



### Inside this issue:

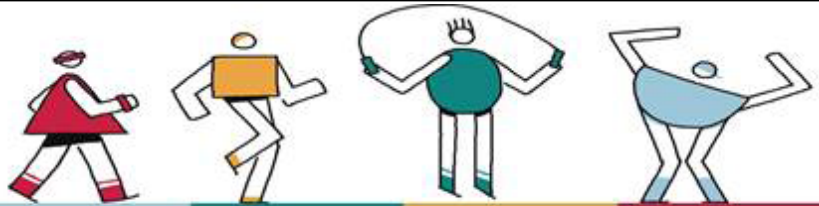
**Plantation Oaks Heros**  
Page 4

**Journey of Dreams**  
Page 6

**Birthdays and Anniversaries**  
Page 8

**FMO**  
Page 10

**Letters to the Editors**  
Page 13



## #MoveWithHeart

### Community Activities



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# GROUNDHOG DAY

*February 2nd*



## LIMA PERU

By Mary Ann Rabuazzo

In January of 2018, a group of us embarked on a 60-day South American cruise on the Island Princess ship. We left Ft. Lauderdale, sailed through the Caribbean, the South Atlantic Ocean, around Cape Horn, through the Strait of Magellan, up the Pacific Ocean, through the Panama Canal ending back where we started, Ft. Lauderdale. In March, we docked in the Port of Callao, Lima, Peru. This Port of call was one of our most memorable. Lima is the capital and largest city in Peru. In the morning, we took a bus tour into the city. One of the highlights was the Presidential Palace which was guarded by goose-stepping soldiers, quite a spectacle. We also saw the Archbishops' Palace, beautiful beaches, a sculpture garden, and shopped in the Indian Market. In some areas' there were many police carrying what appeared to be military-type machine guns because of protesting in the streets. Peruvians were upset with what they called their "corrupt government." We never felt threatened and returned safely to our ship. That evening we took a second bus tour of Lima to see the lighted buildings. Our final destination was the 19- acre Magic Circuit Water Park, a series of 13 Illuminated fountains. Some of the fountains had interactive elements so if you chose to get wet you could. One fountain was 250 feet tall (80 meters), the largest in the world, certified by the Guinness Book of Records. The Fuente de la Fantasia is the park's showpiece. The fountain is used for a choreographed laser, water, and music show. After the show, we headed back to the ship to get a good night's sleep for more tours in the days to follow. It was a very interesting day and an impressive evening.



## A TRUE LOVE STORY

By Carol Pursley



By the time we are "eligible" to live in a "55 plus community", we all have experienced some amazing events in our life. One of mine involves a rooster. Yes, a rooster! A gorgeous, colorful Stud. He was beautiful! A real handsome boy! It was true love. He loved me and I loved him.

Now let me explain. I'm not a farm girl. Not even close. Ask anyone who knows me, I love bling. No farm living for me.

By the time I was eighteen I was living a fast pace life in Boston, Ma. City life, subways, and busses. After six years I moved to Ormond Beach, Fl, where I raised my two girls. Off to college, the two girls went. Now divorced and an empty nester I started traveling for my job. Shortly after I relocated to Chandler, Az, just outside of Phoenix. At that time, Chandler was one of the fastest-growing cities in the US. The housing market was booming, and the home builders were buying up all the dairy farms in Chandler. I built a new house on a lot just behind a house that was still zoned as county property.

Shortly after moving into my new house with my whitewashed cabinets, my whitewashed mauve dining room set, along with my mauve flowered couch and loveseat (can you picture it?) a rooster decided to perch on my six-foot concrete wall and cock-a-doodle-doo every morning and all through the day. Then he started coming into my house when I opened my glass sliding doors to let my dog out. They would brush up against each other. He would get up on my dining room table and cock-a-doodle-do. I looked at him and asked him, "Does this look like a farmhouse"? He loved me, my house, and my yard. He would sit on my windowsill and peek in as I worked at my desk. Not too long after, I had a friend move in with me not realizing the rooster would be a problem. My friend confronted me because the rooster was waking her up in the wee hours of the morning. I went to the neighbor who owned the rooster and asked her if she could keep the rooster in her yard until 8 am. I never saw or heard the rooster again!

A couple of years later my assistant informed me there was a bird at my front door. I opened my front door and there was the rooster. He was very sick. His back end was corroded and matted. I called the neighbor and left

*continued on page 4*

her a message that the rooster was at my house and he was very sick. I never heard from her. The rooster stayed by my front window while I worked and that night it got very cold. I brought blankets out and made him a tent to keep him warm. The next morning, I ran downstairs and outside to check on him. That beautiful rooster had gone to “rooster heaven”. I cried so hard. My only comfort was knowing he came to me and my house to “pass” because he knew I loved him and he loved me!

