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COMPLIMENTARY NEWSLETTER PROVIDED BY



"I never met a color that I didn't like."

Dale Chihuly, American Glass Artist (See Jean Scionti article on page 3.)









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"ART IN ST. PETERSBURG"

By Jean Scionti



My husband and I stay in Flagler Beach for six months of the year. While here, we try to take one short trip to a destination not too far away from Flagler Beach. Some time ago, we ventured out and took a three-hour

drive to St. Petersburg, Florida. A two-day weekend in St. Petersburg was just the ticket. We were not only able to visit the beach, but also had time to go see the Chihuly Glass Collection, and the Salvador Dali Gallery.

Glass artist Dale Chihuly famously said, "I never met a color I didn't like." After viewing some of his collection, I can only agree with this very ingenious artist.

"Chihuly's glass sculptures are dreamy, abstract interpretations of sea creatures, submerged landscapes

and floating tumbleweeds."



While photos of Chihuly's work hint at his genius, seeing the actual sculptured pieces in person is fantastic!

After viewing only a few of his many creations, we went and saw how glass art is formed. We watched as an expert artist blew, melted, and cooled glass. I had the opportunity to speak with

Dale Chihuly I had the opportunity to speak with an artist who had been a student of

Chihuly. He said that the man was quite an individual with his striking glass forms and precise workmanship. This former student said it was an honor to attend Chihuly's class.

Later, we went to the Salvador Dali Museum. The museum

houses over 2,400 works by the surrealist master. "Dalí, the artist, celebrity and cultural icon, was a leading force in the Surrealist movement. His



early works include landscape portraits and still life, while later works capture fascinating double images and feature immense religious paintings."

I was never really a Dali fan, but my youngest daughter loved his work so much that she bought me a book on this "flamboyant artiste" for my birthday. I placed the book on the coffee table, and never looked at it. All I can say is that after actually seeing his paintings, I am amazed at the man's capability. I find some of his works to be a bit bizarre, but after viewing his eclectic display of art,



Salvador Dali

I finally realized just how much talent this fellow possessed.

When we returned to New England that year, I saw that I still had the Dali book on a shelf. Now, it is on permanent display in my living room. Yes, I did finally open it and not only enjoyed the read, but also was

able to make note of the paintings I saw in person at the gallery!

This is my husband relaxing on an artistic bench display in the museum gardens and contemplating "The Persistence of Memory" which is Dali's most famous painting of the "melting clocks."



FUNNIES FROM YOUR EDITORS

Why did the mosquito go to the dentist? To improve his bite.

What do dentists call their x-rays? Tooth pics.

Why should you never trust stairs? They're always up to something!

Where does a waitress with only 1 leg work? IHOP What do you get from a pampered cow? Spoiled milk.

Did you hear the rumor going around about butter? Never mind, I guess I shouldn't spread it.

My teachers said I would never amount to anything since I procrastinate so much. I told them, "JUST YOU WAIT"

What do ducks get after they eat? A BILL! Why do bees buzz? Because they can't whistle.



AFTER HAPPILY EVER AFTER

By Pat Jones



Hello, my name is Pat Jones, and I am your neighbor from Julip Lane. I have been a widow for thirteen years and a few years ago I started a widow support group. While the widows supported each other, we decided to try to help others from going through

some of the challenges we experienced, both big and small.

I know discussing your eventual demise is not an easy discussion to have, but death is inevitable. Sometime ago I shared similar information with my Plantation Oaks neighbors at the clubhouse and many have shared how helpful these ideas were for them. In the last few years many of us have lost loved ones with no advance warning. We have been forced to make decisions for them with any prior knowledge of their wants or needs. Please think about making it easier for you, your husband/wife, partner, family, and friends. Begin by deciding on the following items and write them down so your wishes can be honored.

