

Oak Ridge Homeowners Association, Inc.

*David Rosin, President; Mike Brescia, Vice President
Pat Spence, Treasurer; Julie Rosin, Secretary*

Current Events

- **Chance to win 3 Publix Gift Cards**—Member's meeting April 21, 2015. We will elect new Directors.
- **Benefits of Yoga**—Namaste
- **Restrictions Committee** — Protecting your Property Values
- **Who, who, who cooks for you?** - Barred Owls
- **Hydroponic Gardening**—Growing Plants Without Soil by Bill Higdon
- **President's Corner**— Neighbors Get Together and Members Meeting importance
- **Scheduled Events:**
 - **April 21st** — Annual Members Meeting
 - **April 25th** - Neighbors get together, 6413 Governors Drive
 - **July 4th** - Independence Day Flag celebration planned for July 3, 4, and 5, 2015
 - **Nov. 13, 14, and 15**—Oak Ridge Community Yard Sale
 - **Dec. 24**—Luminaries

Annual Members Meeting— Attend for a Chance to Win a Publix Gift Card

The **Annual Members Meeting** of the Oak Ridge Homeowners Association will be held:

Date: Tuesday, April 21, 2015
Time: 7 PM
Location: TrinityMeetingCenter.com
7813 Mitchell Blvd Suite 107
New Port Richey, FL 34655

Your attendance is requested to join and vote on the Board Members who will have stewardship of the Association for the two year term 2015-2017.



Your Association is currently tracking or has provided input to the following State and County agencies which has helped maintain your property values:

- ⇒ **Pasco Stormwater Mgmt**—2014 Trinity Oak/Thousand Oaks stormwater revisions that impact the Oak Ridge Canal
- ⇒ **Pasco Code Enforcement** -Cooperation with Oak Ridge Restrictions Committee on code enforcement and service tickets.

⇒ **Pasco Sherriff's Office** -Petty larceny events in the first three months of 2015

The meeting agenda includes opening the floor to questions, to be addressed by both for the Executives and Board of Directors of the Association.

- Bring your concerns
- Bring your compliments

As part of the annual Oak Ridge membership drive, the Association will be holding a drawing for a chance to win a **\$25, \$75 and \$100** Publix gift cards. The drawing entry has these two requirements:

- You must be a paid member of the Oak Ridge Homeowners Association for the 2015-2016 membership year
- You must be present at the 2015 Annual Members meeting

- Bring your criticisms
- But MOST IMPORTANTLY . . .

• **BRING YOURSELF**

Oak Ridge 2nd Annual Neighborhood Get Together— Saturday, April 25, 2015

Oak Ridge will hold its Second Annual Neighborhood Get Together on:

Saturday, April 25, 2015
6413 Governors Drive
from 12 Noon to 4 PM

Grab your neighbors and join us for free hot dogs, chips, drinks and sides. Feel free to bring a yard game and/or dish to share.



Reasons to attend:

- Meet new folks and their families
- Gain a sense of community
- Free Food :)
- Games
- Good Times

Health Benefits of Yoga – Namaste

You've probably heard that yoga is good for you. Maybe you have even tried it and discovered that it makes you feel better. A regular practice can offer all kinds of mental and physical health benefits. Some, like improved flexibility, are clearly evident. Others, including mental clarity and stress reduction, may be more subtle but are just as powerful. When put together, all the benefits below contribute to an increased feeling of well-being, which helps explain why so many people find yoga so addictive.

Flexibility—Moving and stretching in new ways will help you become **more flexible**, bringing greater range of motion to tight areas. Over time, you can expect to gain flexibility in your **hamstrings, back, shoulders, and hips**. As we age, flexibility naturally decreases, which leads to pain and immobility. Yoga can ameliorate this process.

Strength: Many yoga poses require you to support the weight of your own body in new ways, including balancing on one leg (such as in **Tree Pose**) or supporting yourself with your arms (such as in **Downward Facing Dog**). Holding

poses over the course of several breaths also builds strength.

Muscle tone: As a by-product of getting stronger, you can expect to see increased muscle tone. Yoga helps shape long, lean muscles.

Balance: Improved balance is one of the most important benefits of yoga as you get older. Poses where you **stand on one leg** and, for more advanced students, **inversions**, are great ways to build **core strength**.

