

Lake Doe Cove

SEPTEMBER 2013

HOA FOR PHASES 3 & 4: WWW.LAKEDOEKOVE.ORG

ISSUE SIX



Send us your photos and get them in the next Newsletter, mail to: webmaster@lakedoecove.org

Watch Out for School Children! The neighborhood speed limit is 25 mph, please NO speeding through our streets.

Very hot weather can be dangerous to your health! Here are some precautions we need to take to protect ourselves from over heating.

What is heat exhaustion?

The body cools itself most efficiently by sweating and having that sweat evaporate. Should sweating be unable to meet the cooling demands of the body, heat-related illness can occur. This is a spectrum of conditions with minor symptoms such as prickly heat or [heat rash](#), progressing to heat cramps, then heat exhaustion, and finally to heat stroke, a life-threatening medical condition.

The line between each diagnosis is not sharply drawn. Heat cramps describe involuntary spasm of the large muscles of the body, while heat exhaustion has more systemic complaints. These can include profuse sweating, weakness, nausea, vomiting, headaches, and [muscle spasms](#). The affected individual may have a low grade [fever](#). Heat stroke is a life-threatening situation where the body's cooling system fails. The body temperature spirals out of control usually greater than 106F (41C), sweating stops, and there are mental status changes like [confusion](#), [seizure](#), or [coma](#).

Heat exhaustion occurs when a person exercises or works in a hot environment and sweating cannot dissipate the heat generated within the body. Often [dehydration](#) occurs because the person hasn't replaced the water lost by sweating. Heat exhaustion also may occur if a person lives in a hot environment without adequate air circulation and does not drink an adequate amount of water.

Reviewed by Melissa Conrad Stöppler, MD on 5/22/2013

See more on this go to: Medicinenet.com

Neighborhood Watch

If we really want to form a Neighborhood Watch program the plan laid out by the [USAonWatch](#) might help us get it started.

Crime Line Alerts

Orange County Sheriffs Department provide these alerts. To view these click on [Alerts](#)

Building Community

From the news of tornado stricken communities in Oklahoma, many of us saw that those neighbors have a very strong sense of community. Neighbors were totally committed to one another - men and women digging through the rubble to find life, bringing folks into their storm shelters, sharing food and water without concern where they might get more.

This is the kind of community we of Lake Doe Cove should strive for. The reason our website has the “Our Houses” listing is an attempt to begin getting to know one another Please sign up, so we can learn who lives in our neighborhood.

As editor and webmaster, I have searched for ways to assist in this idea of “community building” and have found an ambitious tool and program to help build our community interactions. It is called “[Nextdoor](#)” which is a private social network which can be confined to a specific geographic area and specific set of homes. This sounds like Lake Doe Cove HOA, Phases 3 & 4.

Stay Ready

SAFFIR-SIMPSON HURRICANE INTENSITY SCALE			FOX10tv.com
Category 1	Winds: 74-95 mph (64-82 kt)	Storm Surge: 4-5 feet	Damage - Minimal: Damage to unanchored mobile homes, vegetation & signs. Coastal road flooding. Some shallow flooding of susceptible homes.
Category 2	Winds: 96-110 mph (83-95 kt)	Storm Surge: 6-8 feet	Damage - Moderate: Significant damage to mobile homes & trees. Significant flooding of roads near the coast & bay.
Category 3	Winds: 111-129 mph (96-112 kt)	Storm Surge: 9-12 feet	Damage - Extensive: Structural damage to small buildings. Large trees down. Mobile homes largely destroyed. Widespread flooding near coast & bay.
Category 4	Winds: 130-156 mph (113-136 kt)	Storm Surge: 13-18 feet	Damage - Extreme: Most trees blown down. Structural damage to many buildings. Roof failure on small structures. Flooding extends far inland. Major damage to structures near shore.
Category 5	Winds: 157+ mph (137+ kt)	Storm Surge: 19+ feet	Damage - Catastrophic: All trees blown down. Some complete building failures. Evacuation of residential areas may be required.

Your preparation for a hurricane is vital to your survival! Hurricane season lasts until the last day of November!

BE PREPARED!

Please take the time RIGHT NOW to view the video [CLICK HERE](#).

Nextdoor even has a mobile app for iPhone or Android to allow us to stay in touch as our kids come and go. There is a blog where we can write our concerns and suggestions or send greetings to newcomers.

From the info on the Nexdoor site the formation of a community is FREE. which usually means there will be advertising on our pages when we visit.

For sure, having a community and more neighborly we will have great advantage if there is a calamity in Lake Doe Cove.

Points On Building Community

1. **Safety and Trust.** In order for participants to connect with each other, there must be a sense of safety and trust.
2. **Openness.** In an atmosphere of openness, participants can feel free to share their thoughts and feelings without fear of retribution.
3. **Respect.** In order to coalesce as a community, members need to feel that they are valued and respected as people.



4. Responsiveness. Members must respond respectfully to each other, and the facilitator(s) must respond quickly to their participants.
5. Enjoyment. Activities must include social opportunities to lighten up, bond, and should take place in invigorating environments.

At the left is a set of suggestions on how we can come closer together as neighbors. Please give me feedback

Mail to: philosx@earthlink.net



Below is the West Entrance to Lake Doe Reserve on Binion Rd. Home building has begun!



May God Bless The USA!