- Burial or Cremation
- Funeral Parlor
- Viewing or Memorial Service
- Place of Service
- Clergy/Person to Officiate
- Eulogy
- Type of Casket
- Clothing
- Favorite Flower
- Favorite Music
- Religious Readings

It may take some time to make the list if you haven't already given these choices some thought. While you are making your list, why not discuss your decisions with others while explaining how it would be helpful if they made a similar list to help them in the future. Then there is the necessary information that will be required, such as:

- Full Name
- Address
- Date of Birth
- Birthplace
- Resident in County Since
- Proof of US Citizen
- Name of Father

- His Birthplace
- Maiden Name of Mother
- Her Birthplace
- Marriage Date
- Marriage Place
- Names of Children
- Names of Grandchildren
- Social Security Number
- Pension Information
- Employer
- If Veteran-Branch of Service
- If Veteran, Copy of DD214 or Serial

If you or your spouse is a Veteran, you MAY be entitled to survivor pension and/or aid and attendance and housebound pension through the Veterans Administration. These benefits are not widely known and there is difficult paperwork that needs to be done, BUT they will do the paperwork with you. You MUST bring your or your spouse's DD214 (discharge papers), Drivers' License, Marriage Certificate and Death Certificate. If you or your spouse has never applied to USAA for coverage, now might be a good idea. Applying will allow you, your spouse, and your family to get USAA insurance coverage even if the Veteran is deceased.

Did you know that if you choose cremation, you are not obligated to take the ashes? If cremation is the choice, you may wish to rent a casket to save the environment and reduce the cost of the funeral.

If you are interested in some of the other ideas that the widows came up with, check out our next issue. I sincerely hope you will find this information helpful and a starting point for your discussions. Feel free to give me a call if you have any questions.

YOU KNOW YOU'RE
GETTING OLD WHEN YOU
BARELY DO ANYTHING
ALL DAY, BUT STILL
NEED TO HAVE A NAP
TO CONTINUE TO DO
BARELY ANYTHING.

LIVING WITH ARMADILLO'S

By Betty Vandermyn



As residents of Florida, most of us are very familiar with the armadillo. They are notorious for burrowing and rooting, destroying our lawns and our flower gardens that we work so hard on maintaining. To me they look like "Rats

in Armor", and I'm not very far off. The nine-banded armadillo is named for the nine breaks in the leathery armor that allows it to flex its stiff hide. They are about 15-17 inches long (not including the tail) and weight about 8-17 pounds. In Florida, the armadillo is considered to be naturalized. Introductions of armadillo's occurred on the east coast of Florida as early as the 1920's and they are now common throughout most of the state.

They prefer forested or semi-open habitats with loose textured soil that allows them to dig easily. They eat many insects, other



invertebrates, and plants. They are most active at night and have very poor eyesight.

Armadillos can carry diseases such as encephalitis, leptospirosis, arboviruses, and leprosy. A good reason for you and your pets to keep a good distance from them. Armadillos dig burrows for their homes or to escape predators and a single armadillo can have several different burrows with multiple entrances. Pregnant females always give birth to identical quadruplets. She produces one egg that splits into four identical offspring that are either all female or all males. This trait differs



from most other mammals. Armadillos are fascinating in several respects aside from having quadruplets. When they need to cross a narrow body of water they often walk on the bottom underwater. If it is a wide body of water, they will inflate their stomach to twice the size, allowing for enough buoyancy to swim across. As we are very aware, armadillos prolific rooting and burrowing causes

damage to our lawns and garden. To reduce damage, keep watering and fertilization to a minimum and try to water in the morning so the soil can dry out. Moist topsoil and lush vegetation above ground attract earthworms, insects, and larvae which in turn attract the nocturnal armadillo. One method to try and get them to move elsewhere is by harassing an armadillo burrow. This causes them to feel unsafe and convince them to relocate without additional and sometimes expensive techniques. Illuminating burrows with a bright spotlight or flashlight and/or put a radio in or near the hole, without blocking the animal from exiting may be enough to move him/her along their merry little way. Lethal control should be a last resort. Although armadillo's can be a nuisance, they are also beneficial because they help control populations of insects and larvae which are plentiful in Florida. If all else fails with their relocation, please go to MyFWC. com/hunting for hunting and trapping regulations and guidelines.

