

**OUR CORE VALUES**

*Hospitality*

*Stewardship*

*Creativity & Innovation*

*Hard Work*

# The Villages®

## Community Development Districts

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**Meeting the needs of  
The Villages community  
Residents is our  
primary objective.**

**PURPOSE**

To provide and preserve the  
lifestyle of Florida's  
Friendliest Hometown.

**VISION**

To be respected as the most  
responsive  
and responsible  
Community Development  
District.

**MISSION**

To provide responsible and ac-  
countable  
public service that  
enhances and sustains  
our community.

### *Happy Holidays to all of our District Team Members!*

I have made several evening presentations in the past ten days and both of them were filled with new residents. The residents had moved here from a variety of locations, but from the questions asked it was apparent that most of the attendees had moved here from the Northeast. It is always energizing for me to meet new residents. They are so excited to be in The Villages and their questions still embody that essence of "we're still on vacation." The comments that were made reflected how impressed they were with the landscaping, flowers and recreation venues.

Also, they were appreciative of my information and so anxious to learn about their new community. I am sure that each of us has experienced the excitement of moving to a new area and we have also felt someone else's excitement as they actualize their own dream. When I have these interactions with residents, I always remind myself that I am a part of this new resident's excitement and their new experience in The Villages. Their impressions are in part shaped by me. This really belies my sense of responsibility to ensure that these residents maintain that excitement. After all, the sense of newness only lasts such a short time and then the big or small realities of everyday life take over.

The holiday season is a time when we all get a reminder of this sense of excitement, fellowship, and appreciation of our own home town. Let's both impart this special sense of America's friendliest hometown and also open up a bit so that others will impart this sense to us.

Each and every day so many of you impress me, impart to me your enthusiasm to be a part of The Villages team and share in the dream-making for so many.

All the very best and thank you.

*~Richard Baier, District Manager*



## IN THE SPOTLIGHT...



### Matt Armstrong ~ Recreation & Parks ~ Recreation Manager Facilities & Personnel



**Where were you born & raised and went to school?** I was born in Ocala, FL and raised in various parts of Florida, Jamaica and Haiti. My parents were Missionaries so we moved often. We returned to Ocala and I graduated from Forest High School.

**What was special about where you were from?** Having lived in various cities, towns and countries, each location has its own unique and special culture. Having experienced the diversity of each area was special.

**Tell us about your family, people (including pets!)** My wife Rebecca and I have 3 daughters and 4 cats. Olivia, Savannah and Chelsea attend The Villages Charter School. My wife works in the Finance Department here with The District. You will often see us going to lunch together. We call those our date afternoons instead of date nights.

**Hobbies? Favorite activities?** Favorite activities revolve around the family. We enjoy going places with the girls. Taking family trips to theme parks, the drive-in movies or just relaxing.

**Who has been the most influential person in your life and why?** It is hard to pinpoint one specific person. I've taken nuggets from various individuals at points in my life. Each season God has put someone in my life that has helped guide me to where I am today.

**What's the best advice you ever received?** "Nobody cares how much you know, until they know how much you care."

**What is the career & training path that led you to the Districts?** I graduated from Flagler College with my BS in Sports Management and AA in Business Administration. I started my Recreation & Parks career with the City of Eustis and discovered The Villages Recreation & Parks Department when I made a wrong turn on a roundabout while trying to find the movie theater at Lake Sumter Landing 9 1/2 years ago. Because of the amazing training, education and career development opportunities offered by The District, I would not be where I am today professionally without the support of John Rohan, Director of Recreation & Parks, The District and The Villages.

**Can you tell us about your day-to-day responsibilities?** As a member of the Recreation Administrative Team, I work with our staff to ensure they have all the tools they need so they are successful in their daily responsibilities. I also work very closely with our DPM department on making sure our recreation centers are kept to our Districts high standards.

**What is your favorite aspect of working for the Districts?** Seeing the smiles on our resident's faces when they are participating in activities. That fills my cup.

**What is the most interesting thing you have ever seen?** Last year we took a trip to Washington DC for the first time. We were able to see The Declaration of Independence, Bill of Rights and other amazing historical items.

**My favorites...Movie:** Lord of the Rings, The Hobbit ...**Television Show:** Anything Sports  
**Sports:** Florida Gators, Orlando Magic, Miami Marlins ...**Vacation Spot:** All of them  
**Restaurant:** Cracker Barrel...**Food:** Southern Comfort & BBQ...**Dessert:** Apple Pie

### Tamara Rollé ~ Executive Golf ~ Staff Assistant

**Where were you born & raised and went to school?** I am from the beautiful "nature isle" of the Caribbean – Dominica. I moved to the US with my family (my dad got an offer he could not refuse.). After graduating Dunnellon High School I took a year off, did some island hopping with my mom and sister Samantha before pursuing my Bachelor's degrees in Criminal Justice and Psychology.

