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PLANTATION OAKS THROUGH THE CAMERA'S EYE

PHOTOS BY JEANIE SCIONTI



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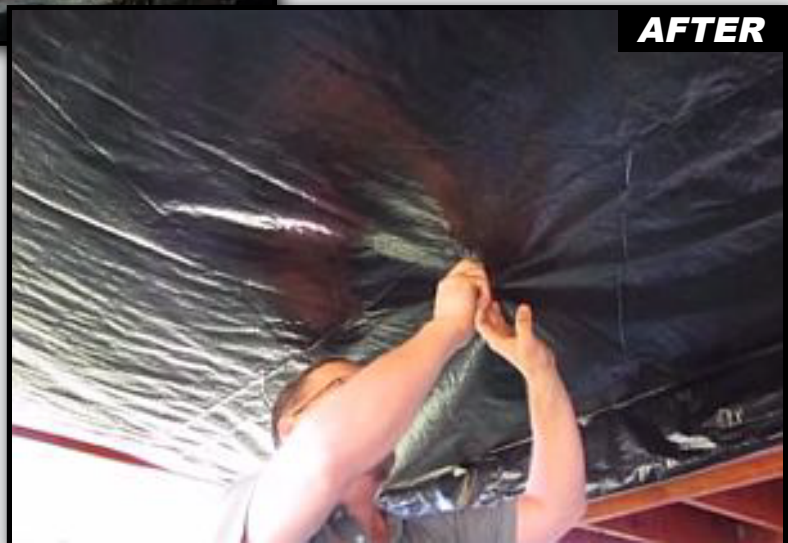
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PARADISE LOST, Part 3

(The long-lost shaker of salt, was there all along)

By Joe Cortese



Once upon a time (in the 1930's), in the County of Volusia, a girl named Barbara was born. Barbara nearly died that day (but that's another story) and, though she didn't know it then, she had a lot of living to do and a lot of lives to touch - including becoming my Aunt Barbara. Barbara's father cut and milled lumber (kind of like the Walton's, but of course, no mountains). She remembers him as a strong and kind man but, when she was around three, he died in a logging accident. In those days they didn't have Social Security Survivors Benefits, food stamps or much of anything else so the family struggled! Barbara's mother, four brothers and three sisters moved often. At times, she lived with her Grandfather off of Old Kings Road (right about where the weigh station is on I-95) where she used to slop the hogs. She lived in a house on the property of what is now Wadsworth Park and then later in a house with her step grandmother behind what is now the Flagler Fish Company. Like everyone in those days, Barbara worked many odd jobs. In her early teens, the owners of the Flagler Beach Hotel (Barbara called them Uncle Walter and Aunt Mable Green) ask her to work and live at the Hotel as long as she promised to stay in school and be a good girl. Barbara got a private room with a bath and large closet on the SE corner of the third floor, plus meals. She became a waitress in the hotel's dining room at \$10.00 a week. Barbara remembers that the dining room closed at 8:00 PM and guest waited till 7:50 PM to enter so she was commonly stuck there while her friends gathered at the pier. Barbara stayed with the Greens through high school until she married her first husband. All-in-all those were some of the better years in Barbara's youth. She grew up with her feet in the sand and a birds eye view of Flagler Beach.

These are a few more of her memories:

- Running to the beach early in the morning (before the tide came in) to see if the weekend children had left any toys in the sand.
- A large paddle boat on the inter-coastal blowing their whistle to attract the children and throwing them apples and oranges.
- Walking to school down a wooded path that was often blocked or flooded and having to navigate around alligators, snakes and cows to get to the "one lane bridge" over the Inter-coastal.

- Going to bonfires at night on the beach with friends and the men throwing cast nets to catch mullet attracted to the light.
 - Taking an old row boat in the marsh to go mud bogging (not sure but it sounds pretty messy).
 - People riding on the beach with skeeters (vehicles modified like dune buggies).
 - Mr. Fuquay (an early land owner in Flagler Beach) donating to the city "Town Park" (now known as Veterans Park) with a title clause that it could never be built on and always kept for the people's use.
 - Mr. Green challenging the City Council in court (reminding them of Mr. Fuquay's deed restriction) and winning when they were going to build on the park.
 - Her older brothers seeing Charles Lindbergh when he landed in the area and getting a dime from Rockefeller when he drove through town.
 - American planes bombing German U boats off the coast that were sinking supply ships and subsequently bodies floating up on Flagler Beach.
 - Mr. Mosby sounding the warning sirens to go inside at day and black out lights at night.
 - Helping the Greens barricade blown out windows in the Grand Ballroom during a Hurricane.
 - And finally, being a young girl on her own, alone and scared!
- Years later my Uncle Mike (my father's brother) moved to Florida from California and had the great fortune to meet and marry Barbara. I tried to list the little I know about my Aunt Barbara but it became unmanageable because Barbara is incredible. She has accomplished so much, helped so many, raised a wonderful family (and some were not even hers) and all with a firm and loving hand. I have only known one person that I would truly refer to as "the salt of the earth" and that's Aunt Barbara! I don't know what Uncle Mike came to Florida looking for (maybe his long-lost shaker of salt) but I think he found it here on the salty shores of Flagler Beach.



