

THE EDEN ISLANDER



Volume III, No. 4

June/July 1990

Free

A New Vision For Eden Isles

Many of us have not been actively involved in our community affairs through the Eden Isles Homeowners Association. We have excused ourselves by saying "I can't make a difference" or "Let the other guys do it if they want to" or simply "I don't want to get involved."

If you have gained some insight into the many problems and opportunities facing our subdivision, you may have felt that we need to work together toward common goals. To set aside past ideas, motives, and hard feelings.

Your Homeowners Association is the organization that can bring about these changes. We see a new unification of the residents of our subdivision through social affairs, block parties, fishing rodeos, and Christmas party. We see beautification of our common grounds. We see a significant-increased membership and participation in our Association. We see the potential for a lobbying force second to none (even the Military Road Alliance) that can provide to us more responsive Parish government services. We see an opportunity for a more democratic process in running the affairs of our Association through substantial changes to our By-Laws.

We want to provide to you the information and organizational vehicle to achieve our mutual goals in realizing the full potential of our subdivision. The key ingredient is YOU. Your comments, suggestions, concerns, and participation in your Homeowners Association is vital to achieving the New Vision for our subdivision and Homeowners Association.

You can make a difference! We want you and need you to help us shape the New Vision for a positive future. Be a part of the New Vision for Eden Isles by joining your Homeowners Association today.

Garden Club News

The winners of the Backyard of the Month for June were:

- First Place -- Doris & Pete Reed 125 Eden Isles Drive
- Second Place -- Melanie & John Scott 212 Intrepid
- Third Place -- Catherine & Rene Navarre 119 Blackfin Cove

Judging of the Front Yards will be held on Monday, July 2nd.

Association Membership Cards

July 1st marks the beginning of a new service for Members of the Eden Isles Homeowners Association. Your Association has developed an Association Membership/Identification Card that shows your name, address, and Membership Card number. The back of the Card shows the names of several Slidell retailers who have agreed to provide discounts to Members of our Association. Two cards will be mailed to you along with a cover letter that outlines our discount opportunities at each retailer. If you do not receive your cards by July 10th please contact Mike Sims at 649-2886 or 641-8379. Mike was the driving force and chief organizer of this discount program. We certainly do appreciate all the time that Mike put into making the Membership Cards and Retailer Discounts a reality. Additional and/or replacement Cards will be available through our Association at \$5.00 each.

We are excited about this new benefit to Membership in our Association, and hope you will consider purchasing from our participating retailers. We anticipate printing Membership Cards once a year, but significant increases in retailer participation may require us to print your cards more frequently. Who knows, we may even be able to provide a booklet to you in the future with more retailer names than can fit on the back of your Card.

Special THANKS go to Duane Dendinger, owner of the Medicine Shoppe, for covering the printing costs of our first Membership Cards. We appreciate all of the following retailers who will honor their discounts beginning July 1st through December 31, 1990:

All-American Video

Kelly's Katfish Korner

Mark's Lawn Care

Repeat Performance

Gardens of Eden Nursery

Maid-To-Order

North Shore Marine

Tammany Exxon

The Medicine Shoppe

Recycling Barrels

Marina Eden Isles is the location of another aluminum collection barrel. The proceeds will still go to the Eden Isles Homeowners Association. A location for barrels to collect glass and newspapers has not been determined, but Landmark may provide a location in the future.

THE EDEN ISLANDER

The Eden Islander is published monthly by the Eden Isles Homeowners' Association Board of Directors, P.O. Box 2746, Slidell, LA 70459

Circulation Manager: Cathy Flynn: 649-0743

**Advertising: Jo Creed: 649-4015
Nancy O'Bryan: 649-4262**

Eden Isles Homeowners Association Board of Directors

Annemarie Furphy, president: 128 Blackfin Cove, 641-9138
Eugene Rovena, vice president: 327 Eden Isles Drive, 649-2104
Judy Polderman, secretary: 119 Rampage Loop
Cathy Flynn, treasurer: 236 Blackfin Cove, 649-0743
Steve Head, 207 Windward Passage, 649-3734
Mike Sims, 301 Charles Court, 641-8379
Bob Michel, 205 Windward Passage, 649-6820
Bob Lazar, 127 Carina Circle, 641-7025
Ann Gremillion, 118 Moonraker Drive, 641-1928 (until May 31)
Sidney Menard, 328 Eden Isles Drive, 649-3555

Security Committee 1/30/90

Marilyn Meier	120 Southern Star
Cinda Spilling	125 Blackfin Cove
Betty Evans	114 Pebble Beach
Melanie Eads	136 Pebble Beach
Mary Ann Murphy	206 Blackfin Cove
Robert Nelson	296 Moonraker
Herb LeBlanc	111 Loreli
Eugene Rovena	327 Eden Isles Dr.
Robert Lazar	127 Carina Circle
Bob Meier	120 Southern Star
<i>Decals/Plates from</i>	
Mary Lou Koch	128 Moonraker
Holly Tassin	205 Chubusco

CLECO Update

John Braun
 Customer Service Manager
 Central Louisiana Electric Company, Inc.

