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A VISIT TO THE ALLIGATOR FARM

Photos by Jean Scionti. See Article on Page 3



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FROM THE EDITOR

By Dana Matlock



THANK YOU BETTY!

Betty Vandermyn was involved with the development of The POP from the very beginning. She worked tirelessly to assist in getting articles submitted (which included convincing reluctant residents to write) learning computer skills to assist in the organization and format of the newsletter, writing amazing articles and supporting me all the way. All this while she continued to fulfill her commitment as Vice President on the Plantation Oaks Residents Association Board of Directors and filling in on committees wherever needed. Volunteers like Betty are the lifeblood of our community, and we are so fortunate to have her.

Betty resigned as co-editor of the POP in May to free up time to devote to her other commitments. She continues to write articles and assists in any way she can until her replacement is on board.

Thank you, Betty, from the bottom of my heart for all your dedication and hard work! I will miss our work sessions that always ended with wine, cheese, laughter and friendship.

Please join me in thanking Betty for her service to all of us by making our community just a little better.



WELCOME ABOARD JOANNE!

I am so pleased to announce that Joanne Kegel has volunteered to accept the position of co-editor of The POP. Joanne and her husband, Dave, moved to Plantation Oaks last fall just two houses down from our home on Tobias Lane. They moved here from Palm Coast and Connecticut before that. They love the amenities here, especially the heated pool, and spend as much time as possible there. Joanne will begin her service with the



October issue of The POP. I look forward to working with her.

When you see Joanne around the neighborhood, perhaps at the pool, say hello and thank her for stepping up to help produce our community newsletter!

SO, YOU THINK YOU KNOW EVERYTHING???

Part 2

- Our eyes are always the same size from birth, but our nose and ears never stop growing.
- Peanuts are one of the ingredients of dynamite.
- Rubber bands last longer when refrigerated.
- "Stewardesses" is the longest word typed with only the left hand and "lollipop" with your right.
- The average person's left hand does 56% of the typing.
- The cruise liner, QE2, moves only six inches for each gallon of diesel that it burns.
- The microwave was invented after a researcher walked by a radar tube and a chocolate bar melted in his pocket.
- The sentence: "The quick brown fox jumps over the lazy dog" uses every letter of the alphabet.
- The winter of 1932 was so cold that Niagara Falls froze completely solid.
- The words 'racecar,' 'kayak' and 'level' are the same whether they are read left to right or right to left (palindromes).
- There are 293 ways to make change for a dollar.
- There are more chickens than people in the world.
- There are only four words in the English language which end in "dous": tremendous, horrendous, stupendous, and hazardous.
- There are two words in the English language that have all five vowels in order: "abstemious" and "facetious."
- There's no Betty Rubble in the Flintstones Chewable Vitamins.
- Tigers have striped skin, not just striped fur.
- TYPEWRITER is the longest word that can be made using the letters only on one row of the keyboard.
- Winston Churchill was born in a ladies' room during a dance.
- Women blink nearly twice as much as men.
- Your stomach has to produce a new layer of mucus every two weeks; otherwise, it will digest itself.

There, now you know everything!

A VISIT TO THE ALLIGATOR FARM

By Jean Scionti



Last year, my grandsons came for a visit and to keep them occupied... away from their iPhones and computers, we decided to take a short excursion to one of Florida's oldest and continuously running attractions.

The St. Augustine Alligator Farm Zoological Park is a straight 31-mile drive via Florida A1A and is located on Anastasia Blvd, in St. Augustine, Florida. "The Farm" has 24 species of crocodilians, and a variety of other reptiles, mammals, and birds, as well as exhibits, animal performances and educational demonstrations.

The back section of the park contains a large bird rookery, where free-roaming local bird species such as egrets, herons, wood storks and roseate spoonbills nest and rear their young.

Our visit turned out to be quite educational. We learned a lot about Florida's most dangerous and captivating animals. We got to experience a "feeding-time" session that turned out to be part demonstration and part rescue. My grandsons still talk about that part of the adventure. Here's the story...

We had just finished our own child-feeding demonstration at the snack bar when we heard on the loudspeaker that it was time to feed the alligators. We immediately crossed over to the alligator enclosure. Once there, the head trainer, standing above the pit and facing the audience with microphone in hand, began his talk: "What follows folks will be a feeding presentation. Our new staff employee will perform the demonstration." He signaled for the young trainee

to climb down into the pit while carrying a bag of treats. As the boy stepped on to the ground and turned around, he saw at least ten alligators coming towards him as what seemed like a stampede. Both the kid and we, the audience, were shocked! The trainer seeing our amazement turned and very matter-of-factly instructed the boy that in this situation, you simply walk backwards zigzagging away from the eight-foot-long gators! That kid just froze.

