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Labor Day  
September 6, 2021

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## THE OAKS ROCK PAINTERS

By JoAnn Larkin

Many residents tell me they take rocks and give them to others or move the rock to another location. Please keep it up. New rocks go in the garden constantly, sometimes daily.

A resident gave her 94-year-old mother, who lives in the Oaks and loves penguins, a penguin rock. She wanted to thank the person who painted the rock. And this my friends is why I paint rocks. It only needs to happen once and you are hooked. A simple rock bringing a smile... it doesn't get much better than that. Even if you had not painted the rock but gave it to someone one, there it is, that smile.

Suzie suggested we make good luck rocks for the bingo players. Well, they are now in the garden. Four people told me they worked. There are also domino rocks. Keep an eye out and keep the suggestions coming.

If any of you are driving to other parts of the country, we would love for you to bring back a few flat rocks or any you think would be great to paint. Sad to say Florida is not a great place to find river rocks. Anyone with an interest in painting rocks please join us on Friday 1-3 to see what we are all about. You may come as a guest or join the group. We would love to have you.



Thanks to Terry Johnson for bringing back some really nice rocks when she went to Cape May, and Barbara Jacobs brought some from VA.

Peggy Jordon is pictured with a 3-dimensional rock she completed after months of work. What a beauty.



Giovanna & Haley, Maureen O'Hara's granddaughters are visiting from NY. They came to rock painting twice. It was fun having them, and they did a great job as you can see.



Tina Ciccio



Marlene Anderson



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# FEDERATION OF MANUFACTURED HOME OWNERS (FMO)

By James Pursley, Plantation Oaks FMO Rep



Hello Sports Fans! This really has nothing to do with sports.

I have been thinking a lot about retirement. There are many ways of retiring and not retiring. Most of us, at our age, have been working from an early age. Some people are ageless

and never retire. There are different forms of retirement. For instance, my wife says that she has not retired from one of her careers. She says that planning and cooking meals, keeping our home clean is a harder job than when she was in the Corporate World.

As for myself, I retired a few years ago. A few months back a young gentleman (27 years old), to me that's really young, reached out to me. It seems that I was recommended to him by a contractor I knew back in Georgia. This gentleman owns a Crane and Tree business based out of Port Orange. We got to talking and he ended up buying my breakfast at a local restaurant. That was a good start. Talking to him reminded me of myself when I was that age. I was in debt up to my eyeballs. I was a developer and home builder and I had just developed my first subdivision and was already building homes.

Back to my topic, he asked me some questions about business, he already had several pieces of high dollar equipment, and he was asking me for advice in going into different branches of the industry. In other words, he kinda wanted me to mentor him. Then the clincher came, out came a free ball cap and a free T-shirt that had his company name on it. I work cheap. In the meantime, before I accepted all these great gifts, I checked him out and he checked out great. You will be seeing his ad here soon. So, if mentoring someone, is that being retired? If so, I guess I'm not retired.

But guess who doesn't retire and works continuously, never sleeps, takes all the questions from us homeowners that live in Parks where our homes are on leased land, publishes a bi-monthly magazine that keeps you informed with all the happenings, represents us in Tallahassee and also offers one of the best Roadside Service Companies. Do you give up? It is F.M.O. I can't even begin to tell you all the functions they do for us homeowners.

Please visit their website at [www.fmo.org](http://www.fmo.org) or if you do not do the internet ( don't blame you, it's got me in trouble

several times) feel free to call or text me, James Pursley, your friendly FMO Park Representative (386) 986-9632 or you can email me at [jpinvest129@gmail.com](mailto:jpinvest129@gmail.com). \$25.00 year or \$65.00 for 3 years plus \$35.00 per year for Elite Roadside Service. On the website you can pay by credit card. In conclusion, if we do not support the FMO it will retire, and we homeowners cannot let that happen. Well, I guess I've said enough. So until next time, if they will have me. Stay Safe.

## WHAT DOES THE "DOG DAYS OF SUMMER" MEAN?



For many, the "dog days," evoke those summer days that are so devastatingly hot that even dogs would lie around on the asphalt, panting. Instead, the dog days refer to Sirius, the brightest star in the constellation Canis Major, which means "big dog" in Latin and is said to represent one of Orion's hunting dogs.

The phrase is actually a reference to the fact that, during this time, the Sun occupies the same region of the sky as Sirius, the brightest star visible from any part of Earth and part of the constellation Canis Major, the Greater Dog. They referred to this time as diēs caniculārēs, or "dog days."

