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Daylight Saving Time
Spring ahead and don't forget to set your clocks forward 1 hour on March 14 at 2 AM.

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SOCIAL COMMITTEE

By Terry Johnson, Social Committee Chairperson



The social committee is trying to schedule events outside of our community that will keep us safe and yet have fun. We realize that times are hard, but this too shall pass. We had a wonderful time on our trip to Merritt Island Wildlife and Refuge Center in January. It was a carpool event, and we did remain in our cars, but we were able to pull off along the trail to take pictures. We saw various species of birds and plenty of alligators.

Our next adventure will be on March 11 to the Jacksonville Zoo. We will again carpool, meeting at the community clubhouse at 9:30 AM. Tickets must be purchased online ahead of the trip at jacksonvillezoo.org. Prices vary depending on which activities you would like to see or do.

On April 9 we are planning a tour boat trip on the St. John's River. The boat is limited to 10 and they have 2 tours available per day at 10AM and 1PM. The cost is \$20 per person. There will be a sign-up sheet on the bulletin board in the clubhouse in March. Reservations are required. I will need to work out the money with the tour manager since they require a deposit. More info to follow. The social committee meets the first Monday of each month at 1PM in the clubhouse. New members are always welcome.

Trip to Merritt Island Wildlife & Refuge – January 2021



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HAPPY ST. PATRICK'S DAY!



FROM:
COMMUNITY MEDIA

PLANTS AND DEER

By Mal Fraser, Flagler Co. Master Gardener



When we first moved to Florida, we were in the first phase of a development. Deer were not a consideration when selecting plants for our landscaping. Knock-out Roses, Hibiscus, Pittosporum, etc. were great however as housing developments increased the deer were losing their natural and native habitats. One day I walked outside to find the flowers were gone from my Roses and future damage was only going to get worse. I tried chemical sprays {Liquid Fence} and small fences however if we left for a trip the deer were back. I have since gone to using plants that are considered to get rare or minor damage. Penta's are a good example.... when I planted a sample, the deer left it alone. Some landscaping nurseries have deer resistant information on their plant signs. You can also ride around and see what your neighbors have planted successfully. Or you can utilize the internet on your computer to see if a plant you would like to use is deer resistant. Enjoy your plants and don't fight nature.

GETTING OLDER-PART 2

Submitted by John Mercurio



It's weird being the same age as old people.
When I was a kid, I wanted to be older... this is not what I expected.
Life is like a helicopter. I don't know how to operate a helicopter.
Chocolate is God's way of telling us he

likes us a little bit chubby.
It's probably my age that tricks people into thinking I'm an adult.
Never sing in the shower! Singing leads to dancing, dancing leads to slipping, and slipping leads to paramedics seeing you naked. So remember...Don't sing!
During the middle ages they celebrated the end of the plague with wine and orgies. Does anyone know if there is anything planned when this one ends?
I see people about my age mountain climbing; I feel good getting my leg through my underwear without losing my balance.
If you can't think of a word say "I forgot the English

word for it." That way people will think you're bilingual instead of an idiot.
I'm at a place in my life where errands are starting to count as going out.

GUINNESS WORLD RECORD

By Rich and MaryAnn Rabuazzo



In February of 2020, we went on our last cruise of the year because COVID-19 appeared a few weeks later. Rich and I, Malcolm and Anne Fraser renewed our wedding vows during this cruise. As a result, the four of us are now part of the Guinness World Book of Records. Princess cruises hosted a mass renewal of vows simultaneously onboard three different cruise ships. 1,443 couples participated. Gavin Macleod (Captain Stubing from The Love Boat television series) officiated at our ceremony. His TV daughter, Jill Whalen, (Vicki) also joined us for the week. It was special and exciting to be part of these multi-location ceremonies and to have shared the experience with our friends.

BEAUTY TIPS

By Terry Johnson

Your mascara is not old but when you apply it to your lashes it creates a gloopy mess. Solution: add 2 drops of vegetable oil to the tube and shake. The oil loosens the clumps inside the tube.



BY REQUEST, RAY NEEB SHARES HIS FAMOUS RECIPE WITH US

Corned Beef & Cabbage Dinner



Ingredients

- 1 five-pound flat cut corned beef brisket
- 1 head of cabbage (cut into wedges)
- 4 lbs. red skin potatoes (cut in uniform size.)
- 5 carrots (cut into 3" pieces)
- 5 yellow onions (quartered)
- 5 cans of ginger ale

Cooking Instructions

1. In large pot combine brisket, spice packet, ginger ale and water to cover by 3 inches
2. Cook at low boil until tender (at least 2 hours)
3. Remove brisket and refrigerate overnight (save the cooking liquid)
4. Trim most of the fat from the brisket and slice into serving size
5. Combine potatoes, carrots, onion and cabbage with cooking liquid (cook until potatoes and carrots are just done)
6. Rehydrate the brisket with the saved hot cooking liquid until heated through

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By James Pursley, Plantation Oaks FMO Representative



Love is in the air. Valentine's Day is almost here. If you are like me, you don't know what to get your Sweetheart. Yes, you can go the flower route, but you end up tossing them out in a few days. Or there is the box of chocolates. But we are going to have to explain to our doctor next time we go in why our blood work is off the charts. Then there is the idea of some sexy night wear, but then we have the "dreaded heart attack" looming over our heads and having to explain to the E.M.T. (at our age) what brought on this condition. Well, I've got the perfect solution. Yes, I have taken all of the above problems off the map. Give your Loved One a Membership for FMO. A FMO membership is the best gift you can give. If you are single no problem, give a membership to yourself. Through FMO's involvement, the Florida Manufactured Home Act (Florida Statue 723) was drafted and enacted in 1984.

