



# Park Avenue

a newsletter by and for royal park residents

October 2006  
Volume 1, Issue 6

Royal Park Condominium Apartments, Inc. • 119 Royal Park Drive 1-A • Oakland Park, Florida 33509  
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## The Manager Minute: Budget Information

Michael A. Shegota, Property Manager

Each Association must have a **FINANCIAL PLAN** that sets forth the proposed expenditure of funds for: **MAINTENANCE, MANAGEMENT and OPERATION OF THE CONDOMINIUM ASSOCIATION.**

When the Budget is adopted, it imposes upon each unit owner to contribute to the operation of the Association. The Budget is adopted for the period of (12) months and must provide a detailed listing of expenses that the Association believes will be incurred during the coming fiscal year. The Budget provides a Benchmark by which the year's expenditures can be judged and evaluated. Budget and its adoption are regulated by the CONDO ACT.

a) The Budget for the **GENERAL** operations deals with every day recurring expenditures for the Association. Expenses for General operation must be listed by account and classification. (718.112 (2) 1, F.S.).

b) The Reserves are a separate portion of the Budget and must be set aside for the Capital Expenses and Deferred maintenance. The Condo Act requires a minimum of (3) categories of Reserves in each proposed Budget (Re-roofing, Painting and Paving). In addition, the Act requires a Reserve account for any item that the replacement cost is greater than \$10,000 (718.112 (2) (f) (2), F.S.).

The Reserves are designed to insure that the funds will be available for these repairs when they are needed without the necessity of large Special Assessments against the unit owners (61B-22.0051 (1), F.A.C.) The Reserve funds must be maintained in separate accounts and may not be commingled with the operating funds (718.111 (15) F.S.)

The amount of Reserves for each category is computed by a formula and is based upon the Estimated Life and Estimated Replacement Cost for the Capital component of the Association.

For proper adoption of Budget, a **QUORUM** of the Board must be present at the meeting and the majority of the Board must approve the Budget. If the proposed Budget exceeds 115% of the previous year's

assessments, the membership adopts the Budget. The Reserves portion of the Budget is approved by the membership, at the duly called Budget meeting by the majority of the voting interests present or by limited proxy.



## Presidents Appreciation Award

Running the Royal Park office is a difficult and time consuming job. Linda and Christine do an excellent job, but sometimes they are overwhelmed trying to help us all get the attention we feel we deserve.

A special 'Thank You' goes to Jackie Beebe 106-1G and Pat Kane 109-2D for helping the girls in the office during their spare time and for caring about Royal Park.

Harvey L. Ross, President



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### Royal Park Building Representatives

101

David Keller – 2A

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Pat Blank – 3F

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Andy Dolyak – 2H

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Dennis Spangler – 3B

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Juanita Sanchez – 2B

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OPEN – Please Volunteer

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Lee Hinkle – 1E

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Cary Kaufman-Hindi – 3H

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Barry Gill – 3G

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Ronald Stockton – 4D

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Michael Black – 1D

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Arlene Kenealy – 2C

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Eileen Fitzgerald – 1H

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Katherine Dekun – 1G

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Tyrone Gerry – 2C

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Aleane Warren – 1A

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Phyllis Stone – 2G

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Daniel Smith – 1F

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Arthur Steiner – 3C

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Donald Palm – 2A



### Royal Park Board of Governors

- President  
Harvey Ross
- Vice President  
Bob O'Kon
- Treasurer  
Linda McNicoll
- Secretary  
Michelle Christelli
- Director  
Ken Sorrells
- Director  
Mario Aguiar
- Director  
Daniel Smith



## Presidential Prose: Enhancements

Harvey L. Ross, President

Keep your fingers crossed!

It is an old saying that crossing your fingers is for good luck. True or not, we have been very lucky so far this hurricane season; just one small threat and a lot of rain. Let's hope our luck continues - keep those fingers crossed!

Weather permitting; we hope to begin our black topping by the middle of October (watch for notices with exact dates).

Thanks to the Building and Grounds Committee, consisting of Bob O'Kon, Dan Smith and Ray Stein, it appears we have been approved and are awaiting the funds for our beautification project for the entrance to Royal Park.

As you have seen, new directional signs have been erected to aid in indicating the location of our numerous buildings. As well, by the time you receive this newsletter, a front sign will have been replaced to match our other new signs.

