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For Information, Comments,
Questions contact:
Dana Matlock, *Editor*
dbmatlock@live.com
Betty Vandermyn, *Editor*
elzbthvnd@att.net

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LADIES CHRISTMAS LUNCHEON



The spirit of Christmas was truly in the air at the Ladies Christmas Luncheon on December 9, in the Plantation Oaks Clubhouse. Three cheers and special thanks to our co-chairs, Marlene Anderson, Bobbie Sharp and Kathy Hillis. The clubhouse was decorated stunningly, the food, catered by Mezzaluna's was wonderful, the soloist, Deidra Tober, entertained us with beautiful Christmas carols, and there was much social visiting among the Ladies making this a truly wonderful event. Each attendee received a Christmas container with special treats inside and this lovely poem written by Bobbie Sharp:

*It is a very special treat,
When the ladies of Plantation oaks get together to eat.
So, Merry Christmas to each and every one,
May you have a day of feast, fellowship, and fun.
Together it's time to celebrate the birth of God's own Son,
Here in the year of twenty and twenty-one.*



BECOME A VOLUNTEER - MAKE A DIFFERENCE



Training classes for new members of the Community Emergency Response Team (CERT) have just been announced.

(Current members wanting a refresher may also attend.) Don't delay, please step up to join our Plantation Oaks CERT team and enroll in these classes to be prepared to serve our community in case of a disaster. No experience necessary. Classes begin January 18, 2022, and run through February 3, 2022, on Tuesdays, Wednesdays, and Thursdays. Class time is 1 PM – 4 PM except for the February 3 class which will be 9 AM – 4 PM. Attendance is necessary at all sessions to receive certification. If you have questions on the commitment and training, please call Ed Reece at 386-693-4043.

TRAINING CLASS SCHEDULE:

Tuesday, Jan. 18 - Disaster Preparedness
 Wednesday, Jan 19 - CERT Organization
 Thursday, Jan 20-Disaster Medical Operation – Part 1
 Tuesday, Jan 25- Disaster Medical Operation – Part 2
 Wednesday, Jan 26 - Disaster Psychology
 Thursday, Jan 27 - Fire Safety & Utility Controls
 Tuesday, Feb 1 - Light Search & Rescue Operations
 Wednesday, Feb 2 - CERT & Terrorism
 Thursday, Feb 3 - Course Review, Final Exam & Simulation Brief, Disaster Simulation and Graduation
 Classes Offered by Flagler County Emergency Management & Flagler County Volunteer Services.
 Questions? Call 386-597-2950. To register, go to <https://www.needsconnector.com/January2022CERTBASIC>.
 See BB in clubhouse for more info.

JOIN US AND MAKE A DIFFERENCE



Photo of October 2013 CERT Team

THE MANY BENEFITS OF YOGA

Submitted by Betty Vandermyn



What is yoga? Yoga is a series of stretches and poses that you do with breathing techniques. It offers the powerful benefits of exercise and since yoga is gentle, almost anyone can do it regardless of your age or fitness level.

Yoga is a 5000-year-old discipline from India and was developed as a practice to unite the mind and body. I have been practicing yoga for many years. I feel much better when I take the time to practice and so enjoy the yoga class that I am currently taking at Plantation Oaks on Tuesdays. This is a therapeutic form of yoga which is excellent for all of us and can benefit us in many ways including:

***Stress relief:** The practice of yoga is well-demonstrated to reduce the physical effects of stress on the body. Stress causes the body to release a stress hormone called cortisol from the adrenal glands. Cortisol levels are often used to measure the stress response. Yoga practice has been demonstrated to reduce cortisol levels. Most yoga classes end with relaxation poses which further decrease stress levels.

***Pain Relief:** Studies have shown that practicing yoga postures, meditation, or a combination of the two reduced pain for people with conditions such as cancer, multiple sclerosis, auto-immune diseases, hypertension as well as arthritis, back and neck pain as well as other chronic conditions.

***Improved Breathing:** Yoga includes breathing practices known as pranayama which can effectively reduce our stress response, improve lung function, and encourage relaxation. Many pranayama's emphasize slowing down and deepening the breath. By changing our pattern of breathing we can significantly alter our body's experience and response to stress. This may be one of the most profound lessons we can learn from our yoga practice.