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# WELCOME COMMITTEE

By Bob Matlock



For many, the month of September signals the end of summer, the beginning of autumn, and the start of a new school year. With respect to the calendar, September marks the beginning of the series of months named after their numerical position in the year. What? You might rightly assert that September is the ninth month but septem in just about every Latin-based language is interpreted as seven. Where did that conflict come from? Well, you have to go way back to the time when the Romans were in power and the names of the months were assigned names according to their ordinal numbers. Quintilis was the fifth month and sextilis was the sixth month and so on. Of course, you get the idea. Well, the names and the number of calendar months changed in 46 bc when Julius Caesar introduced the Julian calendar which included two more months, January and February and the number of months in the calendar went from ten to twelve. Quintilis and Sextilis were later named July and August in honor of Julius Caesar and Augustus Caesar. For centuries, there were repeated attempts to change the names of September, October, November and December in different languages and calendars, but the names have stuck! The strangeness of calling the ninth month “Seven Month” didn’t seem to bother the Old English speakers as September replaced the Old English forms *Haligmonao* and *Haerfestmonao*, both of which mean “harvest month” in modern English. The important thing for all of us to remember here is that no matter in what month our new residents arrive they are all “tens”. Following are our newest neighbors. Please help them to feel welcome and offer whatever assistance you can to make that happen.



Welcome!  
We are glad you are here!

## NEW NEIGHBORS



**Helen & Terry Byers**, 16 Julip Lane  
From Dawsonville, GA

(No Picture available)

**John & Emily Swisher**, 4 Beaumont Lane  
Moving from Palm Coast



**Robert Vanderbrink**, 27 Ashbury Lane  
Moving from Palm Coast



# MEXICAN TRADITIONS !

By Irma Reed

Mexico is a country with a rich culture, full of traditions and celebrations. You probably have traveled south and enjoy some of the festivities and delicious food that include pre-Hispanic ingredients. There is festivity for every month!

The most important one is the celebration of the "**Mexican Independence**". The night of September 15, at 11:00 pm; people gather in their town **plazas** and the President, Governors or Mayors, ring the bell calling the people, like Padre Miguel Hidalgo did in 1810, in the town of Dolores, Guanajuato when the independence movement to separate from Spain started. It was 1823 when Mexico reached its autonomy, after more than 400 years governed by Spain and its Monarchy.

After the gathering, people celebrate in their homes with traditional dishes like pozole, chiles rellenos, and tostadas. People wear their colorful dresses and mariachis are present in most parties. The next day the celebration continues with a Military parade.

Here are some of my favorite pictures from our celebration at Plantation Oaks a couple of years ago...it was a fun day!



## MY LIFE AS A YORKIE

By Barbara Cerasa



Hi, my name is Teddy Bear, but I am known as Teddy. I am a typical Yorkie that you see in pictures, 5 1/2 pounds. 11 years old, and a mixture of black, brown, and gray. I am cute, so everyone says, and very well behaved. I am alone most days and sometimes for 8 hours if my mom doesn't get home for a lunch break to eat and put me in the back yard (for you know what). I sleep most of the day. Fussy is what I am with my eating and drinking. I get 1/4 cup of dry food. It must be put on the floor, not in a dish nor on a placemat. My water must be in a small plastic bathroom cup next to my dry food. When I feel like it, I eat some. When my mom can't be with me or goes away, I go to mom-mom's home in Plantation Oaks and stay for the day or overnight. I really love it there. I get to see so many other doggies. We go to visit mom-mom's friends and I always sit on her lap. We take long walks around the block. That's a long walk for little me so mom-mom carries me half the time. So many people give out treats to the doggies. I snuggle next to mom-mom on the couch during the day. We watch TV and she often cuts my bangs so I can see. I don't like that. She always brushes me so I look nice. If I stay overnight, she says, "you come to sleep with mom-mom" and I run to her bed. She picks me up as the bed is very high. I lie on a little blanket that she puts next to her. I sleep good with all the exercise I had. I love to visit mom-mom. When I leave, she puts me in the car and we go to meet my mom. I am very spoiled. I love all my family and they love me with all their hearts. I know that because of the hugs and kisses I always get. I hope all dogs are as happy to be so loved.

# WHAT YOUR BODY DOES IN A DAY, PART 1

Submitted by John Mercurio



**If true, THIS IS REMARKABLE...**

**This is by far the most interesting, fascinating, and informative email I have received so far. The info is unbelievable & incredible to say the least. You will say 'God is great!'**

## **What Your Body Does in a Day: Read on.**

Sometimes you may feel like your body is beginning to creak and fail you on the outside, but do you ever stop to consider the incredible work that is taking place inside of it? There is so much going on and everything fits together so well, that it's almost impossible to comprehend it. This presentation will remind you that there are miracles going on inside your body every single day.

Your heart pumps approximately 2000 gallons 7571 L of blood through its chambers every single day. It beats more than 100,000 times a day to achieve this incredible feat.