## HISTORY OF BOB AND SUE

By Bob Persch



This is us! We have lived in Plantation Oaks for about twenty years. We moved in early in 1999. That was the year of three hurricanes in central Florida. One of them stopped and put a tree branch right through our roof; and into one of the bedrooms. Plantation Oaks took care of fixing the damage. In all of years here we have had the best neighbors. We are here from Wisconsin but don't have any cheese heads. We feel that we are living in a very special place. My wife Sue is very good on the computer. We both like to Zoom calls with our families. I like to play pickle ball; it is a good place to make friends. Sue excels at shopping online!! We feel the best is yet to come.

## PLANTATION OAKS HEROS

by Dana Matlock

It is such a pleasure to honor our Plantation Oaks Heros. We have so many amazing people that are always ready to lend a hand and help out wherever they can. I invite you to submit an entry about yourself or someone you know in our community that deserves recognition for their good deeds.

I am so pleased this month to honor Lynn Lauterbach for her dedication in making COVID-19 masks for Plantation Oaks residents, family, friends, a hospital, and fire departments. Masks are freely given to anyone on request. That is a Hero! I asked Lynn why she took this project on and these are her words:



*“I started making masks early in*

*March when the pandemic started. I had 100% cotton fabrics and threads here in the house. I also had some fusible liner and small elastic. So, I started to make some masks from a pattern found online. At first, they were for my family and my neighbors. I shipped 20 to my friend in NY who has a niece in an ER and a nephew who is an EMT with 2 firehouses in Brooklyn. They liked them and asked for more. My friend Nancy found more cotton fabrics on Long Island, plus a spool of elastic and fusible iron on lining to send to me. She waited in a car line outside of Joanne's craft store for an hour to buy them. Fabrics were sold out extremely quickly here in Florida. I found a few novelty fabrics here in Palm Coast but Nancy kept shipping more down to me. I was making about 10 masks a day and getting a little nutty cutting out the patterns. I had 3 types at that time. I even have been making children's masks. In stepped Brenda Souza who took a huge batch of fabrics and cut out a huge pile of different shapes for me to sew. Meanwhile, Bob Matlock was supplying me with cut out aluminum strips to make nose pieces. Bless him. And Dana gave me a cotton sheet to make liners...*

*So far the hospital in NY has received 95 masks and my church has received over 60. I believe I have made more than 250 so far and still making them. My friends and family all have received them, and I love making them. I have a new thin fine elastic that is working out as earpieces for anyone, especially men, who wear hearing aids.*

*Anyone who needs a mask with a fusible filter can either call me or knock on my door and they are welcome to them. It is my very tiny contribution to stopping this pandemic. Truthfully, if it weren't for the help I was given by Nancy, Brenda, Bob and Dana, I could not have done as much as I have.*

*One aside....in the midst of sewing them in May, my sewing machine broke. I found a store in Ormond Beach selling sewing machines. My sister-in-law and I drove down there. Then my family bought me a new modern sewing machine for my birthday.*

*P.S. nowhere in Flagler, Palm Coast, St. Augustine or Orlando had sewing machines for sale.”*



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# JOURNEY OF DREAMS

By Bob Matlock

This article about Helen Madden is mainly focused on her passion for music and performing because those were her pursuits all of her life.



MADDEN, Helen

Helen Bundman was born on January 15, 1925, in the small town of Mansura, LA with a population of about 1000 at the time. Shortly thereafter her parents moved to one of the largest cities in the state, Alexandria, LA where Helen spent her formative years until her marriage,

As early as second grade Helen played the lead part of Cinderella in the school's Cinderella Operetta. In fifth grade, she walked to the local radio station, KALB, without her mother's knowledge, and asked if she could sing in their talent show. They let her sing right then and there. They were so impressed they asked her to bring some sheet music and scheduled her to be on their next show. She became a regular performer and shortly thereafter they awarded her with her own show calling her 'The Sweetheart of KALB'.

Before entering high school, Helen's years were filled with entering and performing in singing contests. She sang and performed on every stage in her area that she could get to. Those arenas were at the local college and banquets and gatherings of social and fellowship clubs. On Sundays, in church when there was no organist, she played the organ. Some of the church members declared that those were the best times as they had swing music in church! Ha!

Helen became so widely known and her talents so appreciated and respected that she was declared a professional and therefore she could no longer enter or participate in amateur contests. At her high school graduation, she was awarded a college scholarship which she declined believing she could not afford college. Instead, she earned her secretary's diploma at a local business college.

