

# Williamsburg Community



# Chatter

"Chatter" is a publication of the Williamsburg Community newsletter, created twice a month during the winter season.

**JANUARY 20, 2016**

Local Happenings at the  
Williamsburg Condominium at Heritage Ridge  
Office email: [williamsburgcoa@yahoo.com](mailto:williamsburgcoa@yahoo.com)

## Clubhouse notes:

Even more bad news for the men in the ~~family therapy group~~ couples' gin rummy game this past Thursday night. Despite importing some talent from England to give them some chance, the men lost all three games to the Williamsburg 8 (women's team). The ladies gleefully pocketed their winnings and vowed to return next Thursday to embarrass the men again. This is an alert to all Williamsburg men: the men need you. Thursday at 7:00 at the Clubhouse. Please!

Don't forget that ladies' games night is every Monday night 7:00, and Mahjongg is every Monday at 1:00 p.m.

And don't forget ladies' exercise swim every morning at 9:00, Monday through Saturday, when the temperature is above 60°.

## Reminder:

February 23rd - 5:30  
cocktail party - BYOB

## Board Notes:

Meeting dates:  
Jan. 19th BOD meeting

Agenda sent last week by email.

## Dr. King:

Faith is taking the first step even when you don't see the whole staircase. Our lives begin to end the day we become silent about things that matter.



The "Chatter" is interested in photographs reminding us how much we are missing the snow up north. Please send us images of the snowy north to include in "Chatter".

## A 'SHOT' OF WHISKEY?

In the old west a .45 cartridge for a six-gun cost 12 cents, so did a glass of whiskey. If a cowhand was low on cash he would often give the bartender a cartridge in exchange for a drink. This became known as a "shot" of whiskey.



## 14th Annual Luncheon to benefit Alzheimer's Community Care Program

Date/Time: 1/29/2016 (11:30 am)

Location: Mariner Sands Country Club

Address: 6500 SE Mariner Sands Dr, Stuart, FL 34997

Description: January 29 11:30 a.m. 14th Annual Luncheon to benefit Alzheimer's Community Care's programs and day care center in Martin County. Featured speaker is Dr. David Watson, founder of the Alzheimer's Research and Treatment Center in Lake Worth. Mariner Sands Country Club, Stuart. \$90 per person. Contact Deanna Henning at 772-223-6351 or [www.alzcare.org](http://www.alzcare.org).

# Images

## Pictures from Chatter readers



The Winter Carnival Idaho 2016 Snow Bike Race reminds us why we're here in Florida.

The immediate weather forecast calls for more sun and higher temperatures.



Time to get ready for the beach!

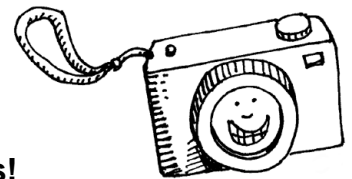


A good friend of Debbie Woodcock



The club house is now set up to receive regular mail delivery. The address is: 6400 SE Williamsburg Drive

**Do you have any good pictures to share?  
Of Williamsburg, Hobe Sound, Martin  
County or home up north. Send them to us!**



The beautiful new surface of the pool's deck proved to be too slippery. The pool closed, but has re-opened. To report any other "chatter", please send items to any member of the Community staff at [dzurhellen@gmail.com](mailto:dzurhellen@gmail.com).

### A few things of importance:

- ★ The next vent cleaning opportunity for savings is in January. Sign up now in clubhouse.
- ★ Reminder to residents: if the red fire alarm goes off outside our doors, it's only a warning to us - you should call 911 immediately.
- ★ Reminder: you must have a Williamsburg parking sticker on your car . This will save people time and concern. Please get one from the office from Karen.

## Why you probably shouldn't wear shoes inside your house

Though some bacteria is good for us, if you've ever gotten a stomach virus, you'll know that other kinds of bacteria are not. A study done by the University of Arizona found an average of 421,000 different bacteria on shoes. Coliforms, a bacterial indicator of the level of sanitation of foods and water (and universally present in feces), were detected on the bottoms of 96% of shoes.

In addition, E. coli was detected on 27% of the shoes, along with seven other kinds of bacteria, including Klebsiella pneumoniae, which can cause urinary tract infection, and Serratia ficaria, which can cause respiratory infections. "We walk through things like bird droppings, dog waste and germs on public restroom floors, all of which are sources for E coli," says Kelly Reynolds, Ph.D., a microbiologist and professor at the University of Arizona.

Researchers then wanted to know about the transfer of bacteria from shoes to uncontaminated home floors. They discovered that the transfer of bacteria from shoes to home floors ranged from 90% to 99%. Dr. Charles Gerba, a microbiologist and professor at the University of Arizona commented, "The common occurrence (96%) of coliform and E. coli bacteria on the outside of the shoes indicates frequent contact with fecal material, which most likely originates from floors in public restrooms or contact with animal fecal material outdoors. Our study also indicated that bacteria can be tracked by shoes over a long distance into your home or personal space after the shoes were contaminated with bacteria." Public restroom floors have been found to contain around two million bacteria per square inch, though the average toilet seat contains only about 50 per square inch.

A University of Houston study found that 39% of shoes contained bacteria C. diff (Clostridium difficile), which is a public health threat resistant to a number of antibiotics. This bacteria can cause multiple health conditions, including diarrhea.

Another study done by the Battelle Memorial Institute found that toxins from treating your lawn can easily be tracked into the house. Additionally, a study from Baylor University found that people who live near asphalt roads sealed with coal tar have an increased risk of cancer from toxins, and these toxins can be tracked in by your shoes. Dr. Reynolds commented, "Think about rain water in the street. It can have gasoline in it and chemicals, and those get on your shoes and can be brought into your home." However, though she cautions about the dangers of kinds of toxins, you would most likely have to be exposed many times over the course of your life in order to get sick.

### The solution

In the University of Arizona study, researchers found that washing shoes with detergent in the washing machine reduced the presence of bacteria by 90% or more. In addition, you should also clean your floors and carpets using a disinfecting carpet cleaner — such as a steam cleaner. But in order to avoid all the hassle and keep your house clean, the experts say it's best to leave your shoes at the door whenever possible.

## FLORIDA WATERCOLOR SOCIETY EXHIBIT

Start Date/Time: 12/29/2015 (10:00 am) End Date/Time: 1/31/2016 (5:00 pm)

Location: Elliott Museum Address: 825 N.E. Ocean Boulevard. Stuart

Description: Nov. 13-Jan. 31 - Florida Watercolor Society's Traveling Exhibition. Approximately 35 pieces will be on display. Traveling Exhibition chosen from its annual exhibit to share the best of Florida watercolor. Open daily from 10 a.m.-5 p.m., Thursday evenings until 8 p.m. Elliott Museum, 825 N.E. Ocean Boulevard. Stuart. 772-225-1961.

[www.elliottmuseum.org](http://www.elliottmuseum.org)