RUBBER DUCKIES & JEEPS

By Joanne Kegel



You may have wondered “what’s up with the rubber duckies?” when you pass a Jeep Wrangler while driving in your car. It’s a Jeep thing. I own a 2018 Jeep Wrangler 4 door with a soft top. My first one was a 2 door with a hard top. I keep it pretty

stock and it’s not all jacked up nor used for off-road. Driving on the beach, maybe. I love my Jeep. It’s a six-speed manual transmission, hand-crank roll down windows, not much electronics, but it does have air conditioning. Jeeps are so fun in many ways - if you’re willing to give up some creature comforts. I also have a row of rubber duckies across my dashboard.

I got my first ducky while at a Flagler Beach restaurant. I came out to my car and there was one hanging on the driver’s door handle with a note on it. The note said, “Duck...Duck...Nice Jeep” and urged me to take a



photo of the Jeep and post it on Facebook. Well, I’m not on Facebook, so I Googled it and it’s really a thing.

The trend goes back to 2020, during the beginning of the COVID-19 pandemic. Allison Parliament, from Ontario, Canada, randomly bought a bunch of rubber ducks from a convenience store and gave one to another Jeep owner with a note that said, “Have a great day,” the Wall Street Journal previously reported. That’s when ‘jeep ducking’ or ‘duck, duck Jeep’ began. Since then, I have about 12 duckies. I got a couple while parked at Publix. I got two in one day once: one in the St. Augustine parking garage, and other various places. It’s part of a game essentially meant to brighten someone’s day - a friendly and fun nod. It really does make you smile and laugh when you come out to your car and find one.

Another ritual Jeepers have is the “wave”. Only Wranglers do this. We wave to the other driver when they are coming toward you in the opposite lane. My granddaughter once noticed me waving and thought that I sure know a lot of people who own Jeeps! I explained to her that I was in the “club” and told her about the wave. It’s a friendly gesture that says, “Hey, you’ve got great taste in vehicles, and I would know!”



When older people say, “Enjoy them while they are young.” They are talking about your knees and hips not your kids.



THE OLD COOT SPEEDS ALONG!

By Merlin Lessler, Submitted by Daniel Behanick



I just cut my nails. I’m always surprised because it seems that I just cut them. But no! It’s been weeks. Time goes so fast when you’re an old coot. As you go through life, your “time passing” speedometer speeds up. It’s not fast enough when you’re young. A seven-

year-old, sitting at the Thanksgiving table, thinks, “This might be the year I get a bicycle for Christmas.” So excited, until they hear their mother say to their father, “Where did the year go? Only four weeks until Christmas!” Four weeks? That’s a lifetime to a seven-year-old – an eternity. You live for the future when you’re a young kid. And can’t believe it when you graduate from high school. A surprise that the future snuck up on you and slapped you in the face.

Not us old coots. We live in the moment. Unfortunately, not the present moment. We look longingly to the past (before the world went nuts. Ha Ha). We start many, too many, of our sentences with: I used to; I once could; when I was a kid. The only people who will listen to topics introduced in this manner are other old coots, but only so they can chime in with their “good-old-days” tale.

Eventually, our conversations turn to memory issues, since most of our reminiscences are rife with: I forgot the name; what-cha- ma-call- it; thing-a-ma-jig; and the like. One of us will shift the conversation to a confession of the things he recently forgot: “I put my wallet down when I came into the house and it was two days before I found it”: “I spent ten minutes yesterday, searching for my glasses - my wife pointed out that they were on top of my head.” Then comes the big liar in the group, claiming his memory is just fine. He shuts up when he’s told his shirt is on backwards and he forgot to put on one of his socks.

What’s all that got to do with time? You might be asking at this point, especially if you are in your 40’s or 50’s, living on the cusp of old age. Well, you’ll get there too. It’s just a matter of time. Even now, your “Time-Passing” speedometer is edging over the speed limit. As for me, my memory is excellent, I think. Yet, I wrote this a month ago and just discovered it in my notebook today.