Talk about a captivating experience and an interactive program, we watched in disbelief as the young "student"

kept staring at the gators in horror. Thankfully, the trainer realized that the boy was just not listening. He then jumped into the pit himself and with ease got the gators to back off.



I often wonder if that kid quit his job that day. I have no photographs of the rescue, but, like my grandchildren, I will never, forget it!

The bird sanctuary was also remarkable. Seeing so many difference species of birds in one place was eye-catching. Watching a whole flock of them flying out of a huge oak tree was amazing. We learned many things and I got some great pictures!

The fall season is on the way, and all the out-of-state visitors are back to their lives up north or wherever, so I am sure you will have a non-congested and fine day exploring the well planned out one-acre complex.

Pack a lunch and bring along some "Gatorade" ... just in case! Now that was me being funny.



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A MONTH IN THE MOUNTAINS

By Joe Cortese



For the month of July, Glenda and I decided to escape the heat and take a vacation. Now I'm not sure if vacation is the right word (can you really take a vacation from retirement?) but for years we've watched our snowbird neighbors flee the cold and head south and then north to dodge the Sunshine State's sizzling summers. We thought they might be on to something so this year we decided to head North for the cool of the mountains. I guess that kinda makes us sunbirds.

We rented a cottage in the Village of Flatrock which is near Hendersonville, which is near Asheville, which is in the Great Smoky Mountains. Flatrock has an elevation of over 2000 ft. and usually stays 10-15 degrees cooler than Flagler Beach, but it is also relatively level, for being in the Smokies, which is wonderful for a flatlander from Miami. Flatrock is only an 8-hour drive making it very convenient, although it did take us 11.5 hours to get there because of the 4th of July weekend. Now some hard-core mountain people might balk at an only 2000 ft elevation, and for that matter the whole of the Smoky Mountains, when compared with the majestic heights of the Rockies but flatlanders from Miami consider anything 6 inches above sea level to be high ground and anyway the area is simply beautiful!

The cottage we rented was very comfortable and had all the amenities of our own home. It is in a community of cottages that resemble a Norman Rockwell painting. All the cottages face a large grass covered courtyard that is surrounded with a variety of trees, bushes, and flowers to be envied by any garden club. There is a gazebo with benches and tables at one end of the courtyard and a paved barbecue area with tables, umbrellas, chairs, and benches, and of course gas grills, at the other end. Every Thursday afternoon many of the residents gather in this area for food, drink and to get acquainted. Everyone shares stories and talks about new restaurants, shops, parks, or other cool things they have found throughout the week. I think even John Audubon would have been content with the variety of birds, beast and nature that are abundant everywhere around the cottages but for Glenda and me, we loved the bunnies and the bears. We see plenty of deer and other wildlife here in the Oaks but seldom bunnies, probably too many predators, but there was no shortage of them around the cottages and we also

found an abundance of bears in Hendersonville, in fact there is one on every downtown street corner. Of course, the bears are made of concrete and have murals painted on them by local vendors, churches, schools, and civic organizations but they are adorable. We were told by a local that a person would be better off killing somebody than messing with a bear.



Needless to say, we loved the cottage community, but we also found an endless variety of things to do in the area. There were consignment, vintage and thrift shops galore mixed in with a great variety of specialty shops for those who love shopping, like Glenda. There is also every conceivable type of restaurant including a Tea Room (most of them excellent) for those who love to eat, like Joe. There were car shows, free concerts, theater (we saw West Side Story) and a small (reservation only) movie house where we saw Elvis. Mix those in with State, City and County Parks (which our two fur babies loved) waterfalls, overlooks and it's easy to see why we never got bored and can't wait to go back.

A Mountain Morning

This world is so full of such beautiful things,
it fills up my senses with the joy that it brings.
The birds greet the new day with a soft melody,
a glistening sunbeam chases gray, so we see.
A bunny leaves it's tracks in the dew of the grasses,
as it nibbles sweet clover and it silently passes.
A babbling brook, a zephyr stirs the leaves,
the flowers open up as they wait for the bees.
A cool breeze perfumed by a million wildflowers,
I could sit on this front porch and doddle away hours.
Yes, this world is filled with such beautiful things,
and it fills up my heart until my soul sings.

