



LakeLife

Edgewater Community Newsletter

March 2010

President's Corner

It's the first Lake Life of 2010 and the Board of Directors are trying to get the year started off right. My name is Cameron Handyside and I'll be serving as the board president this year. It's not my first time in this position but each board is different. The people are different, the year is different and the goals are different. The last time I served on the board, we were tackling the big issue of repairing and updating Edgewater Drive. As I hope most of you noticed there was a great deal of work done to remove the old trees, repair the sidewalks and start the new landscaping. Bill Hastings, our neighbor and past board member, deserves a great deal of credit for his efforts to enlist the help of both the cities of Huntsville and Madison in the effort. Without their help, the project would have cost Edgewater a great deal more in time and money than it ultimately did. With volunteers like Bill, Edgewater will continue to be a premier neighborhood in North Alabama.

This year, we have other "challenges" and goals in mind. There are some big repairs required to clubhouse concerning drainage and water leaking into the exercise room. Debbie Fulmore, our Clubhouse Chair, has been working valiantly with multiple contractors and experts to arrive at the final decision as how to proceed. She plans to present solutions at the April board meeting. The board will then make the final decision and we'll proceed with the repairs. We are putting a lot of effort into this repair so that it will be a "final" solution on a problem that has plagued us over the years.

One of the biggest changes this year concerns covenants. The neighborhood (and the board) has very strong feelings about covenants enforcement. The board believes that the challenge of covenants enforcement has been year-to-year consistency because of new boards; day-to-day consistency because of the sheer amount of time and effort required to do it properly and fairly; and finally the problem with covenants chair not wanting to be the "bad cop" with their

friends and neighbors. This has led previous boards to investigate hiring out aspects of covenants enforcement. This year, the board has decided to act. We have been in active discussions with Hughes Property Management. The company manages entire homeowner's associations but is also equipped to deal just with covenants enforcement. Betty Hughes has met with the board multiple times and even presented her proposal to the community at Volunteer Night in February where she answered residents' questions. At the time of this article; the board is at the final decision to hire Hughes Property Management to assist with covenants. A few questions that should be answered are as follows: Yes, there would still be a covenants chair and committee overseeing enforcement. The board would still retain final decision in matters related to penalties and fining. What Hughes would do is the inspections and communications that are very time consuming. They would report back to the board with a compilation of the monthly activities. They would also bring much needed consistency to enforcement.

Finally, we have many other activities going on this year with grounds, lake management, architectural review, social activities and the usual day-to-day keeping Edgewater going. What we hope to see are more volunteers! This community has been able to maintain first level facilities and grounds at very low fees due to the high level of resident involvement. We really need more volunteers to step up and take on a role in keeping Edgewater up to the standards we all expect. I hope to see more people at board meetings, committee meetings and just out and about.

Thanks,
Cameron Handyside, EOA President

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Community Calendar

April 3, 2 pm.	Easter Egg Hunt
April 5, 6 pm	Edgewater Board Meeting
May 1, 8 am -2 pm,	Community Yard Sale
May 1 - 31,	Nominations for Spring/ Summer "Yard of the Season"
June 1,	Inputs for the Lake Life due
June 7,	Edgewater Board Meeting
"Stay Tuned"	Summer Pool Party -watch your email for more details

Note: **Lyle Needham** has graciously agreed to continue as the Security Committee Chair for now.

No Covenants Chair has been identified at this time.