PLANTATION OAKS Federation of Manufactured Homeowners (FMO) Representatives

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> **Director – Ken Pate** 912-398-9943 - k.pate888@gmail.com

THE SUITCASE

By Noreen Bartolotta



We all have at least one of these special moments in our life if not more. This is a story of one of my special moments and 2 little boys. One of them 3 and the other 5. If you are reading this, you are old enough to remember Adam 12

on TV. This was a show about 2 officers who patrolled the streets of Los Angeles. In this episode Reed and Malloy were patrolling their beat when they come upon a woman carrying a suitcase and crying in pain. The 5 yr. old was and is still a very sympathetic person who wants to know if the officers are going to help her. If you are watching, you can see she is visibly pregnant and probably in labor. The 3 yr. old is only interested in the police car (he rode in one once) but that is a story for another day. I tell him the officers will take her to the hospital so that the doctors will be able to help her. She gets in the car and one of the officers gets in the back with her. She is now loudly crying in pain, and you know the baby is coming. They get to the hospital and the officer gets out with the baby wrapped in his jacket. The 5 yr. old says "the lady wasn't in pain and her baby was locked in the suitcase and the officer helped her get it out".

I am 8 months pregnant at the time and my husband says, "we had better not let them see your hospital bag or they will think you were hiding the baby in there." I bet you never thought of using your suitcase for that reason. I hope this brightens your day.

FEDERATION OF MANUFACTURED HOMEOWNERS (FMO)

By James Pursley, Plantation Oaks FMO Rep



Hello, hope everyone is doing well. For our new neighbors this is your typical Florida weather. Welcome.

Carol, my wife and I went on a trip last week. With gas prices being the way they are, we packed up our golf cart and hit the road off on a road trip. We

traveled to the end of the community, hoping to see if the Vandermyn's had any decorations out. While we were traveling, we passed three people that waved at us. One person was walking their dog as we were leaving the area heading towards the other side of the community.

We saw this little dirt pathway that runs behind some of the homes. Dirt roads have always intrigued me. I have lived on several in my day. One time a long time ago I drove down a dirt road that I got stuck in and ended up walking 9 miles in the wee hours at nighttime in the middle of nowhere, another story for another time.

Carol and I thought let's go down this little pathway, it was pretty smooth. We were taking in the sites, like the backs of homes that their backyards backed up to this path. As we were about to the end of the path and about to turn around and head back to the main road we started getting eaten by mosquitoes. We both were just swatting away. We had Miss Sophie, our dog, with us on this trip, anyway she was getting her share of these little buggers herself. We did not bring our bug spray with us, so I hit the gas...or in this case I hit the electric. We made our way back to the paved road and away from the bugs.

Onward with our mini vacation to the other side of this beautiful community. We were looking at the different types of landscaping and the way different people had added their own touches to their homes. As we were taking in the sites, we had seen several more golf carts, two bicycles and a few cars. There were a few more people walking their dogs and there were also two cats walking along. Carol and I are big cat people, we love cats, and they are such an interesting animal.

Our next point of interest was the clubhouse and we stopped and looked around. There were a few people in the pool, a couple playing cards, someone shooting pool, and a horseshoe game going on.

It was starting to get late and we, including Miss Sophie were getting hungry, it was time to wrap-up this mini vacation. When we got home, Carol fixed one of her delicious meals. When I got through cleaning dishes, we got to talking about what a great trip we had taken.

Now this brings us to the FMO. The FMO represents us homeowners with homes on Leased Land. You can't beat it for what you pay and for what you get for your money. For \$25.00 per year or \$65.00 for 3 years you get representation in Tallahassee with a Legislative Counsel, an attorney and so many other things I can't even count that high.

FMO has recently partnered with "Partners in Association Management" (PIAM). They are taking over the day-to-day operational duties. PIAM is based out of Tallahassee. To join go to fmo.org or contact me, James Pursley. You can pay by credit card if you go to their website. My

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I'm going to close for now as I need to get my tires rotated on the golf cart from that fabulous trip we took. Stay safe until next time.

