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Lincolnshire Residents Club Officers 2019-2020

PresidentHarold Wurtz Lot 938727-459-0394	BOARD OF DIRECTORS
V.PJoanne Power Lot 218727-408-5881	2-YearGeoff Rowe #119
	Vickie Marentette
Secretary Shirley B. Peterson . Lot 874508-207-3659	Anna Petrivelli #255 366-6560
TreasurerBetty Barrett Lot578444-0723	1-Year Linda Casey #1211727-581-5257
	Betsy Miozzi #618 727-420-8911

Lincolnshire Homeowners' Association Board of Directors 2019-2020

President/Director	Marilyn Grubb Lot 1218	727-253-4532
VP/Director	Dennis Hornsby Lot 112	400-4264
Secretary, Treasurer/Direct	or Allyn Webert Lot 1438	847-975-1043
Director	Elaine Kenny Lot 752	230-4093
Director	Robert Mitchell Lot 1256	309-335-6335
Director	Eric Salabay Lot 217	238-3852
Director	Jane Johnson Lot 1215	864-901-9797

Block Captains - (who delivers the voice to your door)

Block Captains House No.

	L		
100	S	. Judie Dunn	.#155
100	N	. Dennis Hornsby	. #112
200	N	. Angie Faust	.#204
200	S	. Quin Elock	#257
300		. LuLu Roemer	#359
400		. Francis Byrne	#483
500		. Jean McConnell	.#558
600		. Marie Mason	#668
700		. Bob Behm	#775
800	N/S	Betty Bowman	#817
900		Vicki Marentette - winter	#950
		Patt Magee	#916
		-	

Block Captains House No.

1000	Cathy Burk	#1031
1100	Doug Eschenbach	#1137
1200 W	Linda Casey	#1211
1200 E	Brenda Mattison	#1275
1300	Ruth Kaser	#1351
1400	Lori Magner	#1452
1500 N	Ann Heller	#1517
1500 S	Randy Tobias	#1531





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ON THE COVER:

ove is alive in Lincolnshire and the second time around is always better. Congrats to Bob & Tammy Mitchell of lot 1256 who were married for the second time on January 30. We hope the happy couple will enjoy many years together her in Lincolnshire.



FROM THE EDITOR

Bv: Donna Wurtz

(lot 938......509-1182.....momshse@aol.com)

ring is in the air. We have enjoyed a rather warm winter season here in Lincolnshire. Some of our snowbirds have managed to return for at least part of the season. Golfing, bowling, shuffleboard, and more keeping people active, and of course with our heated pool, our snowbirds are able to get away form the terrible cold north & enjoy a swim and some From the sun. Meanwhile the Tampa Bay area has suddenly become a sports mecca

- with multiple championships making our little paradise even more desirable. We hope that all of our residents remain healthy as we get through the rest of the pandemic times. We have been encouraged by the new vaccines and continue to watch the levels of cases in the area as more and more venues allow additional spectators and guests. We also notice that even as more people become active in and around the area the CDC still suggests masks and social distancing.

With all these new things opening again, we need you help to keep our "voice" a true newsletter for our community. Please feel free to send articles and ideas about the community and our residents to the above e-mail to include in future editions.

FROM THE DESK of the PRESIDENT

By: Harold Wurtz (lot 938.....459-0394.....haroldwur@aol.com)

lections for the year 2021-2022 are now complete. The new officers of the residents' club will officially take charge in April of this year. There were not many changes, but we are happy to announce that the new board members will be introduced officially at the March meeting. We hope a large number of residents will be at the meeting. There will be many challenges ahead for this new fiscal year. At the time of this writing our new annual budget is being discussed, and hopefully will be introduced at the March meeting. Some of our future events have been placed on the calendar along with the entertainers that will be here for us to enjoy (see entertainment committee article,) but we still need a lot of help to fill in the year. Many of our past events simply cannot be repeated due to new rules and limitations placed on us by the covid19 pandemic. As we rethink plans for the year, we need new ideas and more volunteers to make things happen.



Don't be bashful! If you have an idea, if you have a talent you can share, If you have time to help us out – step up and let us know. When I came to Lincolnshire we had many different programs that were ongoing. During the last 15 years some have disappeared, new ideas came and replaced some. Some worked, some didn't, but we tried many new things. It's time for more new ideas again. A new year, and a board that wants you help to make them happen in a way that will work with the new restrictions that we will need to live with, and eventually another entire new board to keep the residents' club moving forward into the future.

