

# Turtle Rock Newsletter

The Best Place on Palmer Ranch

October, 2020

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In the Turtle Rock Newsletter proof readers check articles for errors in spelling, punctuation, grammar, and sentence structure.

The author of each article is responsible for the factual accuracy of his or her article.

Congratulations to our winner  
**Martha Ballard**



found the hidden word and her name was drawn to receive a \$25 gift card to Publix,  
donated by:



**Full Service Pool Maintenance**

**Owned and operated by TR Residents**



## A Letter from the President

As I write this message it appears the Board of Governors meeting will likely be held via video conference for quite a while as it seems social distancing will continue. The link for the video conference and a call in phone number will be provided when the email invitation is sent.

### September Board of Governors Meeting

Actions approved at the September Board of Governors meeting were:

- Approved the **Landscape Committee** recommendations to replace the hedge north of Somerset.

- Approved the **Access Control Task Force** recommendation to proceed with the implementation of the **Upgrade** option for Access Control.

- Approved committee meeting minutes from ARC, Communication, Landscape, and Pond; and Mailbox Task Force.

The Board of Governors discussed the following items at the September meeting:

The **Mailbox Task Force** provided an update on their investigation into the mailbox replacement. They have recommended a vendor to provide and install the new mailboxes. They provided an analysis of a possible funding scenario. The proposed funding requires use of homeowners' equity. The Board chose to postpone a vote until the 2021 budget is completed.

The **Pond Committee** provided an update on the costs of their recommendations for the restoration of our ponds. They requested approximately \$13,000 to have aquatic plants installed in 8 ponds that show the most erosion. They also provided an estimated cost of \$40,000 to restore the worst eroded pond. The funding to execute these plans would also need to come from homeowners' equity. The Board also postponed a vote on these items until the 2021 budget has been completed.

A brief discussion was held concerning the most recent activity on the proposed development at the NW corner of Honore and Palmer Ranch Parkway. The Sarasota County Board of County Commission (BCC), on August 26, approved the transmitting of the proposed development plans to the State of Florida for approval. This was a procedural step in the process to obtain final approval for the project to proceed. At this BCC meeting the restriction for the apartment complex to be a 55 and up complex was removed, so now this is just another apartment complex with 232 apartments. The schedule for the BCC to vote to approve this project is set for November 17. If we hope to have an impact on the final development we will need to have a lot of people show up at the BCC meeting. For the previous meetings we had very few people show up either in person or virtually. We are developing a petition for residents to sign which will request the BCC to modify the proposed development. When it is available I will notify you.

**Russ Gill, TRA President**



# Report From The Treasurer



## Period Ending August 31 2020

	Actual	Budget
<b>Income</b>		
Total Receipts	\$110,958	\$111,634
<b>Operating Expenses</b>		
General and Administrative	\$34,652	\$32,902
Common Grounds	\$13,200	\$15,936
Access Control	\$20,558	\$21,617
Facilities Maintenance*	\$6,868	\$13,820
Utilities	\$ 5,546	\$ 7,325

\*No expense was incurred for Wetlands Maintenance

### Reserve Expenses

Contribution	\$20,035	\$20,035
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**Absolute Flooring** – Community Center Clubhouse Flooring Replacement Deposit **\$3,400**

**Sonic Shield** - Community Center Clubhouse Acoustic Tile Installation Deposit **\$3,100**

**Stewart Tennis Courts** - Tennis Court Refurbishment Progress Payment **\$20,716**

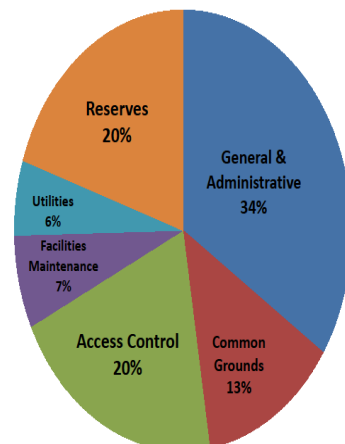
### Assessments

Total Collected \$101,067

Total Outstanding \$19,475 (Previous Month \$33,280)

**Submitted by John M Burke**

AUGUST 2020 EXPENSE BREAKDOWN



## Manager's Message



October is here. The temperature and humidity are finally starting to fall, and the weather is beautiful. This time of year always reminds us of why we live in Sarasota Florida. Governor DeSantis has moved Florida into a full Phase 3 and things are looking like we are rounding the corner with the virus. Please continue to adhere to the guidelines of the CDC. We will get there.