COOKING FOR TWO

By Jeanie Scionti



Recently, I was in Publix and, as usual, checking out the latest food magazines. Although I can easily find recipes online, I am hooked on magazines. I picked up a Hearst Special called "Cooking for Two." It turned out to be a good choice, and what follows is a recipe from that special edition.

Summer Squash, Mint and Pecorino Pasta

6 ounces rigatoni
2 tablespoons olive oil
1 small shallot, halved and thinly sliced
12 ounces zucchini and summer squash, thinly sliced into half-moons
Kosher salt and freshly ground black pepper (optional)
1 1/2 ounces Pecorino Romano cheese grated
3 tablespoons fresh mint, thinly sliced
1 1/2 teaspoons fresh lemon juice



Instructions

1. Cook the pasta per package directions. Drain, reserving 1/3 cup pasta water.
2. Meanwhile, in a large, deep skillet, heat the oil over medium heat. Cook the shallots, stirring occasionally, until golden brown, 3 to 4 minutes. Add the zucchini and summer squash and 1/4 teaspoon each salt and pepper (optional) tossing occasionally, until the squash is very tender but still holds its shape, 10 to 12 minutes.
3. Add the rigatoni to the skillet and toss with the squash and cheese, adding 1/4 cup of the reserved pasta water to form a sauce that coats the pasta; add more liquid if the pasta seems dry. Fold in the mint and lemon juice. Top with additional cheese and pepper if desired.

The first time I tried this recipe I thought there wouldn't be enough for the two of us. I was wrong as the portions are perfectly sized and there are no leftovers to be either stored or simply discarded. I think, as with us, this recipe will become a welcome addition to your weekly rotation.

BROCCOLI SALAD

Requested Recipe From Memorial Day Pool Party

Submitted by Chris Davis



A simple broccoli salad made with bacon, cranberries, and other simple add-ins!

Course: Salad, Side Dish

Cuisine: American

Prep Time: 10 minutes

Chilling Time: 1 hour

Servings: 8 cups, Calories 291, Author: Sam Merritt

Ingredients

5-6 cups broccoli florets, 1 lb. (this was about 2 1/2 heads of broccoli for me (450g))
1 cup sharp cheddar cheese thicker, not finely, shredded (115g)
2/3 cup dried cranberries (85g)
1/2 cup crumbled bacon (60g)
1/2 cup salted sunflower seeds (60g)
1/3 cup red onion diced into small pieces (50g)

Dressing

3/4 cup mayo. I use olive oil mayo (175g)

1/4 cup sour cream (70g)

1 1/2 Tablespoon white wine vinegar

3 Tablespoons sugar (40g)

1/4 teaspoon salt

1/4 teaspoon pepper



Instructions

1. Combine broccoli florets, cheddar cheese, dried cranberries, bacon, sunflower seeds, and onion in a large bowl.
2. In a separate, small bowl, whisk together mayo, sour cream, vinegar, sugar, salt, and pepper until smooth and well-combined.
3. Pour dressing over broccoli combination and toss or stir well.
4. Broccoli salad may be served immediately, but for best flavor refrigerate for at least one hour before serving. Make sure to toss broccoli salad thoroughly again before serving.

Keep refrigerated if not consuming right away.

https://sugarspunrun.com/wprm_print/broccoli-salad



Independence Day is the national holiday of the US of America commemorating the signing of the Declaration of Independence by the Continental Congress on July 4, 1776, in Philadelphia, PA. Although the signing of the Declaration was not completed until August, the 4th of July has been accepted as the official anniversary of United States Independence. The first independence Day celebration took place the following year – July 4, 1777. By the early 1800's the traditions of parades, picnics, and fireworks were established as the way to celebrate America's birthday.

FEDERATION OF MANUFACTURED HOME OWNERS (FMO)

By James Pursley, Plantation Oaks FMO Rep



Well hello, it is your friendly FMO (Federation Of Manufactured Home Owners) Representative. For those of you who are saying, “what the heck is that and who are you - I didn’t vote for you.” I can explain what the FMO is but I can’t explain how I am the Rep, but

proud of it. I have a shirt that says FMO on it so I’m all in. If your home sets on leased land, FMO is really something you want to support.