FS 723 addresses such items as:

- 1.) Your Prospectus
- 2.) Park Owners' and Homeowners Obligations
- 3.) Rules and Regulations and changes
- 4.) HOA and Bylaws
- 5.) Dispute settlements
- 6.) Evictions grounds, and proceedings
- 7.) Lot Rental Increases
- 8.) Reduction of services or utilities

This is just a few things that you get for your membership. In order to protect our rights, we need your support by joining the other FMO members in Plantation Oaks. Your vote does make a difference and supporting your FMO is the only way to make a difference in Tallahassee, FL, for all manufactured home park residents whose home sits on leased land. FMO cannot survive without an increase in membership and our lifestyle cannot survive without FMO.

FMO membership applications are available through me, email (cbinvest@yahoo.com), phone or text (386- 986-9632) or you can join online by going to FMO.org. In the lower left-hand corner, under the blue bar (Member Area Login) click on (Not a member yet?). Click here to join. So easy and you can use a credit card. Dues are \$25.00 for a 1-year membership or \$65.00 for 3 years.

Last month I told you I would tell you a story about their Roadside Service. I received a letter from my Insurance Company that they were canceling my roadside service on my policy because I had used it over my limit for service requests. I did not know they had a limit. For the price one pays for insurance! When I tried to change to another auto insurance company, I found out that each time I used my roadside service it was considered a collision claim. We used the roadside service: twice for a battery charge on my car and twice for a flat tire on my wife's car. Through FMO you can obtain Elite Cross-County Premium Roadside Service for \$35.00 per year. I personally shopped around, and I found it cheaper than AAA, with more benefits. I have already used it and the service was prompt, and very professional, I would highly recommend it, and, of course, it does not go against your insurance policy. As we used to say in boat talk, 'we ran this one aground'!

Everyone take care and stay safe. Until next month.

TOYS FOR TOTS 2020

By Paul Olson



We participated in the Toys for Tots program again in 2020. We provided four boxes of toys, a nice bicycle, \$100 in gift cards and \$607 in cash for our many boys and girls in need. The cash and gift cards are used to provide more gifts for tots and teens, assuring that all ages will share in your generosity. Thank you all for providing a Merry Christmas for so many.

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A STORY ABOUT THE STORY

By Joe Cortese



Hello friends and neighbors and Happy New Year! I know that few will miss 2020 and I have been hoping and praying that 2021 will be a better year. I was going through some old computer files this afternoon and I stumbled upon my retirement speech. As I was reading it, I had an activity alert from my bank and found that Glenda and I had just received a Covid-19 relief payment. The relevance of this is that my retirement speech is titled “The Traveler” and it’s about my moral compass which has always reminded me to help others. I knew immediately what we would do with that money. We are not rich but that money is not part of our budget so we will give that money to the Salvation Army (our favorite charity). I know that there are so many people hurting due to this pandemic and the Salvation Army helps so many. Glenda and I got help from them after Hurricane Andrew when our home was destroyed and our world upside down. So that's how my compass works, and I would like to share that speech with you. A little background information is necessary to help it make more sense. I retired as the Business Representative and Chief Negotiator for the Maintenance Employees of Miami-Dade County Public Schools. This union represented around fifteen hundred employees and I held that position for fifteen years. The Union gave me a wonderful retirement party, but I believe that management enjoyed it more than I.

The Traveler (Joe 2016)

You should have a moral compass. I’ve heard it said that everyone’s born with one, but I’m not so sure. I don’t know when I first realized that I needed a moral compass, a philosophy of life or if you will, rules to live by and I don’t know how others find theirs, but for me, I mostly found mine in poetry (sometimes my own), in lyrics and the Bible. The Bible taught me Love. Love God above all and love others as you would yourself. George Harrison taught me in a song “Within You Without You” “Try to realize it’s all within yourself no one else can make you change, and to see your only very small and life flows on within you and without you”. So, I created my compass and have traveled a good way down what was often a dark road and I now clearly see that without

navigation I would surely have been lost and also how the choices I made, made me. I have been blessed.

Robert Frost was and is one of my favorite poets and “The Road Not Taken” greatly influenced me, “Two roads diverged in a yellow wood... I took the one less traveled by, and that has made all the difference”. It seems to me that life is one endless divergence of roads and every minute of every day and every decision, changes the courses of our lives. I remember walking by a TV set one day and hearing an evangelist “Joyce Myers” stating something that was so profoundly significant and obvious and yet I had never put it together “today’s decisions are tomorrow’s realities”. How could I have missed that but I’m sure if I had a thousand lifetimes, I’d miss a million things. I’ve found myself telling many lost travelers over the years about “today’s decisions” or as I learned from the Lion King “you can’t change the past, but you can learn from it” or the old saying that the thousand-mile journey starts with the first step and even quoting one of my poems “the road ahead is ragged and many times you’ll fall, but always fall forward, move ahead, even if it’s only to crawl”. I’ve hoped these compass points have helped other travelers as I have often had to navigate by them myself when I took the wrong road. Well even though I’ve taken a few wrong turns and got lost a couple of times, somehow, I made it here. I’m not sure if many would have chosen this path but as John Lennon wrote “life is what happens while you’re busy making plans” but for me, I wouldn’t have had it any other way. This career has allowed me to help our children and employees, to be creative, to be part of a solution, and to even get paid to argue (and for an Italian, that’s quite an accomplishment). I am thankful for the opportunities.