The multi-year project for the redesign and voltage conversion of the Eden Isles electrical system is nearing completion. The project started in January, 1988, and the projected completion date is October, 1990.

At this time, approximately 85% of the trenching and conduit installation has been completed. The areas where additional trenching will be necessary are a portion of Charles Court and Windward Passage from Charles Court to Eden Isles Drive. Some excavation will be necessary at some transformer locations in preparation for replacing the existing units. Common grounds and vacant lots, where additional fill work is needed, will be handled as soon as possible.

Eden Isles residents may call Calise Lopez at 649-7809 or the CLECO Customer Service office to report any problems resulting from our construction activity.

Sea Explorer Ship I

The Sea Explorer Ship I is currently accepting applications for Members. All boys and girls between the ages of 14 and 20 are eligible. Membership costs include \$10/year for insurance provided by the Boy Scouts of America, and \$3/month for boat equipment and supplies, snacks, and field trips away from the boat. We are also in need of adult volunteers. The ship continues to be very active in the areas of sailing, small boat handling, and seamanship.

If anyone is interested in supporting the Sea Explorer Ship I please contact Allen Lofland at 649-2121 before 5:00 pm or Joe Burton at 649-7959 after 5:00 pm.

MEMBERSHIP APPLICATION

EDEN ISLES HOMEOWNERS ASSOCIATION

P. O. BOX 2746, SLIDELL, LA 70459

Name _____

Occupation: _____

Address: _____

Telephones: _____

Name of Spouse: _____ Occupation: _____

All information requested is for use only by EDEN ISLES HOMEOWNERS ASSOCIATION and none will be made available to any other organization or party. If you feel that any of the requests are of a personal nature, please write "Personal" in place of that information.

THANK YOU VERY MUCH FOR YOUR MEMBERSHIP

The Walk that Sculpts A Shapelier Body And Clears The Mind

You can get more body-sculpting power from the same amount of walking if you use the "health-walking techniques" developed by Howard Jake Jacobson, author of *Racewalk To Fitness* (Walkers Club of America, 1989). "My method is really the racewalking technique minus the competition. But if I call it racewalking people get scared" says Jacobson. The technique tightens your tummy, buttocks, arms, and legs more than regular walking does. "When you straighten you leg as you plant your heel, you actually use more muscles (hamstrings, buttocks muscles, etc) than when you jog or run. This takes the same effort, but you get usage of additional muscles. The result is more toning" explains Jacobson. To shape your calf muscles he suggests you learn to push off with your toes instead of the ball of your foot because you work your calf muscles harder that way. And if you pump your arms like a sprinter (bending your arms at the elbow and swinging them forward aggressively, being careful not to raise your shoulders) you can tone your upper arms and back muscles as well.

Walking can be as good as jogging for lowering cholesterol, improving general health, and reducing the risk of heart attack. This is because walking increases high-density lipoprotein (HDL) in the blood. HDL is a blood component that clears the bloodstream of cholesterol rather than helping to deposit it on artery walls. To get the benefit of walking: (1) Do it regularly. At least five times a week. But it's best to do it every day. (2) Walk briskly as described above. A stroll will not do the job! (3) Take long walks, preferably a half hour or more at a time.

Walking provides psychological benefits, too! Walking relieves depression through a physiological effect on brain chemistry. While the exact reasons for this are unknown, current theories attribute it to amine (a chemical compound in the neuron- transmitters) or endorphines (a painkiller released by the brain). Walking reduces anxiety by dissipating anxious energy that is not being used. Using this energy constructively makes people less tense. Walking helps build self esteem by stopping people from accepting the idea that their bodies are deteriorating. It shows them they can choose to be healthy. Walking creates a sense of exhilaration because of improved circulation and more oxygen in the system. While people assume that a long walking regimen will tire them out, they find instead that they have more energy to work and more relaxed when going home.

Walking is a general toner for the body and mind.