The management office has been getting a large number of calls asking about the mailbox situation and it looks like a timeline will be available soon. There are also a lot of calls about trucks being parked outside on driveways thought the community. This is a violation of the Turtle Rock documents and violation letters continue to be sent. Flags, other than American Flags are being put out. I wanted to remind everyone about the do's and don'ts about flags:

**Turtle Rock follows the Federal and Florida statute on flags.** Flag poles are allowed up to the height of 20' with an appropriate size flag which may in no manner block sightlines at intersections. ARC review of the proposed pole site and approval are still required. Owners are urged to consider possible risks and dangers in inclement weather posed by the presence of flags and flagpoles. The American flag, State flag, and flags of military services may be flown from a pole, mailbox or home with consideration to not interfere with sidewalk or vehicular traffic. Flag protocol mandating the folding and removal of American and State Flags at sundown must be observed unless lighting for the specific purpose of illuminating these flags is present.

**Decorations, decorative objects, outdoor furniture, and pots, including but not limited to statuary, fountains, and birdbaths:**

All the community's covenants and rules are designed to serve the best interests of the membership by assisting the Association in its efforts to protect the beauty, attractiveness, and value of the entire community. **All decorations, including decorative flags, must be of a temporary nature, and with the exception of the year-end holiday season, should be displayed no earlier than 3 weeks before and removed no later than one week after the holiday or event, respectively**

The community flooring is in and looks great. The tennis and basketball courts are also finished and look great. A few small adjustments are being made.

**Ed Olson**

**Vice President/LCAM**

**Sunstate Management**

**941-870-9855**

**edward@sunstatemanagement.com**

As always please e-mail or call me with any questions or concerns.

# **Landscape and Grounds Committee**



The Landscape Committee met on September 16th at the Community Center. Ed Olson was there but Shane from Bloomings was feeling under the weather so wasn't present.

The new flooring in the Community Center looks beautiful ! The Committee finalized the fabric to be used on the sound buffers, which should be installed within the next few weeks.

The Committee went through the accomplishments (to date) of 2020, which include: new flooring in the Community Center, resurfacing of the tennis and basketball courts, renegotiated contract with Bloomings and repair of the hedge along Turtle Rock Blvd. Still to be done is the re-landscaping of the North and South entrances to our community and southern east and west corners of Sabal Lake and Turtle Rock Blvd.

Installation of some benches throughout the community was discussed and the Committee selected a 6 ft bench design, similar to those found in neighboring Deer Creek. Further discussion, including pricing will continue.

The Committee also discussed the proposal of having the oak trees trimmed along Turtle Rock Blvd. A price for the 100 or so oak trees has been obtained, and a recommendation will be made to the Board of Governors at the meeting in October to have this done.

The Committee is also working on securing holiday decorations to be displayed in December.

Two representatives from the Somerset community made a presentation to the Committee regarding re-landscaping the Somerset entrance along Turtle Rock Blvd. A very impressive landscape design was presented for the Committee to consider.

Finally, more members are needed on the Landscape Committee. If anyone is interested please let Ed Olson know!!! We would love to have you join!

**Submitted by Jodi Cunnison**



# Architectural Review Committee (ARC)



## **DON'T GET THE HICCUPS**

The Turtle Rock Architectural Review Committee (ARC) strives to facilitate our residents' efforts to maintain and enhance our properties in a manner that is consistent with our guidelines and promotes a harmonious appearance throughout our community. We would like to offer some insight into our decision-making processes so that residents may develop a better understanding of our criteria, and thus avoid delays in the approval process.

The ARC usually receives 20 to 35 requests each month for consideration. We typically approve more than 90% after a site visit. Turtle Rock homeowners are to be commended on their continuing desire to invest in improvements that not only help maintain and beautify their residences, but our entire community.

Occasionally, however, we encounter "hiccups" in the approval process. One sure way to delay our ability to approve a request is to omit needed support information.

