



APRIL 2024 SUNBURST

Happy April Fool's Day!

Did you know this day of mischief dates back 400 years, it is older than Thanksgiving! It is suggested that in 1582 Pope Gregory XIII introduced the Gregorian calendar that moved the start of the new year from April to January. Those who still celebrated April as the first of the new year were called fools and thus the "unofficial" holiday begins.

A riddle for you: I am easy to lift but hard to throw, what am I?

FROM THE HOA

Where has this winter gone? It seems like we just arrived at our seasonal homes and now it is almost time for many of us to head back north. This has been an unusual year with several changes along the way. At least four of our residents completed their earthly journey this winter and have gone onto their eternal home. A number of places have been sold and about a half dozen are currently on the market. There has been a continuous parade of construction trucks in and out of the park doing repairs from last April's hail storm. But, all in all, it has been a wonderful few months with friends old and new. Our dinners and activities have been very well attended and the annual flea market was again a huge success. Many thanks to Ladies and Gents



for their hard work in making these events profitable and bringing our park together.

If you are leaving for the season, it is a good idea to have someone in the park that can be a contact person for you. Also make sure we have your current contact phone number and emergency contact information. Gary Owens is the master record keeper. His contact information is lakengolfstates@gmail.com and 863-561-1812. If you are leaving, please make sure all outdoor items are put in your house or shed.

Thanks to everyone who continues to make Lake 'n Golf one of the best and most affordable places to live in Central Florida. We hope you have a wonderful summer. You will be in Marilyn and my thoughts and prayers.

Steve Anthony, Board President



Orlando meteorologists predicted the storms of the 2024 season. Analyzing data, they came up with the following probable dates for named storms: May 19-24, July 5-10 and August 21-27.

I just cleared out some space in the freezer sounds much more productive than I just polished off another pint of ice cream.

What 5 letter word, typed in all capital letters can be read the same upside down



FROM LADIES AND GENTS

Well they say "Time Flies When You're Having Fun" and I guess it's true! Here we are in April and we have had a lot of activities over the past several months. From a Halloween Party, Christmas Dinner, New Years Party to Pancake breakfasts, a Flea Market, Spaghetti supper and Corned Beef and Cabbage, and many others in between. Next year is shaping up to be just as busy.

Our Spaghetti Supper was very successful. We served 191 dinners and of that 99 were from outside sales. We now have a digital sign on the outside of the clubhouse to announce all of our upcoming events, so check that out! Just remember that all of these things require help, so please volunteer when you can.

We are still working on the photo directory and hope to have that completed soon. We will have the books to be distributed when everyone returns in the fall.

For those leaving us we wish you safe travels. For those of us who will still be here, there will be:

- Pot Luck on April 13, 2024 at 1:00PM
- Ice Cream Social on April 21, 2024 at 2:00PM.
- Sign up sheets will be in the clubhouse.

Once again for the new members of our community, and anyone who is not aware, we have coffee and donuts every Tuesday at 8:30am. Come meet your neighbors and find out what is going on. Bring your cup and enjoy a donut for \$1

Joyce Schrenker, President

IF YOU EXPERIENCE CHEST PAINS:

Call 911 do not drive or have someone else drive you to the hospital

Pop an aspirin, to get into your bloodstream faster chew or place under your tongue. 1 of 325 mg or 4 of 81 mg baby aspirins

Pull together your meds, do not exert yourself but have a list and insurance card nearby

Unlock your door for EMT's to gain access easily

Sit down stay calm, take slow deep breaths

~~~~~  
**What 4 letter word can be written forward and backward, or upside down and still be read from left to right?**  
~~~~~

Husband: I am tired from all the crossfit this morning, Wife: It is pronounced 'croissant' and you ate four of them.

SUBMITTED BY LUANN HURLEY

LADIES & GENTS
2024 FUND RAISING

Breakfast Income - Jan 24	\$ 614.00
Breakfast Expenses	\$ (249.54)
Net Breakfast Income	\$ 364.46

Soup Sales	\$ 200.00
Soup Expenses	\$ (10.99)
Net Income Soup	\$ 189.01

50/50 Income \$ 145.50

Income - January 24 \$ 698.97

Flea Market Income	\$ 8,959.43
Inside sales	\$ 4,927.00
Basket Sales	\$ 1,505.00
50/50 Sales	\$ 500.00
Outside sales	\$ 2,027.43
Flea Mkt Expenses	\$ (490.10)
Net Flea Mkt Sales	\$ 8,469.33

Marketplace sales	
E-Sales	\$ 745.00
less Basket Lottery tickets	\$ (100.00)
E-Sales	\$ 30.00
Total E-Sales	\$ 675.00

Breakfast Income - Jan 24	\$ 518.00
Breakfast Expenses	\$ (101.87)
Net Breakfast Income	\$ 416.13

50/50 income \$ 115.00

Net Income Feb 24 \$ 9,675.46

Spag Dinner Income	\$ 3,010.00
Spag Dinner Expenses	\$ (835.25)
Net Spag Dinner	\$ 2,174.75

Car Wash Income	\$ 75.00
Net Car Wash	\$ 75.00

50/50 Income \$ 95.50

Net Income Mar 24 \$ 2,345.25

Holiday Sales	
Holiday Expense	
Net Holiday Sales	

Total Income 2024 \$ 12,719.68





Oh my, how they've grown! Our neighborhood Sandhill Crane colts are now approaching their 4th week of life. They have grown approximately an inch a day and are so fun to watch!