In addition, there are a few other small jobs being completed, all with the intent of enhancing the appearance of our complex; hedges around our now installed and operating generator; trees to replace ones destroyed from recent hurricanes; and, a larger area for our bulk drop-off.

If you would like us to consider an idea to enhance the look of Royal Park - let us hear from you.



## Reading Recommendations

Daniel Smith, Director

I am recommending the following books for informational purposes to anyone who is interested in condominium associations, their workings and owner/Board responsibilities:

1. THE CONDOMINIUM CONCEPT: A Practical Guide for Officers, Owners, Realtors, Attorneys, and Directors of Florida Condominiums
2. ROBERT'S RULES FOR DUMMIES
3. ROBERT'S RULES OF ORDER NEWLY REVISED

The first book discusses Florida condominium law, Board responsibilities and owners' rights and responsibilities. While it may be a somewhat dry topic, it *is* very informative. I have found it an invaluable resource.

The second discusses how meetings are supposed to be conducted (parliamentary

rules.) It's an easier read than the third book I mentioned, but covers the main points of Robert's Rules of Order.

Our Bylaws state "Robert's Rules of Order (latest edition) shall govern the conduct of corporate proceedings when not in conflict with the articles of incorporation and Bylaws of the corporation or with the Statutes of the State of Florida."

I highly recommend to anyone interested in serving on the Board of Directors, or simply being informed, that they read these books.

I would imagine if one doesn't want to spend the money to buy these books, he or she might check with a local library to see if they have a copy.

Daniel D Smith  
Director  
danielxdsmith@aol.com



## ROYAL PARK OWNERS AND INVESTORS



AUGUST 06

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## Paraskevidekatriaphobia: Fear of Friday the 13<sup>th</sup>

Information compiled from various sources.

It is said: Never change your bed on Friday; it will bring bad dreams. Don't begin a trip on a Friday or you will have misfortune. If you cut your nails on Friday, you cut them for sorrow. Ships that set sail on a Friday will have bad luck – as in the tale of H.M.S. Friday ...

Sailors were particularly superstitious in this regard, often refusing to ship out on a Friday. According to unverified legend (very likely untrue), the British Navy commissioned a ship in the 1800s called H.M.S. Friday, in

order to quell the superstition. The navy selected the crew on a Friday, launched the ship on a Friday and even selected a man named James Friday as the ship's captain. Then, one Friday morning, the ship set off on its maiden voyage... and disappeared forever. A similar, entirely factual story is the harrowing flight of Apollo 13.

Thirteen is significant to Christians because it is the number of people who were present at the Last Supper (Jesus and his 12 apostles). Judas, the apostle who betrayed Jesus, was the 13th member of the party to arrive.

The sixth day of the week and the number 13 both have foreboding

reputations said to date from ancient times, and their inevitable conjunction from one to three times a year and is considered one of the most widespread superstitions in the United States. Some people won't go to work on Friday the 13th; some won't eat in restaurants; many wouldn't think of setting a wedding on the date.

It has been proposed, for example, that fears surrounding the number 13 are as ancient as the act of counting. Primitive man had only his 10 fingers and two feet to represent units, this explanation goes, so he could count no higher than 12. What lay beyond that — 13 — was an impenetrable mystery to our prehistoric forebears,

See *Friday the 13<sup>th</sup>*, page 5

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## Fitness 4 U: Cardio

Daniel Smith, Director

**\*\*Consult your physician before beginning an exercise program\*\***

Last month, I gave a general overview of the 5 components of fitness, beginning an exercise program and the benefits that go along with it. This month, I will go into more detail about cardiovascular fitness.

*Friday the 13<sup>th</sup>, from page 4*

hence an object of superstition.

The Chinese regarded the number as lucky as did the Egyptians in the time of the pharaohs. To the ancient Egyptians, life was a quest for spiritual ascension which unfolded in stages, 12 in this life and a 13th beyond, thought to be the eternal afterlife. The number 13 therefore symbolized death, not in terms of dust and decay, but as a glorious and desirable transformation.

Regardless of what you believe, be forewarned, there is a 13<sup>th</sup> in October, and it falls on a Friday this month!

Many people who engage in exercise they call "cardio" do so for one main reason; they want to burn fat. So why call it "cardio" then?

Cardiovascular exercise does 2 main things in the body. It exercises the heart muscle (and arteries) and it burns fat efficiently, particularly the fitter you are. So how do you maximize these effects? The FITT principle will help you reach your goals.