2010 Board of Directors

And Committee Chairs

Cameron Handyside
cthandys@knology.net
Dunhill
President

Sue Chatham, 461-0262
chatham@knology.net
Lost Tree Pointe
Vice-President

May Hudson, 772-3438
maziemail@aol.com
Heritage Woods
Secretary

Joe Roberts, 489-0781
joeandthada@knology.net
Lost Tree Pointe
Treasurer

Scott Ray, 456-9710
scottray@knology.net
Heritage Woods
Lake Management

Patti Kolek, 464-3102
plkolek@bellsouth.net
Fox Lake
Grounds Chair

Brain Goodwin, 772-7912
brianandkrisgoodwin@gmail.com
Carriage Hill
Community Affairs

Debbie Fulmore, 772-6527
dmfu@msn.com
Compass Pointe
Clubhouse/ Recreation

Vickie Sloup
computer_control@bellsouth.net
Remington Place
Architectural Review Chair

Office Manager:
Dottie Bash

Office Address:
111 Edgewater Drive
Madison, AL 35758
461-8670

Office Hours: 10AM-2:00 PM
After Hours: Call a Board Member

Clubhouse Report

As many of you know, Bill Hastings asked me to serve the remainder of his term on the Board and the Board agreed. So, our poor maintenance crew has to put up with me one more year.

The Clubhouse & Rec committee, along with the maintenance crew, will have a very busy year. With the age of our facilities, we are continually faced with minor issues and occasionally, major ones. This year we have a couple of major issues that we need to address.

The first is a leak in our clubhouse exercise room down the wall on the north side. It has been there (in varying degrees) for several years. It has been 'fixed' twice that we know of from the outside, with a better guttering system and a french drain being installed. Unfortunately, with the wet winter we have had, they do not seem to be working. I have already gotten quotes from 3 foundation/water proofing companies. It will be necessary to take some of the sheetrock down, so please excuse the cinder-block wall as we determine what approach we need to take to deal with the problem. I will try to keep the exercise room open while we go through this procedure. I will send out emails to inform you of any changes in regards to that facility.

The weather also caused a major issue with our pool; it sprung a leak. Terry and Buck have already had the pool pumps repaired (they froze up also). In January, we hired someone to go into the water and find where the leak was coming from. It is where the original pool and

new addition meet, right along that seam line and we have several leaks along that seam. I have 3 bids from pool companies that repair gunite pools and when the weather warms up, the pool will be drained and that repair made (I am hoping for last of March/first part of April). I want to have the pool up and running when the warm weather comes.

The last problem I would like to address this year are the cracks in the tennis courts. While not quite as pressing as the exercise room and pool issues, I know our tennis players would appreciate the repairs being made. I have not yet started to get bids on this but will do so in the near future. If you know of someone who does this kind of work, I welcome that information.

We are fortunate to have several exercise programs that are on going at the Clubhouse, along with cards, book club and an investment club. If you would like more information on any of these activities please call the office (461-8670) or me (772-6527, dmfu@msn.com)

Thank you to Lou & Sally Clark for their generous donation of a TV for the exercise room. I do appreciate all of the donations I have received over the years I have served as the Clubhouse chair.

Debbie Fulmore

Easter Egg Hunt

You are invited: Boys & Girls ages 0-12 are invited to join the big Easter Egg Hunt

When: Saturday, April 3 at 2 pm.

Reserve your spot: Have your mother or father call the Office Manger Dottie at 461-8670 to register. There will be prizes and refreshments, so bring your Easter basket and come out for a good time.

Needed: Volunteers to help. Parents, grandparents, older brothers & sisters or anyone that would like to see the enjoyment on the faces of the children as they hunt for eggs.

Contact Brain Goodwin - 772-7912 or brianandkrisgoodwin@gmail.com to volunteer.



Security Report

We are fortunate that Edgewater remains a very safe community to live in, but our security record is not 100%. We have had some problems since we last reported in mid-December.

The worst problems happened bracketing the Christmas holidays. On Spinnaker Ridge a residence was entered while a resident was absent and a TV stolen. There was another case where a home on Lake Shore Drive was invaded and items were stolen. A purse was stolen from an automobile in the driveway. All cases were reported to the police. PLEASE: Be especially careful when you observe strangers and/or workmen in your immediate vicinity. No neighborhood is immune from opportunists who are looking for an easy score. Every month it seems somebody reports rummaging and theft of items from unlocked vehicles.

I encourage everybody to call the police when suspicious activity occurs. They not only do not mind but they encourage us to do so. We have been told by the police that people going through your trash in the street is not illegal.