During WWII Helen belonged to a wartime organization called the Military Maids. It was a very strictly chaperoned club of young ladies who were bussed to attend dances at the different military bases in the area surrounding the city of Alexandria, LA. Hundreds of GIs from the different branches of service attended the

dances. One night, Helen attended one of those dances with her sister Dorothy. She was not aware that the military brass would be selecting the Queen of the 38th Division at that dance on that night. From a lineup of over 500 girls, Helen had the honor of being selected as their queen. A short time later, at another dance, she was dressed up in a gown, hidden in a large box on wheels, wheeled out onto the dance floor, and crowned the Queen of the 38th, in a beautiful ceremony. At that time, she was presented with a solid gold bracelet which she has to this day. Of course, she sang for the troops. A few days later she accepted an invitation to sing with the Air Force Band at one of their dances at their base. It was at that dance where she met her beloved Johnny.

It was January 1945 when they met. In August of that year, they became Mr. & Mrs. Madden when married at the St. Rita's Catholic Church in Alexandria. Their honeymoon was spent in New Orleans at the Monteleon Hotel in the French Quarter. They returned there for their 40, 50, and 60th anniversaries. When Johnny passed in 2013, they had been married for almost 69 years.

Helen was a stay-at-home mom raising their two beautiful daughters Cheryl Louise and Susan Jane. Cheryl died in March of this year. Susan (Sue Kellogg) lives here in Plantation Oaks. I want to thank Sue for sharing with me, with Helen's permission, a bio that her mother kept over many years. When Helen did go back to work, she held several jobs: as a loan officer for the largest real estate brokerage house in DC and held several positions at the Washington Gas Electric Co.

In 2004, Helen & Johnny moved to Plantation Oaks from Laurel, Maryland. In Laurel, she was the chief story and joke teller for her Senior Club. As a member of the Drama Club, she did a lot of performing in the community, even on the local TV station. Always a ham and a performer she usually stole the show. She stopped

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singing when she lost her hearing and felt she couldn't hit the high notes. She did write some skits for the Red Hat Society here.

Those of us who have had the good fortune of knowing Helen know that she loves to sing, dance, play bridge, dominoes, board games, sew, do crossword puzzles, write letters, travel, watch TV and tell jokes. She learned to play Mah Jong at age 90, and she does all of these things very well. At age 91 Helen still drove her car, participated in activities at our clubhouse, cooked, used the computer, did her shopping, and took care of her house. All of her life, from the time she was a little girl, she loved to get dressed up and go out. Now, at 95 Helen, like all of us, misses the activities at the clubhouse and looks forward to the time when things will open-up and she can again enjoy the company of her many friends. In the meantime, she is practicing all the guidelines to keep herself safe and healthy. We wish good health for our friend and neighbor; Helen Madden, and we are anxious to spend many more active years

## GARDEN CLUB DIRT

By Judy Kelly



What are you thinking about now? The holidays have come and gone. Maybe you got a new gardening book or a set of cool tools. Spring isn't far off here in the south. We're still doing a lot of home cooking needless to say. Maybe it's time to try a few herbs, they do love our cooler weather and our local critters stay away from their scents. I have a beautiful rosemary plant that I'm growing as a shrub. Most of the trimming I do is to cook with as needed. (Try rosemary potatoes wrapped in foil on the grill.) Fresh parsley makes a beautiful potted plant along with thyme, sage, and, of course, basil.

A crate could be planted around it and even try seeds in the slot openings, just poke a hole in the soil and tuck in. Mint is a really easy one – but – make sure to use a pot to keep it from taking over everything. It can get to be a troublemaker. Try cutting your herbs and adding them to a few flowers for a freshly scented bouquet. How about a pot of lettuce, radishes, and a few scallions or, of course, chives? Oh, now I'm really thinking. Let's make a cloche out of chicken wire to protect our bounty. (Make sure to get chicken wire where it is available either by measured length or a small roll – any place but

the craft stores – too expensive!) An old wire hanging basket makes a good frame.

When you are looking at the herbs consider all the different varieties. There are favorites for attracting butterflies too. Dill and fennel are host plants for Monarchs.

I'm off to the store to see what they have to offer. Good luck and join fellow gardeners here at Plantation Oaks on the last Saturday of the month at 10:00 AM in the clubhouse. There is a lot of room for social distancing.



## SOCIAL COMMITTEE

By Terry Johnson, Social Committee Chairperson



December was a busy month even with the virus restrictions. We sponsored a gingerbread house making party for 2 days at the clubhouse limited to 16 people. Everyone brought their project to make with houses, gingerbread men, or cookies.

We enjoyed decorating and just a nice time. Hope we can do it again next December.

The Windy Woods clarinet group entertained us with Christmas carols while the line dancers danced to Jingle Bells. We also had a golf cart parade with music, hot chocolate, and donut holes to end the December

*Continued on page 8*

Remember when you  
used to be able to call a  
person 57 times, and  
hang up, and they never  
knew it was you.