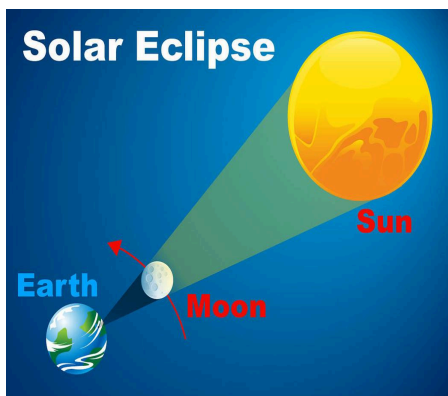
Sandhill Cranes usually lay 2 eggs during breeding season and use the same nesting area year after year. Unfortunately, sometimes, not both survive. I'm so happy that this year, both seem to be thriving. Colts are born by hatching, and immediately, they are well developed and active, covered in down, and their eyes are open. They can run and swim within 8 hours of hatching! Within 24 hours of hatching, they usually take their first walkabout with the adults. Both parents feed the young until they are fully able to forge on their own, around 2 months.

At 3 months, they begin to fledge as they acquire the feathers necessary for flight. Keep your eyes open for their many practice sessions. It's so fun to watch!

The young will stay with their parents for approximately 10 months. However, they don't reach sexual maturity for 2 years and will start looking for a mate. They don't reproduce until around year 4 or 5. I did learn that they often stay in the same geographic area, though. This could mean that when we see a flock of 5 or 6 fly by, that could be past siblings! Isn't that a wonderful thought?

Remember to get outside and enjoy the nature around us!
WILD-ly Focused Photography
BobbiJo Charloux

The more you take the more you leave behind, what am I?



The total solar eclipse on April 8, 2024 is going to be an extraordinary celestial event. Here are some fascinating details about it:

Approximately 32 million people will find themselves within the path of totality, which is about 2½ times the number during the 2017 eclipse.

Major East Coast cities like Baltimore to Boston are only about 200 miles away from the path of totality.

This accessibility means that millions of people across North America will have the chance to witness this astounding astronomical event right from their front doors.

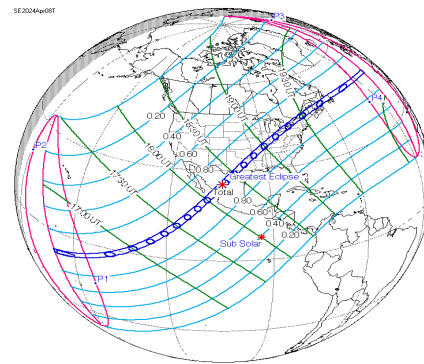
Last Major Eclipse for 20 Years:

The April 8, 2024, eclipse will be the last major eclipse to cross North America for the next two decades. The path is in the next graphic.

So seize this rare opportunity to observe the sun's corona, marvel at the darkness, and experience a celestial spectacle that will leave a lasting impression.

Remember to mark your calendars and prepare for an awe-inspiring show in the sky! ☀️🌑☀️

The eclipse path is the blue line on this globe with views of totality.



In Central FL we will see 65% totality that begins at 12:46 and max eclipse at 2:03. Be sure protect your eyes.

(disclaimer on the Ask Winter Haven #, I couldn't get it to work ???)

Name a word that has three consecutive double letters.



Call Barry Heimbuch at 863-594-7611 if you have items that need to be picked up for the Flea Market.

Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.



What is the most useful when it's broken?

THE CITY OF WINTER HAVEN'S NATURAL

RESOURCES DIVISION is hosting a series of FREE kayak ecotours at various lakes. These tours will be about 3 hours and packed with information. April 6 on Lake Howard is the next available date. (2 Lake Howard Drive SW) You can schedule a tour on Lake Daisy on June 8th, Lake Silver on August 10th, Lake Pansy on October 5th and Lake Lulu on December 7th. The city has a fleet of kayaks 4 single kayaks and 6 double seat kayaks or take your own.

Call the City of Winter Haven, FL - Natural Resources at 863-291-5881 to schedule a tour.



ASK WINTER HAVEN

Stay informed and connected with the City by subscribing to text updates. Text "hello" to 877-522-7594 and choose the updates that matter most to you. City news to emergency notices to

road closures can be selected. You can also ask city related questions and get prompt responses

David's father has three sons, Snap, Crackle and _____?

THINKING AHEAD

Kensington and Briarhill will host the January 2025 Street Dinner. Organizers have asked that everyone bring a baby picture or high school graduation picture for a game they have in mind. You have 9 months to locate a picture, can't wait to find out what fun they have planned.

AARP DISCUSSES ALZHEIMER'S

Rates of Alzheimer's disease and dementia are actually dropping and your risk may be lower than your parents and grandparents. Because of all we have done to prevent heart disease and stroke we are also lowering the risk of developing dementia. In addition to not smoking, AARP lists the following easy things we should do. *Keep blood pressure and blood sugar levels healthy *Get regular exercise and stay active *Eat more fruits and vegetables and limit red meat saturated fat and added sugar *Take a daily multivitamin, it is good for your brain *Take care of your ears and eyes *Pamper your mental health by reducing stress and anxiety, talk to your doctor about depression *get on a regular sleep schedule to give your brain time to rest, getting 8 hours of sleep nightly helps cognitive function



KNOW YOUR SUNSHINE STATE East Coast!!!!



Riddle answers, but not in order....can you figure it out? Egg, David, footsteps, swims, feather, bookkeeper, noon