Most of you have probably noticed our new signs. They are virtually identical to the originals but now include the words No Trespassing. Soon we will resume Residency Checks, and most of our volunteers will feel much more comfortable pointing out the fact that our signs have this wording.

The Hotline receives several calls each quarter regarding soliciting. Even those who have certificates issued by the city, or church or charity representatives, may not solicit in subdivisions such as ours, since it is registered as a No Soliciting community. Solicitors should be told this. Calling their office is also a good idea. The police should be called if the solicitor seems suspicious. To the best of my knowledge, the census in our community will be by mail, so you should not have census takers knocking on your door.

The non-emergency police numbers and Hotline number are listed on the back of your Proximity cards and in the Edgewater Directory. You may want to program one or more of them into you cell phone.

Lyle Needham

Editorial Comments from Board Member Vickie Sloup

Webster's Dictionary defines apathy as "a lack of interest or concern." It seems that the majority of Edgewater residents are suffering from this malady. Where is our community spirit? When we can't get enough people to run for the board, more than just a handful attending board meetings and pretty much the same core group volunteering to be on committees, it would have to be said that apathy is what is defining our Homeowners' Association.

When the responsibility and work is left to only a small group of involved residents, the results can be problematic. Homeowners are unaware of the common interests of the community; they lack interest in the well-being of the community and are even unaware of their responsibilities as homeowners. This puts a strain on those willing to work and serve.

The board reaches out by way of our newsletter, *Lake Life*, open board meetings, a website, surveys, Quik Look minutes sent via e-mails, social activities, and receptive committee chairs. We work very hard to keep Edgewater an outstanding place to live, but we need your help and your involvement in order to do these things.

Please consider getting involved in some way. We'd like to see some new faces! Let's let Edgewater be defined by the large number of residents who step up and get involved in some aspect of the community.

Vickie Sloup, Board Member

I am speaking for myself in this editorial because, as a board member, I have seen the work, the caring, and the concern these board members take so that we can be proud to say we live in Edgewater .

Grounds Report

The last two years have seen many needed improvements under the direction of Bill Hastings. There are several things that need to be done in completing the projects started by Bill. These include improving the grass along Edgewater Drive, re-landscaping several more subdivision entrances, and completion of the island gazebo with seating and landscaping.

I am counting on the input and help of the Grounds Committee during these next two years for the completion of these projects. If you would like to be on this committee, please contact me at 464-3102 or plkolek@bellsouth.net.

Patti Kolek

Contact Information

Have a problem for a Board Member and don't have a phone number? Their contact information is on page 3 of your Edgewater Directory. Otherwise, call the Edgewater Hotline at 325-2811



Community Corner



Children's Play Group—Call Andrea Barnes at 489-6681, AndieKevin07@knology.net. There is a group of children that play at least once a week

Community Outreach— Call Joyce Bryant at 694-2004 or 774-7817, ewoutreach@bellsouth.net.

Fitness Classes—Men and Women's Fitness classes are held every Tuesday and Thursday. First session is at 8:30 am and the next one is at 9:30 am. There is a fee and usually a waiting list. Call Debbie Fulmore 772-6527 for more information and to enroll.

Garden Club—Next meeting on Tuesday, May 4, at the Clubhouse. This meeting will include a demonstration on container gardening. All interested residents are invited. Please RSVP Karen Jernigan 325-9461 or Patti Kolek 464-3102 or e-mail kjernigan@knology.net or plkolek@bellsouth.net

Hand and Foot (Cards)—2nd and 4th Tuesdays of each month at 1 PM. Call Judy Lindsey at 461-7069.

Investment Club—2nd Tuesday of each month at 6:30 PM at the Clubhouse. Call Sue Chatham at 461-0262 or Joe Roberts at 489-0781.

Party Bridge—1st and 3rd Tuesdays of each month from 9:30 AM to 2:00 PM. Call Eve Garriott at 461-0103 or Reba Jacobs at 461-9775.