"JULY FUN FACTS"

- July was named after the famous
 Roman general Julius Caesar by the
 Roman State Senate as it was the month he was
 born in.
- As the second month of the summer, July is on average the warmest month in the Northern hemisphere.
- It was July that the rabies vaccine was first successfully given to a patient. It was administered by French microbiologist Louis Pasteur to a 9-year-old called Joseph Meister on July 6, 1885.
- July 5, 1946, the world's first bikini was unveiled in the famous Piscine Molitor swimming pool in Paris. Although two-piece forms of swimwear previously existed, none as skimpy as the bikini.
- On July 4, 1776, the 13 American colonies declared their independence from the British monarchy. The 4th of July has been a federal holiday since 1870 in the United States of America.
- July is also National Watermelon Month, National Hot Dog Month and National Ice Cream Month. Yum!
- July has 2 birth flowers the water lily and the Larkspur. The water lily is the symbol of a pure heart, while the larkspur represents the lightness of the heart.
- The birthstone of July is the Ruby. As a birthstone it is said to protect against evil.
- The first crewed space mission to the moon, the Apollo 11 Mission, launched on July 16, 1969. Four days later on July 20, Neil Armstrong made history by taking the first step on the moon while declaring, "That's one small step for man, one giant leap for mankind!"

"JULY HOLIDAYS"

- July 4 "Independence Day"
- July 24 Parent's Day

WELCOME COMMITTEE

By Bob Matlock



We all know that July is the month that Americans celebrate the birth of our nation. The accepted symbol of that historic event is our national flag. There are rules for the proper handling and displaying of the flag.

Those rules and the history of our flag, who designed, made, first named it "Old Glory are all very interesting and you can read all about them on the internet or in one of the several books written about it. What I am sharing with you here is the proper disposal of the flag when it becomes tattered, torn or faded beyond use. Firstly, it should be folded in the customary manner. Secondly, build a fire of sufficient intensity to ensure complete burning of the flag. After the flag is placed on the fire those in attendance can come to attention, salute the flag, recite the Pledge of Allegiance, and have a brief period of reflection. After the flag is completely consumed, the fire should be safely extinguished, and the ashes buried. All local/state fire codes are to be followed. If this sounds like more than you want to deal with, you can take your flag to the VFW at 47 North Old Kings Road in Palm Coast, and they will properly dispose of it for you.

WELCOME NEW NEIGHBORS



Brown, Kevin & Mary
5 Galemont Drive
From Sanibel Island, FL, Family in St. Louis & Ohio



Decker, Lark & Jac Groppruoso
47 Winthrop Lane
From Gladwin, MI. Lark has family in Ponte Vedra

SOCIAL COMMITTEE

By Terry Johnson



The Pool Party on June 18 was a sell out and enjoyed by all. Thanks to Christine Davis and Cindy Bowen, for hosting.

4th of July: Enjoy a Low Country Boil with Shrimp, Sausage, Potatoes, Onions & Corn on the Cob at 3 PM. A golf cart parade will follow. Many thanks to Ken

& Deb Pate for chairing this event.

Sock Hop, August 20 with Bobby K and the Cruisers performing. Tickets sales will be August 8, 10 & 11.

Yard Sale: we have talked about another yard sale in October but will need someone to be in charge. All the necessary information has been compiled so it wouldn't be hard to do





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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. For information on how to sign up for red alert warnings log on to WWW.FlaglerEmergency. com. You may also register for special needs evacuation assistance on this site or call 386-313-4200.

PLANTATION OAKS COMMUNITY EMERGENCY RESPONSE TEAM (CERT)

By George Byrne



Hi Team! Today's Coffee at the Oaks helped CERT by hosting a class on "Stop the Bleed" given by the Flagler Fire Department. Several CERT members and many community residents were

in attendance. This was an excellent course and I'm sure we all learned a great deal about stopping severe bleeding. Many thanks to Betty Shaver and the Coffee at the Oaks team.

We conducted our monthly CERT meeting after the presentation where I announced that we will be conducting a full drill next month on 7/22/22 starting at 11AM (Rain or shine). ALL CERT MEMBERS (CERT and Volunteers) are strongly encouraged to attend. We have had a long hiatus since the last full drill and we ALL need the practice. Hurricane season is upon us so that the more practice and training we get the better. Even if you haven't been at a meeting in a while, it is even more important that you attend this drill. In fact, it is imperative that you attend: We can't be too prepared for a major incident. Non team members are also welcomed to attend as there are many jobs that can be performed which do not require specialized training.