In closing, I recall that one of the stranger influences in my life came from a Pink Floyd song that I doubt many would remember, “The thoughts of a man in his old age are the deeds of a man in his prime”. I have no doubt dwelt on this far too often, but I guess it’s the fear of getting old and dying that has compelled me to try to live a full life, to push at the boundaries, to do a lot, and to help others every chance I got. I was going to write a poem for this occasion, but it ended up being something else, I did however write one line “There are bridges to cross and mountains to climb, songs to be sung and words to be rhymed”. These are my retirement thoughts, not a self-elegy. I hope to continue living a good long

...continued on page 8

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life and to have the chance to write “The Book”. “The Book” is a poem I wrote many years ago that I mostly can’t remember but the ending I can’t forget ‘life is a book told by fools and by Sages, in the end, it’s as long or as short as its pages”. I leave you with one thought and wish. May you write a great novel full of wonderful adventures, great deeds, beautiful memories, and Love. Live long and prosper

POINTS TO PONDER - GOING UNDERCOVER

By Bob Matlock



Many of us have had work/upgrades done on our homes in Plantation Oaks. If you are in the market to have work done, I strongly suggest and encourage you to hire a licensed and insured contractor. You can search for sunbiz.

org on the internet and enter the name of the contractor’s business. If the company has filed an annual report that means the contractor is licensed to do business in Florida and chances are, he is insured. You should ask him if he is insured and he will tell you. He needs to have liability insurance in case he does damage to your home or he does substandard work, and you need to sue him to fix the problem(s).

Now, about this undercover thing. The manufacturer of your house installed a vapor barrier to the undercarriage before it was shipped. The barrier should last a lifetime. Its purposes are to keep the undercarriage dry (thus preventing moisture from entering your home and causing wood rot, mold, and mildew; and to keep varmints and bugs from entering your house. However, sometimes workers rip, or poke holes in the barrier, don’t repair it, and you are faced with the problems mentioned above. If you have, or will, contracted for work that requires running plumbing, electrical, telephone or cable lines I guarantee you there will be holes made in the vapor barrier. You need to have the contractor tell you, before work begins, how he intends to repair any damage done to the barrier.

Another thing that you should have checked under your house is the large, black, flex duct that carries the cool and heated air from your Heat & A/C unit. All joints should be taped and sealed. That duct should never lay on the ground. It is easily elevated with 6-inch, flexible, black ducting. It is fairly inexpensive and when cut into

12- inch pieces and installed under the large duct, the invasion of water and critters is eliminated or minimized. Please call me at 386-439-3443 if you have any questions about any of this.

JUST FOR FUN

Last night I went to a birthday party. I had a few beers, followed by a few more beers, followed by a few shots of Southern Comfort. That’s when I decided to do what I have never done before: I took a cab home. Sure enough, there was a DUI checkpoint on the way home, and since it was a cab, they waved it past. I arrived home safely without incident. This was both a great relief and a surprise because I had never driven a cab before. I don’t even know where I got it from and, now that it is in my garage, I don’t know what to do with it!

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MARCH BIRTHDAYS

- 1 Karleen McConnell
- 3 Judy Kelley
- 4 Billy Lowe
- 4 Karen Mathias
- 6 Joe Bowe
- 7 Buford Bentley
- 10 JoAnn Larkin
- 11 Peg Mercurio
- 11 Sandy Richards
- 12 Carol Hanley
- 13 Charles Krug
- 14 Charles Rider
- 14 Chris Amodio
- 14 John Pires
- 14 Patty Przbysz
- 15 Joan Bronson
- 16 Bill Sombathy
- 16 Fred Jacobs
- 18 Nick Burnett
- 19 Helen Wendorf
- 20 Paul Olson
- 20 Louis Plank
- 21 Linda Gagnon
- 23 Gisela Kelley
- 24 Ray Ruggiere
- 24 Carol Mason
- 25 James Pursley
- 26 John Mercurio
- 26 Joe Granieri
- 27 Donna Sweeney
- 28 Rita Lentz
- 29 Pat Beattie
- 30 Bill Lane



MARCH ANNIVERSARIES

- 1 Mark & Terry Fazzio
- 1 Donald & Patti Deater
- 15 Don & Betty Cole
- 20 Mike & Shirley DiGeorgio
- 26 Mike & Maddy Kahn
- 26 Mike & Rita McCray
- 27 Willis & Florence Card
- 27 Thomas & Cara Kavan



We have not been able to gather all the birthdays and anniversary information so if you are missing from the above list or new to the community, please contact Peggy Jordan at granni41230@yahoo.com



By Bob Matlock

We are well on our way into a new year and I have two new families to introduce to you.