To read further on the benefits of yoga, go to the yoga.about.com web site. Also check out some Yoga Studios in our local area. Here are a few in New Port Richey to get you started; Trinity Yoga (Old Hwy 54), Flow Yoga (Grand Blvd), Lotus Yoga Studio (Rowan Road).

Restrictions Committee – Protecting your Property Values

by Doug Lines

Restrictions Committee Chairperson

Would it be the condition of the roads within Oak Ridge subdivision and Pasco County? Would it be the County Tax Assessors impact on your property? Would it be the proximity to convenient shopping and dining establishments? Would it be the quality of the local schools your kids might have to attend? Would it be the location from your place of employment? Would it be the availability of really good recreational facilities, the beaches, sports complexes, and other places where we enjoy our leisure time?

These are all important aspects of choosing to live in Oak Ridge because we have access to and are able to enjoy all the factors mentioned above. However, all of these benefits of living in Oak Ridge would probably take a back seat to one overarching consideration that has the potential of affecting all the factors mentioned above, **your property value.**

Property values are maintained by a lot of hard work and sweat equity by all of us who want our property to hold or increase its value so we can continue enjoying all the great parts of living in Oak Ridge. Our homes represent a substantial investment

to our individual financial situation. Most of the residents within Oak Ridge do an excellent job of maintaining their property and are to be commended for their efforts. All of your Oak Ridge Homeowners' Association (ORHA), Officers/Board Members/and Restrictions Committee Members have noticed the many improvements undertaken by many of you in improving your property. It has not gone unnoticed.

Your ORHA Officers and Board Members have instituted a fully functioning Restrictions Committee that is available to each of you simply by asking for our assistance. The purpose of the Restrictions Committee is to protect the property value of all Oak Ridge homeowners. The Restrictions Committee accomplishes that task by engaging with each of you who perceives that a problem might exist with a property that may impact your property value. We then establish a confidential and comprehensive course of action, consistent with very specific guidelines, to correct a possible violation of our Deed Restrictions and/or Pasco County Ordinances and Codes. Your Restrictions Committee attempts to resolve any situation without confrontation and we have been successful in achieving resolutions with-

out involving Pasco County Code Compliance.

ORHA members advertise free on www.myorha.org?
ORHA members advertise at discounted rates in the newsletter?
ORHA members receive discounts on flags and luminaries?
Are you an ORHA member?

Our intent is to resolve problems within the neighborhood through voluntary compliance with our Deed Restrictions and Pasco County Regulations to the extent it is possible to do so. Your Restrictions Commit-

tee will investigate a complaint from a resident and we will maintain strict confidentiality in any communications with any complainant. Any action taken by ORHA is only initiated after a thorough investigation. Any action taken requires approval by both the Restrictions Committee and your Board of Directors. The process and procedures are in place and functioning for the benefit of all Oak Ridge property owners.

We are here to help, just let us know by contacting the Restrictions Committee or your ORHA Officers/BOD members through the following website:

www.myorha.org

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Who, Who, who cooks for you

One might think this article is about a cooking class but the subject is **not** about cooking! You may have heard something that sounds like this sentence in the early morning hours in our subdivision when all else is quiet. You may hear the Barred Owls out your back door while they are nestled in a nearby oak or pine tree. Quite often the sound is used to call to a mate to help locate their presence.

The follow is extracted from the University of Florida (Go Gators) [web site](#):

These birds of prey are relatively large in size. The length of the bird is about 1-½ to 2 feet, and weights are about 22 oz. for males and 28 oz. for females. Wingspan is from 40 - 50 inches and



body length ranges from 17 - 24 inches. The Barred Owl is named for the feather patterns, which are barred with the alternating colors of white and brown, located on its head, chest and back (Figure 1). The belly is streaked lengthwise with white and brown feathers. The eyes are big and dark brown and look black in the field. With a yellow bill, the face of a Barred Owl has a pale gray disc around each



of the eyes. These discs are outlined with a dark brown line. Just behind the facial disc, the white and brown barred pattern begins and continues all the way down the bird's back.