**What was special about where you were from?** Dominica is still home to the Caribbean's native Indians- the Kalinago Tribe, Carib Indian as they were called by Christopher Columbus, and the rest of the European settlers.

**Tell us about your family, people (including pets!)** My husband Mitchell is in Physical Therapy. He practices locally and in surrounding towns. The light of our world is our son Amari who attends the Villages Charter Elementary School.

**Hobbies? Favorite activities?** Having a seven year old really doesn't leave room for any "me time", but we do have a lot of family time where board games and music are our top picks.

**Who has been the most influential person in your life and why?** Fortunately, for me, I don't have one, I have five. My dad taught me the importance of time. My mom taught me how to prioritize. There is no one in this World that can balance life better than her; I still don't know how she was able to always be the most involved parent at school while working fulltime for the Government. My brother Sean taught me that life is good once you have God and Music. My sisters Sherma & Samantha taught me that presentation is very important.

**What's the best advice you ever received?** Don't allow anyone to steal your joy, life is too precious.

**What is the career & training path that led you to the Districts?** Though my education background is Criminal Justice and Psychology, I have always been a part of a management team, The Old Mill Playhouse. For this reason, when the opportunity for this position presented itself, I embraced it. I still endeavor to become better in golf management and customer service, because I aspire to take my department and the District to higher heights.

**Can you tell us about your day-to-day responsibilities?** I process and code all invoices coming into the office. I verify these invoices with bank statements and the AS400. I print and process expense reports for the Director and Supervisor with P-cards and monitor the status of the budget throughout the year. I assist in proofing department materials for accuracy prior to distribution and I answer resident and vendor queries over the phone and via email simultaneously. In a nutshell I multitask.

**What is your favorite aspect of working for the Districts?** The people I encounter on a daily basis are amazing, my Executive Golf team is truly my second family.

**What is the most interesting thing you have ever seen?** The island I am from is really a geological mystery. Dominica is home to the World's second largest boiling lake. Its edges have been recorded at 197 Fahrenheit (91.6667 Celsius) with its center being too hot to get to. Oddly enough, every other body of water that surrounds the boiling lake is ice cold.



**My favorites...Movie:** anything Mel Brooks. I am always up for a good laugh...**Television Show:** Monk, Psych & Sherlock  
**Sports Team:** I'm not that big into sports but spending time with my dad, brother and uncles and seeing their excitement for cricket and football/soccer made me a fan of the West Indies Cricket Team and Chelsea. **Vacation Spot:** Anywhere I can feel sand between my toes and listen to music with an upbeat tempo i.e. reggae, reggaeton, dancehall, soca, afrobeat, etc. I'm not that picky...**Restaurant:** Mark's Prime Steakhouse  
**Food:** Soupe (next time you visit any eastern Caribbean island I highly suggest trying it, if you're not vegan) ...**Dessert:** My mom's West Indian Black cake.

## EMPLOYEES ON THE MOVE



### Community Watch

- **Raymond Machroli and Mary Jo Kulinski** transferred from Gate Attendant Substitute to Gate Attendant.

### Recreation

- **Mary Ann Esposito and Thomas Husar** transferred from part time to full time Recreation Service Representatives.
- **Rebecca Manserra** was promoted from Recreation Supervisor to Recreation Facilities Manager.

### Purchasing

- **Melissa Schaar** was promoted from Buyer to Purchasing Supervisor.

### Has your address or phone number changed?

**W-2's will be coming out this month.**

**Make sure your correct mailing address is on file in Paychex.** Please remember to update your personal information to ensure timely receipt of your 2019 W-2 Form. You can do this on-line via access through Paychex or by notifying our Payroll Administrator Joan Ferrara, 352-674-1905.



### TO THE DISTRICT FAMILY!

#### Community Watch

Margaret Andrews	Kenneth Bernier	Patricia Bledsoe
Stuart Bledsoe	Philip Boulanger	Clarence Hunter
Leo Shelko	John Tomashunas	

#### Recreation

Keith Boyle	Alan Bruce	Thomas Christian
Christopher Iannello	Christina Pittsley	Elsina Riddell
John Rocker	Rebecca Strawhand	Paul Young

## Congratulations!

**On your District Anniversary.  
Thank you for your service!**



Gate Attendant Barry Hoch  
celebrating 15 years of service



Fitness Assistant Jack Hughes  
celebrating 15 years of service.



Patrol Driver Ronald Argast  
celebrating 10 years of service



Special Events Line Staff Roger  
Navarro celebrating  
10 years of service

**Not Pictured: Special Events Team Leader Raymond Pinheiro, Lieutenant Jason Croom, Battalion Chief Jackie Tugger-son, celebrating 15 years of service and Dispatcher Candace Langton, celebrating 10 years of service.**

**Community Standards Christmas spirit was in full swing during Christmas week. Front: Deed Compliance Officers Jackie Ogden & Shelli Farnsworth, Staff Assistants Jerica Adams, Shannon Mattiucci & Caitlyn Bessoni. Back: Deed Compliance Officers Ryan Chastain and Richard Jensen. They hope everyone had a very Merry Christmas and a Happy New year!**



District employees donated towards a family in cooperation with a local youth organization. The gift wrapping was a success thanks to **DPM Supervisor Dan Lucin, Administrative Assistant Julie Kulas, Dispatcher Deb Ballard, and Recreation Service Representative Jan Collom.** The District would like to thank all employees who donated and hope your Christmas was merry and bright!