.Mixed Doubles—"Round Robin" tennis is played each Friday Morning and men's tennis on Tuesday mornings. Call Dave Simpson at 772-0512.

Simple Yoga—Every Thursday at the clubhouse. 8 AM and 6:30 PM. Call Linda Branum at 325-6332, ldbranum@aol.com.

Singles—2nd Friday of each month at 8:00 PM at the Heritage Club, 111 Washington St., Huntsville. Must be 21 or over and a single Edgewater resident. Call Trent Banks at 772-4079 for information

The Ladies of Edgewater Book Club meet on the 2nd Wed. of each month at 11 AM in the clubhouse. For more information contact Devra Long at walt-dev@knology.net.

Woodworking—2nd Tuesday of each month. Call Tom Kaeding at 461-0180, twkaeding@yahoo.com or Terry Tackney at 772-3438, tmtwood@aol.com.



The **lending library** in the clubhouse is open whenever the office manager is in. Come check out our selection of books.

Have you met Dottie yet?

Dottie Bash was hired in September as the Edgewater Office Manager. Previously, Dottie served with the Navy Seebies for 9 years. She moved to Huntsville from Denver, Colorado 5 years ago with her two sons Shane and Keelan. Dottie graduated in May from A&M with a bachelor's degree in Sociology and a minor in Psychology.



Besides being a single mom to her two sons, who are the light of her life, and working, Dottie occasionally finds time to indulge in a book, reading being one of her favorite hobbies.

Dottie is currently handling the Edgewater Office with cheerful efficiency. Office hours are 10 am - 2 pm. When you have business with the office, remember to say hello to Dottie.

VOLUNTEERS NEEDED FOR 2010 ADOPT A MILE

The Edgewater Zeirdt Road Adopt A Mile project was started by Sallie Scott about 1993 as part of the City of Madison's Beautification Board/Pride of Madison program with inspiration from the late Linda Narbus. Linda had adopted Zierdt Road between Edgewater and Martin Road from the City of Huntsville and maintained it on her own! Linda and her husband Peter also participated in the Edgewater Adopt A Mile until her illness limited her activities. After the Green Team became active in Huntsville under Joy McKee, they took over maintenance of the Huntsville (East) side of Zierdt Road. The Green Team now supplies us with the grabbers, vests, and bags used for trash pickup.

Adopt-A-Mile volunteer, Clarence Bray, has been instrumental for many years in working with the Public Works departments and contractors of Madison and Huntsville, and the Arsenal to keep the grass and shrubbery cut in a timely manner and getting the Green Team to donate our needed supplies.

Edgewater was honored with the **2007 Green Team Award** from the City of Huntsville because of the tremendous work of the volunteers. **The months of August, September, and December are still open on the 2010 calendar**, so we need the help of additional individuals or groups. Also, there is a list for people who are unable to sign up for an entire month, but could help on an as needed basis. Let's keep our reputation intact! Please call Patti Kolek at 464-3102 or send an Email to plkolek@bellsouth.net if you can help in any way.



ADOPT-A-MILE CALENDAR

A big thank you to these people who have volunteered to help keep our community clean by picking up the litter along Zierdt Road.

March - Peter Narbus

April - Eve Garriott

May - Glenn Davis

June - Bob & Maurice Wolf

Fall 2009 Yard of the Season Winner



First Place for the Edgewater "Yard of the Season" for Fall 2009 went to **Benny and Vivian Hsu at 106 Emerald Lane**. Their yard was chosen from several nominations based on criteria borrowed from the Madison Beautification Board, which considers elements such as design, variety and appropriateness of plants, neatness (mowed, edged, mulched) and the condition of walls, walks and pavement.

Second place went to Susan Ingenthron at 129 Heritage Lane, Madison AL 35758.

The Edgewater Garden Club would like to thank everyone who submitted nominations for the Yard of the Season. Please see the Community Corner for information on the next Garden Club meeting.

