

The Royal Report

July 2008

Making Royal Oak Hills A Better Place to Live

www.royaloakhills.us

Got Breakfast?



It takes a village: On Saturday, June 7 nearly 30 ROH residents gathered for a gourmet breakfast prepared by Cecil Ybanez and then delivered Residential Directories to all 423 homes in the neighborhood. Men, Women, Boys, Girls, Retirees, Students, and even a very pregnant Kristy Hartofolis helped deliver directories to all residents. If you did not receive a directory or would like to make additions or corrections, please contact one of the Directors listed on the next page.

See more photos of our delivery team on pages 6 & 7.

Got Beer?



On Saturday, June 14, a small group of residents gathered at the home of Fran and Mike Barnes on Camino Real for the first Royal Oak Hills Beer Tasting Event. Special thanks to Drew & Joe of Total Wine - Boca Center for acting as our beer tutors. Who knew that beer had body, aroma and more? See more photos on page 12.

Watch for your email for info on future events including Wine Tastings, Home Tours, Progressive Dinner, and more.

Not on our email list? Send your info to helenelang@bellsouth.net or call one of the ROHA Directors.

Did You Know?

Did you know that untreated heat related emergencies can cause severe permanent damage to your brain and many other organs, or even cause death?

The three types of heat related illnesses are:

1. **Heat Cramps**, 2. **Heat Exhaustion**, 3. **Heat Stroke**.

See page 13 for more details.

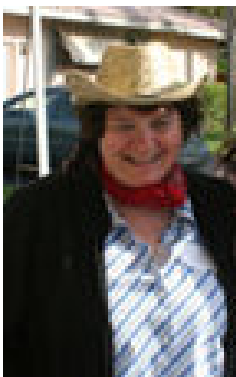
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The President's Message

Helen Lang



As we settle into the “hazy, lazy, crazy days of summer”, all Florida residents are keenly aware that with the summer months, comes the hurricane season. The Royal Oak Hills Homeowner’s Association is pleased to work with our resident CERT members of the City of Boca Raton’s Community Emergency Response Team, in preparing our community for the hurricane season. Our neighborhood is well represented by Clem Storch, James and Camille McDavitt, and Amanda Melo, who serve the community as the core contingent of our ‘spotters’, in the event of an official hurricane warning announcement, and the mobilization of state and local emergency preparedness services. While we all are hopeful for a calm and “lazy” summer, we are mindful of the personal responsibility we have as residents and homeowners to be prepared and vigilant during the hurricane season. As a community, we appreciate and support the planning, preparedness, and expertise of our community CERT members.

On another note, The Royal Oak Hills Homeowners Association is looking for community wide input, and participation in the formation of three committees. The ROHHA Directors will be forming a committee to enhance our web site, and improve our community wide email capabilities. Please check out our website @ www.royaloakhills.us. Did you attend our “inaugural” 2006 Home Renovation Tour? We are forming a committee to explore hosting this biannual event. Please join us with your ideas, energy, and contact any of the Directors if you would like to showcase your home in the next ROHHA Home Renovation Tour. Would you like to review and recommend revisions to our governance? The bylaws subcommittee may be to your liking.

Enjoying the landscaping improvements? Especially the addition of the lamp fixture at the North Entrance? Join the long standing Beautification Committee, which continues to provide amazing results meeting one day a month!

Please contact me @ 392.5035, or Helenelang@bellsouth.net, and sign up! Your ideas, participation, and enthusiasm in making Royal Oak Hills a better place to live, is always welcome.