Those team members who have radios are required to bring them charged and ready. Wear your Plantation Oaks CERT shirt, hat, vest, and bring your backpack. Good idea to inspect your backpacks to ensure your equipment is up to snuff and complete. If you have one, bring your golf cart as well. Please make every effort to attend. This is important to the community, the team, and your own safety as you need to keep your skills current for your own safety during an actual incident response. Our community depends on us to be ready... we need to be...and practice is the way we will be! The time to make mistakes is at practice; not when we are being counted on to help after a disaster.

See you all on the 22nd of July.

DRIVING TIP OF THE MONTH

From the National Institute on Aging Submitted by John Mercurio



BE A SAFE DRIVER

Maybe you already know that driving at night, on the highway, or in bad weather is a problem for you. Some older drivers also have problems when yielding the right of way, turning (especially making left turns), changing lanes, passing, and using expressway ramps. *Safe driving tips*:

- Have your driving skills checked by a driving rehabilitation specialist, occupational therapist, or other trained professional.
- Take a defensive driving course. Some car insurance companies may lower your bill when you pass this type of class. Organizations like <u>AARP, American Automobile Association</u> (AAA), or your car insurance company can help you find a class near you.
- When in doubt, don't go out. Bad weather like rain, ice, or snow can make it hard for anyone to drive. Try to wait until the weather is better, or use buses, taxis, or other transportation services.
- Avoid areas where driving can be a problem. For example, choose a route that avoids highways or other high-speed roadways. Or find a way to go that requires few or no left turns.
- Ask your doctor if any of your health problems or medications might make it unsafe for you to drive. Together, you can make a plan to help you keep driving and decide when it is no longer safe to drive.

GOING UNDER COVER

by Bob Matlock



In the March 2021 POP I strongly suggested and encouraged everyone who was having work done on their house to be sure the contractor was licensed and insured. Many times, the work being done requires going

underneath the house to accommodate new electrical. plumbing, cabling, and sometimes structural changes. What I want everyone to know is that your house has two barriers underneath it that prevent damage due to moisture. The first barrier covered all the ground underneath your house when your house was installed on the lot. It extends completely from end to end and side to side. The second barrier is a vapor barrier that was installed on the undercarriage when your house was built in the factory. It should last a lifetime. It keeps moisture vapor from entering your house preventing mildew and keeps all kinds of varmints from entering. Anytime you are having work done that requires going under your house you should advise the worker/contractor that you are aware of the barriers and that you expect them to repair any damage they might do to them. Building codes also require all holes made in the flooring are to be sealed. Another thing under your house that you should be aware of is the ductwork from your HVAC unit. These ducts should not be the aluminum type that is used in ceiling and attic crawl spaces. They should be the larger insulated black flex duct. All joints should be taped and sealed. The duct should never lay on the ground. It is easily elevated with 6-inch, flexible, black duct that is inexpensive and easily cut into 12-inch pieces that are installed under the large duct minimizing the invasion of water and varmints. Make sure your HVAC installer does these things.

POP ON THE WEB

To view or print current or previous POP newsletters go to the PORA website, ourpora.org and click on Contacts/Links/The POP. If you are unable to reach this site you can also access all of the publications on www.4communitymedia.com; click on the Newsletters tab on the right hand side of the page and scroll through the list until you find Plantation Oaks — Flagler Beach, FL. Click on it and then you will have access to all of the newsletters published so far.

TRIVIA (ANSWERS ON PAGE 17)

By Rich Bencal



Welcome back trivia lovers. It's time once again to test your knowledge about miniscule facts and figures. As always, the answers appear on another page in the newsletter. Happy Fourth of July to all.

QUESTIONS

- 1. What two bodies of water are connected by the Erie Canal?
- 2. What company had the first commercial on television?
- 3. What was the name of the volcano that erupted in Washington State in 1980?
- 4. What pop recording duo first started out as Caesar and Cleo?
- 5. When did the US and Canada first adopt a system of time zones?
- 6. When and where was the first juke box introduced?
- 7. Who is the only major league pitcher to pitch a nohit game and be the losing pitcher?
- 8. Who is the youngest player to play in a major league baseball game?
- 9. In what year was year-round daylight savings time implemented on a trial basis?
- 10. How much does a million dollars in one-hundred-dollar bills weigh?



