhouse Manager

1851 South Canal Drive
Homestead, FL 33035

Tel: 305.245.3003
Fax: 305.245.8301
Cell: 305.297.1902
Email: Villages.Clubhouse@yahoo.com

- Social Events
- Meeting Rooms
- Receptions
- Quinceañeras
- Sporting Events

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Audubon Pool

AUGUST 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Garbage Day	3 Annual Picnic 1:00 pm
4	5	6 Garbage Day Committee of the Whole Meeting at City Hall 5:30 pm	7	8	9 Garbage Day Bulk Pickup	10
11	12 Recycle Day	13 Garbage Day	14	15 First Day of School 	16 Garbage Day Friday Dinner 6:00 pm: Tacos and Burritos	17 Movie Night <i>Ghostbusters: Frozen Empire</i> 6:00 pm Laugh It Up Comedy Show 2024 at Seminole Theatre 8:00 pm
18	19	20 Garbage Day	21 City Council Meeting at City Hall 6:00 pm	22	23 Garbage Day Bulk Pickup	24
25	26 Recycle Day	27 Garbage Day	28	29	30 Garbage Day	31 Aqua Yoga 9:00 am



www.theaudubonvillagevoice.com



All meetings are subject to change please call appropriate management companies for updated meeting dates.