FMO is the only statewide, consumer advocacy association dedicated to protecting the rights and lifestyle of manufactured homeowners in the state of Florida since 1962. FMO has an attorney and a legislative counsel in Tallahassee to advise them. So for \$30.00/year or \$75.00/3 years, you cannot go wrong. To get this protection just get in touch with me, James Pursley, call or text 386-986-9632, email jpinvest129@gmail.com, or better yet - go to fmo.org to sign up and you can pay with a credit card. They keep you updated on any and all happenings. Better than nosy neighbors. Give it a try. You will not be disappointed.

Another thing that I have on my mind is shaving. I don’t like to shave but my lovely wife Carol insist that I shave at least every two weeks unless we are going out or having company (that is the reason I misplace the invitations). It was different when I was younger. You know it made you look cool. “Hey dude, I’m shaving.” Going on a date, your face had to be smooth. Then you go to the store to buy an after-shave that the girls would like. Remember those days? Anyway, they did not tell you that it burned like crazy. It was embarrassing to tell your date, “I have to stop by the firehouse to get my face hosed off.” It seems like the manufactures have at least come up with some better products - guess the firemen were complaining. I had a beard years ago. I was married before, and when my daughter was just a little girl, my first wife would tell her to go pull daddy’s beard if she was mad at me. Now that is just not right. We are divorced and Carol and I don’t have kids together. One thing I don’t understand is that my lovely wife wants me to have a ponytail but wants me to shave.

Well that is about all from this side. For you newcomers, please watch the heat, stay cool, don’t get heat exhaustion. I’m going for now it’s pushing two weeks.

TRIVIA

By Rich Bencal



Summertime greeting to all in Plantation Oaks. I hope you are staying cooled and safe from the heat and humidity. Once again, I have combed through many reference publications to come up with some hopefully challenging questions for you. Give it your best shot. As always, the answers will appear on another page in the POP. Good luck and Happy Fourth of July!

QUESTIONS:

1. When was the FM radio patented?
2. When did Congress officially recognize the Pledge of Allegiance?
3. What is the name of a cocktail in a Jimmy Buffet song?
4. Who was the voice of cartoon character Bugs Bunny?
5. Who was the first NHL goalie to wear a mask?
6. How many NHL goalies have scored a regular season goal?
7. Who is the youngest person to win an Oscar?
8. When did the first juke box appear in the US?
9. What is Americas oldest beer?
10. What professional athlete won more championships as a player in their sport?



CATS

By Rosie Reese



I’m a dog lover, BUT ...

Growing up in Brooklyn, we always had a dog - never a cat. We lived in a one-family house with a large backyard - perfect for a dog. Then seven years ago, I met Ed and he had two cats. I was not sure how my dog would react to the cats and I prayed he wouldn’t hurt them. Boy was I dumb! My dog Boo was afraid of the cats! Time passed and one of the cats died and then Boo also died.

MoJo was the last remaining cat. Mo Jo is one of the friendliest cats you’d ever meet and loves attention. Cats are perfect pets for older people. You never have to walk them and you can talk to them, so you don’t have to talk to yourself. July 24th is National Kittens Day. If you need a pet, this is the “purr-fect” time to adopt a kitten. If you are lucky, you could get a cat as good as MoJo.

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THE "YES" SCAM

Submitted by John Mercurio



Rossen Reports: everything you need to know about the 'say yes' scam. You've likely heard of the "Can Your Hear Me?" or "Say Yes" scam where scammers allegedly record you saying the word "yes," and then use that recording to authorize fraudulent purchases.

Our viewer, Donna, emailed 'Rossen Reports' asking about the scam. She wrote, *"I received a call from someone purporting to be a crime investigator. He asked if I ordered a package from Mexico. I said no. He asked me if I had a pencil to write down the case number. I said yes. He asked me to repeat the number. Suspecting a scam at that point, I repeated different numbers. He said thanks and hung up. I didn't give any personal information, but then I did remember the 'Say Yes' scam. What should I do now?"*

We reached out to our cyber security expert, Jim Stickley, to get his insight on the call. He told us that he believed this was an example of a popular scam where someone claims to be an investigator or someone from Customs and Border Protection. They say they've intercepted a package containing drugs — and that you're in legal trouble because the package was heading for you before they intercepted it. From there, the caller asks for your private information or tries to get you to pay a fee. As for Donna's call, Stickley suspects the scammer gave up when she started getting suspicious.

When we asked about the "Say Yes" scam, Stickley tells us the whole thing is largely a myth that doesn't make much sense from a financial fraud standpoint. Even if a scammer records you saying "yes," that alone is not enough to make a fraudulent purchase. The Better Business Bureau also has not received any reports in its Scam Tracker that mention financial loss from the alleged scam. Stickley believes the origins of the urban legend go back to telemarketers using automated systems to confirm the numbers they were calling belonged to actual people. But somewhere down the line, people confused that for a means to commit financial fraud. Long story short — he says it's not something you need to worry about.