# JANUARY



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Cynthia Stenerson	1	Finance	Howard Miller	17	Community Watch
David Holland	1	Recreation	Kari Cantrell	17	Finance
Shane Danford	1	Public Safety	Paul Szymanski	17	Recreation
Tyler Cariglio	1	Public Safety	Esta Knipper	18	Finance
Lawrence Reese	2	Recreation	James Farragher	18	Recreation
Richard Hoffman	2	Community Watch	Richard Harris	18	Recreation
Ronald Scull	3	Community Watch	Frank Petrozzino	19	Recreation
Thomas Feurer	3	Recreation	Donald Gray	20	Community Watch
Christopher Stevenson	4	Public Safety	Mary Todl	20	Community Watch
Rebecca Witherby	4	Recreation	Nicholas Tenniswood	20	Public Safety
Robert Emery	4	Recreation	Anton Dawson	21	Public Safety
Ronald Guba	4	Recreation	Lori Popp	21	Recreation
Rose Marie Peppe	4	Recreation	Robert Pater	21	Recreation
Gregg De Mo	5	Community Watch	Sandra Borieo	21	Community Watch
John O'Brien	5	Community Watch	Kathryn Dutkiewicz	22	Recreation
Diane Presepio	6	Recreation	Kenneth Sherfinski	22	Recreation
Kimberly Doyle	6	Customer Service	Madge Chapman	22	Finance
Michael Kaiser-Sissons	6	Recreation	Dennis Teasley	23	Recreation
Maureen Kimple	7	Recreation	Donald Skaggs	23	Recreation
Suzanne Busch	7	Recreation	Edmund Cain	23	Public Safety
Angelo Agrafiotis	8	Recreation	Jeffrey Shuman	23	Recreation
Arthur Blumberg	8	Community Watch	Joy Foco	23	Recreation
Stephen Recchia	8	Community Watch	Pete Vega	23	Recreation
Virginia Griffin	8	Recreation	Ronald Kelm	23	Community Watch
Carol Reiter	9	Recreation	Eric Kellum	24	Property Management
James Ulp	9	Recreation	Brian O'Neil	25	Recreation
Pamela Hobbs	9	Community Watch	Gary Tritt	25	Property Management
Rodney Weaver	9	Recreation	John Morosky	25	Recreation
Sandra Allaire	9	Community Watch	Bailey Barngrover	26	Public Safety
Ardis Barnes	11	Recreation	Kevin Foley	26	Recreation
Bruce Mortensen	11	Community Watch	Melanie Sarakinis	26	Recreation
Claire Fusco	11	Recreation	Nancy Gerrity	26	Recreation
Eliyahu Ifrach	11	Community Watch	Paul Lubenow	26	Recreation
Richard Sprole	11	Public Safety	Daniel Moore	28	Public Safety
Ronald West	11	Community Watch	Frederick Dias	28	Recreation
Charles Mitchell	12	Community Watch	Kevin Kane	28	Community Watch
Paul Guernon	12	Recreation	Marissa Cordero	28	Community Watch
Russell Stehn	12	Community Watch	Jay Obey	29	Recreation
Harry Wick	13	Community Watch	Karen Rolph	29	Recreation
Janibal Vazquez	14	Property Management	Linda Marie Day	29	Recreation
Albert Cotoia	15	Community Watch	Margaret Rimmer	29	Community Watch
Daniel Sekera	15	Recreation	Robert Martin Watson	29	Recreation
Jay Sampson	15	Recreation	James Krysiak	30	Community Watch
Patricia Hall	15	Community Watch	Milton Strawhand	30	Recreation
James Collett	16	Community Watch	Nicholas Ellis	30	Community Watch
Jerica Adams	16	Community Standards	Petra Hobson	30	Recreation
Julienne Brodrick	16	Recreation	Austan Scherr	31	Public Safety
Steven Newhouse	16	Recreation	Edward Woods	31	Community Watch
Brenda Farley	17	Recreation	James Livers	31	Community Watch
			Terianne Carroll	31	Human Resources