These owls tend to favor dense for-

ests with large trees for nesting. Typically, Barred Owls are found in mature forest with a relatively open understory. An open understory in the forest is necessary so that they can perch on branches and be able to see, as well as fly, to catch their prey. The availability of

perch sites has been found to be an important factor in habitat selection. The most important factor in selection of a breeding territory appears to be the amount of large trees, usually with trunk diameters larger than 20 inches. The Barred Owl can live in a variety of habitats. As long as the habitat contains an adequate amount of large trees for nesting, Barred Owls can live in urban areas, swamps, oak savannas, marshes, and forests located next to fields that provide prey animals.

Home Pool Safety – Make it a Priority From the American Red Cross

Millions of us enjoy warm weather every year by swimming in our backyard pools and relaxing in hot tubs. Tragically though, over 200 young children drown in backyard swimming pools each year. The American Red Cross suggests owners make pool safety their priority by following these guidelines:

- Secure your pool with appropriate barriers. Completely surround your pool with a 4-foot high fence or barrier with a self-closing, self-latching gate. Place a safety cover on the pool or hot tub when not in use and remove any ladders or steps used for access. Consider installing a surface wave or underwater pool alarm that goes off if anyone enters the pool.
- Keep children under active supervision at all times. Stay in arm’s reach of young kids. Designate a responsible person to watch the water when people are in the pool—never allow anyone to swim alone. Have young or inexperienced swimmers wear a U.S. Coast Guard-approved life jacket.
- Ensure everyone in the home knows how to swim well by enrolling them in age-appropriate water orientation and learn-to-swim courses from the Red Cross.

- Keep your pool or hot tub water clean and clear. Maintain proper chemical levels, circulation and filtration. Regularly test and adjust the chemical levels to minimize the risk of earaches, rashes or more serious diseases.
- Establish and enforce rules and safe behaviors, such as “no diving,” “stay away from drain covers,” “swim with a buddy” and “walk please.”
- Ensure everyone in the home knows how to respond to aquatic emergencies by having appropriate safety equipment and taking water safety, first aid and CPR courses from the Red Cross. Keep current on first aid and CPR skills.
- Ensure any pool and spa you use has compliant drain covers, and ask your pool service provider if you do not know

The American Red Cross and National Swimming Pool Foundation® have partnered to create an online Home Pool Essentials course that describes steps home pool owners can take to prevent tragedy and keep a well

maintained pool or hot tub. The course is available at: www.HomePoolEssentials.org.

Create a Pool Safety Tool Kit:

Drownings are a preventable cause of death and injury for children and adults. By putting proven safety behaviors and systems into practice, you and your family will be much more secure in and around public and residential pools.

CPSC (Consumer Product Safety Commission) recommends that you create a pool safety toolkit to have near your pool or spa to ensure that if the worst happens, you are ready to respond.

What should be in a pool safety toolkit for your home pool or spa?

- A first aid kit
- A pair of scissors to cut hair, clothing or a pool cover, if needed
- A charged portable telephone to call 911
- A flotation device



Be Vigilant—You are your brothers keeper

Be Vigilant and watch yours and your neighbor's property. Call Law Enforcement (LE) when any doubt exists on the propriety of a situation. I live in the section of Oak Ridge that has entrances from Perrine Ranch. In my unique position as President, I have numerous contacts with Oak Ridge residents, members and non-members of the Association. In the previous 60 days, I've been made aware of four (4) petty thefts, three of which are within 300 yards of my home. The fourth is in my section of Oak Ridge approximately 500 yards from the house. Only one has been reported to LE. Without these seeming petty thief's being reported to the Pasco Sheriff, the department has no way to track the increase in crime in Oak Ridge, no way to step up patrols, no way to correlate

previously reported crime with new crime. Be vigilant and watch yours and your neighbor's property. Call LE if you suffer a theft. Do not expect your property back, which is NOT LE's job.

- Do expect LE to;
- a) Catch the perpetrator
 - b) Increase patrols, become more visible
 - c) Check previous patterns of larceny to predict next occurrence

We are all in this together. Your role as night watch is every bit as important as LE. Without your help, LE is hindered in solving the problem.

HYDROPONIC GARDENING

By
Bill Higdon

Hydroponic gardening is the process of growing plants without soil. The word, Hydroponics comes from Latin and means working water.

When most people think of hydroponics, they think of plants grown suspended in water only with no growing medium. This is just one method known as N.F.T (nutrient film technique).