They are:



Shirley & Mike DiGeorgio

53 Claremount Drive
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Mike & Shirley moved here from Palm Coast. They already know several of our residents. Mike joins the ranks of our many, many retired police officers.



Kim Frye & John Clabaugh

10 Beaumont Lane
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Kim's roots are in Jamestown, NY and John's are, about two blocks from the Little League stadium in Williamsport, PA. Kim has eaten at the Alfie's in Jamestown but not yet at the one here. John never did slide down the hills on a cardboard box at the stadium, but he is a high-level Licensed Motorboat Captain.

QUIET'S TIME

By Tom Bailey



As morn did break this autumn day,
He saw the light as not before,
Soft mist had settled on the land,
As he stood nearby the open door.

Stillness was given this time to show,
The wonders of its pleasant task,
The sights and softness arrest the soul,
And engages peace to those who ask.

He breaks the seal of quietness,
And moves with placid ease.
As each sense slides into place,
He walks into the morning breeze.

This day, as most, starts with a thought,
Of how he serves the one true God.
Who loved us from the start of time,
But on who, many feet have trod.

He takes the step and hears the sound,
Of creaking boards and bones.
The task these days is difficult,
But one his body owns.

His eyes follow the clouds above,
Where the eastern sun does rise.
And remembers too many times he missed,
The glory of the skies.

His plow still stands beside the barn,
Where happy children play.
At least they did in times long past,
While they helped to gather hay.

He looks and sees like yesterday,
His loving bride, long gone.
His mind brings back memories,
As he struggles to linger on.

He stops a minute at a stump,
To pause and get some rest.
He feels some tingling in his hand,
And tightness in his chest.

He knew that this fine autumn day,
He would see a light as not before.
A gentle touch was on his hand,
As he saw her nearby the open door.

GARDEN CLUB DIRT

By Judy Kelly



This is the best time of the year to enjoy our wonderful weather and necessary yardwork. Yard clean-up is at the top of the list--maybe make use of the leaves as mulch for the garden. We are in our "dry" season so check your plants' water needs. Fertilize the

annuals to have a great show of color (every two weeks at one-half strength).

March is usually a good time to look at your landscape and think about what would enhance it further—maybe a flowering vine or shrub. We all do our share of bird and butterfly watching. A "host" plant (milkweeds, parsley, dill, or fennel, to name a few) might be a good addition. While enjoying our lovely weather, take a stroll around the neighborhood; there are many ideas to collect along the way. Gardening in the yard, in the house or in your mind can be really satisfying. Watch a variety of U-Tube channels to come up with a favorite list of your own.

Please join us at our monthly meeting and share some of your ideas--10:00 AM on the last Saturday of the month at the Clubhouse. Almost forgot again—Take time to see our local azalea gardens: Ravine Garden State Park is a trip worth taking. It's in Palatka; last year the driving route was not open so please check online for current park conditions. Also, Washington Oaks State Park has several pathways to wander.

If you planted a poinsettia, now is the time to cut back 12 to 18 inches of the sideline. When you get a foot of new growth, remove 4 to 6 inches on each stem; continue until end of August so they can mature. Gardening in pots is an excellent way to try seasonal plants. You can change out their locations as seasons change or when you have a really nice one to show off.

We don't have to stop enjoying things around us just because we are getting older; come out with your friends and see what's going on; maybe a side trip is in order.

This month's favored plant is: Crown of Thorns. If you are an adventurer at heart, try a favorite that isn't on our list. Do some research on deer deterrents and

let us know your “success” story. Hopefully, you are enthused by our attempt to interest you in our group. Until next time---Happy digging.

WHO WOULD HAVE THOUGHT?

By Carol Pursley



As a young woman, a very young woman, there are many things I said I would never do! I believed it and I meant it! Isn't it funny the foolish statements some of us make when we are young? No, it's not funny at all! We have no idea what life may bring us. I was young, energetic and I was healthy! Certainly the world revolved around me.

I didn't come from a very close family. I had a very sweet aunt who loved me but I rejected her love. I didn't really care for my uncle, her husband. He was my Uncle Guy. My Uncle Guy liked to gossip with my mother, and he didn't seem very masculine to me. That's it! I just didn't like him. Many years passed. I worked hard. I raised two girls as a single mom and my life was very busy.

One day at the mall I ran into that sweet little aunt Sophie. She cried when she saw me. She gave me her phone number and asked me to call her and so I did. It was the beginning of experiencing the love of an aunt and an uncle. I lost my mother when I was thirty-one years old, so I was missing the love from an older woman. And boy did Aunt Sophie love me! And my Uncle Guy loved me too! Uncle Guy and Aunt Sophie never had children, so they loved me like their own daughter. As Aunt Sophie developed dementia Uncle Guy worried more and more what would happen to Aunt Sophie if he passed before her. I made a promise to him that he would never have to worry about Aunt Sophie. I would always take care of her.

I would visit them at least once a week in Ormond By the Sea. I would bring my little 7 lb. Maltese dog, SuSu, with me. Oh, how Aunt Sophie and Uncle Guy loved that! As Aunt Sophie's dementia got worse, I got more and more calls to rush over there to help Uncle Guy. Life was becoming very difficult for Uncle Guy. For some reason we never talked about him. What about Uncle Guy? What if Uncle Guy got sick? What would he do? Well, it happened suddenly. Two months after Uncle Guy turned 90 years old, we found out he had lung

cancer and it was very aggressive. I quickly moved him into my house.