***Flexibility:** Yoga improves flexibility and mobility and increases range of motion. Over time and consistent practice, ligaments, tendons, and muscles lengthen, increasing elasticity.

***Increased Strength:** Yoga asanas use every muscle in the body increasing strength from head to toe. Regular yoga practice can also reduce muscle tension.

***Improved Circulation:** Yoga helps to improve circulation by efficiently moving oxygenated blood to

the body cells.

***Cardiovascular Conditioning:** Even a gentle, therapeutic yoga practice can improve cardiovascular benefits by lowering heart rate and blood pressure, increasing endurance, and improving oxygen uptake during exercise.

***Presence:** Yoga connects us with the present moment. The more we practice, the more aware we become of our surroundings and the world around us. It opens the way to improved concentration, coordination, reaction time and memory.

***Inner Peace:** The meditative effects of yoga practice help many cultivate inner peace and calm.

Yoga is an excellent choice of exercise for people who haven't been active in a while. However please contact your health care provider prior to starting any exercise routine.



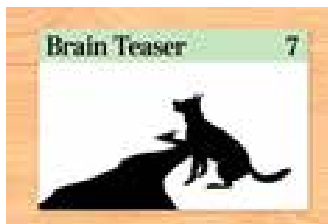
WANTED – POP CONTRIBUTORS

Please join our elite group of article contributors who share their stories with us. We would love to hear yours. No writing experience necessary.

Email your article to both editors, Dana:

dbmatlock@live.com & Betty: elzbtvnd@att.net

JANUARY 2022 BRAIN TEASER



A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a

boat. How did the dog do it?

Answer will be in the February 2022 issue of The POP

ANSWER TO DECEMBER 2021 BRAIN TEASER

Forrest left home running. He ran a ways and then turned left, ran the same distance and turned left again, ran the same distance and turned left again. When he got home, there were two masked men. Who were they? Catcher & Umpire

GOOD OLD DAYS

by Gary Watkins



If you are reading this, well you are, and I would bet that you have said the same thing. I do not know how many times in the last year I have said "The Good Old Days." I know we all have stories about the "Good Old Days." During conversations about this past year and

the direction our country is going with friends and even strangers it always come up "The Good Old Days." I always end up saying "I am so glad I was born and lived through the good old days," and I feel bad for my kids and especially my grandchildren in thinking about the future that lies ahead in this country.

When I think back the memories that I have growing up it brings a smile to my face. I remember riding my bicycle all over the place, riding to school, and to friends' houses miles away telling mom see ya later. I Remember not having to be home until the streetlights came on. I remember my first job at around twelve years old cutting grass and raking leaves. Saving the money up for what I wanted not expecting my mom to get it for me. I remember mom working and raising five boys on her own, working two jobs at Christmas so us boys could get from Santa what we asked for. Mom never asked for handouts or expected anyone else to help our family. Saturday mornings were for watching cartoons on the television and Sunday night watching Walt Disney. The Good Old Days were the best. I always tell this next story, and everyone gets a kick out of it. Mom could not afford to buy a lot of stuff but made do. I remember she would make hair tonic out of sugar and water and slick down the hair of the five of us before church. We would walk to church and coming right alongside of us were the bees flying around our hair. Back in the day family was close, relatives got together and were there to help if you needed it. Family meant something, you respected family. Doctors made house calls and it did not matter if you had money. Police Officers were respected and looked up at. Towns were close knit communities, and most people knew, everyone and talked to one another. I remember when my younger brother was killed in an auto accident at the age of sixteen not only relatives were there but the whole town came out with support for our family.

I have only mentioned a few things about the "Good Old

Days," but I could go on and on about my memories. I am sure today's generation will look back and say the "Good Old Days," but they have not had the Good Old Days that I had. Not in today's time when everything is given to you, and there is little respect for anything or anyone. I hope you take time after reading this and think about your "Good Old Days" and hope they were as good as mine and you have a big smile.

LEXOPHILE

By Donna Copeland



"Lexophile" is a word used to describe those that love using words in rather unique ways, such as "you can tune a piano, but you can't tuna fish" or "to write with a broken pencil is pointless." A competition to see who can come up with the best one is held every year.

This year's winning submission is posted at the very end.