## Happy January Anniversary! Thank You For Your Service!

Robert Zick	Recreation	01/12/2000	20	Paul Fitzgerald	Recreation	01/01/2016	4
John Longacre	Public Safety	01/22/2003	17	Julie Evans	Community Watch	01/04/2016	4
Joan Bulmer	Recreation	01/14/2004	16	Dale Fuller	Community Watch	01/01/2016	4
Charles Monton	Recreation	01/05/2004	16	Mason Guyette	Public Safety	01/18/2016	4
Janice Collom	Recreation	01/12/2005	15	Ellis Secola	Public Safety	01/18/2016	4
James Lucas	Recreation	01/26/2005	15	Nicholas Tenniswood	Public Safety	01/18/2016	4
Jeffrey Loder	Public Safety	01/16/2006	14	Christopher Cannon	Recreation	01/16/2017	3
Carrie Duckett	Customer Service	01/07/2008	12	Richard Krause	Recreation	01/16/2017	3
Fay Waitzman	Community Watch	01/08/2008	12	Danny Hadley	Community Watch	01/16/2017	3
Maureen Zajac	Community Watch	01/23/2008	12	James Hull	Community Watch	01/16/2017	3
Christopher Cash	Property Management	01/14/2009	11	Kathy Tomlinson	Community Watch	01/16/2017	3
Rodney Graham	Public Safety	01/27/2010	10	Cheryl Bidwell	Public Safety	01/03/2017	3
Jerry Wetzel	Recreation	01/04/2012	8	Michael Birch	Public Safety	01/30/2017	3
Bobbie Penny Foran	Recreation	01/18/2012	8	Cody Rhoden	Public Safety	01/30/2017	3
John Hoover	Recreation	01/19/2013	7	Marcial Santiago	Public Safety	01/30/2017	3
Donald Hughes	Community Watch	01/07/2013	7	Rodney Wedekind	Customer Service	01/29/2018	2
David Gleim	Recreation	01/20/2014	6	David Olson	Recreation	01/15/2018	2
Sharon Miller	Recreation	01/20/2014	6	Robert Rogowicz	Recreation	01/15/2018	2
Jeanette Bottaro-Hodge	Recreation	01/06/2014	6	Loni Gosnell	Recreation	01/15/2018	2
Michael Kroeger	Recreation	01/20/2014	6	Anthony Maniscalco	Recreation	01/15/2018	2
Madison Taylor	Recreation	01/20/2014	6	Robert Mlaka	Community Watch	01/29/2018	2
Herbert Harding	Recreation	01/20/2014	6	David Robertson	Community Watch	01/29/2018	2
David Cole	Community Watch	01/20/2014	6	William Wong	Community Watch	01/29/2018	2
Richard Allain	Community Watch	01/20/2014	6	Richard Jensen	Community Standards	01/15/2018	2
Jerrold Indermuehle	Community Watch	01/20/2014	6	Donald Mckechney	Recreation	01/28/2019	1
Madge Chapman	Finance	01/20/2014	6	Thomas Husar	Recreation	01/28/2019	1
Gerald Fougere	Recreation	01/12/2015	5	Rosangela Baczewski	Recreation	01/28/2019	1
James Pierce	Recreation	01/12/2015	5	Patricia Carey	Recreation	01/28/2019	1
Brian O'Neil	Recreation	01/12/2015	5	Thomas Dalton	Recreation	01/28/2019	1
Carol Slatin-Mullen	Recreation	01/12/2015	5	Vilma Jakubicki	Recreation	01/28/2019	1
Anthony Versley	Recreation	01/12/2015	5	Susan Dietel	Community Watch	01/28/2019	1
Kathleen Godfrey	Purchasing	01/18/2016	4	Robert Reid	Community Watch	01/28/2019	1
Scott Hondzinski	Recreation	01/18/2016	4	John Ferdinand	Community Watch	01/28/2019	1
Angelo Agrafiotis	Recreation	01/18/2016	4	Nicole Francik	Finance	01/14/2019	1
Pete Vega	Recreation	01/18/2016	4	Susan Pregitzer	Finance	01/28/2019	1
				Bailey Barngrover	Public Safety	01/28/2019	1



**Recreation Supervisor–Customer Service Suzanne Metelsky (L) and Recreation Service Representative Jan Collom (R)** were complimented in an email to Administration.

“Recently when I called Recreation Administration Suzanne and Jan were very helpful in assisting me enrolling my wife and I in one of The Enrichment Academy classes. Jan started me off on the right screens and then Suzanne helped me navigate through the “add a family member”. I can’t say enough good things about Jan and Suzanne. Your office is fortunate to have such fine ladies, who really know how to help and truly appreciate the value of “customer satisfaction.”

**Gate Operations Attendants Carol Greenfield (L) and Fay Waitzman (R)** were on duty when a lovely edible arrangement was delivered on Dec 16th. The arrangement was sent by an adult watch resident who included the following note. “Thank you sincerely to all of you that call everyday. I am grateful for your caring calls.”



**DPM Manager Mike Amodeo** was thanked by a resident for a speedy response to a bollard replacement. “Thanks Mike for the incredibly quick response.”



**Hillsborough Gate Attendant Jersey Fazio** was visited by the one and only Santa Clause. Santa stopped by to wish Jersey a Merry Christmas and let him know he was on the ‘nice’ list for being so hospitable to our residents.