### **The ARC cannot approve a request if it lacks:**

**A site plan for additions such as a pool, lanai or major landscaping, showing property lines and setback dimensions;**

**Sample materials for roof tiles and pavers, available during our site visit;**

**Paint color samples, a minimum of one foot square, applied to several locations of the exterior, including the body (stucco), trim and doors;**

**Pictorial representations of proposed lighting features, doors and other modifications; or**

**Contractor license and insurance certificate for windows, doors, electrical equipment and building additions.**

**Continued on next page**

## Architectural Review Committee (ARC) contd'

### **DON'T GET THE HICCUPS**

Residents sometimes supply the needed information after notification, and the ARC often is able to reconsider the request with a minimal delay. It is best to avoid this scenario, however, as it creates more effort for both the homeowner and the ARC. In a worst case, it may delay consideration until the following month.

The most challenging request for us to consider can be judging how a change to one element of a home exterior will interact with all of its other elements. Requests to change one element, say a front door, must not be considered in isolation. Rather, it should be considered together with its surroundings...roof color, house paint color, garage door style, landscaping, windows, lighting etc. This is where our process can become subjective. What may look good on one home, interacting with its other elements, may not look good on another with its different elements. When our collective aesthetic opinions are not in favor of a request, we collaborate with the homeowner to express our concerns and try to find a mutually acceptable option.

**Please consider the ARC as a resource. We can provide helpful suggestions regarding colors and materials to consider, identify design trends in our community, and offer advice on specific details that will be needed to approve your request. The ARC is always ready to assist our residents in any way we can.**

**Submitted by Chuck Barackman**

# Turtle Rock Men's Club



Having gone through six months of Covid-19, everyone is looking forward to returning to some sort of normalcy. What better time for a change than October, as it is representative of the autumnal change. Of course, the best part of October is getting ready for All Hallows Eve, or Halloween. The question on everyone's mind, is Trick or Treating safe? The following article may answer some of the questions or concerns you have about dealing with Trick or Treaters.

\*\*\*\*\*

**The Centers for Disease Control and Prevention maintains** that the most significant risk of getting sick this Halloween hinges on who you're actually trick-or-treating with, because close contact is defined as those "who are within six feet of you for more than 10 to 15 minutes," explains Dr. Keshan, an infectious disease specialist and the deputy medical director at New York's Westmed Medical Group.



## **The main risks when it comes to trick-or-treating:**

Joining a big group of trick-or-treaters: Planning to team up with a group of friends to trick-or-treat this Halloween? Know that visiting people from another household or staying close together for hours on end brings with it a risk of transmission, especially in tight quarters where kids can't keep their masks on.

Face-to-face exposure: Hopefully, your "trick or treat?" interaction at any given doorway or front porch is very brief, which means there's less risk here. But the more households you visit, the greater the chance that germs may be spread and linger — especially as others head from door to door, too.

Touching candy, toys, doors and other surfaces: It's the least concerning risk for parents, as washing your hands frequently (or using hand sanitizer) can prevent little ones from carrying germs home. Parents should be concerned if their child is likely to rub their eyes, pick their nose, or put their fingers in their mouth while out and about with dirty hands.

## **Is it safe to trick or treat with friends?**

House parties (or any event involving welcoming your neighbors into your home) aren't safe by any means, Dr. Kesh explains. But you can limit the COVID-19 risks associated with trick-or-treating *outside* your home by making sure your trick-or-treat group stays small. "I wouldn't have a big pack of 10 kids from school going out together; I would limit it to 3 or 4 kids at most, and choose those who you know have also been practicing social distancing," Dr. Kesh explains, adding that some families may choose to trick-or-treat alone simply because they have at-risk family members at home.

**Continued on next page**



## ***Turtle Rock Men's Club cont'd***

And of course, wear a mask. Since Halloween already involves plenty of masks, it should be easy to incorporate a face covering into your child's costume, Dr. Kesh says. Nearly all parents should also be wearing a face mask, too, and if a costume involves a mask that doesn't sufficiently cover the face, add a proper cloth-based one beneath it.

### **Other ways to keep your trick-or-treating session safe:**

Establish ground rules. "Your child shouldn't be digging around a candy bowl, touching multiple pieces. Ask them to choose one and stick with it," Dr. Kesh advises. "And while it's hard to ask kids not to run around the street, you should ask them to stay as far away from people outside of your household, to continue to do social distancing even outside."

Don't share props, toys or bowls. Keep the swords, wands and tiaras from being passed around if you can. Ask each of your children to hold onto their own candy bags.