You take around 17,000 breaths a day on average, and don't have to think about a single one of them. Yet if you want to stop breathing temporarily, you can voluntarily hold your breath. A typical pair of adult lungs can hold a huge 6 liters of air. Every day your body ensures you don't contract cancer thousands of times over. Cancer is formed when cells are altered in a way which reprograms their DNA and it's estimated that 10s of thousands of cells suffer cancer dash causing lesions every day. But the body sends special enzymes scuttling around to inspect DNA strands for faults and fixes them before they turn into tumors.

Your brain doesn't stop working period. It's estimated that about 50,000 thoughts pass through it each day on average. Some scientists put the figure closer to 60,000. That is a whopping 35 to 48 thoughts every minute.

The cells in your stomach lining produce an alkaline substance every few milliseconds to neutralize stomach acid. If they didn't do this, your stomach would digest itself because some of the acids are strong enough to dissolve metals. You blink about 28,800 times every day with each one lasting just a tenth of a second. This is a voluntary reflex the body uses to keep the eyes clean and moist which is pretty crucial given that 90% of the information you process is visual, and you can bring up any visual scene in just 0.01 of a second. Consider how

many people and objects you look at every day. That's remarkable!

Most of the body's energy is expelled via heat. Your body produces the same heat as a 25-watt light bulb over the course of a single day.

Red blood cells literally shoot around in the body, taking less than 60 seconds to complete a full circuit. This means that each of your red blood cells takes 1440 trips around your body every day, delivering oxygen and keeping your body energized. Each cell lives for about 40 days, before being replaced by a younger model. It's no surprise their life span is short, having made 60,000 trips around the body, they must be exhausted!

*Continued next month - Part 2*



*Norm Wendorf, Rich Rabuazzo, Woody Brown, Chuck Allspach*

## **WOODY BROWN BACK FOR A VISIT**

Woody, who recently moved from Plantation Oaks, paid a visit to his long-time card group. Great to see you Woody!

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# WHAT? YOU WANT ME TO READ MY PROSPECTUS?

By Dana Matlock



When Bob and I moved to Florida in 2002 we found the 55 and over manufactured home community with all its amenities so enticing. We wanted the lifestyle it could give us and the comradery of folks in our age group. We have never regretted that decision, but we have learned much along the way. We were not familiar with these types of communities, and we had no idea what a prospectus was, never mind how to spell it. So, maybe this article can help our new homeowners, and possibly some that have been here for a while, to understand the deal we made when we purchased our home on rented land.

In a Florida Statue Chapter 723 land-leased mobile/manufactured home park, the Prospectus is the document that governs the landlord-tenant relationship between the park owner and the manufactured homeowner. The prospectus, together with its attached exhibits, is a disclosure document intended to afford protection to the homeowners and prospective homeowners. The purpose of the document is to disclose the representation of the mobile home park owner concerning the operations of the mobile home park. Upon delivery of the prospectus to a prospective lessee, the rental agreement is voidable by the lessee for a period of 15 days. Many homeowners that I meet do not understand the deal that they made when they purchased their new home. They just remember a pile of papers at the closing, and they are stashed away somewhere. They know they must pay rent but know little about how or when it can be increased, additional bills that may be passed-on or passed through, rules & regulations, etc. For instance, if you thought you might put a nice flagpole in your front yard, check out rule #16. And, if you thought you could add a small house for your pet or fence in an area for them to run, check out rules #15 and #24. Drag out your prospectus and read it. Keep it handy to refer to when questions arise regarding recreation and common facilities, rules & regulations, amenities, maintenance, utilities, user fees and other items.

Plantation Oaks currently has two prospectuses. The two prospectuses are pretty much the same except for a few changes in wording and the rent increase amount. Prospectus #1 rent increase is 5% or CPI, whichever is higher. Prospectus #2 rent increase is \$10 a month or CPI,

whichever is higher. You can clearly see that Prospectus #2 has a more favorable rent increase, and if you are fortunate enough to have one, not only is it good for you, but it adds value to your home when the time comes to sell. *Florida Statue Chapter 723 states that the purchaser of a mobile home who intends to become a resident of the mobile home park has the right to assume the remainder of the term of any rental agreement and may assume the seller's prospectus.* Keep your prospectus safe and be sure to let your buyer know which prospectus (#1 or #2) goes with your lot. It is your responsibility to give them your copy when closing the sale.

If you do not have a copy of the prospectus that goes with your lot, I will be happy to help you obtain one. Contact me at [dbmatlock@live.com](mailto:dbmatlock@live.com).