TEN COMMANDMENTS OF MANUFACTURED HOMEOWNERS

Submitted by Dana Matlock, FMO Park Rep



1. Thou shall keep that Florida statute 723 and be knowledgeable of its contents.
2. Thou shall keep the original correct prospectus with a home and be knowledgeable of its contents.
3. Thou shall know that a registered HOA is the only legal entity in any part that can represent all homeowners.
4. Thou shall be observant of your HOA officers; in that they maintain their focus on the mandate of their fiduciary and legal responsibilities.
5. Thou shalt call attention to your HOA board any violations by park management of your HOA, of your prospectus or Florida Statue 723.
6. Thou shalt insist that your HOA board build and maintain a legal fund for the protection of all homeowners in your park.
7. Thou shalt maintain thy membership in thy HOA, remembering that membership entitles you to participate in vital matters affecting you and voting in board elections.
8. Thou shalt be aware that a viable HOA, and it's supporting member homeowners can secure the best possible lifestyle for a park. A non-viable HOA or persons who have a wish to destroy or capitulate can cause failure.
9. Thou shalt know that the Federation of Manufactured Homeowners (FMO) is the only advocacy association fighting to protect the rights of manufactured homeowners in Florida. Join the FMO and support the FMO's efforts to secure your future!
10. Thou shalt remember the dates of your HOA and FMO meetings, and with your attendance will come friendships, knowledge, and enlightenment.

Source: Federation of Manufactured Homeowners

There should be a margarita truck that drives around playing mariachi music in the evenings and we can run out with our money like an ice cream truck, but you know with margaritas.

FOUR DEGREES OF SEPERATION

Submitted By Tom Greene



While I was a student in college, I had a Professor Luke. He was an elderly man, probably younger than I am now. He told us a story about when he was a young boy in upstate New York. He had gone over to the house of one of his neighbors around the turn of the 20th century. There he got into a conversation about the neighbor's experience in the Civil War. He had been wounded at Gettysburg and was in a hospital. He woke up one day to see a man looking over him. The man asked him, how he was doing and what had happened in the battle. He did not realize who he was until the man went down the aisle and joined a group of generals.

He was discharged and returned home. When he heard the news of Lincoln's assassination, he took an axe and chopped down a tree crying and shouting "They killed my Lincoln!" The young Professor Luke asked him, "What did Lincoln look like?" He said, "He was the ugliest man he had ever seen, but he had eyes like Jesus Christ!"

My knowing the Professor, gives me three degrees of separation from President Lincoln and therefore anyone who knows me, four degrees of separation from President Lincoln. This is something you can give your children and grandchildren!

COME JOIN A FUN GROUP

By John Popp



I hope this article finds all of you well. I'd like to share some information you might enjoy hearing about. The work on the pool was finally finished in May and it has been a pleasure



to take advantage of the newly improved swimming pool. Additionally, as luck would have it, the weather has been very cooperative. The pool is being kept at 85 degrees and it is regulated quite well. OK, so what's the point here?

I want you to know about a fun group of people that gets together at 10 AM for about an hour every Monday, Wednesday and Friday for Water Aerobics. Even a late sleeper like me has no excuses. We have a group of about 20 to 30 hard core attendees. Some people arrive early and walk the pool getting ready for the exercises to come. Water aerobics is easy on your joints so many people that can't walk very far on land can easily walk in a pool. Other folks don't stay for the

whole hour and quit as they get tired. In other words, there really are no rules - just come and enjoy. I find another big benefit is that by 11AM you have already gotten your exercise in for the day. And, for those concerned, I did check in on Google and it is also a way to lose weight.

Because water aerobics is easy on the joints but provides a high level of resistance, water aerobics can help your joints heal after impactful activities. The physical benefits are apparent so what else is there? Well, our regular attendees are a fun group to be around. We laugh and joke our way through the hour. There are about three women to every man. So, come on fellows - that should be incentive enough. I don't participate in a lot of the activities here so, for me, it is a great way to meet and make friends.

I'm asking you to please look at the possibilities of giving our group a try. It is not a large investment of your time and I know from my own experience you will enjoy the benefits of feeling positive the rest of the day. The other item I will bring to your attention is, "What else are you doing at that time of the morning?" If you are still skeptical, ask someone you know that does attend water aerobics what their thoughts are. I sincerely hope you take a chance and come join us. I think you will be pleased.