...good  
times.

celebrations.

We have some outings planned. On January 21st we will be going to the Merritt Island Refuge Center for a day of nature and on March 11th a trip to Jacksonville Zoo.

Mardi Gras golf cart parade and dancing in front of the clubhouse on February 20th at 5:30 pm. Be sure to wear your festive masks.

All these events will be sent via email and on the clubhouse bulletin board.

The social committee meets on the 1st Monday of the month at 1 pm at the clubhouse. We welcome new members!

## BEAUTY TIPS

*By Terry Johnson*

Easily Remove glitter nail polish by dabbing nail polish remover on a dryer sheet and use it to scrub your nails. The sheet's rough texture will pull off the stubborn glitter.

## FEBRUARY ANNIVERSARIES

- 1 Fred & Barbara Jacobs
- 2 Steve & Pat Hamer
- 9 Joe & Joan Harris
- 10 Joe & Noreen Bartelotta
- 14 Kevin & Kathy Gallagher  
Jerry & Carole Miller  
Herb & Connie Schneider
- 24 Bill & Maude Streett
- 28 Mike & Pat Smith

We need your help compiling the names and dates for birthdays and anniversaries. Please give any info you can about this And people that have passed in the last two years. [Granni41230@yahoo.com](mailto:Granni41230@yahoo.com)



## FEBRUARY BIRTHDAYS

- 2 Paul Goeller  
Francis Carl
- 3 Jon Campbell  
Joan Haught
- 4 Carmen Seidel  
Betsy Jennison
- 5 Margot Small
- 6 Johanna Maiorano
- 7 Lynn Tull  
Jeanie Thorne  
Selma Sayre
- 8 Eileen Lemelin
- 10 Lydia Paterno
- 12 Brenda Souza
- 14 Michael McCray
- 15 Patricia Dooley
- 17 Carole Robinson
- 18 Woody Brown
- 21 Barbara Graneri  
Patricia Shields  
Pat Ladoux
- 23 Malcolm Fraser  
Jan Bancroft  
Peg Jordan  
Carole Miller  
Linda Theriault
- 25 Maureen O'Connor
- 27 Gary Paterno
- 27 Heloise Vickers





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# FMO

By James Pursley,  
Plantation Oaks FMO Representative



Happy New Year. Hopefully, everyone had a great New Year. Now after all the celebrations comes the time for new year's resolutions. Making them and keeping them is not as easy as it sounds. But there is one resolution that is easy to keep is, this year is joining FMO. The benefits of being a member would be the best resolution you have ever made.

Let me start by explaining what FMO is. FMO stands for The Federation of Manufactured Homeowners of Florida. FMO is an organization in the state of Florida that monitors and advocates for the rights and interests of manufactured homeowners living on leased land. Through FMO's involvement, the Florida Manufactured Home Act (Florida Statute 723) was drafted and enacted in 1984. It addresses the relationship between the park owner and homeowners of manufactured homes on leased land. We the homeowner and park owners have certain basic rights that must be protected. The FMO has an office in Largo, Florida with a staff of three that attends to the administrative duties of membership and renewals, accounting, communication, and scheduling meetings for district and state board of directors. In addition to advising our organization of legal matters, the FMO has an attorney that answers members' questions about their park. One of the most important personnel of the FMO team is our legislative consultant in Tallahassee who is constantly being vigilant on any legislation that may jeopardize our lifestyle. So, you can see that this organization is very important to all our homeowners. This is the reason you need to make this New Year's Resolution a priority.

We need your support in becoming or renewing your membership in the FMO. Let me tell you from experience, I've seen since I have been involved with FMO, it makes a difference and I am saying this as a homeowner, it would be very difficult in battling park owners and legislative branches without the FMO.

For an application feel free to call, text, or email me, James Pursley at 386-986-9632, email: [cbinvest@yahoo.com](mailto:cbinvest@yahoo.com), or go to [fmo.org](http://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. \$25.00 per year or \$ 65.00 for 3 years. Also, you can't beat their Roadside Service for \$35.00 per year. Watch out for my

column in next month's POP. where I will have a true story about using this Roadside Service, they're great. Take care, until next time.

## CERT REPORT

George Byrne



Hi Everyone,

I am happy to say we ended 2020 without any significant emergencies affecting our community (Covid notwithstanding). I am also excited to announce a resumption of our monthly meetings. They will be held on the last Friday of every month at 11 am starting this February. Unfortunately, because of the current restrictions, the meetings are restricted to CERT members and volunteers only. Once the meeting restrictions are lifted; all residents will be welcome to our meetings and a notice will be posted on the community bulletin board. These meetings are designed to keep our members up to date with training, equipment, and future planning.