## FREQUENTLY USED ABBREVIATIONS

**HOA** – Home Owners Association

**FMO** – Federation of Manufactured Home Owners of Florida Inc.

**FMHA** – Florida Manufactured Housing Association (landowners / landlords)

**DBPR** – Department of Business and Professional Regulation

**MH** – Mobile Home (built prior to June 1976) or Manufactured Home (built since June 1976)

**MHP** – Mobile/Manufactured Home Park

**ROC** – Resident Owner Community

**Chapter 723** – Fl. Statute governing tenancies in MHP

**Chapter 617** – Fl. Statute governing not-for-profit corp.

**FS** – Florida Statute

**FLAROC** – Florida Resident Owned Communities.



# WHEN PHOTOGRAPHY AND POETRY COME TOGETHER

By Jean Scionti



I have no definition for poetic photography. They are truly two distinct art forms; but when they come together, they do stimulate the imagination.

I wandered through a rose garden, camera in hand, aiming and shooting at different angles the beauty that stood before me. With my camera's lens,



I tried to capture that special quality that a rose possesses...the color, pattern, shape and form...from bud to bloom.

I wanted to keep the images of that day, but also wanted to express my thoughts about them in a poem.

Admiring eyes drink in your amazing beauty  
As a stride slows and comes to a standstill  
Your charm prevents time from going forward  
Attaching to a heart that is lastingly fulfilled.



*In photography, one paints a picture; in poetry, one paints with words*

## A YELLOW ROSE

By Jean Scionti

A yellow rose,  
My heart's delight.  
I captured one,  
Through my camera's sight.

I knew the image  
Would always please.  
I share it now,  
With pleasure and ease!

*Hm... I'm no Emily Dickinson.  
What follows is a poem that truly captures that summer day, along with my "captured" images.*

## A BLOSSOMING ROSE

By Theresa Ann Moore

Feeling full of immeasurable dreams  
Desiring to burst forth with unfolding hues  
Opening with the natural ease of a sigh  
Blessed with a spattering of morning dew.

Petals instinctively absorb rays of warmth  
Releasing a heavenly fragrance so freely  
Intoxicating all who inhale as they pass by  
Holding a matchless moment.

## National Ice Cream Cone Day September 22



### JUST FOR FUN

I was thinking about old age and decided that old age is when you still have something on the ball, but you are just too tired to bounce it.

When people see a cat's litter box they always say, "Oh, do you have a cat?" Just once I want to say, "No, it's for company!"



Employment application blanks always ask who is to be called in case of an emergency. I think you should write, "An ambulance!"

The older you get the tougher it is to lose weight because by then your body and your fat have gotten to be really good friends.

The easiest way to find something lost around the house is to buy a replacement.



# THE MANY USES OF CUCUMBERS!

By Betty Vandermyn

(Excerpts from First Magazine)



## **\*Polish stainless-steel fixtures:**

We love the look of our stainless-steel faucets, but they do tend to get covered in fingerprints. To keep them shiny just use the peel from a cucumber to rub the fixture. The peel will lift the oily fingerprints and a plus is its mildly alkaline potassium will draw out the tannins that tarnish steel.

## **\*Reduce cellulite for pennies**

Try this easy trick instead of pricey treatments to banish the appearance of cellulitis. Simply rub slices of cucumber directly onto your bumpy areas for a few minutes. The fruit brims with phytochemicals that cause collagen in your skin to tighten. Resulting in an instantly firm complexion.

## **\*Stay hydrated all day long**

Try adding fresh cucumber slices to your glass of water. Cucumber not only makes your sip of water more refreshing, it has an abundance of “gel water” which hydrates cells more efficiently than plain water.

## **\*Freshen Fido’s funky breath**

Nothing beats doggie kisses-if only his breath weren’t so strong. Simply serve your pup some cucumber slices. Compounds in the fruit will kill any odor-causing bacteria lurking in their mouth, while munching on the slices will clean their teeth.

## **\*Give feet a spa-aah treatment**

Refresh feet by pureeing 1 cucumber and 1 tablespoon of honey in a blender. Apply to clean feet in a dry basin and leave on for 20 minutes. The coolness of the cucumbers will soothe tired tootsies, while the honey will leave them soft.

## **\*Sidestep a foggy mirror**

When you don’t want to wait around for your bathroom mirror to defog or streak it by using a towel, try using a cucumber (flesh side down) over the mirror. The fruit’s juice will leave behind a film that repels water droplets.

## **\*Lift rust from grilling tools**

You’re grilling metal spatula and tongs are starting to get covered in rust. Try cutting off the top inch of a cucumber, dip it in salt, then use it to scrub the tools. The *oxalic acid* in the cucumber will bond with the oxidized iron in the rust to loosen the buildup, while the abrasive

salt will scrub it away. Just rinse the tools with cool water and dry well before storing.

## **\*Soothe tired, puffy eyes**

The secret to feeling bright-eyed after a night of not-great sleep? Cucumber! Simply place half a grated cucumber on top of a paper towel and wrap it up like a burrito. Then place over your eyes for 5 minutes. Using grated cucumber instead of cucumber slices releases anti-inflammatory enzymes in the fruit to cut down on swelling in half the time.