Stay safe and stay healthy

MARCH BIRTHDAYS

- 3/1 Bob Korzi
- 3/2 Linda Edwards
- 3/3 John Lapierre McGuire
- 3/3 Fred Pepin
- 3/5 Jim Power
- 3/6 Steve Fry
- 3/6 Mary Jo Webert
- 3/7 Jeanette Mullery
- 3/8 Doris Bottom
- 3/9 Bill Robinson
- 3/9 Susan Saunders
- 3/10 Donna Sarafin
- 3/10 Loinda Stimers
- 3/10 Judy Braica
- 3/13 Sandra Ziccardi
- 3/13 Jim Barnes
- 3/13 Ann Saunders
- 3/14 Donna Siros
- 3/14 Kathleen Fitzgerald
- 3/14 Harold Wurtz
- 3/15 Jane Pastva
- 3/15 Tina Gabbard
- 3/16 Martha Acker
- 3/16 Nancy Haley
- 3/17 Patric Kenny
- 3/17 Shirley Califf
- 3/17 Linda Benson

- 3/18 Susan Seybert
- 3/18 Linda Benson
- 3/19 Patti Hannin
- 3/20 Dennis Spiess
- 3/21 Melissa Willbee
- 3/21 Richard Wisnieski
- 3/22 Karen Terreberry
- 3/22 Tom Boyd
- 3/23 Bob Behm
- 3/23 Daniel Lemke
- 3/23 Calvin Peddle
- 3/25 Betsy Miozzi
- 3/26 Viola Adams
- 3/26 Bev Lessard
- 3/26 Wendy Williams
- 3/27 Gerry Wheeler
- 3/27 Ralph Kuhnke
- 3/27 Becky Bergert
- 2/20 John Forder
- 3/29 John Early
- 3/29 Virginia Korzi
- 3/30 Linda Cathey
- 3/30 Bob Zilligen
- 3/31 Joe Rhonda
- 3/31 Tom Alton
- 3/31 Pam Palanca



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MARCH ANNIVERSARIES

- 3/2 Roger & Cheryl Legg
- 3/3 David & Linda Kaiser
- 3/3 Bob & Donna Siros
- 3/6 Tom & Linda Holliday
- 3/12 Tom & Ronnie Healy
- 3/17 Brian & Ginny Taylor
- 3/17 Russ & Marian Anderson
- 3/19 Dave & Karen Barry
- 3/19 Brian & Donna Lockyer
- 3/25 Tom & Melinda Remington
- 3/26 Dave & Barbara Nelms
- 3/26 Ray & Judie Nielsen
- 3/29 Willian & Norma Acker



ENTERTAINMENT COMMITTEE

By: Linda Casey......(#1211......581-5257......lcasey9@tampabay.rr.com)

The NFL Championship game is over and Tampa Bay Bucs are the winners. Our NFL Championship party was small but fun. Winners are Ed and Marie 668 took the first quarter and the reverse went to Steve Fry 1205, Second quarter went to Jozette and Judy Palermo, my sister and niece. The third quarter and fourth quarter all the money went to Pete Grubb 1218. Craig Michel and Pete also won one of the 50/50's. Vicky Robertson and her husband won the card game. Next year I am hoping we can have a bigger party and more squares and games.

Below you will see our lineup for the dances starting in Oct. Please stay safe and God Bless all of you.

10-30-21	Bandstand
11-20-21	Flashback
12-1-21	Al Ruggiero
1-22-22	Boomer Ban
2-12-22	Al Ruggiero
3-12-22	Flashback
2-26-22	Bandstand (Spaghetti Dinner)
Thank you all	
The Entertainment (Committee Ledies



The Entertainment Committee Ladies.

Linda Casey and Judy Low and Vickie Robinson



LINCOLNSHIRE VOICE MARCH, 2021 E



LINE DANCING By: Leora (Lulu) Roemer



incolnshire Line Dance Class

We've started a Line Dance Class on Wednesday's at 10:30am in the Clubhouse, following the 9am Coffee Hour.

The class begins by learning a few easy steps, then we review the dance and practice it to various types of music. We might even have a freestyle dance if the mood hits us!

The class is led by Lulu Roemer and Teri Jones. Lulu has 7 years of teaching experience, previously at Senior Centers in various locations around Texas. Teri has experience dancing on an award-winning competitive Line Dance team.