When fish are in schools, they sometimes take debate.
A thief who stole a calendar got twelve months.
When the smog lifts in Los Angeles U.C.L.A.
A dentist and a manicurist married. They fought tooth and nail.
A will is a dead giveaway.
With her marriage, she got a new name and a dress.
A boiled egg is hard to beat.
When you've seen one shopping Center you've seen a mall.
Police were called to a day care Center where a three-year-old was resisting a rest.
Did you hear about the fellow whose whole left side was cut off? He's all right now.
A bicycle can't stand alone; it is two tired.
When a clock is hungry it goes back four seconds.
The guy who fell onto an upholstery machine is now fully recovered.
He had a photographic memory which was never developed.
When she saw her first strands of gray hair she thought she'd dye.
Acupuncture is a jab well done. That's the point of it.
And the cream of the wretched crop:
Those who get too big for their pants will be exposed in the end.

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GARDEN CLUB DIRT

By Judy Kelly



Happy New Year! I sincerely mean that. We have a fresh new year to hopefully all get through together. As we look back just a normal year would be OK with us and oh so welcomed. Seeing friends again, doing just normal stuff, and maybe enjoying the acquaintance of a new neighbor (we have a lot of them). I have connected with a new gardening friend or two and we exchange gardening tricks. One I'll pass along to you is the use of chicken scratch to top-dress your potted plants. Its use is to keep the soil from splashing out when it rains, or you are watering. It makes a very attractive finish for the pot. Needless to say, I went straight to Tractor Supply and picked up a bag.

If you are you looking for a new garden adventure, try Linda Vater on YouTube. She has a really informative weekly video. Her chit chat covers a lot of what we are trying to achieve ourselves - lots of information on lots of subjects. She is in Oklahoma City in the same house for over 30 years, I think. I find inspiration almost every

time I catch her. Have a great day and I will see you around the neighborhood.



Mission Statement: To provide emergency assistance to our community when State/Local emergency services are delayed or otherwise unavailable. All residents are invited to register with us any special needs or emergency assistance you (or someone you know) may require in the aftermath of a catastrophic event. This information can be helpful in executing search and rescue, planning, and purchasing necessary supplies and equipment. To register contact Donna Copeland, dmcopeland50@gmail.com, 704-886-7706. Currently, we have 52 members and are always looking for new people. Please join us at our next meeting. For more information give me a call at 845-728-4679. To sign up for red alert warnings log on to WWW.FlaglerEmergency.com for instructions. You may also register for special needs evacuation assistance on this site or call 386-313-4200.

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THE OAKS ROCK PAINTERS

By JoAnn Larkin



The rockers are busy painting Christmas rocks for the garden as well as distribute many throughout the community. There is always a large collection to choose at the garden. Thanks to Kathleen Niedhammer and her daughter working so hard to provide dozens of beautiful rocks for residents and guests during Thanksgiving weekend. They did not last long when I arrived back on

Monday they were gone.

The answer to a resident's question, you can come as often as you like to the garden just follow instructions on the rock. Keep them, give them to a friend or place them in the community. We receive a lot of positive feedback from residents who have been to the garden or have been a recipient of a painted rock.



The rockers in photo left to right Kathleen Niedhammer, Terry Andreacchio, Marlene Anderson, Nancy Hogan and Tina Jeffe. They paint and deliver rocks to many residents. We hope others feel the same joy having the rocks as we feel painting them.

PORA

Betty Vandermyn -President



It's been a tumultuous couple of years especially due to the pandemic. The Plantation Oaks Residents Association (PORA) board was working under emergency by-laws which made keeping the community informed quite difficult. Plantation

Oaks closures as well as state closures have impacted all of us in many ways and have changed our normal way of living. Directors have resigned and new appointees had to be delegated to step up into their place. I thank all the board for all their input, assistance, and generosity of their time as well as all their support. Sam Miller the president of PORA, had to resign November 12, 2021,