## HOUSEHOLD HINTS

- To tell if eggs are fresh, immerse them in a bowl of water. Fresh eggs will lie on the bottom, while stale eggs will float to the surface.
- When hanging a picture frame, put a dab of toothpaste on the frame where you need the nails to be. Then simply press against the wall to leave marks (which can later be wiped) as guides for hammering in.
- Use bread tags to label power cords.
- Add half a teaspoon of baking soda to the water when hard-boiling eggs to make the shells incredibly easy to peel off.
- To prevent potatoes budding, add an apple in the bag.
- Create a thrifty watering can by puncturing holes in the top of a used milk bottle.
- Use a rubber band to rescue a stripped screw.



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# THERE'S A FUNGUS AMONG US

By Joe Cortese



So, I like to watch TV (according to my wife, too much TV) but I try to balance my love of Si-Fi with my love of learning. I recently saw

a documentary on PBS about crows. This study was conducted in Great Britain and

determined that crows not only have a complex social structure but they can also communicate information and ideas. The study concluded that crows may be the second most intelligent animal on the planet. I had always assumed that men were second (behind women, of course) but I'm okay with the bronze metal. Then there was a great show on Netflix, "My Octopus Teacher". This is a good story about a man who likes to free dive and finds a small, beautiful lagoon (the Beatles would have called it an Octopus's Garden) where he strikes up a friendship with an octopus. Octopus are not known as friendly creatures and through his effort of breaking down the barriers to befriend this octopus the man identifies personal flaws and becomes a better man. Unfortunately, that still puts him somewhere behind a crow, but a "better man" none the less!

The crows and octopus were fascinating however they were only a prelude to the current Netflix documentary "Fantastic Fungi". *Fantastic Fungi* gives a small glimpse into the hidden world of fungi, better known as mushrooms. It is believed that there are over five million fungi species on the planet of which only two hundred thousand have been identified. Mushrooms are the fruit of certain fungi and not all

fungi produce mushrooms. Like fruit mushrooms bare the seeds (spores) of the fungi, zillions of microscopic spores. Fungi are the oldest known organisms on the planet and in the right conditions, live forever. Fungi can

cure or kill you. Fungi are among the smallest and largest organisms and most importantly fungi are essential to the environment. Without fungi the world would be buried in debris because fungi break down organic matter and return it to the cycle of life. After watching *Fantastic Fungi* I realized that I wanted to know more. I began researching the internet, have ordered a few books, have watched several YouTube videos and they all say that fungi are everywhere but the best place to find them is in an old forest and I need to look no further than my back yard to see that. I like to walk on "Old Beach Road" (that's the dirt road that runs alongside our community) and in just the last few days I have discovered a plethora of fungi (pictures attached). We literally live on a gold mine of fantastic fungi and I plan to take advantage of the new opportunity that nature has just given me. I welcome company if you're interested.

So, I guess the moral of the story is that not all TV is bad plus I can't watch TV if I'm in the forest digging up mushrooms, can I dear?





# RESTAURANT REVIEW

By Betty Vandermyn



*POP would like to initiate a new column in our newsletter called "Restaurant Review". I am starting off with my review of a wonderful dining experience I recently had with friends and am hoping others will follow with their positive dining reviews. Please recommend a special place where you had a wonderful time while dining out so we can all try new places to wine and dine. Positive reviews only.*

I would like to share a recent dining experience we had with friends from Plantation Oaks at a restaurant we've never been to before. It was absolutely delightful and was an exceptional experience inclusive of ambiance,



cuisine, service and of course special friends. The name of the restaurant is *Chez Paul Gourmet* and is located at 927 Beach Street in Daytona Beach. The

restaurant caters to a blend of French/Italian gourmet cuisine freshly prepared and is owned by Paul who is one of the fine chefs of this establishment.

The occasion for us dining there that night was to celebrate 2 birthdays and we were a group of 8. From the time we entered and until the time we left, we were treated like family. Paul and his warm, inviting staff welcomed and seated us at our table. After being seated and putting in our drink/wine orders, Paul came out and went around the table introducing himself and explaining in detail all the specialties of the night not on the menu and his own recommendations. The wait staff were so pleasant and attentive from Nadine, our drink server, to Joe and Charlie who assisted with the fine wine selections and table service. It was impeccable. And I can't leave out Ellen, who ran around making sure everyone had everything they needed (and then some), with her lively personality and quick wit. (Just to let

you know Ellen is 99 years old and is chef Paul's mother.) We couldn't believe her vim and vigor. The food was wonderful from appetizer to dessert. We had an intermezzo sorbet between our different servings and chef Paul came out and told us



several funny stories and jokes making us all laugh. What fun! He had the restaurants own special champagne delivered in flutes to the birthday girls and they brought out other complimentary tidbits of food we didn't order but wanted us to try. After the wonderful dessert they brought out a special liquor for all of us to sample. And after having a night full of fun and laughter, each of the ladies received a rose. What an amazing and special night, one I will not soon forget. We were a large party with birthday celebrations so you might expect special attention, however, if you read the restaurant reviews online, it appears they treat everyone like family. I can't wait to go back.