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- 5 Jane Marsden
- 6 Dana Matlock
- 6 Jeffrey Dawkins
- 6 Bern O'Connell
- 6 John Taylor
- 7 Gary Maitland
- 8 Joseph Falis
- 8 Larry Pickett
- 8 Marie Grudzien
- 9 Judith MacLeod
- 10 Colin MacLeod
- 12 Gail Pulak
- 12 Faith Tehan
- 12 Bill Yarina
- 12 Sharon Avery
- 14 Fran McNamara
- 14 Mike Reed
- 14 Tom Young
- 15 Patricia Rewitzer
- 15 Judy Waters
- 16 Carol Waltersdorf

- 18 Chuck Allspach
- 18 Grace Patrick
- 18 Patricial Petraglia
- 19 Carollee Eppinger
- 19 Kathleen Atkins
- 19 Eileen Biers
- 19 Suzanne Ertl
- 19 Betty Vandermyn
- 20 Norma Van Horn
- 20 Mary Shaw
- 21 Robert Stearns
- 21 Al Waltersdorf
- 22 Robert Bataille
- 23 Judy Brady
- 24 Alan Davey
- 24 David Manowski
- 24 Christine Davis
- 25 Frank Clair
- 26 Tom Brennan
- 26 Ann O'Leary
- 27 Sandra Thomas
- 27 Debbie Marron
- 28 Lee Burbridge
- 28 Karen Dolan



JULY ANNIVERSARIES

- 4 Phyllis & Bill Yarina
- 6 Tom and JoAnn Bailey
- 8 Michael & Donna McGeehan
- 11 Betty & Tom Brennan
- 11 Fred & Sharon Mayes
- 14 Benny & Carol Cerney
- 15 Tom & Gail Young
- 15 James & Gisela Kelly
- 16 Frank & Raylene Messina
- 16 Gary & Patricia Watkins
- 20 Marlene & Harry Gilman
- 20 Don & Deb Clack
- 22 Ann & Tom Greene
- 22 Jim & Rose Schafer
- 24 Joyce & John Popp
- 24 Frank & Val Clair
- 26 Rosemary & Mike Merry
- 26 Sharon & Wilson Fedewa
- 27 Cliff & Pam Oberg



We try hard to get it right. However, if we have missed your birthday or anniversary, or have the dates wrong or name misspelled, please contact the editors at dbmatlock@live.com or elzbthvnd@att.net. Thank you!

Lost time is gone forever and can never be found. Be kinder than is necessary, for everyone you meet is fighting some kind of battle. And Remember



Wine does not make you FAT
...... - it makes you LEAN
..... (Against tables, chairs,
floors, walls, etc)

THE THINGS WE DO FOR LOVE

By Joe Cortese



(PART 2)

In the June issue of the *POP*, I wrote the first part of "The Things we do for Love" a story about our new fur baby, Babs. Babs had just undergone spinal surgery and as I wrote the story Glenda

and I did not know if she would recover if she would ever walk again and/or if she would continue to be in pain. We had asked the surgeons, prior to surgery, "what we should anticipate?" but they would not venture a guess. So, we began this journey blindly out of our love for Babs, confidence in the surgeons and faith in the Lord. Today as I write part 2 of "The Things we do for Love," five weeks have gone by and I'm tempted to rename the article to the 70's tune by Hot Chocolate "I Believe in Miracles"! Babs has exceeded all anticipations from her surgeons and therapist. Two days after the operation she stood up and tried to walk when I carried her outside to pee. Her appetite is good and for the first time since we've owned her, she doesn't whine all the time. We didn't know when we got her if her whimpering was just her nature because some dogs (and people) are just whiners but now we know it was because she was in constant pain. Babs is now one of the sweetest, happiest animals I have ever been around. Looking back, we are so thankful we spent the time, money and energy to save



just a cakewalk. There were long nights, there were and still are potty accidents, Babs still has four more water therapy

her because Babs gives us back more than we could ever repay. In wrapping this up I don't want to take the shine off this amazing story, but I also don't want to leave anyone thinking it was



sessions in St. Augustine and then there were "the pills". After surgery Babs had six different medications that she had to take for up to 10 days. I believe it would be easier to herd cats into the ocean than to get Babs to take pills! So, to quote the saying "this too shall pass", it did, and

we and Babs are so much the better for it. It is said "that what doesn't kill you, makes you stronger" and having lived through this ordeal we are optimistic that Babs will continue to get stronger as the days go by and we will all live happily ever after.