due to personal and health issues. We would like to extend our heartfelt thanks and wish him the very best in the future. I have assumed the role of president up to the 2022 election. This is to remind everyone that the PORA Board elections will be held at the PORA Annual Membership Meeting on Sunday, January 16, 2022. Only members in good standing will be allowed to vote so 2021 dues had to be paid by December 16, 2021. I wish to also remind our PORA residents that Meet the Candidates night will be January 10, 2022. Please come out to meet and greet our three candidates who are stepping forward to run for election. I'm sure they will appreciate your support. This is a wonderful community in which we live so let's all support each other with kindness and respect. Speaking of support and generosity, we would also like to extend our heartfelt thanks to Keith and Anne Mowling for donating the funds to purchase a new, pre-lit Christmas Tree for our Clubhouse. The tree will be purchased and available for the 2022 Christmas season. Please be safe and I hope everyone enjoyed the best of the holidays.... And yes, next year there will be Christmas Decorations up on 26 Galemont Drive. Wishing all our community a Healthy and Happy 2022!!!



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QUITE AN EXPERIENCE!

By Carol Pursley



A few months back I had quite an experience! We received an email that someone's son was opening his mom's home to Plantation Oak's residents to come through the home and pick out anything they wanted! James and I decided to go. I didn't

know who the lady was that lived there. But as I walked around and observed I got to know this lady a little bit without ever meeting her! It didn't take much to know that pink was her favorite color and she liked flamingoes. She had beautiful clothes hanging in her closets. I recognized things in her kitchen that I actually owned. Things from QVC and HSN. TV shopping! I suspected she was a good cook as she had wonderful spices in her kitchen. There were many pots and pans and a brand-new frying pan which I now have at my house. It's the best frying pan I own!

As I walked from room to room there was so much available to choose from but yet it was hard for me to just help myself because this belonged to someone else, and it was all free. One of the things I got was a cute pink doggie house which our cat, Patches, just loves! We smile every time we see Patches in it!



I met her son along with her two grandsons who were helping people move and carry things out. It was evident she raised a fine son. Someone she could be proud of! He spoke lovingly of his mom, and he shared with me that his mom was now living with him.

My husband spotted an antique cedar wardrobe cabinet that he had fond memories of growing up with as a young boy. We now have it in one of our bedrooms. At seventy-three years old my husband almost cried when he saw it. That day was very emotional for me. As I went from room to room all I could think of was this was someone's life!

I later found out her name was Marty. I had seen her many times driving her pink car with her pink hair. I never met her or had the opportunity to talk to her, but yet, I now feel like I know a little bit about her!

I don't get out as much as I'd like to, but I think as the new year is approaching me, I am going to make more

of an attempt to smile and talk to more people here at Plantation Oaks. This is a wonderful community we live in. I have wonderful neighbors and friends here and I hope I can put a smile on someone's face as this lady Marty did for me!

HEALING OUR BISMARCK PALM

By Mary Ann Rabuazzo



First, congratulations to POP's one year anniversary. Kudos to Dana, Betty, and all the contributors! This newsletter is a lot of hard work and a true dedication for the love of this community! We are appreciative of the people involved of an endeavor well done!

In my first article, I wrote about our Bismarck Palm, which is in our front yard in front of our garage. Since we planted it in about 2010, it has really grown. It has been a beautiful specimen and admired by many. At the time of that article, it was a very healthy Palm. Not so many months later it became diseased by a manganese deficiency. Frizzle Top is both the description and a common palm problem. The palm fronds became dry and weathered. The disease attacked the young leaves as they emerged. Frizzle Top will eventually cause the death of a palm tree if left unchecked. So, we called an arborist, and he injected the tree's trunk with a combination of nutrients. Now our beloved Bismarck is on a magnesium fertilization program. At the present time, we are waiting for the arborist to remove the remainder of the dead leaves. We've so pleased that our Bismarck Palm has survived. Please check it out when you're down our way on Bidmont St.



FEDERATION OF MANUFACTURED HOME OWNERS (FMO)

By James Pursley, Plantation Oaks FMO Rep



Hello everyone it's me again. Can you imagine that it's a new year, as I am writing this it's last year but I'm writing this as it is a new year. I stay confused enough without adding any more confusion to my life. My lovely wife and I were talking the other night about an event that we had attended a month ago, now you have to remember that it was last year. The event was the Fall Festival at Plantation Oaks. You would have thought that you were at a 5 Star Resort. Our volunteers, like the wonderful cooks, are the best and like those that you would find at any high-end restaurant. Not to forget about the volunteers that put everything together, set the tables, have the tables set for serving the delicious food. It doesn't stop there; our dedicated volunteers have to clean up after everyone has just enjoyed a delicious meal.