### Frequency

If you're beginning a program do a frequency of 2-3 days per week. If that's too easy, you can increase to 4-5 days per week. It's better to start off at the lower end and work your way up to avoid injury and ensure your commitment to the program.

### Intensity

A lighter bout of exercise gives you maximum fat burning benefits. Someone who has been sedentary for some time will most likely see

cardiovascular improvements as well. A more strenuous bout results in cardiovascular improvements with the added benefit of efficient fat burning.

There are 2 common ways to determine your exercise intensity. One is the **Rating of Perceived Exertion\***. It is a simple chart that anyone can use to see how hard one is working. For fat burning, try to stay in the 12-14 range.

Cardiovascular benefits come from working in the 15-17 range. This method is more effective for those with heart conditions and those people taking beta-blockers or other medication that affects the heart rate.

The second method for determining your intensity is the **Target Heart Rate Zone\*\***. Simply put, you are checking how many beats per minute your heart is beating.

*See Fitness 4 U, page 9*



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## Royal Park Receives Grant

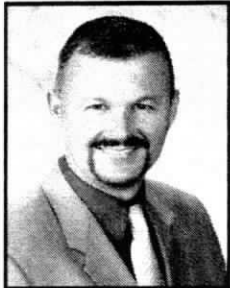
*Bob O'Kon, Vice-President*

The Building and Grounds Committee received notification on September 12th, 2006, regarding approval of a Broward Beautiful Community Grant. The award amount of \$9,466 will be utilized for the Royal Park Condominium Apartment entranceway.

Once the agreement has been executed by the Association and Broward County, a "Notice to Proceed" will be issued. Upon its issuance, it is expected that work should commence in approximately 30 - 60 days. There will also be additional beautification projects performed by the by the City of Oakland Park, Parks Department, along the corridor beginning from our entranceway up to the entrance of Easterlin Park as well as across the street next to Royal Palm Park.

I would like to thank fellow committee members, Daniel Smith and Ray Stein who were a tremendous help in assisting in the complicated application process.

As well, everyone was pleased to see our BARK PARK finally open, and it certainly is a great improvement to the area! Any dog owners in Royal Park are encouraged to enjoy their dog and the Oakland Park BARK PARK. It is very well planned and laid out.



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## Linda's Line

*Linda J. Humphreys; Office Administrator*

We've been keeping busy in the Royal Park Office, maintaining files and preparing for new arrivals, as well as the return of our northern neighbors.

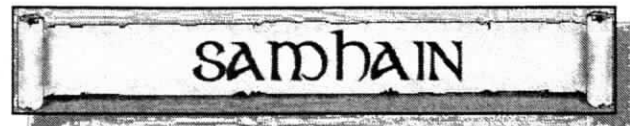
Please review the 'Building Representatives' list as it has been updated with a few new volunteers, but there are still always opportunities available in some form or another.

Please stop by the office to see me and we can see what you may be able to assist with or volunteer for. It's always nice to see you and we appreciate your help.



*Just a friendly reminder...*  
4<sup>th</sup> Quarter Maintenance Payments are due on October 1<sup>st</sup>, 2006

New coupons will be mailed by year's end.



Samhain marks one of the two great doorways of the Celtic year, for the Celts divided the year into two seasons: the light and the dark, at Beltane on May 1st and Samhain on November 1st. Some believe that Samhain was the more important festival, marking the beginning of a whole new cycle, just as the Celtic day began at night. For it was understood that in dark silence comes whisperings of new beginnings, the stirring of the seed below the ground. Whereas Beltane welcomes in the summer with joyous celebrations at dawn, the most magically potent time of this festival is November Eve, the night of October 31st, known today of course, as Halloween.