The Edgewater Garden Club welcomes community nominations for the Spring/Summer Yard of the Season. Nominations for Spring/Summer 2010 will be accepted between May 1 and May 31. Nominate as many yards as you like. Photo attachments are welcome, but not necessary.

Nominate by email: EOAgardens@gmail.com,

by mail: EOA Gardens/Linda Harris, 472 Sussex Drive, Huntsville, 34824.

Out in the Yard

We have been given the opportunity to experience yet another fresh start- so let's be a little self-indulgent for a minute and relearn some things we probably already know.

Lessons from the garden

Professor Craig Chalquist offers "nine lessons from the garden" that he has learned through years of working outdoors.

- 1. Abandon perfectionism.** Pests and weed will invade even the most cared-for garden
- 2. Things take time to grow.** Gardening requires patience and trust in the powers of growth to keep their own schedule.
- 3. Detach from outcomes.** Your efforts sink into the ground, sometimes reappearing as new growth and sometimes just vanishing. Realize the outcome may not be what you expect or hope.
- 4. Everything contributes.** The plant you think of as a weed is actually a pioneer, a hard, fast grower designed to break new ground for ecosystems to come. *Every living thing has a purpose and nothing natural is wasted.*
- 5. Everything self-organizes.** The wisdom hiding in the found resembles the wisdom within instinct, intuition, the gut: capable of meaningful arrangement if we trust and get comfortable with it.
- 6. Things decay and die.** The garden teaches that some things need to go away, many can become compost
- 7. Trust the senses.** Like sour fruit or a bitter herb, there are people in a person's life who are tearing them down psychologically. Spit them out, he says.
- 8. Nature has multiple ways of doing things.** Like pollination, if there are not enough bees- wasps, moths and other creatures pick up the slack.
- 9. Nature bats first and last.** The living world will have the last say after you are done with it. Despite all our anxiety and doubt, the forces of life and the cycles of seasons always have us firmly in hand.

From: Ecotherapyheals.com

Now on the yard "challenges"

Planting:

This is the best time of year to plant trees, shrubs, roses and fruits. One advantage of living in Alabama is that if you can get a shovel into the ground, it is time to plant. Even Sweet Peas and English Peas can go in now provided they have a bit of protection (cover) in the event of quick frosts.

Pruning:

IF YOU HAVE CRAPE MURDER IN YOUR HEART, PUT DOWN YOUR PRUNERS AND SAWS!

Again some of you have murdered your crape already! Do you wait all year for the first opportunity to cut a shrub with beautiful potential into something ugly with arthritic looking knobs? If the crape offends you with its present shape, cut it down to the ground and regrow- it works! If it has outgrown its place, then dig it up and replace it with a smaller variety. There are easily 25 crape myrtle varieties- each a different height, color, shape, etc. Google 'crape myrtle chart', look for the mature height (3 feet up to 30 feet), color, mildew resistance, fall color- and replace with the correct one.

If your crape isn't blooming as well as it used to, shade might be the explanation. Crape require 6-8 hours of sun to bloom best. A crape in the shade will not do well. If the trees in your yard have grown- as they are supposed to- there is more shade every year. So less blooms! Maybe it is time to replace crape with more shade loving shrubs.

Prune your shade trees- mostly by limbing up to raise the canopy which allows more light in and more air movement. Never top a shade tree or cut it into a lollipop shape. I have seen some Bradford Pears left in a neighborhood that the owner is trying to keep from falling over so has trimmed the trees into big round balls. That will not prevent a blow-over! Bradfords are blown over because the tree is too thick with too many inner branches growing straight up and creating a dense mass. Try thinning out the branches growing straight up first, allowing breezes to blow through rather than present a 'sail' to carry the tree out of the ground. Bradfords are high maintenance trees which have been ignored so long in our area that they are really getting ugly.

Basic pruning involves a methodical approach.