By Joe Cortese



SEPTEMBER 2022 HOLIDAYS AND OBSERVANCES

By Betty Vandermyn



It's hard to believe but it's already September! Up in the northeast the beautiful autumn foliage will begin, brisk cool days perfect for outside sports, and kids are back in school. Here in Florida, it will remain hot, and our biggest worry is that it is still

hurricane season, and if/when/where will it hit, and do I have enough supplies. Withstanding all that, September is a beautiful month in Florida with much to do in the warm/hot sunshine and of course our beautiful beaches. There are several holidays and observances also but too many to mention, so here are a few highlights of the month.

- September 2-VJ Day
- September 5- Labor Day
- September 11- 911 Remembrance/Patriot Day
- September 11- Grandparents Day
- September 17 - Constitution Day
- September 17- Oktoberfest begins in Germany
- September 21- International Peace Day
- September 22- Autumn Equinox
- September 23- Native American Day
- September 25- Rosh Hashanah begins at sundown and ends in the evening of September 27.

Now here are some fun facts for September!

- The name September comes from an old Roman word, "septem" which means seven. September was the seventh month on the Roman Calendar. It did not become the ninth month until the advent of the Gregorian Calendar.
- The Romans believed that September was looked after by the god of fire, so they always expected fires and volcanic eruptions to occur during this month.
- September is spelled with the most letters of any month. It contains 9 letters and happens to be the 9th month. No other month has that claim to fame.
- On September 10 the "Harvest Moon" is the fullest moon of the year. No other lunar spectacle is as awesome and so big and bright as the harvest moon. Don't forget to check it out!
- The autumn equinox or the first day of autumn will begin at 9:03pm on Thursday September 22. This is when the hours of the day are almost equal to the

hours in the night.

- There are more pop and classic songs with September in the title than any other month. Another claim to fame for September.
- Zodiac signs in September are split between Virgo (August 23-September 22) Libra (September 23-October 22).
- Some Famous people born in September include Adam Sandler, Amy Winehouse, Bill Murray, Bruce Springsteen, Confucius, Freddie Mercury, Queen Elizabeth, Stephen King, and Sophia Loren.
- The birthstone for September is sapphire. It is said to reduce inflammation and treat fever, and act as a lucky charm for the person wearing it. It symbolizes intuition, clarity of thought, peacefulness, as well as loyalty and trust.
- September also has a few more observances. National



Cheese Pizza Day is on Monday September 5 and Drink-A-Beer Day is September 28. Now if these two only fell on the same date! What a holiday that would be!

Mmmmmmmmmmmmm!



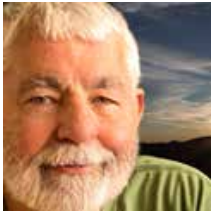
Photo by Dana

Have you seen this?

Bob and I were on our way home from playing Euchre at the clubhouse and we passed this amazing site. I suppose we do not get out much at night because, I had not noticed it before. Love it!

PHOTOGRAPHY BASICS

By Jeff Williams



Have you ever asked yourself what makes a photograph in National Geographic great? Or how the very best photographers create those beautiful images? Think about all the photos you have at home, and I imagine (from my long experience) they fall into just a few categories. Snapshots of family and friends that sit in cardboard boxes in the closet. A few photos of close family in frames on a table or hanging on the wall. And finally slides or even maybe now digital photos of a vacation long past which get brought out maybe during a family holiday.

A great photograph draws you in. It's pleasing to the eye. It evokes emotions. You wouldn't be ashamed to hang it on your wall or publish it in a coffee table book to show to visitors. When you look at it, you stop doing whatever and think about when, where, and how you took it. It doesn't just represent a moment; it brings the entire memory back into clarity and with fondness. Even the times I was almost washed off the rocks or was charged by a bull elk are fond (in retrospect).

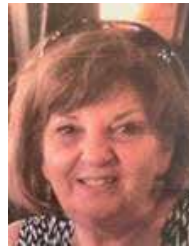
Great photographs don't just happen. Ansel Adams' legendary photo "Moonrise Hernandez" resulted from him driving by the location and realizing he had only minutes to set up his camera and expose the negative before the perfect light was gone. But even then, it took hours of artistic burning and dodging to create what is probably his finest photograph. That's because, as he often stated, "You don't take a photograph, you make it." Technically great photographs require not only knowledge of your equipment, but also the skills to make them artistically and emotionally powerful. "The single most important component of a camera," Ansel Adams said, "is the twelve inches behind it!" (I guess you can tell I sort of like his work). The eye and the mind of the composer are as crucial as any camera. This isn't limited to photography. The great artists of the past knew how to evoke emotions in their work. Go to any art gallery and you'll see the same elements in a great painting that are contained in a great photograph. Light, lines, composition.