My wife and I were saying that we are so fortunate to have such a great group of volunteers that put on such a beautiful setting. Trust me they always do a fantastic job, but that night they really outdid themselves, the setting was beautiful, the crowd was fun and needless to say the food was terrific, everything cooked just right.

You know to have all these wonderful events it takes a strong HOA, and to have an organization looking out for our wallets and best interest statewide it takes a strong FMO. The FMO represents us homeowners that have homes on leased land. For just \$25.00 per year or \$65.00 for 3 years and for an additional \$35.00 per year you can purchase Elite Cross Country Premium Roadside Service, take it from me they are a class act. For your membership you get so much for the price such as a legislative consultant in Tallahassee watching for bills that could be harmful to us and a bi-monthly newsletter to keep you updated.

To join FMO you can go to their website, fmo.org or you can contact me your friendly FMO park representative at jpinvest129@gmail.com. or call or text me at. 386-986-9632. Your membership can and will make a big difference. I would wish you a Merry Christmas and Happy New Year, but it is already next year, I guess, I am so confused. Until next month, it's going to take me that long to figure out what month it will be. Stay safe.

ABOVE AND BEYOND!

I had the privilege to have my wonderful, kind Block Captain and new neighbors help me. The fact that it was the first time meeting my new neighbors and they were stepping up to help me was wonderful. They saved me a significant amount of work and money that I was not able to keep up in the summer months. I am amazed how three people made my life less stressful and presentable for the neighborhood. Their tireless work was completed in several hours and was nothing short of miraculous! My gratitude is ten-fold and will be forever grateful for their hard work and kindness. Three cheers for wonderful neighbors who help me in my hour of need!

Signed, *A very delighted neighbor.*

WELCOME COMMITTEE

By Bob Matlock



I reported to the PORA Board at their December meeting that home sales in the community continue to be brisk. As of this writing 57 residences have been sold since the first of the year. 37 were for two people and 19 for single. That adds up to 93 new residents since the first of 2021! Those numbers do not include the 1 black bear, the 11 turkeys and God only knows how many feral pigs, deer, and squirrels we see every day or night. Some of them have made themselves right at home amongst our oaks. Under normal circumstances I attempt to contact new residents within a week from when they close on their house or move in. Sometimes it takes a lot of "left" messages before I make contact and get an appointment for when we can get together. Sometimes they don't move in immediately after the closing because they are having work done on their new home here, or they are off in another place preparing to sell their previous residence. I understand that moving out and moving in can be very trying and frustrating, so I try not to be too aggressive in setting up an appointment.

Typically, I spend an hour or more with new residents sharing information about who we are (PORA, FMO, CERT), community services and activities available for their participation based on their interests. If I have any brochures about the surrounding communities and activities and services, I share them. I say if I have any because I used to get lots of info from the Chamber of

Commerce, but the virus put them out of business. If appropriate I encourage filling out and filing two State of Florida forms, the *Designation of Homestead* and the *Declaration of Domicile*. If you haven't filed those forms or you are not aware of them, then you should call me. Remember. The people living next to and nearby you are your neighbors. They could and should be your friends. We may never have another opportunity to make lasting friendships. I wish all of you the very best, blessed and the happiest new year ever. Our most recent new residents are as follows. Please help them to feel welcome.



Levan, Barry & Sandra, 4 Ashbury Ln.
From Ormond Beach and looking forward to a great time in our beautiful community


Welcome!
We are glad you are here!

NEW NEIGHBORS



Borja, Pamela 70 Habersham Dr.
From Palm Coast



St. John, George & Kathryn, 20 Chatsworth Ln.
From Palm Coast with their lovely 4 paws



Stipanovic, Ray & Amy, 9 Chatsworth Ln.
From Bulow Plantation and excited to get their home renovated by the end of the year.



Bowen, James & Cinthia 18 Ashbury Ln.
From Savannah GA and happy to enjoy the social life and retirement in Plantation Oaks



Vanhorn, Elwood & Norma, 12 Julip Ln.
Moved from 18 Ashbury Ln.

