

Coco Wood Lakes

- NEWSLETTER -

Happy Birthday
America



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July 19, 2022
Board Meeting 7:00 PM

Board of Directors

Jean LeGrys—
President/Treasurer Pro Tem

Anita Brown— Vice President

Sandy Steinberg—Secretary

Jon Gutmacher—Director

Marianne Regan—Director

Deborah Ulrich—Director

JoAnn Orlando—Director

Paver Restoration

This summer we will begin restoring the pavers.

Target start date is July 21, and will take 7-10 days, weather permitting.

The entire pool deck , eastside paver sidewalk and the main entrance to the clubhouse will be restored.

As a result, there will be closures to the pool and area. Your patience is appreciated while we make Coco Wood Lakes even more beautiful!

Please check channel 63 for updates and information on when we will begin

We have been busy

Trimmed the hardwood trees around the clubhouse property

Trimmed 15 palm trees and had 1 dead palm tree removed from the front of the clubhouse

The rust around the ladies room door removed and repainted

The gutters were cleaned and cleared of debris

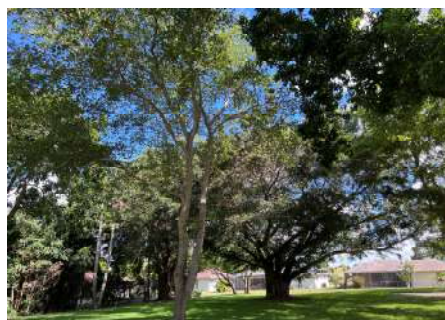
The DC Grids for the pool have been cleaned

The Spa filters have been replaced

Clubhouse grounds have been pressure cleaned

New Pool Rules Sign

Sidewalk Repair





Celebrate Together



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Coco Wood Lakes ** 4th of July BBQ **

4:00 – 6:00 pm

Spend the 4th with your friends and neighbors at our Awesome GAZEBO.

FREE Event for RESIDENTS sponsored by the Coco Wood Lakes Association. If you have company coming, bring them with you for \$5 Donation, payable at the Event. Serving Burgers, Dogs, Salads and Soft Drinks.

Bring your own Adult Beverages.

BUT you **MUST RSVP** so we know how much food to purchase ...



Please RSVP by 2:00 pm 7/1/22

HOW TO RSVP:

Text JoAnn Orlando at 954-803-7316

Call Kristine at CWL Office 561-495-1133

Or online at

<https://www.eventbrite.com/e/cwl-4th-of-july-bbq-tickets-372083901967>

ALGAE BLOOMS: DID YOU KNOW?

The climate in Florida is wonderful in many ways, but the year round warm weather and heat in the summer can increase algae blooms.

1. Lawn fertilizers are a big contributor to algae blooms. Leave at least a 10 foot buffer when dispensing fertilizer near a waterway. Fertilizer in the street will wash into the storm drains and all storm drains lead to the waterways.
2. Never blow or dispose of trash and lawn clippings into streets, storm drains, or waterways. They are loaded with nutrients and as they decay, they feed the algae blooms. All storm drains lead to the waterways.

PLAYHOUSE PLAYWRIGHT'S PROJECT



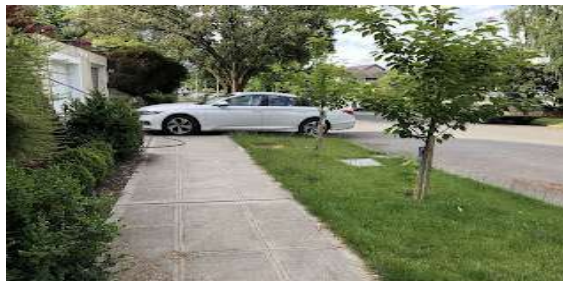
Did you know? The Delray Beach Playhouse is holding auditions for their third annual Playhouse Playwrights' Project, Festival of New Plays. These are staged readings of new one-act plays by local playwrights. No experience necessary! If you can read, you can audition for one of the 34 roles available.

Auditions will be held on July 9 and 10, from noon to 4:00 p.m. at the Delray Beach Playhouse, 950 NW 9th Street, Delray Beach, FL 33444.

