

SUNBURST MARCH 2024

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From HOA President

We were all saddened to hear the news of Dale Arturi's passing. He was a good man and I wish I had gotten to know him better. The thing that really surprised me, when I spoke with his wife Diane on the day he died, was how much time he spent in prayer. She said he would pray an hour or two every day and prayed for everyone in the park. I was humbled to think that Dale thought so much of each of us to lift our name up to God on a daily basis.

However, this does remind me that we are a

community and we must look out for one another. At our age (55 and older, some of us much older) we have all kinds of ailments and issues going on. The night before the Flea Market, I developed a bout with Gout in my big toe. I've had gout before, but not in recent years. When I arrived early for my duties as a Taxi Driver, I shared my problem and that I didn't have any of the medicine with me. One of the other workers immediately got me fixed up with the right stuff and by the next morning I was back to normal.

Lake-n-Golf is a great place to live and play. Let's all embody the spirit of Dale and of my own personal "medicine man" as well as the countless volunteers. We really are "Better Together." My prayer is "How can I help someone in some way today?" The Lord usually answers my prayers. Thank you to everyone that makes Lake-n-Golf a great community!!!

Upcoming HOA Meetings:

HOA Board Meeting Thursday, March 7 at 9 AM

HOA General Membership Meeting Thursday, March 14 at 9 AM

Steve Anthony HOA President

Ladies and Gents

February was another busy month. The street dinner by Princeton and Westchester was a lot of fun. Looking forward to the Kensington and Briarhill dinner on March 23, 2024. Something new was the "Blue Van" sponsored by Florida Blue/ Medicare with free produce. They hope to be back sometime at the end of April. This time with free ice cream. They will come periodically with produce or ice cream. When I know when they are coming I will post it on Facebook.

There will be sign up sheets in the clubhouse. There is also a sign up for help with the Spaghetti Dinner. This is one of our fundraisers, and everyone's help is appreciated.

We have completed the pictures for the photo directory and are now working on gathering everyone's information to be added to the book. If you have any updates, now is the time to let us know.

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



WILD-ly Focused

Anhingas and Double Crested Cormorants are often seen down on our lake, but can you tell the difference? If you find it difficult, it's because they both have a lot in common.

Both of these amazing birds feed on fish and can be seen diving under the water for their prey. They both lack oil glands in their feathers, which normally helps repel water. This actually helps them be faster

swimmers and dive deeper into the water. They can stay underwater for up to a minute! Unfortunately, when they come out of the water, they need to dry their wings before they can fly any distance. It's always fun to see them with their wings stretched out to the sun.

However, there are some differences. They next time you see one, look at their beak. The Anhinga has a straight beak and the Cormorant's is hooked or curved. They both have webbed feet, but an Anhinga's are yellow/orange, and a Cormorant's are black. If you can see it's back, an Anhinga has white markings on its back that a Cormorant doesn't have. Lastly, the Cormorant has a shorter tail. Hopefully, next time you see one, you can identify it and impress your friends! Stop by my photography page to learn more about Florida wildlife.

BobbiJo Charloux

READER'S CORNER

Hello Lake 'N Golf!

We have entered a new year, which is moving pretty fast. I would like to formally introduce myself; Janice D., your most gracious library attendant.

I'm appreciative for coming in, following our most talented Hazel Bauer, who left the library organized, so I have a very high standard to follow. I've lived in the neighborhood for a whole 8 months. Warm welcome from all. I work from home, when I can stay focused. I love to walk, music (all Gospel) and dance (new partner). I look forward to getting to know you. I plan to place a suggestion box in the library. My best to you! **Janice Davis**

* We appreciate our CAP volunteers and the time they spend checking on our neighborhood. Our coordinators have new phone numbers: Bonnie Freer - 863-331-5828 & Terry Freer - 863-331-5325.

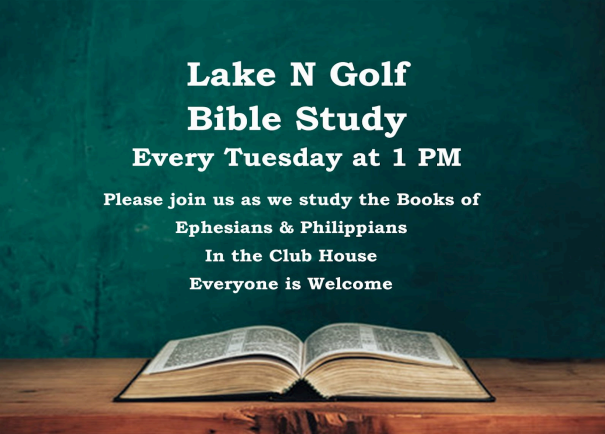
*Lake Region Village is holding another community sale on Saturday March 2 from 8:00 to noon. Food will be available at the clubhouse. ~ **Dale Moore**



TAX HELP

AARP Foundation Tax-Aide can help prepare your returns for FREE. The program is open to all but focuses on people 50 or older with low to moderate incomes. The Tax Aide volunteers are certified by the IRS and will e-file for you if you want.

Locally, you can get assistance at Hope Presbyterian Church at 2110 Cypress Gardens Blvd, Winter Haven; First Presbyterian Church at 104 Scenic Hwy, Haines City; Church of the Good Shepherd at 221 4th St., Lake Wales. Get more information here - aarp.org/findtaxhelp.



Lake N Golf Bible Study Every Tuesday at 1 PM

Please join us as we study the Books of
Ephesians & Philippians
In the Club House
Everyone is Welcome

Shuffleboard Information

Shuffleboard time on Tuesdays and Thursdays has been changed from 9:30 to 10:00 am. Sunday remains the same at 1:30 pm. Now that the weather is getting better, it is our hope that the shuffleboard courts will be filled with players. If you are new to the game, please join us as it only takes a few minutes of instruction and you will have a great time!

The next show at Lake Region is BLAST FROM THE PAST, featuring Jimmy Mazzy, on March 19 at 7:30 pm. I will be selling tickets for the next few weeks at coffee.

A big "thank you" to all those that helped put on the Westchester/Princeton street dinner on February 24. We had a great turnout!

Phyllis Roalstad

Also coming up in March:

Spaghetti Dinner - March 9 from 4 - 6 PM Tickets are \$10

St. Patrick's Day Corned Beef and Cabbage - March 17, 5 PM Cost \$6

Easter Dinner - March 31

Check out Central Florida's rail system that will connect you to interesting places in Central FL, from Poinciana to Sanford. The station closest to Winter Haven is at 5025 S. Rail Ave, Kissimmee and the southernmost station, the Poinciana Station.



The SunRail is inexpensive and a good way to travel to Orlando and north to Sanford. Stations are convenient to the Orlando Science Center, Orlando Health, Downtown Orlando and beautiful Winter Park. It's easy to

get to area points of interest by Lynx Bus connections and Uber to places that may not be within walking distance to the 16 stations. Get a train schedule from sunrail.com and avoid I4! This is a commuter train and does not have weekend routes. Seniors get a discount on the already extremely low rates. Check it out.