THE MULE

Curtis & Leroy bought a mule for \$100. The farmer agreed to deliver the mule the next day. The next morning the farmer drove up and said, "Sorry, fellows, I have some bad news, the mule died last night."

Curtis & Leroy replied, "Well, then just give us our money back." The farmer said, "Can't do that. I went and spent it already." They said, "OK then, just bring us the dead mule." The farmer asked, "What in the world ya'll gonna do with a dead mule?" Curtis said, "We gonna raffle him off."

The farmer said, "You can't raffle off a dead mule!" Leroy said, "We shore can! We don't hafta tell nobody he's dead!" A couple of weeks later, the farmer ran into Curtis & Leroy at the Piggly Wiggly grocery store and asked, "What'd you fellers ever do with that dead mule?"

They said, "We raffled him off like we said we wuz gonna do." Leroy said, "We sold 500 tickets fer two dollars apiece and made a profit of \$898." The farmer said, "Didn't anyone complain?" Curtis said, "Well, the feller who won got upset. So, we gave him his two dollars back."



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- 2 Anne Mowling
- 4 Good Ole USA
- 5 Jane Marsden
- 6 Dana Matlock
- 6 Jeffrey Dawkins
- 6 John Taylor
- 7 Gary Maitland
- 8 Joseph Falis
- 8 Larry Pickett
- 8 Marie Grudzien
- 9 Paul Halstead
- 9 Judith MacLeod
- 10 Colin MacLeod
- 12 Gail Pulak
- 12 Faith Tehan
- 12 Sharon Avery
- 13 Therea Halstead
- 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
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- 19 Suzanne Ertl
- 19 Betty Vandermyn
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- 22 Robert Bataille
- 22 Gary Sirois
- 23 Judy Brady
- 24 Alan (Ollie) Davey
- 24 David Manowski
- 24 Christine Davis
- 24 Laurie Struhar
- 25 Frank Clair
- 26 Tom Brennan
- 26 Ann O'Leary
- 27 Debbie Marron
- 28 Lee Burbridge
- 28 Karen Dolan
- 29 Dee Cohen

JULY ANNIVERSARIES

- 8 Michael & Donna McGeehan
- 11 Betty & Tom Brennan
- 14 Benny & Carol Cerney
- 15 Tom & Gail Young
- 16 Frank & Raylene Messina
- 18 Gary & Patricia Watkins
- 20 Marlene & Harry Gilman
- 20 Don & Deb Clack
- 22 Jim & Rose Schafer
- 24 Joyce & John Popp
- 24 Frank & Val Clair
- 24 Ann & Tom Greene
- 26 Rosemary & Mike Merry
- 26 Sharon & Wilson Fedewa
- 27 Cliff & Pam Oberg
- 27 Paul & Janice Randolph



We try hard to get it right. However, if we missed your birthday or anniversary, or have the dates wrong or name misspelled, please contact the editors, Dana or Jo at dbmatlock@live.com or jokegel@comcast.com.

Thank You!



BULOW PLANTATION RUINS - A few Plantation Oaks residents attended a fun event at Bulow where Ranger Mike portrayed John Audubon, the famous naturalist. Audubon was a guest at the plantation during Christmas week 1831. During his visit, Audubon immortalized the plantation in his painting of the *Greater Yellowlegs* as part of his Birds of America series. Ranger Mike, speaking as Audubon, gave an interesting summary of Audubon's life and family. Look for more of these types of events at our local parks.

From left to right: Nina Bruno, Phyllis Holdsworth, Glenda Cortese, Joe Cortese, Cathleen Niedhammer, Ranger Mike, Dana & Bob Matlock

DOES HEAT AFFECT BLOOD PRESSURE?

Submitted by Carm Gross



The answer, in short, is no. In fact, blood pressure tends to be lower in the summer than in winter because warmer temps cause blood vessels to dilate, or expand, so your body doesn't have to work as hard to circulate blood, according to the Mayo Clinic. However, high heat and humidity can still trigger health complications for some people with high blood pressure, particularly if you are taking certain medications to lower it.

Dangers of Heat if You Are Taking Blood Pressure Medication

If you are taking medication for hypertension, there are two special risks you may face when temperatures soar.