Bring hand sanitizer, and practice not touching your face. "It's always good to take a break, do a check in and give kids some hand sanitizer to clean their hands between multiple homes," Dr. Kesh adds. This is also an opportunity to give kids a break from wearing a mask if they need it, in a safe spot away from others where they can remove their mask with clean hands.

### **Should I answer the door for trick-or-treaters?**

You're not a holiday grinch if you decide to skip handing out candy this year.

"The best thing you can do to reduce your risk is to limit your interaction with others as much as possible," explains Molly Hyde, MHS, CIC, an infection control practitioner in Maryland-based GBMC Healthcare. "If you are going to hand out candy in person, make sure you are wearing a face covering over your nose and mouth when giving out candy."

Hyde says COVID-19 risk is lower if the face-to-face interaction is kept short, but you can also wash your hands frequently to ensure you're not accidentally bringing germs back into your house. It goes without saying that you should also keep all strangers outside of your home, and on your front porch or in your front yard instead. Dr. Kesh adds that at the end of the night, it might be a good idea to disinfect any doorknobs, doorbells, buzzers or other high-touch surfaces outside your home.



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# ***Turtle Rock Men's Club contd'***

## **Should I use a candy bowl this Halloween?**

If you're anxious about COVID-19, a candy bowl is a perfectly acceptable solution for trick-or-treaters and their hosts. "If you're at higher risk for severe coronavirus symptoms, I think a candy bowl is the way to go, especially if you live in a high transmission area," Dr. Kesh explains. As a courtesy to your neighbors, you might consider grouping candy in grab-and-go bags that each visitor can take — it reduces the need for kids to reach into a communal bowl. You can have a bit of fun creating Halloween goodie bags that can be simply left on your porch for visitors to take.

## **Should I disinfect my child's candy?**

Don't freak out if your child rips open a chocolate bar and pops it into their mouth while trick-or-treating. "It isn't thought to be transmitted this way, but we always worry about the risk of touching something that's carrying infected matter," Dr. Kesh explains. "Try to really encourage your kids to hold off on eating candy until you get home, and make sure they wash their hands first." It's true that SARS-CoV-2 particles can last up to 72 hours on plastic surfaces, but this landmark discovery was made in a laboratory setting, and most Halloween candy holds less surface area to harbor germs. Disinfecting each candy wrapper may be a bit over the top, Dr. Kesh explains, especially since you can naturally allow any potentially infectious surface germs to die off with time. "Something that you can also do is to put most of the candy away for the first three days that it's in your home, and then the rest of the candy is safe to eat after the time has passed," she advises.

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We wish the following a **Happy October Birthday!**

**John Adams, Roger Carnes, Jim Maloney,**

If I have missed anyone, email me and I will update the TRMC website.

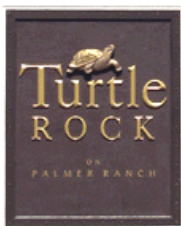
If you know of someone who may be interested in joining the Men's Club, please have them contact me and I will be glad to assist them in the process of joining. During these trying times, that process can be accomplished virtually. The Club meets once a month, usually on the third Wednesday, at a fine Sarasota restaurant.

Stay safe and help one another!

Submitted by:

**Ken Rosemann** [kenrosemann1231@gmail.com](mailto:kenrosemann1231@gmail.com)

**314-482-3649**



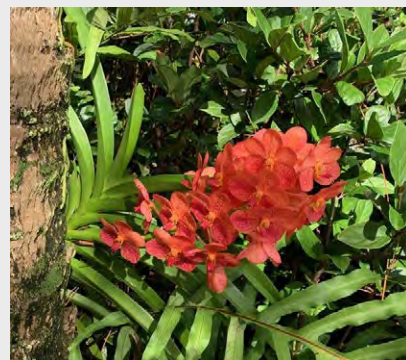
## ***Turtle Rock Women's Club***

The Turtle Rock Women's Club is currently pausing their monthly luncheons and hope to resume soon. In the meantime, the club is looking into some alternative, safe options this fall, which would give members an opportunity to gather while remaining socially distant. Some of our social activities are ongoing such as water aerobics at the Community Center pool, golf and book clubs. Other groups are meeting via zoom. If you'd like more information, please don't hesitate to reach out to us at [TurtleRockWomensClub@gamil.com](mailto:TurtleRockWomensClub@gamil.com) to find out more.

