



Save the Dates

LES Residents and sponsored guests only

3rd ANNUAL CORNHOLE TOURNAMENT

- Saturday September 17
- Playground Pavilion
- Must pre-register
- \$10 per team-2 per team
- AGES 18 and OVER MAY PARTICIPATE

Any questions? Call Joe 216-375-3205

Please note that Villa Grande is a private drive and trespassing is prohibited. Please use the parking lot on Lake Road and the overflow parking lot on Lake Road that was used for the YMCA Dream Home last year. Please do not access the beach park through Villa Grande.

Chuck Hillier - Volunteer Trustee

Exciting summer so far but it is unfortunately drawing to a quick close. We had the Adult Party on July 23rd and although the weather kept a few people away, we had a pretty good turnout. From the sounds of it everyone had a good time, myself included. We did some fun things during the party, one of them being the "Bluff Shot Challenge". That took place at the top of the bluff and the "Pin Shot" was down below on the beach. Sounds simple enough right? Well perhaps for some but not for most of those who attempted. At the end of the friendly competition, Steve Linch was declared the winner landing it only 72" from the flag. Runner up went to John Guinan who nudged out his wife Tammy by landing a shot 83" away. A lot of fun that evening, a lot of dancing and a lot of friends getting together just laughing away the evening. Hope to see you there next year.

The 3rd Annual Corn Hole Tournament is coming up on Saturday September 17th at the Playground Pavilion. Times are yet to be announced but I'm sure it will be in the early afternoon. Registration is limited to two adult players/team, \$10/team entry fee. Watch your newspaper slots below your mailboxes for more information in the coming weeks.

On Saturday, August 6th we held our 1st Annual 5k Run/1Mile Family Walk. All proceeds went to benefit hereditary cancer (FORCE) and a family in our development that has been affected by cancer. Dawn Linch spearheaded this wonderful endeavor and it was such a success. Although she did the majority of the grunt work, she did have some help from a number of residents and family members. I'd mention the names but I'm afraid I'll miss one or more so please know that events like this are wonderful to be a part of but they only get pulled off when a group of people get together for the common good. Dawn, thank you so much for doing this and thank you to each of those that volunteered during the event.

We began July with a cash balance of \$100,084.45 in our checking account and ended it with \$78,265.81. Our total expenses for the month totaled \$23,073.64; some of our more notable expenses for the month included a \$1,463.09 real estate tax bill covering 16 separate properties. Although we didn't budget to mulch our beds this year they were looking pretty bad in early spring so we paid to have them cleaned out of wild overgrown grasses and such and then mulched. The mulch itself cost \$6,340.47 and that included the mulching of all of Lake Road. Next year we will budget to do the entire development. We paid \$3,450 to get the bridges stained which connect our Lake Road parking lot to the Beach Park. The last big repair/improvement bill we had was for \$2,080 which covered installation and staining of the port-a-potties protective fences.

A rough glance at the remaining anticipated expenditures compared against what's left in our checking account indicates we are pretty much on pace to finish the year just under budget, but that's expected because our biggest summertime project (basins) has been temporarily placed on hold while the county continues investigating our request to enlarge the culvert under Lake Road.

According to our Reserve Study performed last year, by the end of 2011 we are required to have \$90,400 set aside in Reserves (not counting the Shoreline Reserve Fund). I can comfortably state that we will achieve that amount, however over the next two years that amount increases to \$127,003, so having a little more than required now just means we won't have to worry about making up the additional \$30,000 needed in the coming two years.

All great change in America begins at the dinner table. - Ronald Reagan

Thinking About Running? – by Jim Sorenson

If you are going to run, I would encourage you to go to a store that specializes in running shoes to get a proper fit. Ill fitting running shoes can actually cause injuries that you may incorrectly think are caused from “just running” vs. correctly knowing that the injuries are caused by improper fitting running shoes.

I have noticed more people running in our neighborhood this summer than any previous summer, and I know of at least four new runners near me. When you start anything new, there is typically a lot of information that you do not know, and the absence of knowledge can sometimes be detrimental. In the case of running, that absence of knowledge can be physically harmful.

When I started running, I just used the pair of running shoes that I already used as everyday shoes. I had no clue that there were different shoe types such as neutral, supportive or motion control. A running shoe store should offer a gait analysis to determine what type of shoe you need for your specific body. You also have the opportunity to try on different shoes meant for your specific stride and try them out.

Achilles Running Shop [8791 Mentor Ave. Mentor, Ohio 44060; 440-255-7861] is the closest running store that I know. I have purchased shoes there, and they sponsored the 5k race held here in LES on August 6. Be prepared to spend more than getting a pair of running shoes at a department store, but please remember and understand:

- If they are providing a gait analysis, they are adding value. You cannot get a gait analysis from an online web site.
- If they are offering additional advice during your conversation, they are adding value.

Taking in an old pair of shoes can also be helpful, as they can observe the wear pattern. I do not work for Achilles, but I am grateful for their help because when I started, I was not aware that running shoes could be so comfortable.

Congratulations to those in the neighborhood that have started running, and to those that continue to run.

Contact Information



Lake Erie Shores Web Site
www.lakeereshores.com

Home Owners Association Committees

Welcoming Committee (welcome@lakeereshores.net)
Covenants/Restrictions Committee Chair – Bruce Buffie
(buffie723@att.net)
Financial Committee Chair - Randy Van Buren
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Landscaping & Beautification Committee - Dave Spall
(davidspall@sbcglobal.net)
Recreation Committee Co-Chairs - Jonathon Adkins
(jonsuzannaadkins@sbcglobal.net) and Cory Wertch
Volunteer Coordinator - Paula Haumesser
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Newsletter Committee Chair – Jim Sorenson
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Board of Trustees

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