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Roy Provenzano
Owner

Don't Eat Your Fruits and Vegetables With Detergent

You'll be replacing one incredible residue with another if you try to sanitize fresh fruits and vegetables by rinsing them in a soap or detergent solution. "Soap and detergents were never meant for human consumption" says Carolyn Moody, a Foods and Nutrition Specialist with the University of Missouri-Columbia. "The best way to rid fresh food of any pesticide residue is to rinse it thoroughly with plain water. Rinsing with plain water has been a long standing recommendation for food safety" she says. "I don't care how dilute the solution is, it's next to impossible to rinse away soap or detergent from the porous texture of fresh fruit and vegetables. Ingesting soap or detergent could lead to diarrhea or mild stomach upsets" Moody says.

TROUBLESOME WISDOM TEETH

Q. What are wisdom teeth, and why are they sometimes described as impacted?

A. "Wisdom Teeth" is the everyday name for the third molars -- the last of the permanent teeth to come in. That usually happens in the late teens or early 20's. Often they become impacted, which means they are kept from erupting in their natural place. They might be blocked by another tooth that has come in earlier, or they might erupt sideways or in some other awkward position.

This is one reason for regular dental checkups of children, even when they have a good record of freedom from cavities. The dentist monitors the progress of the wisdom teeth and determines whether they are coming in normally or should be removed. Impacted teeth should be removed, even if they are not causing pain, because they can damage other teeth, become infected, inflamed or painful, or can cause an opposing tooth to come in farther than it should.

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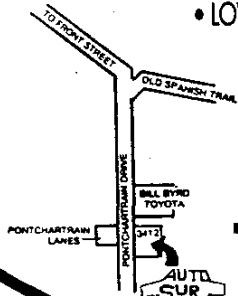
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CHANGE IN EDEN ISLANDER DISTRIBUTION

At our last Association meeting Ann Gremillion, Eden Islander Editor, reported that we are currently distributing 900 copies of the Islander to every house in Eden Isles and to many residences on Lakeshore Drive, Marina Drive, and Highway 11. Since we only have 132 Association Members, this means we are providing 768 copies to non-Members.

As a result of the Islander survey published in our April and May issues, the Membership voted in favor of limiting the distribution of the Eden Islander to Association Members only. Our Membership believed that the Islander should be a benefit or "perk" of belonging to the Association, and that we should no longer use our Association dues and advertising revenues to subsidize the printing and distribution costs for non-Members. In addition, our Membership voted to mail the Islander to each Member to ensure its receipt on a timely basis. At bulk mail rates this should cost about \$20/month. Our publishing and printing costs should be reduced by \$350-\$400/month.

There was some discussion regarding the potential reduction in Islander advertisers if circulation was reduced. Bill Roberts, owner of North Shore Marine and resident of Eden Isles, indicated at the meeting that the limited distribution would not adversely affect his commitment to continue his advertising in the Islander. After the meeting our Association President, Annemarie Furphy, and our Islander Circulation Manager, Jo Creed, received requests from merchants "all over Slidell" to advertise in the Islander since it now has a much more qualified circulation that allows the advertiser to clearly target their advertising market. This advertiser support for the Islander may provide significant funds to our Association for beautification of our common grounds, and for other improvement projects within our Subdivision.

The decision to limit distribution to Association Members will become effective in July and will continue through September. At that time our Islander Editor will report to our Membership the advantages and disadvantages of limiting Islander distribution. At that time our Membership will vote to continue or revise our trial distribution policy.

Those of you who are not Members of the Eden Isles Homeowners Association may be reading your last issue of the Eden Islander. To have a voice in the affairs of your subdivision's Homeowners Association, and to continue receiving your Islander, please send in your annual Membership fee of only \$10 to:

*The Eden Isles Homeowners Association
P.O. Box 2746 - Slidell, LA 70459*



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A Fishing Rodeo For Eden Isles

At our June Eden Isles Homeowners Association meeting tentative plans were developed to hold our first Eden Isles Fishing Rodeo. We are targeting the Rodeo for sometime in October and will be held at the new Oak Harbor Boat Service Center. We'll have a large "Bud" tent with food, beer, soft drinks, raffles, auto and boat displays, and possibly a band and radio station broadcast.

Our Rodeo will be very similar to the one held at Venetian Isles on Labor Day. The significant differences are that we will have a better location, more people to draw from, and a larger advertiser and sponsor base. If the Venetian Isles Rodeo is a good indicator of our potential success, we can expect to raise many thousands of dollars for the beautification and development of our subdivision. Can you imagine our many common grounds having trees, park benches, fountains, flower beds, swing sets, etc. Only our imagination will hold us back in deciding what to do with all that money.