LAS POSADAS & DIA DE REYES

By Irma Reed



Las Posadas, (Spanish: “The Inns” is a religious festival celebrated in Mexico and some parts of the United States between December 16 and 24. Las Posadas commemorates the journey that Joseph and Mary made from Nazareth to Bethlehem in search

of a safe refuge where Mary could give birth to the baby Jesus. Las Posadas is celebrated every day from Thursday, December 16 to Friday, December 24, 2021. Each evening during the festival, a small



child dressed as an angel leads a procession through the streets of the town. People in the procession are carrying lit candles and even Mary and Joseph riding a donkey. Adults, including musicians, follow the procession, which visits selected homes and asks for lodging for Joseph and Mary. Traditionally, the procession is always refused lodging, though the hosts often provide refreshments. At each stop, Christmas carols are sung,



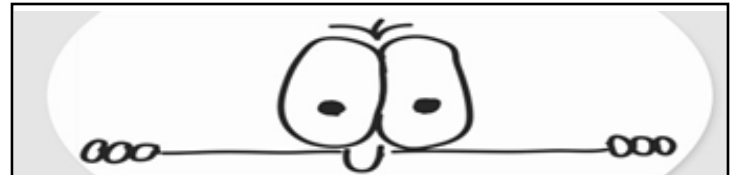
children break open piñatas filled with candy, toys, and, occasionally, money. The piñatas are usually crafted in the form of a star, which is said to have guided the

three wise men of biblical tradition to the newborn Jesus. **Dia de Reyes** (Wise Man Day) It takes place on **January 6th**, with the celebration of the Three Wise Men arriving in Bethlehem. In Mexico, children get presents on this day instead of Saint Claus. It is celebrated with a



confection of a sweet fruit bread “*Rosca de Reyes*” that has a hidden baby figure, representing the times when Herod ordered the execution of all babies, looking for the new King Jesus. Jewish’s Mothers hid their babies inside their baskets and covered them with light sacks of

flour to protect them from execution. Now days you will enjoy a piece of bread “Rosca” and if you happen to get the little figure in your piece, you will offer *tamales* and *chocolate* on February 2nd.



The POP staff is looking for a volunteer, or group of volunteers, to take pictures at community events to be published in POP. Are you willing to step up and help out? Call, text or email Dana Matlock at 904-661-8927, dbmatlock@live.com or Betty Vandermyn at 860-461-5392, elzbthvnd@att.net.



Submitted by Dana Matlock

1. My wife still hasn’t told me what my New Year’s resolutions are.
2. The average age of people living in our military retirement community is 85. Recently, a neighbor turned 100, and a big birthday party was thrown. Even his son turned up. “How old are you?” a tenant asked. “I’m 81 years old,” he answered. The tenant shook her head. “They sure grow up fast, don’t they?”
3. How are stars like false teeth? They both come out at night!
4. My new year’s resolution is to be more optimistic by keeping my cup half-full of either rum, vodka, or whiskey.
5. I raised my left leg before the ball dropped so I could start the New Year off on the right foot.
6. To kick start my New Year: I took an IQ test, and the results were negative.
7. I have only one resolution: To rediscover the difference between wants and needs. May I have all I need and want all I have!



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bear	crown	flat	laser	paper	simple
brakes	cycle	glory	leaps	pavement	sirs
cant	daisy	happy	lenses	pear	snap
catch	dances	increase	measure	place	speak
center	efficiency	joint	mine	predict	steak
commodity	episode		month	pries	vain
	event				voice

"THE YEAR OF THE FLEXITARIAN"

By Jean Scionti



The Chinese have the Year of the Tiger, and now I have the Year of the Flexitarian! What better way to start a new year than by looking forward to improving our health? In my first article for "The POP" last year, I talked about this subject and now I want to give you an update. No, I am not going to give a medical report on the state of my husband's health since his stroke last January. Let's just say that I am pleased. A number of physicians initially told us that he was scheduled for another stroke within three months. They felt that it was inevitable based on his cholesterol, weight and eating habits. I suggested to his doctors that we might change our diet. They all replied, "Yes, that would be nice, but it won't happen." We have changed our eating habits, and I am thrilled with the results! It was a challenge, but it was worth the time and effort it took to succeed. I now understand how important it is that at our age we have to consider making changes. Let's face it; you are what you eat. What exactly is the "flexitarian" diet? It's a semi-vegetarian style of eating that encourages less meat and more plant-based foods. There are no specific rules, which make it an appealing option for us since we are looking to cut back on animal products. We started with a raw tomato and pasta recipe and now after some research, we have moved on to some very good vegetarian meals. We alternate meatless meals with other days of either chicken, fish and even some beef, along with portion control.