2008 ROHA District Directors & Officers

District	Director	Address	Phone
1	open		
2	James McDavitt (VP)	151 SW 6th Terr	395-0439
3	Camille McDavitt	810 SW 2nd St	395-0439
4	Clem Storch (CERT)	601 SW 5th St	392-4287
5	Helen Lang (President)	646 SW 2nd St	392-5035
6	Kerry Gausemel	623 W. Camino Real	353-4076
7	Lee Brown	672 SW 4th St	750-1066
8	Kim Wick	264 SW 7th Terr	391-6681
9	Don Bagley	826 SW 2nd St	338-3442
10	Ann-Louise King	201 SW 6th Terr	392-2704
11	Susan Rosenfeldt	201 SW 8th Terr	367-0259
12	JoAnne Weiner (Secretary)	800 W. Royal Palm Rd	750-8124
13	JoAnn Chapman (Treasurer)	817 SW 4th St	347-2459
14	David Ward (Newsletter)	617 SW 5th St	392-6496
15	open		
16	Amanda Melo	633 SW 4th Street	368-2384

HOME OF THE MONTH



April 2008

The Fletcher Family
SW 7th Terrace



May 2008

The Aber Family
SW 2nd Street



June 2008

The Kohner Family
SW 8th Terrace

HOME OF THE MONTH NOMINATIONS

Nominate someone on your street to be "Home of the Month" by sending an email to helenelang@bellsouth.net.
(You can even nominate your own home!)

Our Home of the Month committee will be sure to consider all nominees. If your nominee is not a ROHA member, they will not be eligible for selection.

Calling all Junior Journalists and Publishers

The Royal Oak Hills Newsletter is soliciting for junior contributors to our community quarterly publication. Does your school age son or daughter have an interest in submitting an editorial, neighborhood community interest article, or (journalistically appropriate) original sketch or cartoon? We are inviting all of the 'junior journalists' to become a part of this publication! Participation can earn the contributor community service hours. Interested? This newsletter is published quarterly. Please contact David Ward or Helen Lang to get involved in the ROHA Newsletter.

RESIDENTS IN THE NEWS



ROH Resident & Chocoholic Kristy Hartofilis (SW 7th Terrace) at the Boca Junior League's Chocolate Decadence Fundraiser.

GET INVOLVED IN YOUR COMMUNITY!
VOLUNTEER!

Resident Linda Gove as featured in Boca Magazine.

hometownhero [by tracy tallman]

Linda Gove

EXECUTIVE DIRECTOR
BOCA HELPING HANDS

As a teenager, Boca Raton resident Linda Gove often had her hands in community-service projects for underprivileged elementary school children. But after being diagnosed with breast cancer in January 2006, Gove felt a renewed connection to charitable endeavors.

She left a 20-year career in marketing later that year to help better the lives of homeless individuals and low-income families as executive director of Boca Helping Hands (BHH).

"I just felt the need to look into something ... different," Gove says. "To be able to give, and to know that you're making a difference—that touches me as much as it touches them. I wouldn't be able to get this feeling working anywhere else."

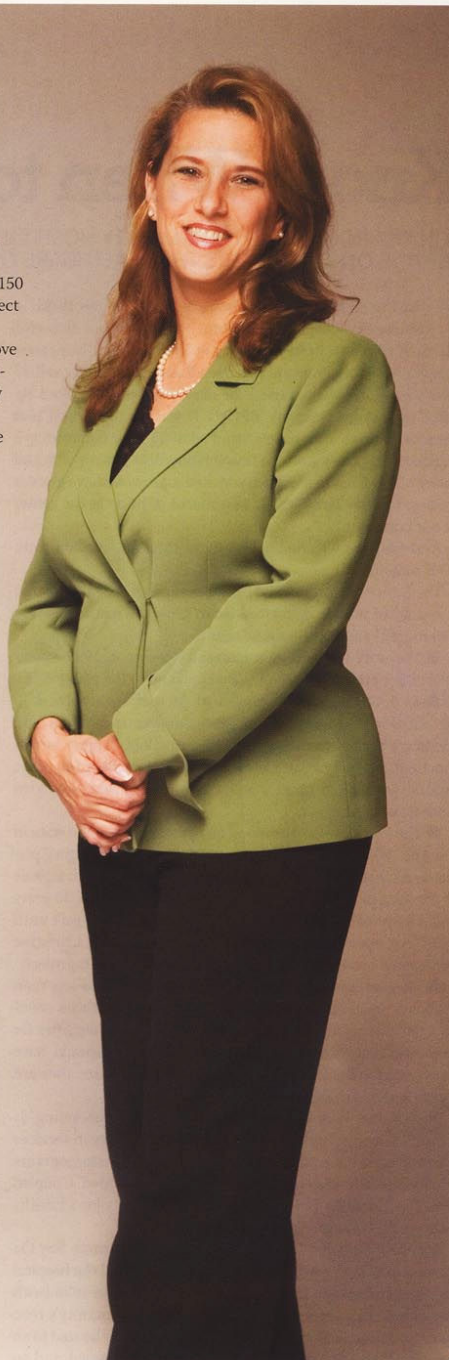
First opened as a food center in 1998 by a group of local congregations, BHH now offers a variety of assistance programs ranging from job-mentoring and financial aid to free grocery services and hot lunches.