The Staff at Mulberry Recreation Center received a letter thanking them for their hospitality. “I’m the President of a club, and this being a time of thanksgiving I felt it appropriate to express my thanks and appreciation for the fine folks at the Mulberry Recreation Center who help our club and especially me, the President. Don Klein, Ardis Barness, Chuck Adams and David Olsen work hard to accommodate the Club’s needs and are always willing to help. These folks are truly genuine people, very personable, likable and a pleasure to work with. Thank you!”

Pictured L to R: **Facility Specialist Don Klein, Recreation Assistant Ardis Barness, Recreation Assistant David Olsen and Recreation Assistant Chuck Adams.**

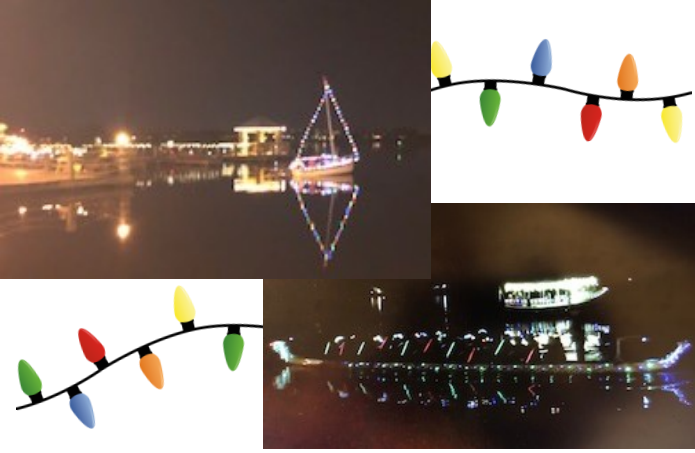


Public Safety received a letter of appreciation for **Division Chief Kara Watts** from The Villages Health Group. Kara speaks to the Matter of Balance groups when they graduate their Fall Prevention training. She speaks to them about not only Fall Prevention issues but all of the services that the Villages Public Safety Department offers. “Thank you for everything you do for this community! We are so appreciative of the time that you devote to our Matter of Balance groups. You’re always a highlight of the program!”



### Lighted Boat Parade

Recreation & Parks set the bar high for their inaugural "Lighted Boat Parade" prior to the third tree lighting festival @Lake Sumter Landing Market Square. Right after a sunset, nine holiday decorated vessels made their way across Lake Sumter to deliver a very special passenger to the cheering crowd lined up and down the boardwalk, Santa Claus himself! Everyone enjoyed the water and lighted boats to cap off a picture perfect coastal celebration leading into the holiday season.



### Holiday Window Decorating

Once again Recreation & Parks participated in ushering in the "Holiday Spirit" during The Villages Holiday Window Decorating event. Recreation Supervisor Madison Taylor led the Recreation & Parks team which decorated over 20 windows at Brownwood Paddock Square. Take the time this season to view all the works of art at our three squares!



*Above L to R: Recreation Supervisor Madison Taylor and Recreation Area Supervisor Emily Andrews.*

*Above L to R: Recreation Supervisors Mike Kaiser-Sissons, Dakota Tucker and Taylor Ratliff.*

### Ukulele on the Square

Lake Sumter Market Square was alive with 300 ukulele players ushering in the holiday season on a beautiful Tuesday morning for the monthly "On the Square" series. Everyone had a great time strumming to their favorite Christmas carol, meeting new friends and enjoying the warm sunny weather. Don't miss the next event in January, Zumba! Pictured L to R: **Recreation Supervisor Jackie Prim, Recreation Facilities Manager Mike Burleson, Recreation & Parks Director John Rohan, and Recreation Manager-Lifestyles, Parks & PR Pam Henry.**



### Christmas Parade

On Saturday December 14th residents and spectators lined the Polo Field for Recreation & Parks annual Christmas Parade which was led by the Grinch. Over 50 Lifestyle Groups with their decorated golf carts, live music and colorful costumes participated in this year's holiday event. Santa himself closed out the parade checking his list of who's been naughty or nice!



*Left: Recreation Supervisor Madison Taylor, Recreation Facilities Manager Mike Burleson, and Recreation Supervisors James Scrubbs, Ricky Spidel and Andrew Esposito.*

### Michael Burleson Recreation Facilities Manager Lake Miona Recreation

The Certified Park and Recreation Professional (CPRP) certification is the national standard for all parks and recreation professionals who want to be at the forefront of their profession. Attaining the CPRP designation shows that you have met education and experience qualifications, and illustrates your commitment to the profession as well as your knowledge and understanding of key concepts within parks and recreation. Congratulations Mike!



*Right: Recreation Facilities Manager Room Reservations Jennifer Slayton-Munday and her children Derek (snowman), Ariana and Nathan*



## Finance News



**Utility Billing Supervisor Alba Aponte** welcomed baby Lucas to her family on Tuesday, September 10<sup>th</sup>. She has her hands full with Lucas and his big brother Adrian.