SO, YOU THINK YOU KNOW EVERYTHING???

- A dime has 118 ridges around the edge.
- A cat has 32 muscles in each ear.
- A crocodile cannot stick out its tongue.
- A dragonfly has a life span of 24 hours.
- A goldfish has a memory span of three seconds.
- A "jiffy" is an actual unit of time for 1/100th of a second.
- A shark is the only fish that can blink with both eyes.
- A snail can sleep for three years.
- Al Capone's business card said he was a used furniture dealer.
- All 50 states are listed across the top of the Lincoln Memorial on the back of the \$5 bill.
- Almonds are a member of the peach family.
- An ostrich's eye is bigger than its brain.
- Babies are born without kneecaps. They don't appear until the child reaches 2- 6 years of age.
- Butterflies taste with their feet.
- Cats have over one hundred vocal sounds. Dogs only have about 10.
- "Dreamt" is the only English word that ends in the letters "mt".
- February 1865 is the only month in recorded history not to have a full moon.
- In the last 4,000 years, no new animals have been domesticated.
- If the population of China walked past you, in single file, the line would never end because of the rate of reproduction.
- If you are an average American, in your whole life, you will spend an average of 6 months waiting at red lights.
- It's impossible to sneeze with your eyes open.
- Leonardo Da Vinci invented the scissors.
- Maine is the only state whose name is just one syllable.
- No word in the English language rhymes with month, orange, silver, or purple.



2022





PAGE 15







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JULY IS NATIONAL BLUEBERRY MONTH!

By Chef Kevin Gallagher MS, CEC



Blueberries have been consumed for more than 13,000 years. The North American Indigenous Peoples named them "star fruit", inspired by the five-pointed star shape that is formed at the end of the berry. They used them for

medicinal purposes and natural flavoring.

Elizabeth White, the daughter of cranberry farmers in New Jersey, wanted to expand her family's business to include blueberries. In 1911, she partnered with botanist Frederick Coville to cultivate blueberries at her farm. Just four years later, they were selling their first commercial blueberry crop! Blueberries are now grown in 35 U.S. states. British Columbia is the largest blueberry growing region in the world, with Canada coming in behind the U.S. and Chile.

Fun facts about blueberries:

- 1. The deeper the color of the blueberry, the richer it is in antioxidants, vitamins, and other healthy vitamins and minerals.
- 2. Only wash them right before eating. The silver sheen (or bloom) on the skin of this fruit serves to protect the fruit.
- 3. A pigment called anthocyanin gives it the blue color, which makes this fruit one of the only ones that are naturally blue. Anthocyanin is known to attack cancer-causing free radicals in the body as well as aid in good eyesight.
- 4. The blueberry muffin is the official muffin of Minnesota.
- 5. If all the blueberries grown in North America in one year were spread out in a single layer, they would cover a four-lane highway that stretched from New York to Chicago.
- 6. The blueberry is the second most popular berry in the US (strawberries are #1).
- 7. Blueberries contain significant quantities of both antibacterial and antiviral compounds and have a reputation in northern Europe of fighting infections. They may also help protect against heart disease.

Blueberry Muffins (makes 12)

- 2 cups all-purpose flour
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 large egg

- 1 cup sugar
- 1 tablespoon lemon zest
- 1 teaspoon vanilla extract
- 4 tablespoons unsalted butter, melted
- 1¹/₄ cups sour cream
- 1½ cups fresh or frozen blueberries
- 2-4 tablespoons granulated sugar (or white sanding sugar) for topping