"A lot of people come to our food center [open five days a week at Friendship Missionary Baptist Church and serving an average of 150 meals per day] because of the respect that they get—they aren't looked down upon or talked down to," Gove says. "This may be the only interaction that they get [all day], the only roof over their head."

Gove and the BHH team—three staff members, more than 300 volunteers and a handful of donors—also provide food through the organization's Pantry Program. The service provides grocery bags filled with nonperishable items such as uncooked pasta and cereal to as many as 200 people each week.

"Our goal is to keep them fed until they can get on their feet," she says.

For more information, visit bocahelpinghands.org.



TVA TEMPELCH

[] Monopoly money: Board director Gary Peters, a Monopoly tournament champion in 1991, was the inspiration behind an annual Monopoly fundraiser. This year's tournament raised \$92,000, which will go toward funding the organization's new headquarters.

[] Sandwich support: Through its sandwich program, BHH delivers about 500 sandwiches daily to a variety of low-income after-school programs—including the Boys and Girls Club of Boca Raton.

[] Blessings in a backpack: As part of a privately funded pilot program, children who receive free and reduced lunch at three Boca Raton schools take home a backpack each Friday filled with six nonperishable meals. "We focus on [helping] the children because that will make them better adults," Gove says. "They're not going to be in our food line."

RESIDENTS IN THE NEWS

Cover Story

Photo courtesy of
Boca News



Royal Oak Hills Residents and Boca Raton Historical Society Board President, Betsy Fletcher as shown on the front cover of the Boca Raton News. The article highlighted a recent \$700,000 donation from a longtime member. Visit www.brhs.com for more info on the mission of preserving information & arti-



Mary

ROH Resident Mary Tesic (SW 6th Ave) was the Social Division Winner of Citi Smith Barney's Sixth Annual Boys & Girls Club of Boca Raton's Tennis Tournament. This is the second time Mary has won this tournament.

If you or one of your neighbors is in the news, please let us know!
Send an email to royaloakhills@earthlinik.net



Photo courtesy of
Boca News

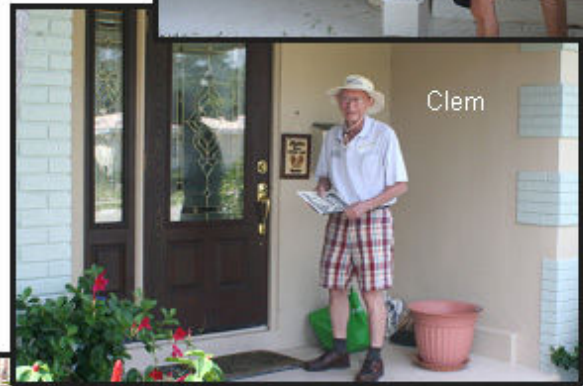
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ROH Residents Kristi Day and Adam Freedman (SW 4th Street) show their support for the Caldwell Theater at the Professionals for the Advancement of Caldwell Theater Event in April.

The Warm Up (Banana stuffed French Toast & more)



The Work (delivering the ROH Directories)



Saturday
June 7

Avoid Identity Theft

Article Contributed by James McDavitt

With Identity Theft on the rise, here is some information that you should know to protect yourself.