**Senior Accountant Rebecca Armstrong and her husband Recreation Manager-Facilities & Personnel** attended their youngest daughter Chelsea's Pre-School Holiday Party. Chelsea was an Elf who sang "We Fish you a Merry Christmas and Hippo New Year".



**Finance Director Anne Hochsprung** attended her son Matt and daughter in law Jenn's wedding at an outdoor venue in Plant City on Saturday, November 23<sup>th</sup>. Congratulations to the happy couple!

## Community Watch News

Chief Wolfe received a thank you letter for the information provided to the Bridgeport Men's Club on December 10<sup>th</sup>. "Thank you for being our speaker today at the Bridgeport Men's Club meeting. It is always good to see you and we appreciate your updating us on Community Watch. It appears that the program continues to be valuable to Village residents and I'm sure that it will continue to be so under your direction. Thank you again for being with us this morning and for the handouts you provided, a good reminder to be visible as we go about our early and late day activities in The Villages."



## District General News

**Brittany Wilson, Director of Technology & Board Support Services (left) and Carrie Duckett, Director of Resident Services & Communication** held down the fort at the front Administration desk on Thanksgiving Eve before everyone went home to celebrate. Great job ladies!



## Purchasing News

### First Time Reverse Tradeshow Attendees



The Central Florida Chapter of the National Institute of Governmental Purchasing (CFC NIGP) hosted its 21st Annual Reverse Trade Show in Maitland, Florida on November 12, 2019 which was attended for the first time by District Staff. At a *REVERSE* Trade Show, Government Agency Representatives work the booths as exhibitors and vendors move from booth to booth meeting with Agency Buyers and Administrators. Vendors interested in doing business with governmental agencies throughout Central Florida were invited to meet face to face with Purchasing Officials and End Users from over twenty-five local government agencies. Agencies at the Reverse Trade Show included Counties, Cities, School Boards/Universities, Public Utilities, Transportation, Aviation Authority, Law Enforcement, and Elected Officials. The Reverse Trade Show was extremely beneficial in assisting the District Purchasing Staff in their networking and business outreach activities within the Central Florida and surrounding areas. Purchasing Staff met with numerous governmental agencies to discuss the various ways that public procurement development programs have continued to add value to organizations and communities in Florida. With over 315 Vendors in attendance, District Property Management Staff along with Purchasing Staff were able to discuss many of their various projects, goods and service needs. This has already proven to be beneficial for the District as two Suppliers recently visited the Villages to showcase their services to DPM in the form of free demonstrations. We plan on making this an annual event with the possibility of hosting our own in the future.



**Pictured L to R: Purchasing Supervisor Melissa Schaar, Buyer Kathy Godfrey, DPM Facilities Manager Fred Lonergan, Assistant Director-Landscape & Water Resources Mike Harris and Assistant Director-Field Blair Bean.**

***The number 1 most common New Year's resolution is to diet or eat healthier.  
Whether this is your New Year's resolution or not, here are 7 tips to eating healthier.***



**1. Change your protein**

- Replace some of the meat in your diet with plant proteins such as beans, nuts, and seeds often.
- Eat fish and seafood at least two to three times per week. Include fatty fish, such as mackerel or salmon at least once a week. Eat fried fish only occasionally.
- Choose white-meat poultry such as turkey or chicken breast.
- Limit red meat and/or choose lean red meat.
- Greatly limit or eliminate processed meats.

**2. Swap your fats**

- Choose olive oil.
- Replace solid fats such as butter or margarine with olive oil or canola oil.
- Use olive oil for cooking, in dressings, and marinades.
- Aim to consume at least four tablespoons of olive oil per day, while keeping within your calorie budget.

**3. Eat more vegetables**

- Get at least three servings (three cups) of vegetables per day.
- Choose a variety of colors.
- Eat more dark green leafy vegetables such as collards, kale, spinach, chard, and turnip greens.



**4. Eat more fruit**

- Get at least two servings (two cups) of fruits per day.
- Choose a variety of colors.
- Include berries often.

**5. Snack on nuts and seeds**

- Choose at least three ounces (three small handfuls) of nuts and seeds per week, while keeping within your calorie budget.
  - Avoid candied, honey-roasted, and heavily salted nuts and seeds.



**6. Make your grains whole**

- Eat grains as grains.
- Choose whole grains such as oatmeal, quinoa, brown rice, and popcorn.
- Look for “whole” in the first ingredient on the ingredient list (e.g., “whole wheat”) when choosing bread, pasta, and other grain-based foods.

**7. Rethink your sweets**

- Limit your sugar intake.
- Choose no more than three servings per week of high-sugar foods and drinks such as sugar-sweetened snacks, candies, desserts, or beverages.