For anyone interested in learning more about these aspects, I plan to present a seminar on the basics of photography. This seminar would focus on better understanding your camera, how to use it, and a primer on the artistic elements. I'm no expert by any stretch;

however, for many years I have taken courses, read innumerable books, photographed over 25 national parks, scared lots of animals by accidentally getting too close, and spent too much money on equipment. And all of that has been a blessing for someone retired and looking for a purpose. Given enough interest, the seminar would most likely be held on September 29th from 10:00 am - 12 noon, open to all and at no cost (the best part)! So, charge up your camera's battery, whether it's the latest advancement or just the one on your phone. And if you don't have a camera, just come ready to learn. See you then! Jeff Williams, 18 Winthrop Lane.

HATE TO EXERCISE?

By Paula Davies



Hi everyone who hates to exercise, my name is Paula and I am definitely one of those people. Funny thing since retirement was so very new to me, I didn't know what to do with myself. So, I started painting rocks then heard all about this aerobics stuff going on in the pool. Well, what the heck let's go try that out. Holy cow! No mercy going on in that pool. I think I realized quick I was the most uncoordinated and out of shape person in there. But something crazy was happening. I was meeting some really nice, wonderful, fun people, who had a lot more patience than I did and encouraged me to do what I could at my own pace. Well, who would have thought, hating to do any exercise, I was looking forward to Monday, Wednesday and Friday classes I was having fun and finally keeping up...well almost. Then, just as I was really getting into it and working on a good tan, my arm started hurting I thought it was from unpacking and moving boxes. Ugh! Well, welcome to retirement. I needed a reverse shoulder replacement plus I had a torn rotator cup. First thing doc said was, no pool. What?? I waited it out till I had the surgery then of course comes physical therapy. All I thought about was getting back in that fun pool again. It took three months before they finally let me get back in the water. Between the surgeon and the physical therapist, they said it would be at least a year till my arm would be 100%, Finally, back in the pool, and again with the help, understanding and encouragement of all our great aerobics people, I'm almost at 100% in less than 6 months.

continued on page 8

SOOO, exercise can be fun. Doing the water aerobics replaced my extended physical therapy and of course the laughter sure helped me heal so much faster. Oh, and I'm tan again, LOL.



Do yourself a favor, stop by and try out our great water aerobics classes and who knows, exercising, laughing, and just having fun may help you feel better too.

FEDERATION OF MANUFACTURED HOMEOWNERS (FMO)

By James Pursley, Plantation Oaks FMO Rep



Hello again, hope everyone is doing well. As promised, I am starting off with weather report "HOT".

Remember back in the "Old Days" when you decided to buy a new piece of furniture you and the wife or husband would get all dressed up and go to a furniture store, you may go to several

stores until you find the right one that suited your needs. Well, how things have changed at least for some people, the new way is you get a catalog in the mail and you see a great piece that you have been looking for. You can charge it or if you order now, you get extra shelving. Sounds too good. So, you order it, a 7 ft tall 3 ft. wide with 13 shelves and 4 doors.

I called right away and got the extra shelving. Beautiful. You are making adjustments in your home to find just the correct place for it to go. The big day comes, and you hear those famous words "you are on schedule for delivery". So, you sit waiting, and waiting, 1 sandwich goes down, then, one beer is consumed, that goes on for a few more then the doorbell rings. At last it's here. I open the door and there it is, a cardboard box measuring 10 inches thick and 4 ft. wide. 5 ft. In length. I discovered I missed the fine print "some assembly required."

Well, you say, not a problem, you look at the diagram, it's got tools with it, reasoning for this is the tool has not been invented and same goes with the nuts and bolts that hold it together.

If you were wondering why I brought this up, that's what I have been doing and still working on it. I may have gotten my dimensions and a few other things blown out of proportion but how things have changed.

One thing that never changes or if it does it's for better and I don't know what else they could be doing better. They have the interest of manufactured homeowners whose homes set on leased land. Just one of the many things they have is an attorney and a Legislative Counsel

to represent us homeowners in Tallahassee. There is so much more they do. For just \$25.00 a year or hold onto your hats, you ready, \$65.00 for 3 years. To join this terrific organization you can go to their website, fmo.org where you can use credit cards, or contact me James Pursley, your park representative jpinvest129@gmail.com or call or text 386-986-9632.

Well folks I'm closing for now. Back to my project of putting together our cabinet. Stay safe until next time.

KNOW THE WARNING SIGNS OF HEAT ILLNESS

Call 911 immediately if you or someone you know has:

- hot dry skin.
- trouble breathing.
- rapid heartbeat.
- confusion, disorientation, or dizziness.
- nausea and vomiting.



If you or someone you know feels weak or faint, go to a cool place and drink water. If there is no improvement, call a doctor or 911.