Our/your CERT (Community Emergency Response Team) and REPORT (Resident Emergency Plantation Oaks Response Team) remain ready and able to respond to any disaster aftermath and these meetings and training sessions insure our readiness. The CERT members have completed extensive training given by Flagler county and hold State Certification. The Report members are our volunteers who have not yet take the county training or just want to help. All of our members bring with them their life experiences and we are grateful for any assistance offered. No volunteer is turned away! During an emergency, there is always something for everyone to do.

team. Also, for those of you with special needs, fill out the forms in your welcome package which will assist our teams' responses, after an emergency, when normal emergency assistance is unavailable.

Please keep in mind that nothing replaces preplanning. Always have a to-go bag readily available and an evacuation plan in place. If you or a loved one has special needs, please, register with the county. Your safety is most important to us all and what you do now will go a long way to insure that safety during and after an emergency.

Feel free to contact me if you require further information. As always; Stay safe.

# HOW I GET THROUGH COVID

By Pat Jones



I enjoy knitting/crocheting lap robes, which are given to the patients in the hospital on Christmas morning. I've gone to Flagler County Library and signed up to listen to audiobooks on my cellphone for free while I do other projects at home. I sew heart monitor holders for the cardiac rehab center to use when their patients are working out. As a widow, I find there are a number of projects that are hard to do alone. My girlfriend, also a widow, and I join together to help each other move furniture, clean out the garage, yard work, etc. It makes the jobs much more enjoyable and easier.

## PLANTATION OAKS BLOCK CAPTAINS

By Donna Copeland,  
Block Captain Coordinator

### Zone #1

#### **Galemont, Bidmont & 31-39 Habersham**

Elizabeth Vandermyn 860-461-5392

Assistant: Rich Rabuazzo

### Zone #2

#### **47-53 Habersham, 1-28 Winthrop**

Claire Hamel 386-517-0626

### Zone #3

#### **48-74 Claremount, 127-141 Habersham**

Donna Copeland 704-886-7706

Assistant: Joyce Fitzgerald

### Zone #4

#### **29-58 Winthrop, 119-125 Habersham Dr**

Carol Marchetti 516-270-8603

Assistant: Jean Bowe

### Zone #5

#### **55-88 Habersham**

Joyce A. Paine 386-338-3329

### Zone #6

#### **89-117 Habersham**

Susan Hawksby 386-627-4359

### Zone #7

#### **Morington, 31-37 Claremount**

Diane Williams 912-660-0423

Assistants: Kevin & Kathy Gallagher

### Zone #8

#### **Chatsworth, 27-29 Claremount**

Sandra Thomas 425-890-9446

Assistant: Jim Trahon

### Zone #9

#### **1-25 Claremount**

Bob Gucciardo 516-398-2830

Assistant: Debbie Pate

### Zone #10

#### **1-21 Julip**

Noreen Bartolotta 386-569-6017

Assistant: Ann Greene

### Zone #11

#### **1-33 Tobias**

Carol Hanley 386-439-5870

### Zone #12

#### **2-31 Beaumont**

Janice Randolph 203-521-6288

Assistant: Bob Stearns

### Zone #13

#### **1-38 Ashbury**

Betty Shaver 386-503-8402

Assistant: Patty Watkins

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# PLANTATION OAKS RESIDENTS ASSOCIATION (PORA)

By Tom Bailey, President



## PORA Dues:

It's that time of the year again for PORA dues, well a little past the time, but that's OK. PORA dues are \$15 a year. You may write a check made out

to PORA and deposit it in the white mailbox on the wall to the right just inside the clubhouse front door.

What does PORA do for me?

1. Plantation Oaks Residents Association was formed in 2000 to create a legal entity per Florida Statue 723, to negotiate on behalf of the homeowners. Without PORA homeowners would need to get 50%+1 of all affected homeowners each time there is a need to speak to the owners/management on an issue that may arise.
2. Works with owners and management on behalf of all residents and monitors homeowners' rent increases, market rents, and community maintenance to ensure the prospectuses and state laws are upheld.
3. Maintains a PORA website for communication and easy access to social events and other information.
4. Worked with management and residents to identify areas of needed improvements for our residents.
5. Retains legal counsel to protect homeowners.
6. Has provided hundreds of social events through our Social Committee for all residents at very low cost to residents, including monthly breakfast and ice cream socials.
7. Provides free monthly coffee and doughnuts with educational speakers.
8. Purchased round tables for the clubhouse and repair them when necessary. Also purchased additional equipment for the kitchen.
9. Purchased pull-down screen for activities in the clubhouse.
10. Purchased cards, Mexican Train, as well as other games for residents' use.
11. Purchased two large first-aid kits for the clubhouse.
12. Maintains and purchases supplies for AED for resident's safety.
13. Petitioned Murex to pay for food safety handling classes for Plantation Cooks and servers.
14. During the COVID pandemic of 2020, PORA

worked with Murex to open amenities and organize activities in the ballroom for residents.