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## SEPTEMBER BIRTHDAYS

3-Sept Jim Smith  
4-Sept Herb Schneider  
4-Sept Donna Copeland  
5-Sept Patti Deater  
6-Sept Rose Schafer  
7-Sept Kathy Hillis  
7-Sept Lisa Etherington  
9-Sept Ed Raynor  
10-Sept George Byrne  
10-Sept Norma Unthank  
10-Sept Robert Maxwell  
13-Sept Lorraine Donohue  
13-Sept Richard Lothian  
13-Sept Cynthia Easter  
13-Sept Pete Case  
14-Sept Doreen Armstrong  
14-Sept Sharon Boswell  
15-Sept Susan Sorrell  
16-Sept Tom Greene  
17-Sept Ella Focht  
17-Sept Ronald Cline  
18-Sept Florence Card  
18-Sept Betty Lou Cranston  
18-Sept Russ West  
18-Sept Benny Cerney  
20-Sept Frank Schafer  
21-Sept John Clabaugh  
22-Sept Joe Ciccio  
22-Sept Janice Nichols  
22-Sept Edward Raynor  
23-Sept Gail Young



23-Sept Joan Bretz  
24-Sept Ann Greene  
25-Sept Bette Parisen  
25-Sept Debbie Dinkins  
27-Sept Don Hamel  
29-Sept Robert Burbridge  
30-Sept Dorothy Mogavero

## SEPTEMBER ANNIVERSARIES

1-Sept Barney & Ellen Barningham  
1-Sept Bill and Gayle Lane  
3-Sept Eugene and Bette Parisen  
4-Sept Robert & Margot Small  
7-Sept Jeff & Laura Dawkins  
9-Sept Alan & Jean Newall  
9-Sept Dan & Eileen Biers  
9-Sept Peter & Joan McElhinney  
11-Sept Jon & Marilyn Campbell  
12-Sept Roger & Eileen Lemelin  
15-Sept George & Cathyleen Niedhammer  
26-Sept Dean & Susan McKenney  
27-Sept Gary & Janet Maitland  
29-Sept Ronald & Joann Cline  
30-Sept Doug & Carol Mahoney

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



# MEATLESS MONDAY

By Janice Randolph



I'm sure you all have heard about Meatless Mondays or have seen the hashtag on social media. But did you know during the time of World War I, US President Woodrow Wilson declared every Tuesday to be meatless? Along with one meatless meal to be observed every day. It was mainly to reduce consumption of key staples to help the war effort and avoid rationing. The United States Food Administration (USFA) created the slogan "Food Will Win the War." They coined the terms "Meatless Tuesday" and "Wheatless Wednesday." to remind US citizens to reduce intake of those products. The campaign later resurfaced once again with World War II. Slogans such as "Meatless Tuesday" and "Poultry-Less Thursday" continued throughout the autumn of 1947. The meatless Monday campaign was restarted in 2003 by marketing professional Sid Lerner as a health initiative. The campaign was endorsed by the Center for a Livable Future together with over twenty public health schools. Later in April 2009, Meatless Monday launched an informational video showing the impacts of meat consumption on climate change. The meatless Monday campaign aims to protect the environment by lowering meat consumption. The environment is something that we cannot ignore since our lives are linked to it. We are entirely dependent on the environment for our survival. Going meatless once a week helps to lower your carbon footprint. It also helps to protect the already scarce freshwater reserves. Thus, it would be a great help to the environment if you decide to go meatless even for a day. There are many health benefits of going meatless on Monday. It can lower the risk of colorectal cancer, obesity, and type 2 diabetes. It can contribute to a healthy heart and help with weight management. There's a scientific reason why we follow meatless Mondays and not meatless Tuesdays. People are more open to new ideas and commitments, starting from Mondays, the study suggests. Furthermore, evidence suggests that health-related thinking is at an all-time high on Mondays. And things don't just end here. The study also reveals that starting new healthy routines on Monday helps people to sustain their routine in the long run.

## Here are a few working tips to get you started on Meatless Monday:

Involving your friends and family is always a great idea when it comes to trying out new things. You can decide on the menu, one that is plant-based. Try some colorful combinations when it comes to plant based diets. You can find thousands of plant-based recipes online. Give a few of those recipes that appeal to you a try. Cooking new dishes and trying out new recipes is always fun. Adding fruits and nuts to your meal as a side dish or eating fresh fruits for breakfast will help. You can also prepare some vegetable smoothies or fruit juice. Another way of making use of berries, fruits, and nuts can be to turn them into delicious desserts. You can always enjoy them after your plant-based meals.