KEEPING YOUR PETS SAFE

- **Avoid dehydration:** Pets can dehydrate quickly, so give them plenty of fresh, clean water.
- **Walk your dog in the morning and evening:** When the temperature is very high, do not let your dog linger on hot asphalt. Your pet's body can heat up quickly, and sensitive paw pads can burn.
- **Know when your pet is in danger:** Symptoms of overheating in pets include excessive panting or difficulty breathing, increased heart and respiratory rate, drooling, mild weakness, unresponsiveness, or even collapse.
- **Test the temperature of the pavement** with the palm of your hand before taking your pets for a walk to ensure it will not burn their paws. If it's too hot for your hand, it's too hot for their paws.



THE FIRST AC

Egyptians invented the first window air conditioning units. They stayed cool by **hanging wet reeds in their windows**. The breeze would blow through the water-soaked plants and send cool air into their dwellings.

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WELCOME COMMITTEE

By Bob Matlock



As you know I see almost all the new residents moving into Plantation Oaks. Some arrive with a golf cart (and other stuff they wish they had left behind), but many folks set out to buy a cart. A very few of the carts have gas motors but most are electrically powered with a set of batteries. It is the batteries that I want to talk to you about. Sometimes the new “cart owner” has no experience or knowledge about the care of the batteries. They are housed under the seat. The seat is easily removed and should be set aside. Do that now. Also unplug the charger. Before you start working on the batteries you need to buy or get a couple of items that will keep you safe and add to the success of your project. You will need a gallon of distilled water, rubber or neoprene gloves, a flashlight, a medium sized rag, or towel and maybe a cup of baking soda. Go get that stuff to have available before you start.

- Now, with the seat off, look at the batteries. Note that each has two terminals with wires attached and a tight-fitting cover over holes in the top of the battery. If the terminals have a white powder on them, you need to clean that off with a water and baking soda solution (one cup in a gallon) because that white stuff is caused by the acid in the battery and the baking soda will neutralize it. Scrub it with an old toothbrush.
- Now look at the covers over the holes in the top of the battery. Those covers cover the cells of which there are three or four in each battery and in each cell, there are lead plates suspended in a sulfuric acid solution. A liquid or dampness on the top of any battery could be caused by overfilling the cell(s) or overcharging. It probably has some acid in it and that’s why you wear the gloves. Regardless, if there is dampness, take your outside water hose and flush it off.
- With that done take the cover off the holes in the top of one of the batteries. Using the flashlight look inside one of the holes and you can see the lead plate and the acid solution. If you can’t see any fluid, you need to add distilled water only up to the bottom of the rim that exists above the lead plate. Do not overfill.
- You do this filling, if needed, for every cell in the battery. When done replace the cover making sure it is clean and tight. You need to service each battery in this way.

- Make sure when you replace the hole covers that they are clean and tight. Let no debris get into any cell. That could render the entire battery useless.
- When all the batteries are done put the seat back on and plug the charger back in. Let the charger run for about six hours. Then unplug.

Some people keep their charger plugged in for days at a time. This causes the acid solution to deteriorate and shortens the life of your batteries. At over a hundred dollars each who needs that. If you have any question or need help with any of this, give me a call at 386-439-3443.



We are happy you are here!



Grooms, Larry

31 Tobias

Larry is from Manassas, VA. He looks forward to attending and participating in our many and varied activities. Has daughters in Palm Coast and Cambridge, MD

Pankau, Greg & Mariana

25 Beaumont

Greg is from Bellevue, WA. Mariana is from Romania. They have family in Washington, Romania, Lebanon and Florida. Greg is retired from the Coast Guard after 28 years of service. Both are active in the Coast Guard Auxiliary



VEGETARIAN BURGERS

By Jean Scionti



I am always looking for a new way to get my husband to enjoy more of the vegetarian meals I serve him. He's a red meat lover and has not had a cheeseburger in two years. I must say, I am proud of that fact! We both really enjoyed the burgers!

Portabella Mushroom Burgers

(4) Portobello mushroom caps, gills removed if desired

Cooking spray

(4) Teaspoons of Sweet Baby Ray's Honey Barbecue Sauce (or ketchup, and mayonnaise mixed)

(4) Slices of American cheese

(4) Whole wheat buns, toasted if desired

(1) Cup shredded lettuce

(4) Tomato slices

Add onion, if desired

Step 1: Preheat grill to medium high.

Step 2: Coat mushrooms with cooking spray. Grill turning occasionally until tender, 10 to 12 minutes total.

Step 3: Transfer the mushrooms to a plate and pat dry with paper towels.

Brush with the barbecue sauce and top the gill side of each mushroom with a slice of cheese.