**Submitted by Susan Neisler**

### **“My garden is always open for visitors ... but please no samples.”**

Have you walked Turtle Rock Blvd? It's a lovely walk...the thick hedges of viburnum, the oak trees providing wonderful shade, the shimmering little lakes, the birds, and sometimes even more. Peeking out from between the hedges or hanging high above, if you look you will see orchids, blooming in the trees and hanging on the trunks. I've been tying orchids, phalaenopsis, dendrobiums, and vandas to trees in my yard for years. It's easy. Just remove the orchid from the pot and tie it to a tree using old nylons. New roots grown around the tree and grab hold and the nylon will rot away. If you are lucky you may produce a vanda orchid bloom like the one pictured here. This spectacular bloom was gracing the Turtle Rock sidewalk for weeks for all to enjoy as they walked past. Unfortunately someone cut the bloom and took it away. Thankfully they didn't take the plant so it will bloom again.



Submitted by

Jo Franz

# Turtle Rock Young Families Group



## Happy Fall Y'All!



Hard to imagine that Fall is already upon us and you know what that means, Halloween!

This year, while trying to stay socially distant, we will be having a TRUNK or TREAT in the Community Center parking lot.



Participants will go all out decorating the trunks of their car, and kids are able to trick **or treat** by going from **trunk to trunk!**

**Event Details:** Saturday, October 31, 2020

**Time:** 4-6pm

**Arrive early for set up. Hope to see you there!**

*\*This does not replace any of your own trick or treating plans unless you would like it to.*



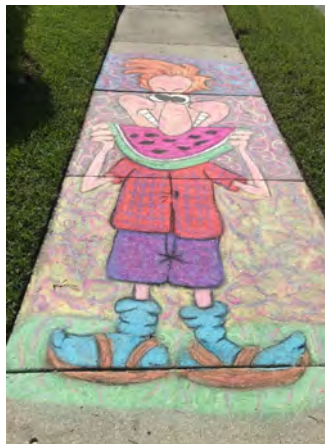
# What are you doing???



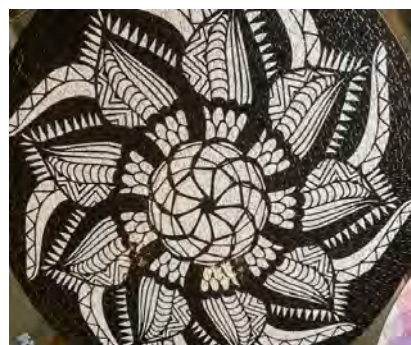
Last Days of Summer



Zoom Meeting



## Are some of us still doing jigsaw puzzles??





# Mailbox Task Force Report



The Mailbox Task Force presented their recommendation to the Board of Governors at the September 1st meeting. Vendor recommendation and the project cost were the major items in the presentation. The Board response was positive for proceeding, but wanted to look further into the options for funding. The 2021 Turtle Rock budget will have a definite impact on the way the mailboxes will be paid for. The Board did not vote on the recommendation, but decided to postpone a vote until the October meeting, after options for funding can be considered.

In the meantime, the Task Force has been considering various ways to pay for the project. After thorough research and discussion, a recommendation has been developed by the Task Force and will be presented to the Board on October 6<sup>th</sup>.

Again, we remind you to “tune in” to the session to get the details. Part of that information will be a reiteration of the advantages to the homeowners and all the community.

## **The advantages to the community are**

- Having attractive, uniform, longer lasting and low maintenance mailboxes

- There will be no more compliance regulations to send out for mailboxes because they will be maintained by Turtle Rock

- The posts complement the existing street lights and street signs

## **Advantages to the homeowner include**

- A beautiful addition to your landscape

- Improve the curb appeal of your home, and therefore increase your home value.

- No more bleaching of the box, replacing the red flag or painting the post

You can still look at the proposed mailboxes on display in the Community Center. We have a great opportunity to improve the appearance of Turtle Rock.