Focus on eating a wide variety of foods such as beans, legumes, seeds, green vegetables, fruits, and nuts. Eat foods rich in starch and fiber such as potato, whole grain, brown rice, whole wheat, etc.

MEATLESS  
MONDAY





# PLANT BASED PAELLA

## Ingredients

- 2 1/2 cups low-sodium vegetable broth, divided (590ml)
- 1/2 cup diced red onion (75g)
- 3 garlic cloves, minced
- 1 cup uncooked brown rice (225g)
- 2 teaspoons smoked paprika
- 1 teaspoon turmeric powder
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper (about 10 turns)
- 1/8 teaspoon cayenne powder (more if you like spicy)
- 3 cups sliced cremini mushrooms (about 210g / 1/2 pound)
- 1 can diced tomatoes (14.5oz)
- 1 green bell pepper, diced (seeds and stem removed and discarded)
- 1 yellow bell pepper, sliced into strips and then cut in half (seeds and stem removed and discarded)
- 1 can artichoke hearts, drained and rinsed and coarsely chopped (14oz)
- 1 cup frozen peas (135g)
- 1/4 cup parsley, chopped (5g)
- 1 tablespoon vegan Worcestershire sauce



## Instructions

1. Heat a large stock pot over medium heat for about 2 minutes. Add 1/4 cup of the broth (60ml) and the onion and garlic. Cook for about 4 minutes, until all of the broth is absorbed, and the onions and garlic are nice and cooked.
2. Add the rice, paprika, turmeric, salt, black pepper, cayenne and stir. Add the mushrooms and canned tomatoes and stir again. Add the remaining broth (2 1/4 cups / 530ml) and bring to a boil. Reduce the heat to very low, cover the pot with a lid, and gently simmer for about 30 minutes.
3. Add the green and yellow peppers, place the lid back on the pot and cook for another 5 - 10 minutes, until the rice is fully cooked and most of the liquid is absorbed.
4. Turn off the heat, add the artichoke hearts, peas, parsley and Worcestershire sauce and stir. Cover the pot and let it rest for 5 minutes. Serve with lemon wedges.

Author: Molly Patrick



**Mission Statement:** To provide emergency assistance to our community when State/Local emergency services are delayed or otherwise unavailable. All residents are invited to register with us any special needs or emergency assistance you (or someone you know) may require in the aftermath of a catastrophic event. This information can be helpful in executing search and rescue, planning and purchasing necessary supplies and equipment.

To register contact **Donna Copeland, dmcpeland50@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**

*Save the Date*



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**Watch for flyer in clubhouse and email from CERT for specifics.**

# SOCIAL COMMITTEE

Terry Johnson



We are so happy to be able to start having regular community events in the clubhouse. We started with a pool party on August 21 featuring the Coconuts. Rockers are still painting every Friday from 1-3pm and giving out rocks to our community and throughout the area.

Upcoming scheduled entertainment events with ticket prices to be announced:

1. October 30, Halloween costume party, 6-9pm with Sir Dennis entertaining
2. November 20 Fall Festival 6-9pm, with Tony and Debbie entertaining
3. December 31, New Year's Eve, 8 to midnight with entertainer Michael Kohn to welcome in the New Year!
4. January 15, 6:30 to 9:30pm, Snowball Dance Michael Kohn entertaining
5. February 12, Valentine's Day dance 7-10pm with Carl Monte

Events yet to be planned:

Craft Bazaar

Gingerbread House making party

Trip to the Stetson House

There may be more but for now keep checking your email and notices in the clubhouse.



## BEAUTY TIPS

By Terry Johnson



You love tending to your garden, but you could do without the layer of grime and soil that gets stuck under your nails! To avoid this, scrape your nails along a soap sliver before you head outside. The waxy soap will get lodged underneath nail beds, so there's no room for dirt to enter. Then when it's time to wash your hands, the soap will make cleaning a breeze.

# Save the Date

## UPCOMING COMMUNITY ACTIVITIES

*Social Committee*

**Halloween/Costume Party** October 30 at 6pm-9pm. Sir Dennis will be the entertainer. Ticket price and food to be announced.



**Fall Festival** November 20 at 6pm-9pm. Tony and Debbie will be our entertainers. Ticket price and specifics to be announced

**New Year's Eve Party** December 31, 8pm to midnight. Entertainment by Michael Kohn to welcome in the new year! Ticket price and food to be announced.

**Snowball Dance** January 15, 6:30 pm to 9:30 pm with Michael Kohl entertaining. Ticket price and specifics to be announced.