- Greater susceptibility to low blood pressure
- Reduced heat tolerance

Other Factors That Increase Your Risk of Complications from Heat

Whether or not you take blood pressure medication, certain risk factors can make you more vulnerable to hot temperatures. If you fall into one of the following groups, please take extra caution when the mercury rises:

- You are over age 65
- You have a chronic medical condition
- You have a condition that affects your ability to sweat

How to Stay Safe in the Heat When You Are Taking Blood Pressure Medication

Because medications for high blood pressure can mess with the body's heat regulation skills and fluid balance, the following summertime precautions are recommended to prevent your heart and blood vessels from getting overworked. The same steps can also help prevent heat-related illness in general.

- Stay hydrated – water, clear liquids, sports drinks that contain electrolytes – avoid caffeine & alcohol
- Keep your body cool as much as possible
- Modify your wardrobe – lightweight clothing
- Avoid being outside between noon and 3 pm
- Take it easy with outdoor exercise
- Wear sunscreen



Talk To Your Doctor

If you are taking medication for high blood pressure, particularly a beta blocker or diuretic, it's a good idea to check in with your doctor as hot weather approaches to discuss the potential effects on your blood pressure and overall health.

Source: Excerpts from article by Medical Reviewer David M. Axelrod, M.D. Updated by Krissy Brady

Welcome

We're Glad You're Here!



Dean, Lorraine & Joshua Skordahl

12 Ashbury Lane

Moving from Minnesota and will be permanent residents. Lorraine has been working in the Flagler area since last year and has met residents of Plantation Oaks.

Victor & Teresa Wells

115 Habersham Drive

Moving from Oklahoma in the coming months and will be permanent residents of Plantation Oaks.



FLAGLER JULY 4th CELEBRATION

Flagler County Government and the cities of Palm Coast, Flagler Beach, and Bunnell invite all Flagler County residents and visitors to the United Flagler 4th Community Celebration on Thursday, July 4th, 2024.

The day's festivities begin with the cherished Stars and Stripes parade in the morning, presented by the Rotary Club of Flagler Beach. The parade will follow its traditional route from North 6th Street to South 6th Street along A1A in Flagler Beach. Following the parade, all can enjoy the beach while indulging in the music and entertainment at Veterans Park in Flagler Beach. The highlight of the day will be the awe-inspiring Fireworks Over the Runways, hosted at the Flagler Executive Airport off of Fin Way. Gates will open at 5:00 p.m. The dazzling fireworks display will begin at 9:00 p.m.

A variety of vendors, including food vendors, a beer garden, kids' activities, and more, will be available. A main stage featuring a DJ will maintain an energetic atmosphere, and at 7:00 p.m., local dignitaries and elected officials will recite the Declaration of Independence. The Palm Coast Fire Department Honor Guard will present the nation's colors, and the talented Melanie DiMartino will grace us with her rendition of the National Anthem.

Go to UnitedFlagler4th.com for all event information.

SOCIAL COMMITTEE NEWS

By John Clabaugh & Christine Davis



Join us for our Social Committee meetings the first Monday of each month at 2 PM, except when it lands on a holiday. **The next**

Social Committee Meeting will be held on Monday, July 1 at 2:00 PM. All are welcome.

Please continue to check the website, email, and bulletin boards at the clubhouse for sign ups and posting of new events. Breakfast and Dinner events by the Cooks will be on hold until September.

We are always looking for volunteers to help with each event, especially for cleanup teams. Sign-up sheet is on the bulletin board in the clubhouse. We only have two residents who have volunteered for clean-up and would like to see more residents volunteer to help. For any questions or suggestions, you may have regarding social committee, please contact:

John Clabaugh 570-772-2499 jclabaugh7@yahoo.com

Christine Davis 508-901-3628 c.davis16@comcast.net

JULY EVENTS:

JULY 1 – Social Committee Meeting, 2 PM



July 4 – Golf Cart Parade 11 AM followed by Bob's Burgers/Potluck at Noon – Burgers, Chips and Soda provided for \$5 each. BYOB and a dish to share.

July 9 – No Coffee & Doughnuts – taking a break.

July 19 – No Dinner – Cooks taking a break

July 27 – Practice Run - Casino Night at the Oaks, 7-9 PM. Light snacks and iced tea/lemonade provided for \$5 each. 20 -30 Residents only. BYOB. Need dealers and helpers. Contact Patti Watkins at 386-986-6245.

FUTURE EVENTS:

September 7 – Breakfast, 8 AM

September 20 – Dinner, 5 PM

September. 28 – Casino Night at the Oaks, 6:30-9 PM, \$20. **Games:** Poker, Blackjack, Texas Hold'em, Craps, Roulette, Horserace, Food, Drink, (BYOB) Photo Booth (Dress your Best), Dice game and more. First, Second and Third place prizes. Also having an Auction to win prizes. Need Dealers and Helpers. Contact Patti Watkins at 386-986-6245.