First we must organize ourselves to pull off a first class Rodeo that will be eagerly anticipated year after year. We already have about forty volunteers, but we'll need many more for this two to three day event. Each volunteer will serve on one of the fifteen committees (e.g., Advertising, Public Relations, Concessions, Judging, Finance, Parking, etc.). We're planning our first Organizational Meeting for July 11th, 7:00 pm at Salmen High cafeteria for all volunteers.

Participation in organizing the Rodeo can be an enjoyable way to meet your neighbors, participate in an activity that will greatly benefit our neighborhood, and help unite the residents of Eden Isles for a common cause. Our success will be directly related to the volunteers who donate their free time towards making such an event work. If you have any questions please contact Bill Roberts at 646-1718 or Mike Sims at 649-2886 before 5:00 pm, or Steve Head at 649-3734 after 5:00 pm. We look forward to seeing you at our July 11th Fishing Rodeo Organizational Meeting.

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"Eden Isles Security Member" Lawn Signs

Beginning July 1st, lawn signs will be available for display by Security Participants. Our loyal Security Members have already received pertinent information on how to get their signs. We urge all residents of Eden Isles to join your neighbors in this visible "sign" of commitment to our community by signing up now as a Security Member. For more information please call Marilyn Meier at 641-8357, or send your check for \$45 per quarter to:

Eden Isles Security P.O. Box 3095 - Slidell, LA

Tammany Yacht Club

Blue flag. Four minutes to start. Seventeen boats all trying to be at the starting line at the same time without going over before the horn. Slow down - luff the main; out with the traveler; out on the jib; watch the committee boat; keep track of time; watch the other boats. Too slow - tighten the jib; tighten the main; tighten the traveler. Over the line. Good start. Rail-birds on the rail. Gazing at the stern of the "TOMCAT" and "WHITE LIGHTENING" as usual!!!

So went each of the five races in the Tammany Yacht Club's Spring Series. Except for a serious lack of wind during the first race and an almost never ending disappearance and replacement of starting markers and turning buoys, the Wednesday night races went off without a hitch. Unless you observe the start of these races "up close and personal" its nearly impossible to believe the thrill and excitement they give to you. Although the races were exhilarating, the real highlights of the series were the parties after the races where skipper and crew revelled in recounting their particular race.

The top floor of the building under construction near the Marina will be the new home of the Tammany Yacht Club. The ground floor will have a restaurant. Commodore Bill Watson and Vice Commodore Tom White have just finished a very successful membership drive. If you missed their call for new members, don't worry - you are still welcome to join. You don't even need to own a boat to be a member!

If you're interested in learning about sailing, want to crew one of our member's boats, or just looking for a fun place to be with good people around you - come join us! We'd love to have you! For more information about the Tammany Yacht Club please contact Tom White at 649-1918.

Eden Isles Security

"Those Extra Little Services That Mean A Lot" All of us see the Eden Isles Security Guards at their assigned posts, but may not know about some of the "little extras" they provide. During this past month they:

- Assisted at the scene of a hit-and-run accident at Highway 11 and Eden Isles Drive, and provided to the Sheriff the license number and description of the car and DWI driver who was later caught and charged.
- Answered multiple reports of burglar alarms going off, made visual inspections of their property for signs of forced entry, and notified the Sheriff when appropriate. Delivered an emergency message to an Eden Isles resident whose address and phone number was unknown to the party sending the message.
- Called the Sheriff for assistance with a group of non-resident male adults who were trespassing on private property.
- Noticed an unattended fire on a vacant lot and called the Fire Department to put it out.
- Reported missing stop signs to our Parish Department of Public Works, which were promptly replaced.
- Reported multiple traffic signal malfunctions at the Highway 11 entrance to Eden Isles. Investigated a broken water pipe at a construction site and had the water shut off.
- Dispersed groups of teenagers, on at least three occasions, who were diving off the bridges at either end of Eden Isles Drive.
- Answered reports of vandalism at vacant property, and dispersed teenage participants.
- Returned a Golden Retriever and various other lost animals to their Eden Isles owners.
- Called a tow truck for a disabled car blocking the north bound lane on the Highway 11 bridge, and another tow truck for a woman whose car was stuck in the mud.

In addition to these "little extras" our Security Guards have been working in cooperation with the Sheriff's Department, Oak Harbor Security, and the State Police in reporting trucks cutting through our Subdivision to avoid the scales on Interstate 10.