# New Year's Resolutions

*Chances are at some time in your life, you've made a New Year's resolution — and then broken it. This year, stop the cycle of resolving to make change and then not following through. If your resolution is to take better care of yourself and get healthy, you will have a much better year if your resolution sticks. Here are ten tips to help you get started.*

## **1. Be Realistic**

The surest way to fall short of your goal is to make your goal unattainable. For instance, resolving to NEVER eat your favorite food again is setting you up to fail. Instead, strive for a goal that is attainable, such as avoiding it more often than you do now.

## **2. Plan Ahead**

Don't make your resolution on New Year's Eve. If you wait until the last minute, it will be based on your mindset that particular day. Instead, it should be planned well before December 31st arrives.

## **3. Outline Your Plan**

Decide how you will deal with the temptation to skip that exercise class or have that piece of cake. This could include calling on a friend for help, practicing positive thinking and self-talk, or reminding yourself how your "bad behavior" will affect your goal.

## **4. Make a "Pros" and "Cons" List**

It may help to see a list of items on paper to keep your motivation strong. Develop this list over time, and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.

## **5. Talk About It**

Don't keep your resolution a secret. Tell friends and family members who will be there to support your resolve to change yourself for the better or improve your health. The best-case scenario is to find a buddy who shares your New Year's resolution and motivate each other.

## **6. Reward Yourself**

This doesn't mean that you can eat an entire box of chocolates if your resolution is to eat a better diet. Instead, celebrate your success by treating yourself to something you enjoy that doesn't contradict your resolution. If you have been sticking to your promise to eat better, for example, reward yourself with new fitness clothing or by going to a movie with a friend.

## **7. Track Your Progress**

Keep track of each small success. Short-term goals are easier to keep, and each small accomplishment will help keep you motivated. Instead of focusing on losing 30 pounds, focus on losing the first five. Keep a food journal to help you stay on track, and reward yourself for each five pounds lost.

## **8. Don't Beat Yourself Up**

Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take one day at a time.

## **9. Stick To It**

Experts say it takes about 21 days for a new activity to become a habit and six months for it to become part of your personality. It won't happen overnight, so be persistent and patient!

## **10. Keep Trying**

If you have totally run out of steam when it comes to keeping your resolution by mid-February, don't despair. Start over again! Recommit yourself for 24 hours. You can do anything for 24 hours. The 24-hour increments will soon build on each other and, before you know it, you will be back on track.

HAPPY NEW YEAR

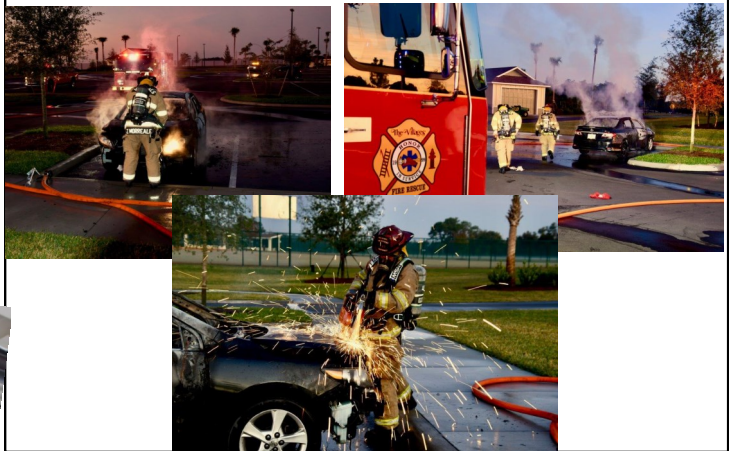
**Division Chief Robert Ramage** and the technical rescue team held a training exercise on December 13th at Station 44. The team practiced rope repelling. Pictured is **Firefighter Paramedic David Gomez**.



Crews were called to Sumter Grand on December 3rd for a smoke investigation. Upon arrival the crews found a heating unit with black smoke coming from it. The following were on scene: **Lieutenant Chris Gruber, Firefighter Paramedic Keith Norris, Firefighter EMT Anton Dawson, Lieutenant Mike Stephens, Firefighter Paramedic Rodney Graham, Firefighter Paramedic Marcial Santiago, Firefighter EMT Daniel Hayasaka, Firefighter Paramedic Mike Palasky, Firefighter EMT Taylor DeMarchis, Firefighter EMT Daniel Moore, Lieutenant Dan McGoldrick, Firefighter Paramedic Geoffrey Martz, and Firefighter EMT Yovany Hogeland.**



On December 10th The Villages Fire Rescue was called to the Villages of Marsh Bend for a vehicle fire. The following responded: **Lieutenant Rocky Hartman, Firefighter Paramedic Zachary Morreale, Lieutenant Chris Gruber, Firefighter Paramedic Chris Roberts, and Battalion Chief David Rutter.**





**Division Chief of Fire Training Robert Ramage** received a letter on December 3rd notifying him of his selection as a "Chief Fire Officer". "The Commission on Professional Credentialing (CPC) met on December 3rd and voted unanimously to award you the "Chief Fire Officer" (CFO) designation. You have earned the professional designation as witnessed by a team of your peers and members of the Commission on Professional Credentialing. You have demonstrated through your education, leadership and management skills that you possess the requisite knowledge, skills, and abilities required for the fire and emergency services profession. On behalf of the Commission on Professional Credentialing, we commend your efforts and dedication in achieving this personal and professional milestone. Congratulations!"