If you'd like to come chair-sit and move your legs and arms a bit, you'll be welcome to join us, as well! Our main goal is to move our bodies (while still respecting social distancing) and have a good time!!

Split Draw Coffee Hour

By: your coffee committee

B ack by your popular request, coffee hour is up & running led by Cathy Burk, Linda Casey, and the committee helpers. For those who didn't know, we have been up a running for a while now, with masks, social distancing and limited numbers. As long as we continue to abide by CDC suggestions, we will continue as we have been. That of course means we are having our weekly split draw for prize money. While the amounts and numbers are smaller than usual, we are happy to announce the past winners of weekly prizes:

Jan 6: 4 prizes @\$16.00: Darlene Costanza – 1477, Karen Bare – 936, Pat Mitchell – 1550, Roger Wood – 1217 Jan. 13: 4 prizes @\$12.00: Clem Weisant – 1072, Linda Michel – 1514, Tammy Mitchell – 1256, Toots Miller – 258 Jan 20: 5 prizes @\$13.00: Dennis Hornsby – 112, Nancy Blanchette – 527, Cathy Burk – 1031, Pete Kristall – 1523, Nancy Haley – 1271 Jan. 27: 5 prizes @\$13.00: Paul Courchesne – 832, Mary Jo Webert – 1538, Betsy Miozzi – 618, Nancy Haley – 1271, Mike Trott – 769 Feb 3: 4 prizes @\$23.00: Paul Courchesne – 832, Pat (office), Nancy Blanchette – 527, Eric Salabay – 217 Feb. 10: 3 prizes @\$25.00: Alex Calderon – 527, Tammy Mitchell – 1256, Dennis Hornsby – 112

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Dial Directory and Database

By Donna Wurtz (#938.....509-1182.....momshse@aol.com)

hanks to everyone who gave us phone numbers and information for the next edition of the "yellow Book"

We appreciate all of those residents who have responded to our requests to get the updated information. At this time, the changes to the next edition of the book are headed to the publisher. Anyone who has not given the information to us by this time will need to wait until the 2022-2023 book, which will be published in the spring of 2022.

Please make the following changes to your current directory:

Lot # 103	Mary McGahan	248-469-6822
Lot #206	Scott & Bernice Clark	S: 315-778-7986
		B: 315-778-6566
Lot #255	add: Carinda Mickelsen	909-451-1606
Lot #632	Barry & Julie Miller	953-8205
Lot #870	Richard & Melissa Willbee	change # to: 231-590-2842
Lot #939	Joe & Rhonda Arena	402-239-6657
Lot #1018	Tim & Cheryl Doberstein	T: 920-203-6400
		C: 920-203-4068
Lot #1019	Patricia Squires	change # to: 612-1545
Lot #1056	Ken & Kathy Engelbart	319-821-0565
Lot #1454	Tom & Roni Healy	change # to: T: 289-700-4034
		R: 706-416-9332

If you are new and have not provided your phone number for the book, please fill out a form and sign if you give permission to publish, or state to keep your number unpublished. Forms can be returned to me at lot #938, or you can send me an e-mail to the above address with all the information and your permission to publish.

Remember, the Dial directory is only published <u>once</u> each year. <u>The directory is not</u> <u>produced by the office</u>. It is a resident's club function, so <u>don't expect the office to update your</u> <u>information for you</u>. If you do not wish to have your birthday or anniversary listed in the Voice, please let us know.

For those who are new, please address any questions directly to Donna Wurtz at lot # 938, (phone number above)

Thank you for your cooperation.



COOKING IN LINCOLNSHIRE

By: donna Wurtz



rince the pandemic we have not been able to enjoy Pot Luck Dinners, buffets, or any other shared meals here in Lincolnshire. We have our cookbook still for sale, and some new residents might be interested in purchasing one, but without our usual events, we thought it would be nice to share some of u the recipes that are in our book, and maybe some that didn't make it at the time

of the publication. So we are starting out with a recipe from one of our residents who will be leaving us soon to live with her daughter up north. From Judy Artish – a recipe from the 2019 Lincolnshire Cookbook.