I got up every morning and made him his hot coffee and give him raspberry donut holes from our local Publix. He ate them while I made him two fried eggs and toast. Then there was lunch, beef bologna (from Publix deli) sandwich with his soda. Dinner was whatever I prepared and a piece of lemon meringue pie. And yes, that lemon meringue pie was from Publix too. I used to call the Publix bakery and order the raspberry donut holes and pie so I would always have them for him. As time went on Uncle Guy went to Hospice but then he got better so he came back home to me. Gradually he got sicker and weaker. By this time, I was spoon feeding him and he could barely chew his food.

Let's go back to when I was a very young woman. Yes, that young immature, foolish woman. One of the statements I made was, I would never be able to “personally” care for a man. I think you can figure out what I'm referring to. I wasn't a nurse or personal care giver. I always worked behind a desk. So here I am with an elderly sick man who is declining daily. And then the day came. This poor, weak, old man needed “personal” help. I thought to myself, “How can I do this?” But let me tell you, it wasn't hard to do. This poor, sick man needed help and I was the only one there to help him.

I am very grateful that I was no longer that foolish, young woman. I'm grateful that I could take care of my Uncle Guy in the last days of his life. It was a great blessing. He knew I loved him, and he loved me. Uncle Guy passed December 25, 2011; I was with him holding his hand until he took his last breath. I still miss him dearly. I will never forget those three months I took care of him. It made me a better woman.



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OUR FURRY VISITOR

By Barbara Cerasa



In New Jersey many years ago, my husband and I would feed the wild cats every day in the winter. When spring arrived, we happened to see a beautiful furry gray cat at our sliding glass door in the den. Her nose was on the glass and our cat, Cinnamon, would watch her. As we looked closer one day, we saw she was very plump when we fed her. It was so cold that we placed a large cardboard box outside with a blanket in it for her. On April ninth, which was my husband's birthday, she gave birth to five kittens. We put the box in our garage and made a bed for all of them with hot water bottles wrapped in towels to keep them warm. We named the mother "April." Within a few days, one kitten died. We took April and her kittens to the vet and were informed that April had pneumonia and another kitten didn't make it. They were a sight to behold watching them play and grow as the months passed. Then another trip to the vet was necessary as they all had ringworm and needed treatment. Our biggest concern was not letting our cat, Cinnamon, ever know that they were in the garage. April was a lovable, friendly cat. As summer approached, she would follow me around the yard as I was gardening. When I called her to come in with me, she came almost like a trained dog would do. We knew we would have to part with the kittens and their mom even though my husband wanted to keep April. That day came in July when we packed them into the car and drove them to a place that finds good homes for animals. We kept in touch and found out that they were all adopted. To this day, I regret parting with April as did my husband. When my cat, Cinnamon, did finally see April before she left us, they did not get along. Cinnamon was very territorial. To have April be a part of our family would have been nice. She was very affectionate. When we checked on all of the cats, we were told that they were given to families that love them—which made us both very happy.

WHAT DO PEOPLE COLLECT?

By Doreen Armstrong



People are always asking me, "What do you collect"? I think for a bit and giggle. I, like many others, have a few different types of collections. They might be coins, pottery, baskets, artwork, depression glass, books oh, don't get me started on books. That is one of my downfalls. But why do we collect them? I would say it's probably either for a feeling of "nostalgia" or just doing it for a profit. My grandparents, as well as my mother, have always gone to tag sales or thrift stores. Once in a while I'd go to Antique malls, but that is probably more for my own personal collections. My husband laughs when I tell people that "it's the thrill of the hunt". It doesn't matter where I go, I feel a crazy need to bring a "treasure" home with me. When you find it, you just know it's going home with you. It might remind you of your grandparent's holiday dinners, or the old books your parents read to you as a child. It can be a generational thing also. Both of my sons like thrifting and one actually does it as part of his income. My little granddaughter has been known to grab her little purse and little shopping cart and say, "I'm going to Goodwill" and we just laugh. Sadly though, all of the COVID restrictions have brought this to a standstill. That is why buying stuff online has been so popular. We can just hope that getting COVID under control might help you to rekindle that urge to find a treasure for your precious collections. Next issue: Depression glass and more.

LIBRARY UPDATE

As previously published the library will NOT be taking donations of any books other than LARGE print. In August the library books that are not being read will be removed to make room for new titles. Watch for another update in the September POP.
E-mail granni41230@yahoo.com
(Peg Jordan) with questions.



NUTRITION DURING A PANDEMIC

Betty Vandermyn



Food plays an integral role in all our lives. Eating is a way to sustain ourselves and is an important part of our culture. Major life events are often celebrated with foods, cakes, bountiful holiday spreads to casual lunches and dinners with family and friends. Enduring this pandemic leads to stress which also leads to stress eating. It is so easy to reach for candy, cookies, pastries, sodas, and of course chocolate.... my favorite. While we enjoy our sweets, it is important to acknowledge how important a balanced diet is to our health, to prevent disease and to just feel good every day. Life changes may make it more challenging to shop for and prepare regular meals. It is difficult at best to cook for 1 or 2 people every day or most days of the week. So here are a few ideas to maintain our nutritional health.