Common Ways ID Theft Happens:

1. **Dumpster/Trash diving.** They rummage through your trash looking for bills and other personal information about you. Always tear up or shred any paper work with your information on it.

2. **Skimming.** They steal credit/debit card numbers by using special storage devices when processing your card. Be careful giving your credit card to a clerk or waiter when they have to take your card to another location to process it.

3. **Phishing.** They pretend to be financial institutions or companies to get you to reveal your personal information. If you think it is legitimate ask for their phone number and do some research and call them back. If it is fraud, they will not give you their number!

4. **Changing your address.** They change your address on a change of address form and use your identity. Know when your statements are due and if you don't receive it call to ensure that your account is in good standing and confirm your address.

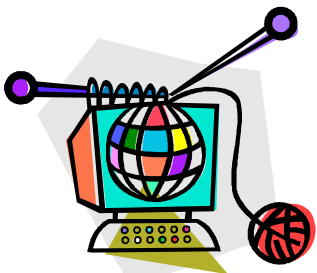
5. **Old fashioned stealing.** They steal your wallets or purses. They can steal personal information from your employer's records. They steal pre-approved credit offers that you have thrown away, then they complete opening the new account under your name. They even use those promo "checks" that you receive in the mail for \$10,000 to \$100,000 to be used to purchase a car, a new condo etc. Most of us just toss it out---destroy them completely, especially if your name is on the document!



Some more helpful hints:

- Shred any documents with personal information on it.
- Don't give personal information over the phone if you don't know who you are talking to. Call them back..
- Never click on links sent in unsolicited emails.
- Don't use obvious passwords like your birth date, your mother's maiden name or the last four digits of your social security number.
- Close any account and reopen it in another number any time you suspect something is wrong.
- Always file a police report if you have become a victim of ID theft. Never be embarrassed.
- For online purchases or for purchases or where the clerk or waiter has to take your credit card away, open a new charge account, with a very small credit limit ie \$300 for that use only.
- Finally, BEWARE if you win something from a contest that you don't remember entering!

You can check out your credit report by visiting www.AnnualCreditReport.com or call **1 877 322- 8228** to order your free credit report each year. This is a key tool to see your credit report and see if anything is out of the ordinary.



Visit
www.royaloakhills.us to
see photos from recent events,
view the event calendar, or
add a posting to our online blog.