Equipment: sharp pruners, loppers or small tree saw. Disinfectant- your growing things may be carrying something infective that you do not want to spread to all plants so wipe cutting blades with alcohol preps or have a spray bottle of 1:10 dilution of Clorox to spray cutting surfaces between trees/shrubs. Scale and other icky things can be carried along too.

A good eye: be able to look at the item being pruned with some intelligence and mercy. Plants have vital forces in them and have feelings, they don't like to look ugly or overly designed.

Hold up your hand palm away. Do you see that wrinkly fold at the base of your thumb? If you were cutting off your thumb, you would cut in that wrinkly fold. If you are cutting off a limb, look for that same fold and cut accordingly. That cut will allow healing to take place more quickly and safely. Please do not attempt to cut off our thumb!

Do not use black paint or tar on cuts- it slows the healing time and looks nasty!

(Continued from page 8)

First remove all dead branches- they snap when you bend them and have no green if you scratch the bark. Always go back to the previous branch- DO NOT LEAVE UGLY STUMPS! I sob when I see a one or two foot piece of branch just sticking out with no leaf, no end, no nothing! That is not good for the tree or the viewer.

Next look for branches that are rubbing. Remember the blister on your heel from a shoe rubbing and you will feel the tree's pain. Rubbing allows erosion of the bark, exposing the growing and food carrying layers below, opening the plants vascular system to infection.

Finally cut out what doesn't look like it belongs there. Shoots going straight up, like in the pears, are non-productive and can be a sign of tree stress. If the branches are too thick- like a Japanese maple that will not allow a bird to fly through its branches safely- cut out a few and then step back to evaluate..

For those of us with plants that need some reining in, there is a basic rule of thumb for ever-greens: Sun-loving conifers, those whose needles all need sun, can be pruned annually, but only gently within the living green foliage. This type of ever-green does not have green needles in the interior of the plant. Most do not even have growing buds on interior branches. As a result, if you prune that plant hard, into old wood, once it has become extremely over-grown, you will end up with an ugly brown bare spot in your tree or shrub. Most junipers and arborvitae fall into this category.

Some shade-tolerant ever-greens are hemlocks (tsuga), yews (taxus) and plum yews (cephalotaxus). These are readily prunable because they have interior growth buds and will produce new growth when severely cut back.

Now before you make your first cut, take note of how the plant grows. For instance, pines grow, from "candles" or bunches of new needles at the tips of branches. The best way to prune pines is to pinch back the candles by 1/2 to 1/3 in late spring (early June). This will keep the tree neat but natural looking and not give it a sheared look.

If you are growing an ever-green tree, also consider its mature size and shape before pruning. Many species look best with a skirt of foliage to the ground, so the lower branches should be retained. Others such as the lacebark pine (*Pinus bungeana*) have beautiful bark but would look strange, like giant lollipops, if limbed up too high, so prune out only the lowest branches to show off the bark without spoiling the mature form of the tree.

A common plant used for quick screening is the leyland cypress tree. The problem with them is they can eventually grow to over 100 feet. If kept in healthy condition, they can be pruned to keep them at a reasonable height and width. Like most hedges, they will look better if pruned with hand pruners as opposed to electric hedge trimmers, which damage branches and leave more dying foliage exposed to view.

While discussing keeping trees looking healthy and good- look down at your trees' feet. Do you see that piece of steel edging installed along with the tree? Is it sitting up on top of roots now? Can you see roots girdling the trees or extending out into the lawn? Please remove the aged piece of steel edging and create a new bed around the tree but at least 6 feet away- nice mulch or ground cover would be nice and make your tree happier than that twisted piece of metal and grass on its roots that you walk on and mow over all the time. Looser soil over the roots allows the trees to feed more easily.

Reminder that trees and grass share the same growing space, the tree will usually beat out the grass.

Pruning Knock Out roses:

Knock out Roses have been added to our neighborhood by owners and as part of our Edgewater update program. If the roses are in their first year at your house, it is probably best to just leave them alone. But if this is year 2, 3, or up, it's time to do some pruning.