Step 4: Return mushrooms to the grill and cook until the cheese is melted, about one minute more.

Serve on buns with the sauce, lettuce, tomatoes, and onion.

Note: I don't have a grill, so I used the broiler in my oven...it worked out well.

QUESTIONS:

1. Who was the first major league catcher to catch four no hit games?
2. What planet in our solar system has the longest day?
3. What is the world's smallest country?
4. Who wrote the novel, "Moby Dick"?
5. What country has the longest land border?
6. What planet in our solar system has the most moons?
7. What is the first letter of the Greek alphabet?
8. What is the last letter of the Greek alphabet?
9. How long is the Great Wall of China?
10. What South American country is named after the city of Venice?

HAVING "THE TALK"

From the National Institute on Aging

Submitted by John Mercurio



Talking with an older person about his or her driving is often difficult. Here are some things that might help when having the talk.

- **Be prepared.** Learn about local services to help someone who can no longer drive. Identify the person's transportation needs.
- **Avoid confrontation.** Use "I" messages rather than "You" messages. For example, say, "I am concerned about your safety when you are driving," rather than, "You're no longer a safe driver."
- **Stick to the issue.** Discuss the driver's skills, not his or her age.
- **Focus on safety & maintaining Independence.** Be clear that the goal is for the older driver to continue the activities he or she currently enjoys while staying safe. Offer to help the person stay independent. For example, you might say, "I'll help you figure out how to get where you want to go if driving isn't possible."
- **Be positive and supportive.** Recognize the importance of a driver's license to the older person. Understand that he or she may become defensive, angry, hurt, or withdrawn. You might say, "I understand that this may be upsetting" or "We'll work together to find a solution."

TRIVIA

By Rich Bencal



Happy September. It's time once again to challenge you with some great trivia questions. As always, the answers will appear on another page of the POP. Happy Labor Day!!

SEPTEMBER BIRTHDAYS

4	Herb Schneider	13	Richard Lothian	20	Frank Schafer
4	Donna Copeland	13	Cynthia Easter	21	John Clabaugh
5	Patti Deater	13	Pete Case	22	Joe Ciccio
6	Rose Schafer	14	Doreen Armstrong	22	Janice Nichols
7	Kathy Hillis	14	Sharon Boswell	23	Gail Young
7	Lisa Etherington	14	Mary Olson	24	Ann Greene
8	Paula Davies	15	Susan Sorrell	25	Debbie Dinkins
8	Robin Love	16	Tom Greene	25	Betty Parisen
9	Ed Raynor	17	Ronald Cline	27	Don Hamel
10	George Byrne	18	Florence Card	29	Robert Burbridge
10	James Bowen	18	Betty Lou Cranston	29	Pam Borja
10	Norma Unthank	18	Russ West	30	Dorothy Mogavero
10	Robert Maxwell	18	Benny Cerney	30	Carol Pursley
13	Lorraine Donohue				

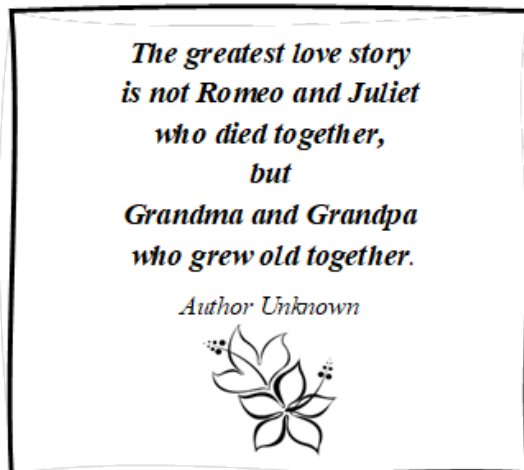


SEPTEMBER ANNIVERSARIES

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



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



BEAUTY TIPS

By Terry Johnson

Keep makeup fresh for less: Want your makeup to last through a long night? Saturate a cotton pad with witch hazel and gently pat it over your foundation (taking care not to rub your makeup). The astringent tightens pores, reducing excess oil secretion that can cause makeup to break down quickly.



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SEPTEMBER IS NATIONAL MUSHROOM MONTH!

By Chef Kevin Gallagher MS, CEC



The popularity of foraged wild and cultivated specialty mushrooms can be attributed to a change in mushroom farming in the late 1970s/early 1980s. At that time, owners of mushroom farms and wild mushroom hunters began to introduce the public to unique varieties of fungi that most people had never seen before. We were introduced to the light crunch of raw enoki, the hearty, meaty and smoky taste of shiitakes and the nutty flavor of sautéed morels. Only about 3% of wild mushrooms in the world are suitable for human consumption (translation: “poisonous”, so don’t go picking the mushrooms that sprout up in your yard after a damp spell, or ones you find while hiking the woods). It takes extensive training to identify an edible mushroom and even the experts have made very deadly mistakes!