One way to keep our immune system in good shape is to make your plate colorful! Think orange, red, green, purple. Vegetables like sweet potatoes, green squash, fibrous vegetables as in broccoli, Brussel sprouts,

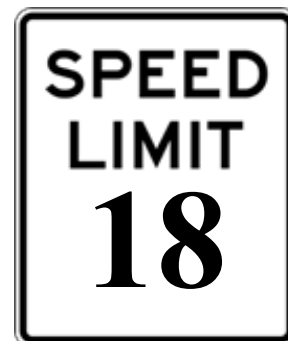


and cabbage are all rich in nutrients our bodies crave and need. Think of adding kale, spinach, and other dark greens to a delicious salad. Colorful fruits like blueberries, peaches, watermelon, strawberries, etc. add sweetness to a meal without the refined sugar. Proteins such as lean cuts of meats, seafood, eggs, beans, tofu are essential to maintain our muscle mass and metabolism. It is best to limit red meats as your main source of protein during your meals however think in moderation. A diet rich in whole grains has been shown to reduce the risk of heart disease, type 2 diabetes, obesity, and some forms of cancer. Examples would be barley, brown rice, buckwheat, millet, oatmeal, whole grain breads, pasta, crackers, and whole-grain cereals. Remember whole wheat does not necessarily mean whole grain. Dairy is also important and are good sources of vitamin D and calcium to maintain bone strength. Remember to stay with low fat dairy varieties for the most benefit. Last, but not least is hydration which means drinking plenty

of WATER!!! Drinks to include in hydration do not include alcohol and sweetened and unsweetened sodas. Dehydration can cause several ailments including muscle pain, heat exhaustion, fatigue, dizziness, and confusion. As we age thirst receptors in our brain and throughout our body become less sensitive to water changes making it harder to detect thirst. Remember to sip on water throughout the day or make it a habit to have some water once an hour. Think of drinking 8 glasses of water a day to adequately hydrate. Also consider the antioxidant benefits in green and other herbal teas and add a cup or two into your day.

As we age, we may develop heart disease, food allergies, nutritional deficiencies, diabetes, kidney disease, which require a trained nutritionist and physician to develop and assist you in managing the best diet for your health. Please seek out your primary health care physician for any concerns before beginning on any significant dietary changes and to assist with your current diet. There are many informative nutrition websites to view on the internet. Nutrition.gov or MyPlate.gov are just a few web sites that are available to assist you in your search for good nutrition. Here's to a healthy and nutritious 2021!!!

**Our friends, neighbors
& their pets
are precious to us –
please obey the
Plantation Oaks
Speed Limit**



THE OAKS ROCKERS

By JoAnn Larkin



I have painted rocks for over 30 years, but only recently learned that throughout the country people are painting rocks and hiding them in gardens, parks, strip malls and various other places. There are many local rock painting groups appearing on Facebook.



They are from Flagler, Palm Coast, Volusia county, and from many more areas throughout the country. I have had so many wonderful experiences since painting rocks to give or hide (in plain sight mostly). Recently, I went to Lowe's to buy rocks and attempted to carry a very large bag to the front of the store when a sales lady came running up and gave me a cart after chastising me briefly for carrying such a heavy bag. She said, "Oh! People paint rocks like these." I said proudly, "I am a rock painter." She told me that while working in the garden section this past Christmas,



she was feeling down and found 3 rocks which made her feel so much better. I had a painted rock in my pocket and handed it to her. She spontaneously grabbed and hugged me and we both said at about the same time, "So much for staying 6 feet apart!"

It is common practice to sign the rock, add the year and the Facebook group (for example, Flagler) and post to social media. Recently, I hid a rock at the Hilton and someone visiting Flagler found it and posted on Facebook saying they are going to hide it again. I felt very good that it will travel farther. I could go on and on with many such experiences in my brief time of painting, hiding, or giving rocks. I wanted to share this rock painting experience with others as I believe it would benefit our community whether someone was in or out of our group. I mentioned this to Terry Johnson, our Social Director. Her unselfish help in setting up our group has been invaluable, and she continues to support us.

In the brief time that I have facilitated the group it has been a joy to watch the member's enthusiasm for painting rocks. I love to watch the support and encouragement they are giving each other. Many are discovering a hidden talent. We spend time sharing experiences we

have had since painting and hiding rocks. This sharing is the most important part of our group activities and goes far beyond the painting. Simple little things like painting, hiding, giving a painted rock, or the sharing of experiences can be uplifting and helps to ease the pressures and anxieties during these trying times of COVID-19 and the division that exists in the country. Let us be an example of support for each other.

Our group carries on an activity that is thousands of years old. Did you know people first started painting on cave walls and rocks about 40,000 years ago? That's pretty impressive.

Neighbors and friends, please try to be observant when walking throughout the community, you may find one of our rocks anywhere and you can choose to keep or hide it again. You just might run across one of our rocks in your garden or on your front step. Please know that it is meant just for you when you might be in need of cheering up the most. We meet each Saturday joyfully painting and sharing our experiences. We are the Oaks Rockers. Interested in joining? Call Terry Johnson at 609-876-0837

PLANTATION OAKS HEROES

by Dana Matlock

How fortunate are we to live in Plantation Oaks. Is it the beautiful community, or the perfect location in Flagler Beach? Of course, those are definite bonuses, but it is the people that make our community so extra special! This month we feature another one of our Heroes, **Carolle Eppinger** and she is sharing why she chooses to live here.