As you can see, we are getting a lot more for our monthly Security fee than initially meets the eye. We all benefit from their presence and assistance when required. So come on, support our Guard Service. Send in your check now to:

Eden Isles Security - P.O. Box 3095 - Slidell, LA 70459

USED MOTORS

125	HP Mercury	\$850
135	HP Chrysler	\$995
140	HP Chrysler	\$1,495
75	HP Mariner	\$1,650
30	HP Chrysler(Elec)	\$595
25	HP Chrysler(Elec)	\$425
25	HP Evinrude	\$650
20	HP Chrysler	\$425
20	HP Mercury	\$495
10	HP Chrysler	\$385
9.5	HP Evinrude	\$375
9.9	HP Yamaha	\$825
8	HP Chrysler	\$350

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Lawns and Landscape Gardening

Lawns: According to the Louisiana Extension Service mowing is the most important and most mismanaged of all lawn practices. The most important thing is keeping your mower blade sharp. If the cut is jagged or torn the mower blade is dull. If you mow frequently enough you should not remove clippings. A minor amount of clippings left on the lawn will aid in moisture retention, but will not contribute to thatch build-up. In fact, under proper mowing conditions, clippings will aid in breaking down the thatch. Adding fill or dethatching your lawn should be delayed until late May or June.

Landscape Gardening:

Bedding Plants. Prepare a good soil mixture before planting. A well drained soil which contains a high humus content is desired for bedding plants. For best growth, cultivate often, keeping out grasses and weeds which use up the moisture and available nutrients from the plants. Water during periods of drought.

Mulch. Many freshly planted shrubs and trees die because of lack of moisture. To prevent this, mulch plants in the landscape, especially those which have been recently planted. Mulch conserves moisture and helps maintain clean beds. Use one of these mulches: pine straw, bagasse, or leaf mold.

General. Most pesticides break down very quickly in water that has a pH above 7.0. It is a good idea to get an aquarium or swimming pool test kit to test the pH of the water you use for spraying. If the pH is above 7.0 it should be adjusted back to 7.0 with a buffer.

For more information call the Louisiana Extension Service at 1-892-2208 for free leaflets on mowing techniques, adding fill, top dressing, thatch removal, bedding plants, mulch, and pesticides.

Jack P. Devereux, D.D.S., M.S.

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Fire Protection For Eden Isles

In about one year we will have a brand new Fire Station located on the corner of Marina and Landmark Drive (near 9). It will be designated as St. Tammany Fire Protection District No. 1, Station 6, and will be staffed 24 hours/day 7 days/week. Our neighbor, Bob Lazar, has worked untold hours toward making this Station a reality and we appreciate his effort and dedication. As a result of Bob's efforts we will receive much quicker response times to fire emergencies, and our insurance rates may even decline.

According to Bob, Landmark generously donated the land to the Board of Fire Commissioners and the Fire Chief has designed the Station's interior. All Firefighters will be trained in First Response (initial emergency life support), EMT (emergency medical technician training), Extrication (taking victims out of wrecked automobiles), and Full Service Rescue Protection.

Bob also reports that the Northshore Volunteer Fire Department, located on Carr Drive, has improved their firefighting capabilities through a significant equipment upgrade. This upgrade was made possible through our contributions in 1989. He stresses, however, that the Station is still in need of additional revenues for 1990 and hopes that we will be as generous as possible during their upcoming fund raising drive. A gift of only \$25 from each household would greatly benefit our Volunteer Fire Department. Please consider donating to our NSVFD when you receive their coming letter.

Need a Baby Sitter?

The following residents are available for baby sitting services within the Eden Isles area:

TEEN-AGERS

Sandra Becker	646-0625
Danielle Carey	641-1633
Denise Drewes	641-0958
Meredith Ellis	847-0106
Lara Gallagher	641-8501
Nina Garcia	641-4205
Elizabeth Gibson	641-6971
Erin Harris	649-0296
Melissa Hebert	649-6148
Laura Ison	643-7487
Amy Key	643-8693
Wendy Leonard	649-2877
Megan MacFarland	641-2148
Wendy Nall	649-4906
Kathie O'Bryan	649-4262
Mary Helen O'Bryan	649-4262
Kimberly Rovirs	641-1200
Shawn Verges	649-5315
Michelle Vincent	641-0719

ADULTS

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Michelle Paternostro (no weekends)	649-4605
Gina Traiy	649-4584

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