### **Before**



### **After**

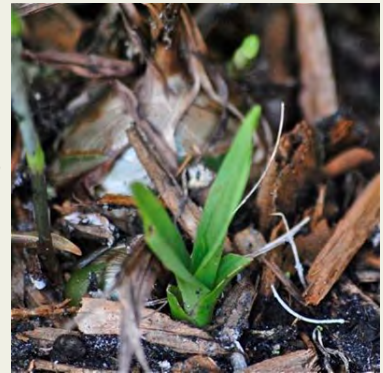


**Submitted by Roberta Maloney**

# Strange new plant we don't want...

There's a new plant in town that you don't want in your garden. And here's the strange part. It's an orchid! My reaction was "Wait! Orchids are good. Orchids are pretty. Selby Gardens loves orchids." Well sure, they would study this one, but we doubt they would plant it in the garden; it doesn't belong here. In 2007, it was first spotted in the Miami Dade area, and since then it has spread rapidly around Florida, often in gardens and areas of disturbed soil where it can take hold easily, but also in hammocks and open areas.

I was introduced to it as we were weeding the butterfly garden at the Audubon Nature Center at the Celery Fields. Our leader, who knows a lot about Florida native plants, held up one of these and said, "This is invasive. It's called the Chinese Crown Orchid (*Eulophia graminea*), and wherever they get going they grow so thickly that there's no room for the native plants. We want plants for butterflies here. Dig these up carefully and we will burn them."



It's a ground orchid, not the kind that hangs happily in your tree. It looked mild enough, kind of like a young lily, or even grass. Oh, but the root system! The young leaves were attached to a double fistful of white bulby things. You just knew that one this week would be ten next week. They do have small purple-ish flowers (1/2 inch), on a single stalk, called an inflorescence. And they produce lots of very tiny seeds that blow easily on the breeze, so I guess they can spread two ways – the seeds and those roots.



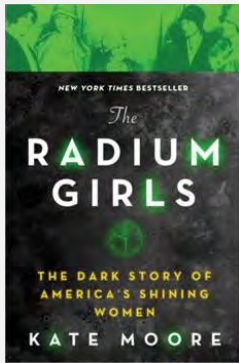
It's not easy to get rid of exotic and non-native plants in Florida. Our climate is so welcoming that thousands of non-native plants thrive here. Most of us have some in our yards. But the ones that take over from native plants are invasive, and it's important to get rid of them wherever we can. We will not stop this orchid, I imagine, because it's already growing in the wild. But we can take it out of our gardens when it gets a foothold, or rather roothold, by digging it up and taking all of the root with it, bagging it and dumping it in the trash. Leave room for the plants you actually put there, whether they are native or not.

**Submitted by Paula Griffin**

# The Turtle Rock Library is open !

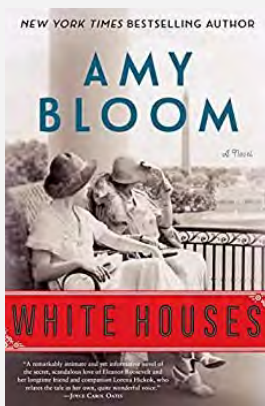


**Edie Wolf has listed some great book selections for 2020 and beyond. Many thanks to those who read them and provided their critique.**



**The Radium Girls – The Dark Story of America’s Shining Women** by Kate Moore (biography) 496pp. When hundreds of girls who toil amidst the glowing dust of the radium-dial factories - covered from head to toe with the glittering chemical and lighting up the night like industrial fireflies - fall ill, their employers ignore all claims of the gruesome side effects. The brave shining girls find themselves embroiled in one of the biggest scandals of America’s early 20th century and in a groundbreaking battle for workers’ rights that will echo for centuries to come. Sarasota’s One Book One Community 2020 selection. (Sora Yelin)

**The Secrets We Kept** by Lara Prescott (novel) 325 pp. This is a thrilling tale of secretaries turned spies, of love and duty, and of sacrifice. Prescott’s debut novel is inspired by a true story about the CIA plot to infiltrate the hearts and minds of Soviet Russia, not with propaganda but with the greatest love story of the twentieth century, Dr. Zhivago. The assignment was to smuggle the manuscript out of Russia to have it published. In this page-turner, the reader also learns about author Boris Pasternak and his lover Olga. (Teresa Duncan)