WHY I LIVE HERE

By Carollee Eppinger



It is not the beautiful pool, or the clubhouse, games or special activities that keep me here. It is about the story I am going to tell you. Our community pulls together to meet the needs of each other. When COVID-9 first hit the U. S. it became apparent that we would all need masks to be safe as we carried on in our daily lives. There were few masks to be found. It seemed an easy fix with my trusty sewing machine. I wanted to make masks for all who wanted them in Plantation Oaks. Well, having a high value in teamwork I knew I could not do this on my own. So, I asked for help. The response to helping me was great. This project became a great team effort of fellow neighbors finding purpose in helping one another. In my estimation those helping neighbors are heroes. They are as follows: Brenda Souza, who walks the park every day, agreed to cut masks out. Pat Jones and Barb Latorelle pitched in. They delivered the mask cut outs every day to my door. Well, I couldn't keep up with the sewing, so I looked for sewers and many joined in. Joyce Popp was also busy sewing masks, but she found time to sew some for this project. Joyce would let me know when she had a bunch so I would ride by and pick them up. Joyce supplied fabric and elastic to the project. Marlene Gilman provided fabric and started sewing too. Cara Kavan took some that were not quite right, fixed them up and returned them. I needed wire for the nose piece. We looked at different items to fit the bill. We agreed on landscape ties, and Carol Hanley got to work twisting them together and delivering them to me. Later, Joe and Glenda Cortese came up with a better wire solution and brought these over whenever I needed them. Mauriel Fallon whipped up some masks for the community as did Carm Gross. Tina Jeffe was busy sewing masks for outside distribution but nevertheless she provided fabric, linings, and interfacing for the mask project I was working on. Judy Kelly filled in with her sewing skills. So, you see, this was far from my efforts alone to make masks. The masks were free. I placed them in bunny baskets on my carport so anyone could just help themselves. People were grateful to receive them and many left donations. That money was used to buy more supplies to make more masks. The entire project turned into a labor of love. Love for my community

and my neighbors. That is why I want to live here. The amenities are just simply an added bonus.

TECH TID BITS

By Steve Vandermyrn



Batteries, batteries, batteries. We all use them every day and night and throughout all seasons, winter, spring, summer and fall. We use them in so many devices with some of those being remote controls, smoke alarms, flashlights, cell phones, hearing aids, pacemakers, radios, clocks, our cars and YES, our golf carts. We continue to have multiple usage for batteries for many everyday items but let's concentrate on the all-important golf cart battery. When was the last time you checked the water level in your batteries or checked for corrosive material around the battery terminals? The proper management of the water level and removal of any corrosion at the battery terminals are key to maintaining the proper charge and life span of your batteries. Improper maintenance as well as battery age will decrease the life span of your batteries which are extremely costly.... hundreds of dollars for replacement and installation fees. Do not let this happen to you. Check water levels and battery terminals at least once every two months. Please remember that after you have checked the water level and determine that it needs to be replenished you can fill it **ONLY WITH DISTILLED WATER**. Never with tap water or bottled drinking water. Add distilled water only after a full charge to the battery and do not overfill. Also wear some type of eye protection to keep yourself safe. The acid in the batteries is very caustic and can burn you. Contact me for any questions or assistance as needed.



WANT TO GET AWAY

By Tom Bailey, President



We live in a great area of a remarkably interesting and diverse state that most don't take advantage of. Within a short drive from Plantation Oaks, you can visit some beautiful scenery, go fishing, observe wildlife and take your

pick of many different types of cuisine.

I am more of an outside person, so I do a little exploring and go from place to place with some preparation, but I go. My wife does her exploring online and tells me about what others have seen by reading their write up. Using both of our methods, we find some interesting places.

You start on the beach, as most who come to Florida do, and work your way inland. Most stay toward the beach or the major attractions, like Disney World. But there are a number of us that travel inland by car; motorcycle; or boat to the less notable areas such as "Dead Lake". Located 25 miles from Plantation Oaks and found by typing in "Bull Creek Fish Camp" on your phone, this main access to Dead Lake can be found by a short 35-mile trip to a point west of Bunnell. This trip quickly transports you from the quirky and eclectic style of living seen next to the beach to a country farming community that represents a large inland portion of the state of Florida.

This particular spot is home to Bull Creek Fish Camp which consists of a campground managed by the county, a boat dock and ramp, and a restaurant. This campground fills up in the winter months particularly in January and February for the "Crappie" or "Yellow Perch" season. There are many campers and boats during this time of year, but you will see the occasional local person fishing with a cane pole off the boat docks with some success. If you catch fish or not, you still can eat in a country setting at the restaurant behind the dock area. Good food and with an excellent view of the lake. You can sit in air conditioning or in the screened in area, either way you are in for a treat. Now do not get in a rush. Sit back and enjoy the view and they will take care of you, but if you are anxious about timing and feel that you need to get back to whatever, then do not go. Relax, enjoy your company (bring friends) take a few pictures. You might even see an alligator or two. They are a little shy so when it's busy they tend to stay away. If you bring a dog, it's better to keep them away from the water's edge.