Last Halloween, my hubby asked me what was for dinner. I said, "Do you want a trick or a treat?" He looked at me and said, "I want a treat!"

Good answer: he got to enjoy a filet mignon! Thank goodness, I didn't overcook it.

It's a new year; all the holidays are over. We have enjoyed some delicious traditional meals, but now is a good time to get back on task.

EGGPLANT PARMESAN (BAKED INSTEAD OF FRIED)

INGREDIENTS:

- 1 Medium eggplant, peeled and thinly sliced.
- 1 whole egg, extra egg whites if needed.
- 3 cups salt free, seasoned breadcrumbs.
- 1 16-oz. jar low sodium spaghetti sauce.

- A sprinkling of mozzarella and parmesan cheeses

DIRECTIONS:

1. Preheat oven to 350°.
2. Dip eggplant slices in egg, then breadcrumbs. Place in a single layer on a baking sheet. Bake in preheated oven for 5 minutes on each side.
3. In a 9x13 baking dish spread some spaghetti sauce to cover the bottom. Place a layer of eggplant slices in the sauce. Sprinkle with a small amount parmesan cheese. Repeat with remaining ingredients, ending with a sprinkle of mozzarella cheese on top.
4. Bake in preheated oven for 35 minutes, or until golden brown.

WISHING ALL A HEALTHY NEW YEAR!

NEW SERIES

Submitted by John Mercurio



DRIVING TIP OF THE MONTH

From the National Institute on Aging

Have you been worried about your driving? Have your family or friends expressed concern? Changes in your health may affect your driving skills over time. Don't risk hurting yourself or others. Talk with your doctor about any concerns you have about your health and driving.

Stiff Joints and Muscles

As you age, your joints may get stiff, and your muscles may weaken. Arthritis, which is common among older adults, might affect your ability to drive. These changes can make it harder to turn your head to look back, turn the steering wheel quickly, or brake safely.

Safe driving tips:

- ✓ See your doctor if pain, stiffness, or arthritis seem to get in the way of your driving.
- ✓ If possible, drive a car with automatic transmission, power steering, power brakes, and large mirrors.
- ✓ Be physically active or exercise to keep and even improve your strength and flexibility.
- ✓ Think about getting hand controls for both the gas and brake pedals if you have leg problems.



JANUARY BIRTHDAYS

- | | |
|-----------------------|-----------------------|
| 1 Jean Dickerson | 19 Elizabeth Cuccovia |
| 2 Mike Duncan | 19 Tracey Pavlicek |
| 3 Patricia Madona | 19 Pat Smith |
| 3 William Haseltine | 20 Dan Behanick |
| 3 Jeff Joyce | 21 Ray Dallatore |
| 3 John Munafo | 22 John Vivlamore |
| 4 James McNeil | 23 Catherine Orahood |
| 4 Donna Kelley | 23 Mark Reischel |
| 4 Christine Ciccio | 24 Betty Allen |
| 4 Mike Duncan | 24 Joanne Jones |
| 5 Andrea Parham | 24 Ray Proper |
| 6 Sue Kellogg | 24 Bill Streett |
| 6 Roger Lemelin | 25 Barb Latourelle |
| 7 Stephen Pulak | 26 Deborah Woodall |
| 7 Betty Shaver | 27 Duane Waterman |
| 8 Carolyn Rockenfield | 29 Maria Lovett |
| 11 Cheryle Furi | 29 Gloria Sizemore |
| 13 Frank Taylor | 31 Deb Lafranier |



We try hard to get it right. However, if we have missed your birthday or anniversary, or have the dates wrong, please contact Betty Vandermyn at elzbthvnd@att.net or Dana Matlock at dbmatlock@live.com so we can correct our information for the newsletter. Thank you!