Thanks for your support.

## MONTHLY CALENDAR OF CLUBHOUSE ACTIVITIES

By Betty Vandermyn



A monthly calendar of clubhouse activities is currently being provided by Plantation Oaks Management. You may obtain a monthly copy at the clubhouse on the activity sign up table in the main ballroom.

We will also be placing copies on the hallway bulletin board by the offices and/or you can ask the pool monitor/attendant for assistance in obtaining a copy. Use the poolside door to access entry into the clubhouse and please remember that a mask is always mandatory while inside the clubhouse. Alternative places to access the monthly calendar are through the Plantation Oaks e-blast internet newsletter put out by the office or through our community web site...Ourpora.org.... on the calendar page. Our current activities are limited to a maximum group of 16 people in the main ballroom at any one time. Our current list of activities includes Zumba, Yoga, Line Dancing (advanced and beginner classes offered) Aerobics, Pinocle, Dominoes, Euchre, Cribbage, Quiddler, 5 Crown, Poker, and Rock Painting. (Call Terry Johnson 609-876-0837 for times of the Rock Painting.) Refer to the calendar for scheduled times. Water aerobics continues outside in the pool every Monday-Wednesday-Friday. Use of gym and billiards continues to require signup with the pool monitor. Please remember to social distance, wear a mask, and frequent hand sanitizing to protect ourselves and each other. The tables and chairs will continue to be sanitized by the pool monitor in between activities. Masks and hand sanitizer are provided in the clubhouse for our use as needed.

### MAHJONG

Let's Play!

All it takes is interest. I can teach you.

I'd like to get Mahjong started here.

Call me and let the games begin!

Maureen O'Hara - 386-986-8535





## SHUFFLEBOARD

Enjoy the challenge and enjoyment of the game of shuffleboard every Thursday from 9:30 am to 10:30 am. The shuffleboard courts are at the east end of the clubhouse.

There are residents there to teach those that want to try the challenge.

The leaders for this activity are Betty Shaver (phone 386-503-8402) and Helen Wendorf (phone 386-439-1649).

## LETTER TO EDITORS

December 31, 2020



Congratulations to the Editors and all involved on the successful publication of the POP. The general look of the paper is very professional (my hats off to the Editors) and the content is not only educational and entertaining but

laced with a fair amount of humor. Very readable! This first edition greatly exceeded our expectations and so Glenda and I would like to sign up for a full subscription (LOL). We would like to thank everybody involved and we look forward to the next edition. Happy New Year, Joe and Glenda Cortese

## SOMETHING NEW

A new class in BEGINNING LINE DANCING will be held on Wednesdays during the 10-12 am time slot in the Club House beginning on FEBRUARY 3 and continues every Wednesday. Please sign up on the bulletin board in the Club House if you are interested as we are limited to the first 15. Everyone must follow the guidelines re: mask, social distancing, and quarantining if exposed to Covid-19. If you have any questions, contact Diane Williams at 912-660-0423. Instructors include Diane Williams, Joy Paine, and Debbie Pate.



## YUM YUM BROWNIE MUFFINS

By Chris Davis



Ingredients:

- 1 box moist style devil food cake mix (15-18 oz.)
- 1 can pure pumpkin (15 oz.)

Directions:

Preheat oven to 400 degrees.

Line 12 muffin cups

or use a 9x13 baking pan sprayed with Pam

In a large bowl, mix cake mix and pumpkin until completely smooth and uniform. The batter will be thick. At this point, you can add 1/4 mini choc chips or nuts if desired.

Fill muffin cups evenly or pour into a pan... bake for 20-25 mins. Or until a toothpick comes out clean. Enjoy!

Makes 12 muffins or 24 brownies

94 calories each - W.W 2pts. each

## WATER AEROBICS

Come join the fun and exercise every Monday, Wednesday, and Friday from 10 am to 11 am in the clubhouse pool. You will need your Community Recreational Pass (obtained from the community office). Also, aquatic noodle and exercise dumbbells will enhance the workout. The leaders for this activity are Betty Shaver (phone 386-503-8402) and

Joan Harris (phone 386-439-0810).



# EXERCISE FOR PEOPLE OVER 60

Submitted by John Mecurio



Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a big longer.

After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb bags and eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level).

After you feel confident at that level, put a potato in each bag.