Mushrooms are a “powerhouse of nutrition.” Low in calories, fat and cholesterol-free, mushrooms contain a modest amount of fiber but more than a dozen minerals and vitamins, including copper, potassium, magnesium, zinc, and B vitamins such as folate. Mushrooms are high in antioxidants such as selenium and glutathione (GSH), substances believed to protect cells from damage and reduce chronic disease and inflammation. The common button mushroom is high in potassium and selenium. Specialty mushrooms like the gray and yellow oyster, shiitake, maitake and porcini, have far higher concentrations of both ERGO and GSH. Porcini mushrooms have the highest amounts of ERGO, followed by yellow oyster mushrooms.

To prepare mushrooms, use a sharp knife to trim any tough or woody sections from the base of the stem. Next, they must be cleaned but wait until right before they are to be used. From a chef’s perspective it is best to start first brushing (for deep gills, try a toothbrush instead of a mushroom brush) and then removing any remaining dirt with a damp paper towel. Store mushrooms in the refrigerator in a paper bag or wrapped in paper towels. Never store them in plastic bags: it increases the humidity which causes more rapid deterioration. Even the heartiest mushroom won’t last more than a few days, so buy only what you need fresh.

In honor of the Ukraine, I offer the following recipe:

Ukrainian Mushroom and Onion Dumplings (Vushka)

Yield: 60 dumplings.

Ingredients

For the Filling:

- 1/4 cup dried porcini mushrooms
- 3 Tbs vegetable oil
- 1 small onion, minced
- 2 cloves garlic, finely minced
- 4 cups button mushrooms, chopped
- Salt and ground black pepper
- 1-2 packages Wonton wrappers



Instructions

1. Place dried porcinis in a small bowl and add 1/4 cup boiling water. Let soften, about 10 minutes. Strain, reserving liquid and mushrooms separately.
2. In a large skillet, heat oil over medium heat. Add onion and cook, stirring often, until golden but not brown, about 5 minutes. Add minced garlic and button mushrooms and cook, stirring, until mushrooms have released their liquid, about 10 minutes. Sprinkle with salt and pepper and drain liquor. In a food processor, combine both kinds of mushrooms. Spoon in porcini liquid, leaving behind any silt in bottom of bowl. Pulse together until coarsely ground but not pasty: about 3 or 4 pulses. Add salt and pepper to taste and set aside.
3. Drain any excess liquid from filling. Place 1/2 teaspoon filling in center of each wonton wrapper. Dip finger in water and moisten edges of wonton. Fold squares in half to form triangles, sealing filling inside. Pinch the 2 opposing corners together to seal tightly. Place on floured surface: do not stack. Repeat with remaining dough and filling.
4. In a large pot of salted boiling water, cook dumplings until they float, 2 to 4 minutes. Drain and serve in hot borscht, or just with sour cream. Delish!



TIPS TO GET THE MOST COOL FROM YOUR CAR AIR CONDITIONING

Submitted by John Mercurio



Here are some handy tips to help you cool your car faster while burning less fuel from the engineers at the Consumer Reports Auto Testing Center.

1. Don't Precool

Your car air conditioning works much better when you're actually driving because the faster the engine turns, the faster the AC compressor runs, which lets the system cool more effectively. Don't waste time and gas by letting your car run before you go.

When you start driving, turn on the air conditioner and open all the windows for 10 to 20 seconds. Even on the hottest days, the air inside the car will be much hotter than the outside air. You might think you're wasting the cooling from the air conditioner. But it will take that long for the AC to start cooling, so you'll actually be helping it cool the interior.

2. Go Low

Setting to the lowest temp and adjusting the fan makes the car air conditioning more efficient, will dry out the air less, and can actually save some fuel. Why is that? In a typical AC system, the air is cooled to 38 degrees. If you set the temp higher, you're actually forcing the system to reheat the cooled air, which takes more effort and more fuel.

3. Don't Recirculate

If you don't have passengers in the back seat, consider turning off the recirculation mode. This takes air from the front of the cabin and pulls it back through the system, so even though everyone up front stays cool, the air in the back can get stale and hot.

4. Turn Off Stop/Start

If you have a newer car that has an auto start/stop system, consider turning it off. This feature saves fuel, but for many cars it can keep the car's air conditioning compressor from running when it shuts the engine off. In very hot weather, you can begin to notice the lack of cool air very quickly, especially if you're stuck at a lengthy stoplight or in stop-and-go traffic that's barely moving.