On December 10th at approximately 3pm The Villages Fire Rescue responded to a pedestrian being struck by a trailer on a truck at McDonalds at Colony Plaza. The following responded: **Fire Chief Edmund Cain, Division Chief Kara Watts, Emergency Resource Specialist Lt. John Longacre, Lieutenant Adelisa Luciano, Firefighter EMT Jackson Brecklin, Firefighter Paramedic Derick Pierce, Firefighter Paramedic Shane Danford, Lieutenant Mike Stephens, Firefighter Paramedic David Gomez and Firefighter EMT Brian Draper.**



<div>  <div> <b>DISTRICT UNIVERSITY</b>  <b>Training &amp; Development Programs: January 2020</b>  <b>All professional development training workshops are open to all District Staff</b> </div> <div> <b>PROFESSIONAL DEVELOPMENT</b>   </div> </div>						
Class Title	Instructor	Class Info	Relevant to	Date	Time	Location
<b>New Hire Orientation</b>	Varied District Staff	This training session provides new employees with important information to help navigate your first 60 days of hire. A wide-range of topics are covered, including District Core Values, Mission Statement, policy & procedures, diversity & harassment training and workers compensation information.	<b>NEW HIRES</b>	<b>Monday, January 13 &amp; January 27</b>	<b>8:30am To 12:00pm</b>	<b>District Offices</b> 984 Old Mill Run  Large Conference
<b>CDD Orientation</b>	Varied District Staff	This workshop helps attendees better understand what a "Community Development District" is & how it operates. Also covered - important community information regarding the people, services & supporting entities that help make up "The Villages".	<b>All New Hires</b>  <b>Mandatory</b> within 30 days of employment	<b>Every Thursday</b>	<b>10:00am To 12:00pm</b>	<b>District Offices</b> 984 Old Mill Run
<b>Built to Last</b>	Deb Franklin, Director, HR & Strategic Planning	Now that you know more about what your role is within our organization, we now circle back to focus on how our District Core Values serve as a compass to guide us in providing responsive, responsible customer service, no matter what position we hold.	<b>All New Hires</b>  <b>Mandatory</b> within 60 days of employment	<b>Wednesday January 29</b>	<b>8:30am To 10:00am</b>	<b>Laurel Manor Recreation Center</b> 1985 Laurel Manor Drive
<b>Public Records &amp; Ethics</b>	Stephanie Brionez, Esq,	This class covers what information is protected under Public Records Law, how long to retain certain records, how to handle public records requests and will also touch on Government Sunshine Laws.	<b>Mandatory</b> for all District Staff. Attendees will be assigned by their department.	<b>Tuesday January 14</b>	<b>9:00am To 12:00pm</b>	<b>District Offices</b> 984 Old Mill Run Large Conference Room
<b>Excel Intermediate</b>	Lake Sumter State College Instructor	Enhance Your Microsoft Excel skills with this expert-led course by an LSSC Instructor. Master formulas, data analysis & more with Excel training. Recommended for: Anyone who works with Excel on a regular basis and wants to review &/ or fine tune their current skills to become more efficient and effective in using spreadsheets.	<i>Offered to all District Staff with manager approval</i>	<b>Thursday January 23</b>	<b>9am-12pm &amp; 1pm-4pm</b>	District Offices 984 Old Mill Run Large Conference Room
<b>Project Management</b>	Lake Sumter State College Instructor	Learn Project Management with this expert-led course by an LSSC Instructor. Master the theory and concept of Project Management, including how to create and implement a plan to achieve specific goals within a designated timeframe and budget. Recommended for: All staff assigned project-based goals that need to be completed within a specific timeframe and budget.	<i>Offered to all District Staff with manager approval</i>	<b>Friday, January 24 &amp; Friday, February 28</b>	<b>9am-1pm</b>	District Offices 984 Old Mill Run Large Conference Room

Department Director's should determine which staff members should attend mandatory workshops & notify those individuals so that they can register. Staff members interested in attending a workshop should request from their Department Director or immediate Supervisor permission to attend a workshop.

**To Register:**

- **All Community Watch staff:**  
Contact **Sharon Gwin (352-750-8201)**
- **All Finance staff:**  
Contact **Linda Sojourn (753-0421)**
- **All Recreation staff:**  
Contact **Anita Douglas (352-674-1800)**
- **All other District staff:**  
Contact **Human Resources** [Angela.Pattillo@DistrictGov.org](mailto:Angela.Pattillo@DistrictGov.org)