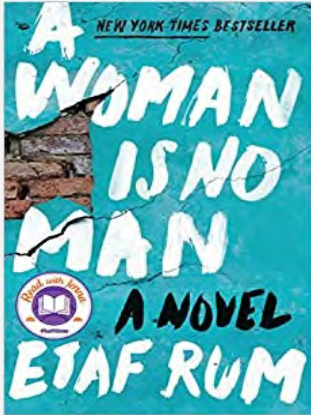


**White Houses** by Amy Bloom (biographical/historical novel) 240 pp. This novel’s title refers to 1600 Pennsylvania Avenue as well as a white cottage on Long Island owned by Lorena “Hick” Hickok, Eleanor Roosevelt’s long-term companion. Author Bloom has written that after reading several Roosevelt biographies, she wondered what it would be like to greatly admire the President of the United States, yet be in love with his wife. She read thousands of letters exchanged between the two women, and had Hick narrate, making their unconventional love story come to life, and imagining realistic thoughts and personality details for Eleanor, Hick and FDR. (Emily Miller)

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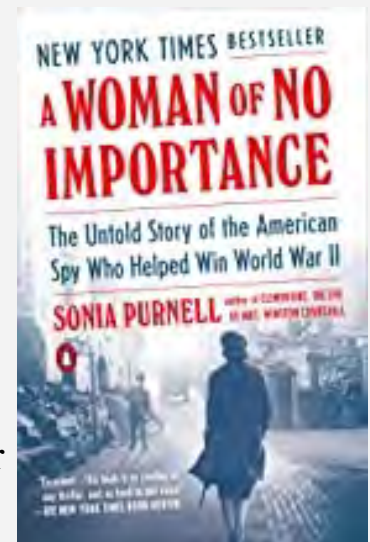
## Great Book Selections for 2020 Continued...



**A Woman Is No Man** by Etaf Rum (novel) 352 pp. Three generations of Palestinian-American women living in Brooklyn are torn between individual desire and the strict morés of Arab culture in this powerful semi-autobiographical debut novel. This is a story of honor, culture, secrets, betrayals, love, and violence. While the book is a rallying cry to resist patriarchal strictures designed to keep women in “their place”, it is also a love letter to books and their transformative power. (Sora Yelin)

### **A Woman of No Importance: The Untold Story of the American Spy Who Helped Win World War II** by Sonia Purnell

(biography) 352 pp. The author uncovers, for the first time, the full secret life of Virginia Hall, a Baltimore socialite who talked her way into Special Operations Executive, the spy organization dubbed Winston Churchill’s “Ministry of Ungentlemanly Warfare”. She became the first Allied woman deployed behind enemy lines and, despite her prosthetic leg, helped to light the flame of the French Resistance, revolutionizing secret warfare as we know it. Even as her face adorned wanted posters and a bounty was placed on her head, Virginia refused order after order to evacuate. Chosen as a “best book of the year” by the New York Public Library, Seattle Times and Spectator to name just a few. (Edythe Wolf)





# Turtle Rock Ponds Report

## '20/21 TURTLE ROCK PONDS MANAGEMENT

The Turtle Rock Ponds Committee appreciates the positive response of residents who have already begun to establish a 3-foot wide Limited Maintenance Zone (LMZ) along the property shoreline adjoining Turtle Rock ponds.

For those who have not yet started an LMZ, information can be found in the flyer posted under the Turtle Rock Ponds Committee on the Turtle Rock web page, [myturtlerock.com](http://myturtlerock.com), or you can request a copy of the flyer from the Turtle Rock office or from [communications@myturtlerock.com](mailto:communications@myturtlerock.com).

Thank you to all residents who support the protection of our pond shorelines and the preservation of our ponds for their intended purpose!

**Logo Created by Barry Domenick, Turtle Rock Resident**

**Article Submitted by Melody Barackman**

### **5 Restaurant Red Flags to Watch for Next Time You Eat Out**

1. You're not spaced out. *Eating outdoors is safer than indoors but tables should be spaced out*
2. There's a congested waiting area. *If you have to wait for a table there should be at least 6 feet physical distance between other patrons.*
3. They hand you an old menu. *Menus that have been touched by others then re-distributed are contaminated.*
4. Servers aren't masked. *A mask is worn as an act to protect yourself and others.*
5. It's a buffet. *This is not the time to be sharing foods.*