## GETTING OLDER-PART 1:

Submitted by John Mecurio



Coronacoaster: *noun* - the ups and downs of a pandemic. One day you're loving your bubble, doing workouts, baking banana bread and going for long walks and the next you're crying, drinking gin for breakfast and missing people you don't even like.

I'm at that age where my mind still thinks I'm 29, my humor suggests I'm 12, while my body mostly keeps asking if I'm sure I'm not dead yet.

Don't be worried about your smartphone or TV spying on you. Your vacuum cleaner has been collecting dirt on you for years.

I'm getting tired of being part of a major historical event.

I don't always go the extra mile, but when I do it's because I missed my exit.

You don't realize how old you are until you sit on the floor and then try to get back up.

We all get heavier as we get older, because there's a lot more information in our heads. That's my story and I'm sticking to it.

# RETRO VINTAGE ANTIQUE

By Doreen Armstrong



This is the first article in a series that I've been asked to write on vintage goods to help you in different ways – if you're interested. In this article, I'll touch on how to identify vintage goods, how to buy them and, how you might sell them.

First, understand that vintage goods and antiques are not the same things. Generally, goods are considered vintage if they are 20 years of age or older. Antiques are much older and it's a term that's usually applied to hard goods such as furniture, home decorations, glassware, or china. Vintage goods would include that but can be much more such as clothing, bedding, toys, or almost anything.

Normally the best way to find vintage goods is through flea markets, thrift stores, or garage sales. However, in the world we live in today, it may not be safe to go looking is in these venues. That leaves online sites such as eBay, Etsy, and Poshmark. While these are essentially buy/sell sites, they each operate differently.

- **eBay** is one of the original auction sites. If you're buying, you enter in what you're interested in and you may see hundreds of things that match your search. Originally an auction only site, most of their sales are "buy it now." Selling an item you have is the same for all three sites. First, you set up an account and then take pictures of what you want to sell and post them with a description and the price you want. There's a small fee for the listing and then they'll take out a percentage of your sale price. Fees can add up and you may only realize 60 to 80 percent of the sale price.
- **Etsy** is just buy/sell with no auction. Their basic premise is that it either must be over 20 years old (vintage) or have some handmade component. Of the three, this is probably the best place to buy or sell vintage goods.
- **Poshmark** is relatively newer and was originally set up for women's clothing but has expanded to include various other things. Fees for Poshmark can be higher for the buyer and seller as postage must be included in the price.

If you're interested, the best thing to do next is to go on the websites and play for a while. It's really the only way to learn. Next issue we'll look at specific items you may have around or may be interested in buying.

# WELCOME COMMITTEE

By Bob Matlock



In the last P.O.P. I introduced all new residents in 2020. Names and addresses only. From this edition forward I am going to try something a little different and include a picture of the new resident(s). The reasons for this are, I think; we like to see what our new neighbors look like and the provider of our pictorial directory has announced they no longer will be providing that service. Therefore, the P.O.P. (and maybe the Post Office) will be the only public place where our picture will be displayed. Of course, if you don't want your picture to appear in the P.O.P. just say so when I ask.

As of this writing, we have four new residents who missed appearing in the last P.O.P. They all moved here near the end of 2020.

Please welcome:



## John & Paula Budzyna

138 Habersham Dr.  
386-237-2553

John & Paula moved to Flagler Beach from Cape Cod with rescued dog Sassy.

## Charles & Cynthia Riders

37 Winthrop Lane  
314-808-6639

Moved here from Florence, MO.



# COMPUTER SECURITY

By Jim Nichols




According to government surveys, older Americans are defrauded online and over the phone at twice the rate of the rest of the general population. Some estimates are as high as 20 billion dollars a year in online fraud. Following are some tips to

protect us:

- Purchase an internet security software package for your devices. Some highly rated brand names are Norton, McAfee, Webroot, ESET, Bitdefender, and AVG. Having the latest security software, web browser and operating system is the best defense against viruses, malware, and other online threats. Many programs will automatically connect and update to defend against known risks. Turn on automatic updates if that's an available option.
- Protect all your devices that connect to the Internet. Along with computers, smartphones, tablets, and other web-enabled devices also need protection from viruses and malware. USBs and other external devices can be infected by viruses and malware. Use your security software to scan them.
- Write down and keep passwords safe. Everyone can forget a password. Keep a list that's stored in a safe, secure place away from your computer. You can alternatively use a service like a password manager to keep track of your passwords. Never include the word "password," your name, your grandchild's name, your spouse's name, your pet's name, your birth date, your anniversary date, or your phone number as a password. Strengthen your online accounts by enabling the strongest authentication tools available, such as biometrics, security keys, or a unique one-time code through an app on your mobile device. A strong password is a sentence that is at least 12 characters long. Focus on positive sentences or phrases that you like to think about and are easy to remember. For example, "ILoveGolfing2".
- Links in emails, social media posts, and online advertising are often how cybercriminals try to steal your personal information. Even if you know the source, if something looks suspicious, delete it.
- When using Wi-Fi hotspots (including the Plantation Oaks Community Center) limit the type of business you conduct and adjust the security settings on your

device to limit who can access your device.