You will see pelicans, herons, cormorants, anhinga's, etc. Note: The anhinga has a longer tail and a snakelike neck and smaller body. The cormorant is a stronger swimmer. The people are great there. The manager is there most days, her name is "Punk" – short for pumpkin. Ask

her about her daughter, who is a cancer survivor and getting married this year. Good sandwiches.

They cook their own potato chips and make onion rings from the raw onion not out of a box. If your grandchildren come, see if they are still serving the fried peanut butter and jelly sandwich – really good. Leave your diet at home.



YOU NEED TO KNOW

By Bob Matlock



The purpose of this article is to inform all residents that there are two (2) important State of Florida forms that we all should consider filing with Flagler County.

Declaration of Domicile

If you are ever in need of Government assistance such as Medicaid, food stamps, drugs or medical services, etc., before you can receive that aid, you might be forced to spend down your assets to one home, one vehicle and a certain amount of financial assets. Your FA or attorney can legally advise you of what these allowable assets are. Without this (*Declaration of Domicile*) form on file, your home is considered to be two (2) or three (3) vehicles. And if you also own a Florida registered car, truck, van or RV, then you will be considered to own as many vehicles as you have registered in the state. With this form properly filled out, and filed with the Flagler County Circuit court, the vehicles you are living in are declared your legal home and legally establishes your residency in the state of Florida.

Designation of Homestead

Florida Statute 222 states that when this form is properly filled out and filed with the county Circuit Court, you are protected from forced sale of your home from any process of law.

...continued on page 18

Again, our manufactured homes are considered by the State of Florida to be vehicles. When you properly complete and file the *Designation of Homestead* form you are declaring that your Florida residence is your primary residence. For example: you prepare and submit your taxes using this address; are a registered voter at this address; this is the address that appears on your driver's license and your Passport, etc. When you file this form, the clerk will need, for validation, your Florida driver's license and/or a voter registration card for the precinct you are registered in. Because we live in a rental park, on this form, you are required to give a description of each of your manufactured home sections including: your address; your lot number; the title number of each section; the identification (VIN) numbers; the year of manufacture and the name of the company that manufactured your home (Palm Harbor, Merit, Jacobson). All this information appears on the title(s) that you received when you bought your home.

Both Forms

If needed I can help with filling the forms out. You must sign the forms in the presence of a Notary Public and then you deliver to the Flagler County Clerk of Circuit Court, at the Kim C. Hammond Justice Center, Building #1, at 1769 E. Moody Blvd. (US 100), Bunnell, FL 32110. tp:386-313-4360. When you give the Court Clerk the completed, signed and notarized forms they will be checked for completeness, stamped with a recording number and list the number in a County Records Book. You will be charged a filing fee of \$10 for one page and \$8.50 for each additional page. They accept cash or checks. If you want a copy of the forms the charge is \$1.00 per page. I recommend you get the copies so you will have a copy of the form with the Court's recorded number for your records. You can go to the Court House and pick up a blank *Declaration of Domicile*, but they don't provide the *Designation of Homestead* form. You can get both forms from me and save you an extra trip. Just call me. Bob Matlock, at 386-439-3443.

THE YEAR IS 1920

"ONE HUNDRED YEARS AGO."

What a difference a century makes!

Here are some statistics for the Year 1920:

The average life expectancy for men was 47 years.

Fuel for cars was sold in drug stores only.

Only 14 percent of homes had a bathtub.

Only 8 percent of homes had a telephone.

The maximum speed limit in most cities was 10 mph.

The tallest structure in the world was the Eiffel Tower.

The average US wage in 1919 was 22 cents per hour.

The average US worker made between \$200 & \$400 per year.

A competent accountant could expect to earn \$2,000 per year. A dentist earned \$2,500 per year.

A veterinarian between \$1,500 and 4,000 per year

And, a mechanical engineer about \$5,000 per year.

More than 95 percent of all births took place at home.

Ninety percent of all Doctors had NO COLLEGE EDUCATION!

Instead, they attended so-called medical schools, many of which were condemned in press AND government as "substandard."

Sugar cost four cents a pound. Eggs were fourteen cents a dozen. Coffee was fifteen cents a pound.

Most women washed their hair once a month and used Borax or egg yolks for shampoo.

Canada passed a new law prohibiting poor people from entering their country for any reason.

The Five leading causes of death were: 1 Pneumonia and influenza; 2 Tuberculosis; 3 Diarrhea; 4 Heart disease; 5 Stroke

The American flag had 45 stars.

The population of Las Vegas, Nevada was only 30.

Crossword puzzles, canned beer, and iced tea hadn't been invented yet.

There was neither a Mother's Day nor Father's Day.

Two out of every 10 adults couldn't read or write.

And, only 6 percent of all Americans had graduated from high school.

Marijuana, heroin, and morphine were available over the counter at local drugstores.

Back then pharmacists said, "Heroin clears the complexion, gives buoyancy to the mind, regulates stomach, bowels, and is a perfect guardian of health!" (Shocking?)

Eighteen percent of households had at least one full-time servant or domestic help...

There were about 230 reported murders in the ENTIRE U.S.A.



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Suggest businesses to support your newsletter with advertising.

Who does work in/on your home? Home services trades like roofers, plumbers, A/C, etc.

Who provides other services for you? insurance, doctors, travel, etc.

Any other businesses you patronize?

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