There are several variations of NFT used around the world and it is very popular. There are many different techniques of hydroponic gardening from very simple set ups to very elaborate systems.

Hydroponic gardening can be a fun way for gardeners to try something different. It works well because the plants get exactly what they need nutritionally (and no weeding!)

With hydroponics, plants are grown in an inert growing medium and perfectly balanced PH adjusted nutrient solution is delivered to the roots in a highly soluble form. This allows the plant to uptake its food with very little effort as opposed to soil where roots must search out the nutrients and extract them. The energy expended by the roots in this process is ener-

gy better spent on vegetative growth and fruit and flower production. If you placed two plants side by side, one grown hydroponically and one in soil, you would easily see the difference between the two plants.

Growing medium is the material that the roots of the plants are grown in.



There a variety of substances used including Rockwool, perlite, vermiculite, coconut fiber, gravel, sand, and many

more. The medium does not provide any nutrition for the plant but instead holds the nutrition (water and fertilizer). This also allows you to control everything the plants receive, including the strength and PH of the solution so that the plant receives the correct amount at all times. Watering/feeding cycles can be controlled by an inexpensive timer so that plants get watered on scheduled, as needed.

Micro-nutrients, also known as trace elements are required for healthy growth development. They are calcium, magnesium, sulfur, boron, cobalt, copper, iron, manganese, molybdenum and zinc. These trace elements are vital to growing strong healthy plants. When deficient in any of these elements, plants can suffer stress, disease, and become susceptible to pests, fungus and bacteria.

Hydroponic gardening can be as simple as growing a single plant in a bucket with a simple medium or as elaborate as your imagination will allow. The average home system usually consists of a few basic parts such as a growing tray, a reservoir, a submersible pump



to water the plants, a simple timer and an air pump and air stone to oxygenate the nutrition. Plus, of course, light. A balance PH is also a must.

As gardeners we always like to try new things. There is a wealth of information on line about how to get started.

Most garden centers can guide you also. Have some fun and try some hydroponic gardening.

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*Oak Ridge Homeowner's Association, Inc.
A Florida non for profit corporation*

Oak Ridge Homeowners Association
Primary Business Address
6332 Chiswick Ct.
New Port Richey FL 34655

**Without you, we are nothing. Join, contribute,
be involved, be a member.**

<http://www.myorha.org>

The Oak Ridge Homeowners' Association, Inc. (ORHA) is a voluntary HOA in a deed restricted community located in beautiful New Port Richey, Florida.

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ORHA

President's Corner—Oak Ridge Neighborhood Get Together and Members Meeting

Oak Ridge's Second Annual Neighborhood Get Together is planned for Saturday, April 25, 2015 at 6413 Governors Drive. Join us between 12 pm and 4 pm for Free Hot dogs, fixings (slaw, condiments, chips) and great neighbors. All Oak Ridge parcel owners and their families are invited to come on over, meet your association's representatives and enjoy the food and fun!

Oak Ridge Annual Members Meeting — I urge you to attend on April 21, 2015 to elect the next slate of Directors who oversee the Officers in their execution of the day to day activities of your Association.

On Tuesday April 21, 2015 you will elect the four Directors of the organization for a two year term, 2015-2017.

The Chairman of the Nominations and Elections (N & E) committee is responsible for seeking nominations for the Director positions and to run the election portion of meeting .

Meeting Details as follows:

DATE: Tuesday, April 21, 2015

Time: 7:00 pm

Location: **Trinity Meeting Center**

Address: **7813 Mitchell Boulevard Suite #106 New Port Richey, Florida 34655**

AGENDA:

7:00—Call the meeting to order

7:05—Pledge of Allegiance

7:08—Introductions

7:15—Treasurers report

7:25—Vice President— Welcoming Committee

7:35—President's report

7:50—Floor open to Questions

8:10—Nominations Comm. chair

- Reading of the Slate
- Solicitation for Nominations

- Member Voting
- 8:28**—Motion to close
- 8:29**— Await a second
- 8:29**—Meeting adjourned

Additional information regarding the members meeting is available on the web site www.myorha.org.



Membership means success

If you want to make this a better place, join, volunteer, offer suggestions and then get behind those suggestions to make them happen.

Without YOU, we have nothing.

David Rosin

President