**Valentine's Day Dance** on February 12, 7pm-10pm with Carl Monte. Ticket price and specifics to be announced.



## WILD HOGS IN PLANTATION OAKS



If you find wild hogs are plowing up your back yard, you might try calling or texting a local hunter, Brian Pugsley at 407-782-4991. Just let him know where you are and when they were in your yard. Also, you can remove their food source by treating your lawn for grubs and never leaving any kind of food out.

# TIME TO LAUGH ...

Submitted by John Mercurio



An old physician, Doctor Gordon Geezer, became very bored in retirement and decided to re-open a medical clinic.

He put a sign up outside that said: "Dr. Geezer's Clinic ". Get your treatment for \$500 - if not cured, get back \$1,000.

Doctor Digger Young, who was positive that this old geezer didn't know beans about medicine, thought this would be a great opportunity to get \$1,000.

So he went to Dr Geezer's clinic.

**Dr. Young:** "Dr. Geezer, I have lost all taste in my mouth. Can you please help me?"

**Dr. Geezer:** "Nurse, please bring medicine from the box 22 and put 3 drops in Dr. Young's mouth."

**Dr. Young:** "Augh -- This is Gasoline!"

**Dr. Geezer:** " Congratulations! You've got your taste back. That will be \$500."

Dr. Young gets annoyed and goes back after a couple of days figuring to recover his money.

**Dr. Young:** "I have lost my memory; I cannot remember anything."

**Dr. Geezer:** "Nurse, please bring medicine from box 22 and put 3 drops in the patient's mouth."

**Dr. Young:** "Oh, no you don't -- that is Gasoline!"

**Dr. Geezer:** " Congratulations! You've got your memory back. That will be \$500."

**Dr. Young** (after having lost \$1000) leaves angrily and comes back after several more days.

**Dr. Young:** "My eyesight has become weak ---- I can hardly see anything!"

**Dr. Geezer:** "Well, I don't have any medicine for that so, "Here's your \$1000 back" (giving him a \$10 bill).

**Dr. Young:** "But this is only \$10!"

**Dr. Geezer:** " Congratulations! You got your vision back! That will be \$500."

Moral of story: Just because you're "Young" doesn't mean that you can outsmart an "old Geezer"

## Attention Community Residents A Note From Your Newsletter Publisher:

We are **Community Media** – the new publisher of your community newsletter. We hope you enjoy your new newsletter! We are a publishing and printing company specializing in community newsletters. We publish newsletters for over 150 communities across Florida, and we are excited to work with your community to provide a useful resource for your community residents.

### Here's how our process works:

We provide a **FREE newsletter to your community each month.**

This newsletter is FREE to your community because we partner with local and regional businesses to advertise their products and services in this newsletter.

Their advertising dollars support the design, printing, and delivery of your newsletter.

### What can you, as a community resident, do to support your newsletter?

Suggest businesses to support your newsletter with advertising.

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

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# September Crossword

## ACROSS

1. Rugby formation
6. Academy award
11. Not here
12. Settlement
15. Recognition
16. Female protagonists
17. 54 in Roman numerals
18. Nightclub
20. Take in slowly
21. Gumbo
23. Concludes
24. Not difficult
25. A noble gas
26. Start over
27. Baroque composer
28. Sea eagle
29. Sphere
30. Ski jacket
31. Masseurs
34. Range
36. Female sibling
37. Dagger handle
41. Alley
42. Three-handed card game
43. Paris airport
44. Docile
45. Secluded valley
46. Journey
47. Beer
48. Clatter
51. Consumed food
52. Depicts
54. Happenings
56. Give forth
57. Twilled fabric
58. Drive
59. Contemptuous look



## DOWN

- |                               |                         |                        |
|-------------------------------|-------------------------|------------------------|
| 1. A forward on a soccer team | 14. Catch a glimpse of  | 35. Photo devices      |
| 2. V-shaped stripes           | 15. Duplicate           | 38. Dispose            |
| 3. Scarlet                    | 16. Small carry baskets | 39. Flutter            |
| 4. Relating to urine          | 19. Ales                | 40. Varieties          |
| 5. Of higher order            | 22. Windflower          | 42. Killer             |
| 6. Exaggerate                 | 24. Hearing range       | 44. Adhesive strip     |
| 7. Fathers                    | 26. Thorny flower       | 45. Grille             |
| 8. Coagulate                  | 27. Tavern              | 48. Scottish hillside  |
| 9. Anagram of "Ail"           | 30. Annoyance           | 49. Not more           |
| 10. Plunder                   | 32. Gorilla             | 50. Not odd            |
| 13. Japanese hostess          | 33. Goliath             | 53. Explosive          |
|                               | 34. Ski race            | 55. Before, poetically |





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