- When banking and shopping, check to be sure the site is security enabled. Look for web addresses with “https://” or “shttp://,” which means the site takes extra measures to help secure your information. “Http://” is not secure. Look for the  icon in the address bar as well.
- Be wary of communications that implore you to act immediately, offer something that sounds too good to be true, or ask for personal information.
- Information about you, such as your purchase history or location, has value, just like money. Be thoughtful about who gets that information and how it’s collected through apps and websites.
- Be aware of what’s being shared: Set the privacy and security settings on web services and devices to your comfort level for information sharing. It’s OK to limit how and with whom you share information.

This article is adapted from AARP's My Online Privacy for Seniors. If you are looking for more online information, I recommend AARP's Learn@50+online



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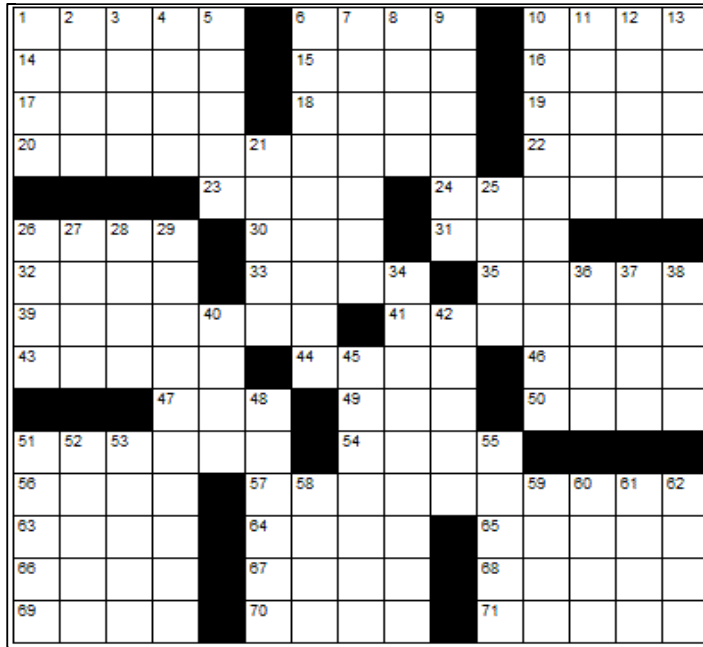




# February Crossword

## ACROSS

1. Phony
6. Information
10. Skid row
14. Not together
15. Mining finds
16. Cry of pain
17. Relative magnitudes
18. Envelop
19. Short sleeps
20. Type of harmless snake
22. 1 1 1 1
23. Acquire deservedly
24. A moderate yellow
26. Young girl
30. Band booking
31. Attempt
32. Savvy about
33. Senile
35. Suffuse
39. Ill-advised
41. Demise
43. Snouted animal
44. Misprint
46. Pearly-shelled mussel
47. To make a fool of (archaic)
49. Anagram of "Ail"
50. Collections
51. Mysterious
54. Tuft
56. Equipment
57. Bandoneon
63. Against
64. Diva's solo
65. Proprietor
66. Encounter
67. Gave temporarily
68. Cuts into cubes
69. Askew
70. Balcony section
71. Ancient Greek unit of length



## DOWN

- |                                  |                             |                              |
|----------------------------------|-----------------------------|------------------------------|
| 1. Stinging remark               | 13. Untidy                  | 42. Clamor                   |
| 2. Iridescent gem                | 21. Heroic tales            | 45. Gaping sleepily          |
| 3. Nurse shark                   | 25. Dry                     | 48. Summon to return         |
| 4. Relating to urine             | 26. Garret                  | 51. Small terrestrial lizard |
| 5. Feed a fire                   | 27. Dwarf buffalo           | 52. Regenerate               |
| 6. Absolute                      | 28. Cease                   | 53. Provide food for         |
| 7. Settle                        | 29. Unity                   | 55. Goads                    |
| 8. Heavy, durable furniture wood | 34. Copy                    | 58. Chocolate cookie         |
| 9. View                          | 36. Common hop              | 59. Blockhead                |
| 10. Similar in meaning           | 37. Module                  | 60. Ancient Peruvian         |
| 11. Tropical vine                | 38. Prima donna problems    | 61. Require                  |
| 12. Not lower                    | 40. Weightlifters pump this | 62. Backside                 |



Valentine's Day



# FEBRUARY



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



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



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