

Bristol Lakes Bulletin

October 2019

Welcome to the Board of Directors



Jennifer Sullum has volunteered to serve on our Board of Directors to fill the vacant seat of Director at Large. She was accepted at the September Board meeting.

Garbage, Trash, Recycling, Bulk Waste & Construction Debris

Our new Garbage Carts are here and ready to be used. SWA has informed us that smaller carts (48 Gallon) will be available for residents who request them, They ask that residents wait till January 1, 2020 when kinks are worked out with the 96 gallon carts. They realize that the 96 gallon carts are difficult for seniors to manage.

Garbage - Is to be placed in the Cart, including coconuts and other fruits. Please do not put these in with yard waste.

Yard Waste - Limited to 6 Cubic Yards per week. Yard waste should be put in a container or plastic bags, except for tree branches and palm fronds which should be placed in a neat pile. Tree trunks or root balls are never collected.

Bulk Waste - Appliances, Furniture etc. that do not fit in your cart is limited to 3 items per week. Construction Debris is limited to 2 cubic yards per week. It must be containerized and weigh less than 50lbs. Note A cubic yard is equal to a refrigerator.

Shutters Removal

According to HOA documents: Shutters or panels may be installed when a Hurricane Watch is announced by the National Weather Service or a State of Emergency is declared by the Governor due to a pending storm. Usually they must be removed within 5 days or the following weekend whichever is longer after the passage of a hurricane or hurricane watch. They were allowed to stay up longer because of the possibility of a second hurricane, however, they must now be removed by October Sixth (6th).

After October 6, a violation will be noted to residents not in compliance with shutter removal.

Street Parking

There are still some residents who continue to violate our documents. There is to be no parking on our streets overnight, and no parking that blocks the sidewalks at any time. If there is a special reason why you must park in the streets, like construction materials stored in the driveway, temporary overnight guests, or other valid reason, please notify the Board thru the web site. There is a new special tab for that request.

If you are having a large party or gathering at your home and expect many guests, we will allow the gates to be opened for a 2 hour period. Please give advanced notice thru an application on our web site www.Bristollakes.com

Gate Damage

If a resident or guest damages the front gate they are responsible for the repair and/or replacement. This includes any commercial vehicle vendors (example: pool, a/c, pest control companies and non profit cube trucks). There have been several residents who have purposely allowed trucks to tailgate them in, resulting in gate damage. Use your gate card at the call box in order to prevent any accidents!

Bristol Lakes Traffic Study

It is required by Palm Beach County to increase the Bristol Lakes HOA speed limit from 15 mph to 20 mph in order to satisfy the PBC minimum roadway speeds. In order to meet that requirement the Bristol Lakes HOA Board of Directors recently voted to increase the speed limit to 20 mph. New speed limit signs have been ordered and as soon as they are installed the Traffic Study Engineer will be back to confirm that the changes have been made. The Palm Beach County traffic study application will then be submitted for approval by the Palm Beach Sheriff's Office. Once the approval is received PBSO will be able to control traffic in our community. Further information will be provided upon approval. In the meantime, please watch your speed and keep an eye out for pedestrian and bicycle traffic – they have the "right of way".

Landscaping Along The Canal

We can give the residents along the canal a starting date of January 2020 to begin removal of the existing Ficus plants. We plan to remove the plants, then make repairs to the chain link fence and cut done trees before planting the new Arboricola. There will be very little privacy until the new Arboricolas mature.

Residents Page

OCTOBER IS NATIONAL BULLYING PREVENTION MONTH

The definition of Bullying (verb) is to seek to intimidate, coerce, torment, persecute, or harm someone who is perceived as being vulnerable (the victim). Bullying is any aggressive behavior by an individual or a group of people, done repeatedly and over time. It can be experienced by adults as well as children. There are many Different types of Bullying, such as **Physical Bullying** (hitting, kicking, tripping, pinching, and pushing), **Verbal bullying** (name calling, insults, teasing, intimidation, homophobic or racist remarks or verbal abuse), **Social bullying** (lying, spreading rumors, menacing facial or physical gestures, causing embarrassment or humiliation, or damaging someone's social reputation or social acceptance) and **Cyberbullying** (overt or covert bullying behaviors using the Internet on computers and smart phones to specifically target the victim through social media, email, texting, or other online platforms.

Bullying has been on the rise in the past few years.

Most people think of kids at school or teenagers using social media, as being the usual targets of bullying, but it also happens in the workplace and in domestic relationships, where it is often hard to see because it need not be physical abuse, but rather emotional manipulation and disparagement. It is also happening with increasing frequency to seniors in retirement communities and assisted living facilities.

Research studies have shown that often bullies have had stress or trauma in their own lives in the past, and use bullying as a coping mechanism. They may have been bullied or abused themselves, may feel jealous or insecure, or have little or no self esteem. They need a victim that is perceived as physically or emotionally weaker than them. By targeting such a person, they gain control, are excepted by others and feel important. Bullies come in all shapes, sizes and ages.

Tips to dealing with bullying applies equally to kids, teenagers, and adults.

1. Tell someone you trust and who can offer support that you are being bullied. If a bully physically or sexually attacks you, or uses homophobic or racist language, report it to the police.
2. Avoid the bully whenever possible, and don't be a loner. The more people that are around you, the less chance of you being bullied.
3. Try not to show your anger, the bully will know that he/she has control over you.
4. Avoid using physical force, you can not know what kind of response you will get from the bully.
5. Ignore verbal bullying by walking away. For the bully to be successful, they need to get a reaction from you.

6. If you can't walk away, try humor, like telling a joke to throw them off guard
7. Don't isolate yourself. Develop a group of friends that will help you take a stand against the bully.

Don't become a victim. Just as importantly, don't become a bully.

References

Brochure from Palm Beach County Sheriff's Office
www.ncab.org.au (National Centre Against Bullying)
www.stompoutbullying.org
www.rightathome.net
www.wikipedia.org
www.wikihow.com

Submitted by Sunny Teller

DIDYA EVER... (#ME TOO).

1. Walk through a doorway from one room to another to get something, and forget what you came for?
2. Drop an ice cube from the fridge dispenser, and not find it until there is a big puddle on the floor?
3. Lose a dryer sheet in the pile of dried laundry, and not find it until you use something else to clean out the lint tray...or find it weeks later, when you put a clean sheet on the bed and it falls out onto the floor?
4. Go crazy trying to find the mate to a sock in the laundry and then discover it tucked into the corner of a fitted sheet?
5. Think of someone you haven't seen in ages and then bump into them in the supermarket the next day?
6. Wrack your brains trying to think of the name of a particular old actor and then turn the TV on and find they're showing one of his old films on Turner Classic Movies?

Dear Reader, if you have any **DIDYA EVER... (#ME TOO)** gems you would like to share with your neighbors, you can submit them to me, include your name, and email address, and they might be published in a future issue of the Bulletin. My email address is: sr_teller@bellsouth.net

What Do I Do With My Old Garbage Can ?

If you're looking for an environmentally friendly option and do not plan to put your yard waste in it, The Soup Kitchen is in need of containers. Drop it off at **8645 Boynton Beach Blvd.** In doing this you will not fill our dump sites.



Submitted by Ed Katz