BASIC HURRICANE SUPPLIES & CHECK LIST

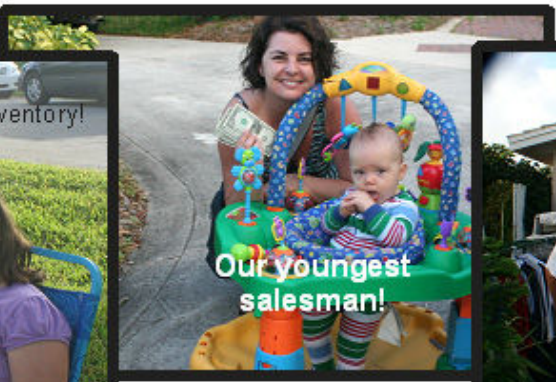
Checklist Contributed by Clem Storch

1	Flashlights (one per person)
2	Battery operated radio
3	Battery operated lamps (find in camping sections of stores)
4	Battery operated fans (find in camping sections of stores)
5	Battery operated TV
6	Set of rabbit ears for TV in case cable goes out
7	Batteries - three day supply for all equipment
8	Regular plug-in-the-wall phone (ie. A phone that doesn't need electricity.)
9	Tools: chainsaw, prune saw, axe, shovel.
10	First Aid Kit
11	Insect Repellent
12	Gloves for after storm debris removal
13	Pre-moistened anti-bacterial wipes, hand sanitizer, or anti-bacterial soap, iodine and/or hydrogen peroxide
14	Water for 3 days (1 gallon per person per day) plus bathtub or pool water for flushing toilets
15	Pet food, medication and water for pets
16	2 coolers of ice (get ice before the storm.) Use 1 cooler to store food and 1 for beverages
17	Paper cups, plates, utensils, manual can opener
18	Food - dry cereal, canned meat / fruit, peanut butter, crackers - anything that won't spoil if not refrigerated
19	Charcoal, lighter fluid, matches, grill. (Grill outdoors only!)
20	Liquid bleach (plain - not scented) for treating water to make it potable
21	Emergency phone numbers in your area including police, fire, FEMA, hospital, etc
22	Larger garbage bags
23	Camera to take photos of any damage
24	Pens, pencils, paper, clipboard
25	Cell phone (charge beforehand and have a car charger available.)
26	Cash
27	Medicine for several days
28	Gasoline and large gas cans in case you use a generator. REMEMBER - do not use a generator indoors, or in a garage, or near any windows or doors.
29	Fill up your vehicles with gas before the storm if possible.
30	Make sure you pets have collars with ID (name, phone number and address). Have a photo available in case you have to search the shelters for them or post "missing" ads in the neighborhood.
31	Take photos or video of the interior & exterior of your home and of any valuable items.
32	Games, cards, puzzles or other items to keep kids & adults occupied.
33	Diapers, formula and other supplies if you have an infant.
34	If someone is elderly, disabled, or handicapped, ensure that you have someone to help you in case they/you cannot leave your home. Special assistance can be arranged prior to hurricane season by contacting PBC Special Care Unit at 561-712-6400
35	Get Sandbags from your local community emergency management office.
36	Do your laundry prior to the storm
37	Reinforce your windows via plywood or shutters
38	Remove items from your yard that may become airborne.
39	If you lose power, try to keep your home ventilated to prevent mold.
40	If you lose power, turn the main switches in your circuit breaker box to the "off" position until after power is restored.
41	Keep tabs on "boil water" alerts on TV or radio.
42	Have a plan for evacuation to a shelter in case you are ordered to do so by local authorities. Pets will not be allowed at many shelters.
43	Keep receipts for restoration activities and repairs after a hurricane in case you are eligible for financial assistance from FEMA or other agencies.
44	If you have damage to your home, beware of anyone knocking on your door offering to help. Anyone making repairs should be licensed, bonded and insured. Do not pay for any work until it is complete. Contact the City of Boca Raton, if you have any questions.
45	Do not assume you will be able to get supplies once you have no electricity.
46	Check Palm Beach County Emergency Managements website for a list of gas stations and grocery stores with back-up power. (www.pbcgov.org/publicsafety/emergencymanagement)

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Christina Bell



Flat Stanley Visits
Royal Oak Hills!



Dara, Nada,
Millican, and
Alley



Grace, Francesca, & Hardy



HURRICANE PREPARATIONS - ROYAL OAK HILLS

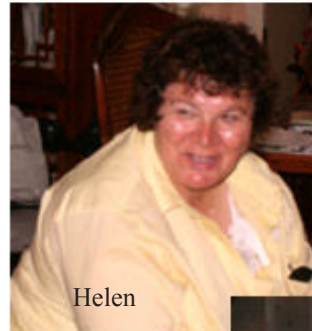
In the event of a major hurricane, individuals (and ROH as a whole), need to be prepared to be self sufficient for at least one week.

As part of this effort, the ROHA Board and our local CERT Members have organized the following teams:

**SPOTTERS
CHAINSAW GANG
FIRST AID TEAM**

If you want to volunteer to help out with any of these efforts, please contact Clem Storch @ 392-4287.

ROH - First Annual Beer Tasting Event!



Not Pictured:
Denny Gove, David Ward, Cecil Ybanez.
(Yes, our photographer had some blurry photos and a headache the next day.)



Tornadoes

Tornadoes are a side effect of Hurricane Systems. If you see or hear a tornado, take cover in the smallest room with concrete walls, or under heavy furniture in the center of the house. If you are outside, lie flat in the nearest depression such as a ditch and protect your head with your arms.