My husband, who does the pruning, stresses that preparation for pruning is quite important- and includes protective eyewear, long sleeved shirt or two, leather gloves, long heavy pants, stout shoes, clean loppers (dirty tools can transmit disease and insect and insect eggs), containers or ground cloth for moving cuttings to street for pick-up. Maybe this is the best time of year to prune because of the amount of protective clothing needed!

Start out by cutting the shrub back to about 18 inches high forming a mound not a flat top - cutting above a small branch and at about a 45 degree angle is best, Now step back to evaluate stems and then remove, by cutting down to the ground, one-third of the stems- the oldest, woodiest stems. The usual rules also apply to this pruning- remove dead, rubbing or just plain unattractive branches.

Carefully clean up and this job will be completed for the next 2-3 years. Make sure your Knock Out is planted in a location where it can grow to its 4 feet wide and 5 feet high- not in that little space against the front wall and under a low window. This hybrid has the advantage of fragrance so plant where its beauty and strength may be admired but also where a breeze will bring its fragrance for your enjoyment.

Lawns:

Pre-emerge for weed control- do not allow the henbit 'purple haze' to invade your grass.

Karen Voelker

From Living Well

Living on a tree-lined longer.

That's the news Health in Tokyo, which ages 73 to 88 for five lived affected their longevity. Researcher Takehito Takano, PhD, found that living in areas with lots of greenery increased the likelihood of elderly participants surviving to the end of the study by almost 20 percent, regardless of age, sex or marital or socioeconomic status. Having a green space nearby in which to walk makes it easier and more inviting to get outside and exercise. Nancy LePatourel



On the Greener Side

street may help you live from the Division of Public followed 3,144 senior citizens years to see if where they

Improve your cardiovascular exercise this month by leafing furiously through garden seed catalogs for 20 minutes each day!

If we had no winter, the spring would not be so pleasant.

- Anne Bradstreet

I am looking forward to seeing all of you out in our beautiful green space known as Edgewater,

Karen Voelker



Fit For Lake Life

“OK, EVERYONE LET’S GET ON THE BALL... YES LITERALLY SIT ON THE FIT BALL, WALLK YUR FEET OUT AND DO A BACKBEND STRETCH ON THE BALL.” “Next, let’s bounce on the ball while doing jumping

jacks.” “Now, stand up with your dumbbells and do Mickey Mouse Ears for your shoulder strengthening.” These instructions have become very familiar to the regular workout class members at the Edgewater Clubhouse.



Kelly Grider, Terry Tackney, Dve Deutch and Ski Manosky say they have really noticed improvement in their strength, energy, balance, and even mood as a result of the regular 2 workout classes a week at the clubhouse.

This time last year Ski was undergoing a very serious bypass surgery and was over 40 lbs. heavier. At age 75, Ski is now a picture of health and raves about how exercise and improved diet has made all the difference. He’s a poster child of how exercise with cardio and strength training can help regenerate your health after heart disease.

The Edgewater “Wonder Women” like May Hudson started out using 5 lb. weights for all the exercises and now do the exercises with 15 - 20 lb. dumbbells! Pamela Ebeling-Belt decided to try the exercise classes to help overcome two years of serious health challenges. Within a few sessions, Pamela told me how much better she felt along with improvement in stamina, strength and well being. Jeanne Bach, Peggy Duetch, LOinda Goldwitzer, Sally Clark, Corrine Runkle, Teri Holly, Betty Wilson, Edith Carigy, Sunita Reddy, Anita Zomkowski/Lyla and others are Edgewater’s Wonderful Wonder Women who are taking charge of their lives by taking advantage of the benefits of staying active using cardiovascular and muscular strength exercises.

As a personal trainer and wellness director for over 15 years, I am especially blessed to be able to now work with my awesome Edgewater neighbors. As the wellness wheel includes physical, spiritual, mental, emotional and social wellness, I feel the classes have helped us improve on all of them. Last but not least...we sure have fun!!

Let’s all get fit in Edgewater!!!

Marsha Russell - Fitness Specialist