Instructions

- 1. Preheat oven to 350°F. Adjust rack to middle of oven. Insert twelve paper baking cups into muffin pan.
- 2. Whisk flour, baking powder and salt in a medium bowl until combined. Add the blueberries and lemon zest, tossing lightly to coat. Set aside.
- 3. In a separate medium bowl, whisk the wet ingredients (egg, sugar, vanilla, melted butter and sour cream) until thick and homogenous, about 30 seconds.
- 4. Add the wet mixture to flour mixture. Fold with rubber spatula until the batter comes together and the berries are evenly distributed. DO NOT OVERMIX! The batter should be lumpy.
- 5. Using an ice cream scoop, fill paper muffin cups about ³/₄ full. Sprinkle muffin tops generously with granulated sugar (or white sanding sugar).
- 6. Bake 18-22 minutes, or until light golden brown and a toothpick or skewer inserted into the muffin center comes out clean. Remove muffins from pan and cool on wire rack. Muffins will release from the paper muffins cups easily if muffins are completely cooled before eaten.

TRIVIA ANSWERS (FROM PAGE 11)

- 1. Lake Erie and Hudson River
- 2. Bulova Watch, July 1941
- 3. Mt. St. Helens
- 4. Sonny and Cher
- 5. November 18, 1883
- 6. Palais Royal Saloon, San Francisco, CA on November 23, 1889
- 7. Ken Johnson of the Houston Colt 45's lost 1-0 on April 24, 1964
- 8. Joe Nuxhall of the Cincinnati Reds on June 10, 1944, was 15 years old and pitched 2/3 of an inning.
- 9. January 6, 1974, in response to the OPEC oil embargo
- 10. Approximately 22 pounds.

THE 1% AGE GROUP.

Submitted by John Mercurio



This special group was born between 1930 & 1946 = 16 years.

In 2022, the age range is between 76 & 92. Are you, or do you know, someone "still here?" Interesting Facts:

You are the smallest group of children

born since the early 1900s.

You are the last generation, climbing out of the depression, who can remember the winds of war and the impact of a world at war that rattled the structure of our daily lives for years.

You are the last to remember ration books for everything from gas to sugar to shoes to stoves.

You saved tin foil and poured fried meat fat into tin cans. You saw cars up on blocks because tires weren't available. You can remember milk being delivered to your house early in the morning and placed in the "milk box" on the porch.

You are the last to see the gold stars in the front windows of grieving neighbors whose sons died in the War.

You saw the 'boys' home from the war, build their little houses.

You are the last generation who spent childhood without television; instead, you "imagined" what you heard on the radio.

With no TV until the 1950s, you spent your childhood "playing outside." There was no Little League.

There was no city playground for kids.

The lack of television in your early years meant that you had little real understanding of what the world was like. On Saturday mornings and afternoons, the movies gave you newsreels sandwiched in between westerns and cartoons.

Telephones were one to a house, often shared (party lines), and hung on the wall in the kitchen (no cares about privacy).

Computers were called calculators; they were hand cranked.

Typewriters were driven by pounding fingers, throwing the carriage, and changing the ribbon.

'INTERNET' and 'GOOGLE' were words that did not exist.

Newspapers and magazines were written for adults and the news was broadcast on your radio in the evening.

The Government gave returning Veterans the means to get an education and spurred colleges to grow.

Loans fanned a housing boom.

Pent-up demand, coupled with new installment payment plans opened many factories for work.

New highways would bring jobs and mobility.

The veterans joined civic clubs and became active in politics.

The radio network expanded from 3 stations to thousands. Your parents were suddenly free from the confines of the depression and the war, and they threw themselves into exploring opportunities they had never imagined.

You weren't neglected, but you weren't today's all-consuming family focus.

They were glad you played by yourselves until the streetlights came on.

They were busy discovering the postwar world.

You entered a world of overflowing plenty and opportunity; a world where you were welcomed, enjoyed ourselves and felt secure in your future although the depression poverty was deeply remembered.

Polio was still a crippler.

You came of age in the '50s and '60s.

You are the last generation to experience an interlude when there were no threats to our homeland.

The second world war was over, and the cold war, terrorism, global warming, and perpetual economic insecurity had yet to haunt life with unease.

Only your generation can remember both a time of great war and a time when our world was secure and full of bright promise and plenty.

You grew up at the best possible time, a time when the world was getting better...

You are "The Last Ones."

More than 99 % of you are either retired or deceased, and you feel privileged to have "lived in the best of times!" Amen! It's great being part of the 1% Special Group!



JULY

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