Want help making evacuation plans for your pet?

Visit: http://www.pbcgov.org/publicsafety/animalcare/pdf/boarding_facilities_06.pdf

HYDRATE, HYDRATE, HYDRATE!

Article Contributed by James McDavitt

Did you know that untreated heat related emergencies can cause severe permanent damage to your brain and many other organs, or even cause death?

The three types of heat related illnesses are:

1. **Heat Cramps**, 2. **Heat Exhaustion**, 3. **Heat Stroke**.

With the summer heat roaring upon us in South Florida, know that, **Heat Related Illnesses** can happen to **anyone!** Before engaging in any activity where heat is a factor, start drinking plenty of

Did you know that heat related illnesses are the #2 killer of athletes?

water **before starting the activity** and continue to drink plenty of fluids **during and after** the activity. The body can quickly lose up to **3 quarts** of fluid very fast during heat related activities. If you are going to do extremely strenuous activities in the heat you can take this simple test. Weigh yourself prior to the activity, weigh yourself right after the activity, if you have lost 3 or more pounds you are in high danger of a heat related illness. Watch and if any of the signs start appearing, **seek immediate professional assistance!**



Heat Cramps are painful muscle spasms. During heavy sweating the body loses fluid and salt and pain is usually in the legs or abdomen. This is a warning sign that more serious heat related problems may occur.

Heat Exhaustion occurs when the body loses too much fluid through sweating. Blood flow to the skin increases which reduce blood flow to vital organs; the person can go into shock. Symptoms include normal or below body temperature, pale moist cool skin, headache, nausea, dizziness, weakness and exhaustion. If symptoms continue without treatment dangerous heat stroke may occur next.

Heat Stroke occurs when heat exhaustion symptoms are ignored.

The body systems become overwhelmed by heat, sweating stops and the body can no longer cool itself. It is like running a car that is overheating. The body temperature will rise rapidly and the brain and other vital organs will begin to fail! Convulsions, comas and even death may result. Symptoms include high body temperature, hot red dry skin, loss of consciousness, rapid weak pulse and rapid shallow breathing.

Call 911 immediately if you suspect heat stroke!

Treatment:

Heat Cramps: Have the person rest in a cool place. Provide cool water and salt products like pretzels or potato chips or sports drink; orange juice is also a great aid, (do not use the old remedy of salt tablets, these can cause further bodily complications). Massage and stretch the cramped area gently. Resume activity after the person is comfortable, but hydrate, hydrate, hydrate!

If you suspect either Heat Exhaustion or Heat Stroke (below) call 911 immediately and seek medical assistance and complete the following:



Heat Exhaustion and Heat Stroke: Move the person to a cool place, remove any restrictive clothing, provide sips of cool water, place ice packs under the armpits and groin area, keep the person calm until the paramedics arrive for further treatment.

Obtained from notes from CERT Semi Annual Meeting from speaker Dr. Michael Davidson

Oakey Ducky Wants to Go on Vacation with You!



Oakey Ducky volunteered to help with the newsletter. (He'll do anything to get his photo taken!)

Attn: Kids & Adults

Are you doing something fun this summer?

- Going on vacation?
- Going to the beach?
- Having a party?
- Visiting Grandma?

If so, Oakey would like to go with you. Just call David @ 392-6496 and say Okey Dokey, I'd like to take Oakey Ducky. Just take your photo with Oaky and email us so we can include it in future newsletters. Let us see how much fun Oakey can have this summer.

(There may be more than one Oakey in the Royal Oak Hills family, so he should be available!)

ROYAL OAK HILLS ASSOCIATION
Post Office Box 893
Boca Raton, FL 33429-0893

PRSR STD
U.S. POSTAGE
PAID
BOCA RATON,
FL
PERMIT NO.
1139



Did you miss an event?
Give us your email address to get the latest news!
Call your District Director or email heleneiang@bellsouth.net