Adapted from an article by Jessica Migala



## *Instead of Traveling...How about cooking?*

This month you might food-travel with a delicious curry dish that takes mere minutes to make. Don't like curry? I never cared for it—until this dish. Madras Curry, it turns out, is quite different from other curry seasonings. You may find, as I did, that when it comes to this curry dish, you're a Big Fan. The original NYT recipe is Curry Chicken Breasts with Chickpeas and Spinach. It includes boneless chicken pieces, pounded, dusted with flour (add some Madras Curry), and sautéed. Some reviews suggested deglazing the pan with wine, and/or adding shallots or garlic to the chickpeas. My lightly edited version:

### **Madras Curry Chickpeas with Optional Spinach**

- 2 tablespoons canola oil
- 1 (15-ounce) can chickpeas, drained
- 2 tablespoons Madras curry (available from Amazon)
- 8 ounces baby spinach, or more (optional)
- Salt and pepper
- 1 tablespoons butter
- 1 lime, sliced in half



In a non sequitur skillet, heat 1 tablespoon of oil over medium-high heat. Lower heat to medium, add the drained chickpeas and curry. Season with salt and pepper. Cook, stirring frequently, until chickpeas start to pop, about 3 minutes. Add butter and, if using, add spinach, and squeeze the lime halves over the pan. Stir until spinach starts to wilt, about 30 seconds.

The first time I made it, I cut boneless chicken pieces into small chunks, dusted them with flour seasoned with a little salt and pepper and Madras curry, and sautéed them. I didn't have spinach. The chickpeas were so good, I ate all of them and refrigerated the chicken. The next time I made the dish, I had spinach—this lifted it to yet another level. It has become one of my favorite veggie dishes, as a side or as a meal.

If you want to add a protein to this dish, any chicken will work: grilled, rotisserie, roasted, or leftover. If you're cooking the chicken from scratch, you might add a little Madras curry to your seasoning. If using rotisserie or leftover chicken, you might toss pieces into the skillet after you've transferred the chickpeas to a serving dish; add a little curry to the already-cooked chicken and heat it through. Pork chops would be good with this, too—grilled or however you like to make them.

I find leftovers of the chickpeas, with or without spinach, to be *not as good*. When you refrigerate this dish, you lose the light crispiness that comes when they have just started popping in the skillet. I doubt that you'll have leftovers though!

Time to prep: about 2 minutes, Time to cook: about 6 minutes

**Submitted by Diane Glynn**

*Here are some smiles  
for you, or as some call  
them, groaners...*



*I lived in a houseboat for a while  
and started seeing the girl next  
door. Eventually, we drifted apart.*

The neighborhood barber just  
got arrested for selling drugs.  
We had been his customers for  
8 years. We had no idea he was  
a barber.

*100 years ago everyone had a  
horse and only the rich had  
cars. Nowadays everyone has  
a car and only the rich have  
horses. Oh how the stables  
have turned.*

*A man tried to sell me a  
coffin today. I told him, that's  
the last thing I need.*

**Did you hear about  
McDonald's trying to get  
into the high-end steak-  
house? It was a Big  
McSteak.**

*People are excited about  
the new iPhone but no  
one has caught up with  
the awesome technology  
of using your blinker when  
you drive.*

When young people tell me about  
their problems...I like to tell them that  
story about the time I survived with-  
out my cell phone or the internet for  
30 years

**Many thanks Charlotte and Jane**

# Congratulations to Martha Ballard who was last month's winner.

Find the outlandishly inappropriate word in one of our  
many articles and send your guess to:

**Communications@myturtlerock.com.**

Your name will be entered into a drawing to receive the \$25.00 gift card,

**Sponsored this month by Mira Mar Pool Care.**

The Winner will be announced in the next Newsletter.

One entry per email please. Good luck!

## **The Communication Committee**

*The committee is looking for staff writers and photographers. If you have a knack for writing, have ideas for a monthly column or are willing to take photos of interest to the community, please contact us at [communications@myturtlerock.com](mailto:communications@myturtlerock.com).*

**THANKS for getting involved!**

### **Committee Members and Newsletter Staff**

Jim Cerny, Patricia Tarlton, Judy Bentz and Ed Olson of Sunstate Management.

Staff Writers: 3~4 Places to Visit—Paula Griffin, Trips Tips— Diane Glynn

Board Liaison: David Tarlton

Proofreader: Charlotte Jones

**Send comments, suggestions and articles for consideration to:**

**[communications@myturtlerock.com](mailto:communications@myturtlerock.com)**

(Text must be in Word, Photos as JPEG.)