Samhain (Scots Gaelic: *Samhuinn*) literally means "summer's end." In Scotland and Ireland, Halloween is known as *Oiche Shamhna*, while in Wales it is *Nos Calan Gaeaf*, the eve of the winter's calend, or first. With the rise of Christianity, Samhain was changed to *Hallowmas*, or All Saints' Day, to commemorate the souls of the blessed dead who had been canonized that year, so the night before

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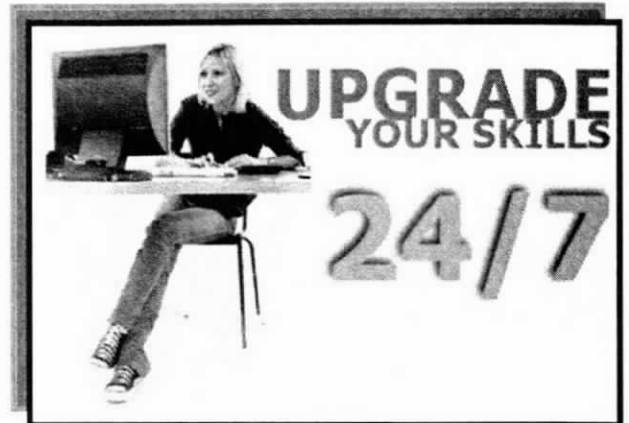


became popularly known as Halloween, All Hallows Eve, or Hollantide. November 2<sup>nd</sup> became All Souls Day, when prayers were to be offered to the souls of all who the departed and those who were waiting in Purgatory for entry into Heaven. Throughout the centuries, pagan and Christian beliefs intertwine in a gallimaufry of celebrations from Oct 31st through November 5<sup>th</sup>, all of which appear both to challenge the ascendancy of the dark and to revel in its mystery.



Samhain was a significant time for divination, perhaps even more so than May or Midsummer's Eve, because this was the chief of the three Spirit Nights. Divination customs and games frequently featured apples and nuts from the recent harvest, and candles played an important part in adding atmosphere to the mysteries. In Scotland, a child born at Samhain was said to be gifted with *an dà shealladh*, "The Two Sights" commonly known as "second sight," or clairvoyance.

At the heart of the Celtic Otherworld grows an apple tree whose fruit has magical properties. Old sagas tell of heroes crossing the western sea to find this wondrous country, known in Ireland as Emhain Abhlach, (*Evan Avlach*) and in Britain, Avalon. At Samhain, the apple harvest is in, and old hearthside games, such as apple-bobbing, called apple-dookin' in Scotland, reflect the journey across water to obtain the magic apple.



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Fitness 4 U, from page 5

You can do this by taking your pulse at various points throughout the session, wearing a heart rate monitor, or using the heart rate detectors found on most cardiovascular exercise equipment.

Time

Exercise for bouts of 20-30 minutes to start, not including warm-up and cool down.

Type

The most important factor is to choose the mode of exercise that you prefer. If you don't like what you are doing, chances are you won't do it again. It's a good idea to do many different types of exercise to prevent overuse injuries and boredom.

\*\* Calculating your **Target Heart**

**Rate Zone:** (This is the simplest method)

First, calculate your age-adjusted maximum heart rate.

$220 - \text{your age} = \text{your maximum heart rate}$

Next, multiply that by the percentage at which you want to work to achieve the desired results. Generally, you would want to work in the following ranges:

- 50-65% for fat burning
- 66-80% for cardiovascular endurance

**Example:**

**Step 1**

$220 - 40 = 180$

**Step 2**

$180 \times .55 = 99$  (.55 being percentage at which the individual wants to work.)

This 40 year old wants to burn fat, so he/she would follow these steps:

1. Warm up for 5-10 minutes at a heart rate below the target.
2. Exercise at 99 Beats per minute for 20-30 minutes or more if they are not just beginning.
3. Cool down for 5-10 minutes to get heart rate back down.

|           |                         |
|-----------|-------------------------|
| <b>6</b>  | <b>No Work (Rest)</b>   |
| <b>7</b>  | <b>Very, Very Light</b> |
| <b>8</b>  |                         |
| <b>9</b>  | <b>Very Light</b>       |
| <b>10</b> |                         |
| <b>11</b> | <b>Fairly Light</b>     |
| <b>12</b> |                         |
| <b>13</b> | <b>Somewhat Hard</b>    |
| <b>14</b> |                         |
| <b>15</b> | <b>Hard</b>             |
| <b>16</b> |                         |
| <b>17</b> | <b>Very Hard</b>        |
| <b>18</b> |                         |
| <b>19</b> | <b>Very, Very Hard</b>  |
| <b>20</b> | <b>Maximal Work</b>     |

\* Scale: Rating of your Perceived Exertion

One last note on the **FITT** principle is that when you want to increase your workload, you should increase the frequency and/or time *before* increasing intensity.

Daniel Smith, BS, LMT  
danielxdsmith@aol.com



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