For more information: www.delraybeachplayhouse.com



BE COURTEOUS
DO NOT BLOCK
SIDEWALKS WITH YOUR



PIZZA PARTY

THURSDAY, JULY 21ST & AUGUST 18TH

Location TBD depending on Weather

Place orders by 5:30,

Meet in the clubhouse, 5 to 8 PM, No glass

Call JoAnn 954-803-7316



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Meet in the clubhouse

HUMP DAY HAPPY HOUR & GAMES

WEDNESDAY, JULY 6TH & AUGUST 3RD 5:00-7:00

Bring your own SNACKS & BEVERAGES

INFORMAL HAPPY HOUR –

Saturday, July 16th 5:00 ish

Bring your own SNACKS & BEVERAGES

Location TBD by weather

Meet in the clubhouse



A study that began in 2018 revealed that bonefish in the waters of the Biscayne Bay and Florida Keys contained trace amounts of pharmaceutical drugs and other contaminants in their blood and tissue.

Out of 93 fish sampled, traces of pharmaceutical drugs ranging from blood pressure medicines, pain relievers, antidepressants and even prostate treatment medications were found in every one of them, with each fish averaging seven different drugs in their system. Researchers also found traces of drugs in bonefish prey like crabs, shrimp, and other fish, suggesting the problem extends to other forms of sea life as well.

Pharmaceuticals are an invisible threat, unlike algal blooms or turbid waters. These troubling findings underscore the urgent need for Florida to expand and modernize wastewater treatment facilities and sewage infrastructure statewide.

According to the Food and Drug Administration website, the best way to dispose of drugs is to find a drug take back site near you and drop them off. Disturbingly, the FDA also has a “flush list” of medications that are acceptable to flush down the toilet if unused. This list includes narcotics such as Fentanyl patches and Vicodin.

DON'T FLUSH YOUR MEDICATIONS

This is a very real threat to ocean ecosystems and to us, as consumers of seafood in a state that has one of the largest fishing industries in the country. A difference can be made at home by responsibly disposing of pharmaceuticals at take back locations. A list of drug take back locations in Palm Beach County can be found at pbcdrop.org.



SAVE THE DATES

Saturday, October 15, 2022 from 7 to 9 PM

Wine Glass Painting

2 glasses for \$20

Saturday, October 22, 2022

Joseph LoBrutto, Psychic/Medium

\$25 per ticket for an unforgettable experience





Eat, Drink and be Merry

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Chicken Lettuce Wraps

FOR THE WRAP FILLING:

- 1 Tbsp avocado oil (olive or coconut oil would work well too)
- 1 lb. ground chicken (we grind raw chicken breast or chicken thighs in our food processor)
- 6–8 oz. button or baby bella mushrooms, finely minced
- 1 (8oz.) can water chestnuts, drained and minced
- 2 green onions, sliced
- 2 tsp fresh ginger, minced
- 1 clove garlic, minced
- 1/4–1/3 cup coconut aminos, GF tamari, or soy sauce

TO SERVE:

- Lettuce leaves (butter lettuce, romaine hearts, or iceberg lettuce work well)
- Cilantro (optional)
- Your favorite dipping sauce

OPTIONAL DIPPING SAUCE:

- 1/4 cup. Dijon mustard
- 1/4 cup. coconut aminos, gluten-free tamari, or soy sauce
- A few dashes of chili oil or sriracha if you want a little kick.

CLASSIC PIÑA COLADA

- 1 1/2 cups frozen pineapple
- 1 1/2 cups ice
- 5 ounces (1/2 cup plus 2 tablespoons) aged rum
- 2 ounces (4 tablespoons) cream of coconut (**not** coconut cream)
- 4 ounces (1/2 cup) pineapple juice
- 1 ounce (2 tablespoons) lime juice
- For the garnish: cocktail cherry and drink umbrellas

Blend pineapple and ice until chunky. Add the remaining ingredients and blend until smooth. Serve garnished with a cocktail cherry and drink umbrellas.

Are You Paying Too Much for Comcast TV?

A Coco Wood Lakes resident recently discovered she was paying for equipment that she shouldn't have been paying for since the last Comcast contract was signed in July 2019. Comcast gave her a \$450 credit. The 2019 contract gives each home up to 1 HD receiver and 2 HD adapter boxes with remotes. If you have been paying for high definition then call 800-COMCAST and let them know you are due a refund from August 2019 - which could be hundreds of dollars.

July/Aug 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4  BBQ & Games	5	6  HDHH & Games 5:00 - 7:00pm	7	8	9
10	11	12	13	14	15	16 Informal Happy Hour 5:00pm - ?
17	18	19  Board of Directors Meeting 7:00p	20	21  Pizza Party 5pm - 8pm	22	23
24	25	26	27	28	29	30
31	1	2	3  HDHH & Games 5:00 - 7:00pm	4	5	6
7	8	9	10	11	12	13