6:30 pm –8:30 pm. Finger foods and dessert to be served.

October-Chili Cook-off- more details to follow.

Rob Bataille

October 31-Halloween – Cindy Easter. Golf Cart Parade/Firepit gathering to follow - weather permitting.

November 8-Murder Mystery Dinner Show. Spaghetti Dinner. 5 PM. \$15 PORA Members, \$17 Non-Members. Will open show for next day if necessary. Need Actors sign -up sheet will be at clubhouse. - Debbie Pate

November - Thanksgiving Dinner – More details to follow.

December - Christmas House Tour – Pam Wiggins

December - Gingerbread Making Session – Terry Johnson

December - Christmas Party – Betty Vandermyn and Patty Watkins

December 31-New Year's Eve Party. Pyramid DJ Entertainment.

Check out the calendar of events on ourpora.org.



Bingo: Wednesdays 5:45-9:00 PM

Doors open at 5:45 Bingo begins promptly at 6:30 PM



Horseshoes: On summer hiatus – be back in the fall – too hot! 🥵



Chair Volleyball: 2nd and 4th Thursdays 1 PM in clubhouse.



Ice Cream Social: Last Sunday of each month 6-7 PM. Free to all residents.



Water Aerobics: Mondays, Wednesdays and Fridays 10:00-11:15 AM



Christian Fellowship

July 4th is one of my favorite holidays – what's not to like, right? Parades, fireworks, picnics with all kinds of yummy food, family/friend gatherings, and most importantly – celebrating the birth of our amazing United States of America!

It seems appropriate during this month to continue the patriotic theme by reflecting on what it means to be a "*Christian Patriot*". And that's what we'll be doing at the July 14th Plantation Oaks Christian Fellowship, from 4:00 – 5:30 at the Clubhouse.

Come and bring your neighbors & friends to enjoy this special time together. We'll have prayer, music, Bible-reading/discussion and fellowship.

The Plantation Oaks Christian Fellowship is a non-denominational group where everyone is welcome to learn and grow in their faith of Jesus Christ.

Contact Carol Cerney at 507-213-0121 if you have questions.



THE PLANTATION OAKS PRESS (POP)

The POP was started by, and continues to be produced by, a group of Plantation Oaks residents. Community Media prints and ships the completed newsletters to us. PORA supports our efforts by purchasing the door hanging bags for ease in delivery. We publish monthly and our wonderful Block Captains deliver to your door before the beginning of each applicable month.

Editors, Dana Matlock & Jo Kegel reserve the right to edit submitted material for proper grammar, punctuation, content, and length. To submit an article for consideration, you may email it to dbmatlock@live.com and jokegel@comcast.net. Or you can drop off a written copy to 4 Tobias Lane, or call me at 386-439-3443 and I will pick it up. Include your name and contact number.

All efforts are made to ensure accuracy of information contained but cannot be guaranteed. If you notice inaccuracies or omissions, please notify the editors immediately.



BEAUTY TIPS *By Terry Johnson*

Fade Sunspots For Pennies

No need to splurge on pricey remedies to lighten up spots on your face. Instead, just add 1/2 tsp. of sugar to a bowl filled with the juice of a half a lemon. Apply the mix to spots using a cotton ball, leave on for 2 to 3 minutes, then rinse. The slightly abrasive sugar whisks away discolored skin while lemon's natural bleaching agents help fade the spots.



TRIVIA ANSWERS

1. December 1933
2. December 28, 1945
3. Margarita
4. Mel Blanc
5. Jacques Plante, Montreal Canadiens, November 1, 1959
6. 15
7. Tatum O'Neal for her role in Paper Moon
8. November 23, 1889 at the Palais Royal Saloon in San Francisco, CA
9. Yuengling, founded in 1829
10. Bill Russell of the Boston Celtics won 11 NBA championships in 13 years



WANTED – POP CONTRIBUTORS

Please join our elite group of article contributors who share their stories with us. We would love to hear yours. Please send your articles to Dana: dbmatlock@live.com & Jo: jokegel@comcast.net

PLANTATION OAKS Federation of Manufactured Homeowners (FMO) Representatives



James Pursley - 386-986-9632
Dana Matlock - 386-439-3443

PORA Plantation Oaks Residents Association 2024 BOARD OF DIRECTORS

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Quarterly meetings will be the first Sunday of the month: **September 8** (due to Labor Day), and December 1, 2024.

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www.ssa.gov/scam/resources.html

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