5. Make Sure Your Filter Is Clean

Next time you get the chance, check your cabin air filter to make sure it's clean. A dirty filter prevents optimal airflow. In newer cars, these filters are relatively easy to check; if you see a lot of dirt accumulated on it, it's

time to change it. You can save money if you can replace the filter yourself. In many modern cars, the filter is accessible behind the glove compartment.

Bonus: Automatic Climate Control

If you have automatic climate control, lowering the temp doesn't make the car cool off faster. Most systems will do all the fan and temp adjustments automatically, so you can just set it and forget it.

Consumer Reports July 2022

TRIVIA ANSWERS (FROM PAGE 11)

1. Jason Varitek of the Boston Red Sox
2. Venus. One of their days is equal to 243 earth days
3. Vatican City
4. Herman Melville
5. China. Approximately 13,743 miles long
6. Jupiter with 53 named moons at the present time
7. Alpha
8. Omega
9. 4,000 miles
10. Venezuela



JUST FOR FUN

- Sorry I haven't gotten anything done today. I've been in the Produce Department trying to open this stupid plastic bag.
- Do you ever get up in the morning, look in the mirror and think, "That can't be accurate."
- Apparently RSVPing to a wedding invitation, "Maybe next time," isn't the correct response.
- I put my scale in the bathroom corner and that's where the little liar will stay until it apologizes.
- My mind is like an internet browser. At least 19 open tabs, 3 of them are frozen and I have no clue where the music is coming from.
- Hard to believe I once had a phone attached to a wall, and when it rang, I picked it up without knowing who was calling, and I'm alive.
- Felt uncomfortable driving into the cemetery. The GPS blurted out, "You have reached your final destination."



SEPTEMBER



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3	8	1	6	5	9	2	4	7
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4	9	8	7	2	1	3	6	5



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SOCIAL COMMITTEE

By Terry Johnson



The social committee has had a busy summer season. We had a Memorial Day celebration with a ceremony by Ken Pate and Ed Reese prior to hamburgers and hot dogs. Thanks to all who helped including Deb Pate who took over for me while I was on vacation.

The pool party was just what we needed on a hot summer day. We had lots of toys to play with in the pool and enjoyed hoagies and watermelon. Thanks to Christine Davis and Cindy Bowen for sponsoring the event.

The 4th of July started off with a bang and the Low Country Boil which is a crowd favorite. Thanks to Ken Pate and his crew for cooking and all others who helped make the event a success.

We are looking forward to our Sock Hop on the 20th of August. We will be going back to the 50's and dancing to the Bobby K and the Kruisers. Thank you, Kim and John Clabaugh, for sponsoring the event and all their helpers.

Deb Pate is busy with rehearsals for our Murder Mystery dinner party scheduled for September 10. It should be a great time. Look for ticket sale dates on your email and on the social event board in the clubhouse.

Jeff Williams will be sponsoring an Introduction to Photography on September 29 from 10 to 12 noon. This is a free event!! Bring your cameras and questions, Jeff is very well versed on all types of cameras. We could also have photo taking outings.

We will be looking for a person to coordinate social committee events. The group leaders are setup, but we will still need someone to oversee and help when needed. Anyone who would has any ideas for events in October and November please contact any member of the social committee.

I will be resigning as of September but will still be a member and be the group leader for entertainment, I want to thank everyone who supported me in the past.

upcoming events

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Presented by Jeff Williams

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Mondays, Wednesdays, Fridays – 10 AM

Line Dancing

Tuesdays– 1:00 – 3:00 PM

Bingo

Wednesdays - 5:45 – 9:00 PM

Shuffleboard

Thursdays – 9:30 AM



LABOR DAY

September 5, 2022



ICE CREAM SOCIAL

Free to all residents of Plantation Oaks!

Sunday, September 25, 2022
6:00 – 7:00 PM





PEACOCK FOR FREE

By Dana Matlock

Did you know that as a Spectrum customer in Plantation Oaks you can enjoy 12 months of **Peacock Premium** streaming channel for FREE? I just found this out at water aerobics. You might be surprised about the things you learn in water aerobics!

If you have computer skills, you can probably install it yourself by following this link <https://www.peacocktv.com/spectrum> or you can call Spectrum, Technical Support and they will walk you through it. If you are a current subscriber, it is best to delete your current account and reenroll through Spectrum after your last billing date has passed. Hurry, this is a limited offer.

Guess what? The new Downton Abbey movie, A New Era is on Peacock!



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James Pursley - 386-986-9632

Dana Matlock - 386-439-3443



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