JANUARY ANNIVERSARIES

- | |
|-----------------------------|
| 1 Joseph & Christine Ciccio |
| 3 John & Kathryn Vivlamore |
| 6 David & Cynthia Easter |
| 13 Joe & Barbara Graneri |
| 14 Charles & Cynthia Rider |
| 20 Bob & Judy Kelley |
| 22 Richard & Vickie Baker |
| 23 Richard & Judy Lothian |
| 24 William & JoAnn Larkin |
| 29 George & Ruth Sniffin |



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January Crossword

ACROSS

1. Border
5. Tilt
10. Leave in a hurry
14. Not sweet
15. Anaglyph
16. As a result
17. The end of an Apollo flight
19. A building for skating
20. Snake-like fish
21. Scallions
22. Sensitivities
23. Schemes
25. Move furtively
27. Lyric poem
28. Hold firm
31. Throws away
34. Intoxicating
35. An uncle
36. Tracks
37. Small cities
38. What a person is called
39. Genus of macaws
40. Ebbed



41. Breast
42. Unmarried man
44. Cut down
45. A heavy wooden pole
46. An informal term for money
50. Collect
52. 3-banded armadillo
54. Mayday
55. Plenty
56. Blushing
58. Absent Without Leave
59. Fathers
60. Desire
61. Being
62. Not late
63. Russian emperor

1. S S S S
2. Foolish
3. White aquatic birds
4. Historic period
5. Strategy
6. Loads
7. Frenzied
8. Magazine vendor
9. 2,000 pounds
10. Maroon
11. Garbanzos
12. Parental sister
13. Tut-tuts

DOWN

18. Sleighs
22. Small
24. Infants
26. Boys
28. Waste conduit
29. Ammunition
30. Swarm
31. Fourth sign of the zodiac
32. Emanation
33. Disconnected musical sounds
34. Fees for services
37. Story
38. Nothing (British)
40. Nets
41. Test versions
43. Bother
44. Unorthodox tenets
46. Tag
47. Utilizers
48. Line dance
49. Banana oil, e.g.
50. Wings
51. Cuts the lawn
53. Happy cat sound
56. East southeast
57. Slice



SOCIAL COMMITTEE

By Patti Watkins- social chair



My name is Patti Watkins and I have assumed the chair position on the Social Committee as Terry Johnson has regretfully had to resign due to health care issues with her husband Nick. JoAnn Bailey will be my co-chair moving forward. We would like

to thank Terry for all her hard work and all the events and trips she initiated. We will have big shoes to fill. We encourage anyone who would like to participate to attend our meetings on the first Monday of each month at 1 PM. All are welcome. Happy New Year to everyone. It's hard to believe it's 2022 so we're working on a new year of events and trips.

UPCOMING EVENTS:

- Saturday, January 15, 2022, will be the Snowball Dance with Mike K. as our entertainment from 6:30-9:30 PM. Desserts and snacks will be served. Should be a great dance. Ticket prices and dates of ticket sales to be determined. Please check the clubhouse social event board and emails for updates.
- Sunday, February 6, 2022, we plan on having a chili cookoff at the clubhouse at 3:00 PM. Event details to follow so please check the social event bulletin board at the clubhouse for details. A chance for all to show off your chili cooking skills.
- Saturday, February 12, 2022, will be a Valentine Day dinner/dance with Carl Monte entertaining. Ticket prices and dates of tickets sales to be determined. Check the social events bulletin board for updates.
- We will post future events as soon as we have the accurate dates and times. Some events will be carpool trips such as to Washington Oaks State Park and Blue Springs trip to enjoy the beautiful manatees.

COOKS SCHEDULE

JANUARY 2022 - MARCH 2022

Breakfast Hour: 8:30AM-9:30AM

Lunch Hour: 12:00PM-1:00PM

Feb-5 BREAKFAST: fruit cup. French toast, juice, coffee.

Feb-12 VALENTINE'S DAY DANCE: combined cooks and social committee event. Chicken parmigiana, ziti, garlic bread, salad, decadent chocolate cake, beverages.

March-19 ST. PATRICK'S DAY: Corned Beef and Cabbage Dinner, dessert, beverages.

As of January 2022, all BREAKFASTS will be \$7.00,

and LUNCHES will be \$8.00.

All menus are subject to change depending on market pricing and availability and will be posted as early as possible. For breakfast and lunch menus please check menu board and sign-up sheets at the clubhouse. Breakfast and lunch tickets can be purchased on the day of event.

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