- CHEESY POTATOES BY JUDY ARTISH 1 pkg hash Brown Potatoes
 - 1 cup shredded cheddar Cheese

- 1 cup sour cream
- 1 can Cream of chicken Soup
- $\frac{1}{4}$ cup diced onion

Mix all ingredients, reserving some cheese for topping. Bake at 350° for about 45 minutes. Sprinkle reserved cheese while still hot. Serve

Your recipes are welcome for future editions, feel free to e-mail them to me.





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(Allow 4-6 weeks for mailing of check). This month's cash winners are:	

(Allow 4-6 weeks for main	ng ol check). This month's cash	winners are:	
Barb Starkweather \$100) Debbie's Salon	Richard Pijanowski \$5	Jones & Sons Plumbing
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Jim Decker \$10	Rick's Appliance	Dennis Korte \$5	Royal Enterprise
	Boss Electric	Denise Frantz \$5	Community Roofing
Nancy Eickenberg \$10	Appliance Specialty	Alma Bunting \$5	Heller's Mobile Home Washing
Donna Miller \$10	Clear-Vue	Marilyn Whitelaw \$5	Payless Painting
Dorothy Seybolt \$10	The Plumbing Patrol	Rhonda Gillispie \$5	Royal Enterprise
Floyd Meeker \$10	Bill the Carpet Guy	Ken Reynolds \$5	Jones & Sons Plumbing
Joyce Lasher \$10	Royal Enterprise	Dot Bourdon \$5	The Plumbing Patrol
Raymond Exum \$10	Air Masters of Pinellas	Robert Ragazzini \$5	BugginOut Pest Control
Bonita Benner \$10	Denny's Plumbing		Air Masters of Pinellas
	AJ's Beds		Boss Electric
Tom Barboza \$10	BugginOut Pest Control		Jones & Sons Plumbing
Mike Richards \$10	Payless Painting	Richard Ulring \$5 .	Royal Enterprise
Ralph Virkler \$5	Heller's Mobile Home Washing	Earl Foster \$5.	Got Dirt? Call Dirty lil'
Barbara Coffman \$5	Jones & Sons Plumbing		Bill the Carpet Guy
	Air Masters of Pinellas		BugginOut Pest Control
	Bob's Mobile Home Washing		Jones & Sons Plumbing
Marilyn Besancenez \$5	Royal Enterprise		Air Masters of Pinellas
	E & E Gliddon		Heller's Mobile Home Washing
	BugginOut Pest Control		Community Roofing
Michael Chambers \$5	Bill the Carpet Guy		Bill the Carpet Guy
Ron Prevost \$5	Payless Painting		BugginOut Pest Control
Philip Laplante \$5	Boss Electric	Edward Kohler \$5 .	Air Masters of Pinellas
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Est. 1988

Residents' club meeting

The next meeting of the Lincolnshire Residents' club is Tuesday March 2 at 7 PM. Newly elected officers will be present, although their actual term of office begins in April. This well give residents a chance to meet the new board. Topics to be discussed will include a recap of planned activities of the upcoming year, Discussion of the proposed budget for next year, and an update on covid19 protocols.

Hope to see you there.

WATER AEROBICS

By:Ann Curry (Lot 1015...... 727-420-6518.....acuria1-0@gmail.com)

While most exercise programs in gyms or on you tube have you sweating away and listening to the instructor tell you no pain no gain, water aerobics gives you fresh air in the pool.

Lincolnshire was doing pool exercise before I moved to the park 10 yrs. ago. It's had many names, (water babes) and many leaders. We meet at 10am Monday, Tuesday, Thursday and Friday. That is weather permitting of course. If it's below 70 outside, we don't meet even though the pool is heated. We use audio tapes by trained instructors with back ground music just like a gym would but no stress on the body. I want to invite the guys to join us too. This is not water ballet!! And it's not calisthenics in the pool!! Our excercises connect the whole body by moving in 6 natural directions.

But I want to stress we all work at our own pace. Don't feel intimidated, Try us out. I know you'll have fun. Last summer, we had so many people we had 2 sessions at 9 & 10.

As recommended by the CDC as long as the covid19 pandemic continues, social distancing is still required even outdoors. Remain 6 ft. apart while in and around the pool as is also required by management.

Lincolnshire Facebook Page

By: Harold Wurtz

(#938......727-459-0394......email at haroldwur@aol.com)

We like the page. There is often a lot of interaction on the page, some good, some not so good. We have a good representation of our residents who follow the page, with well over 488 followers and likes as of now, including some names that we do not recognize. In the week prior to this article, facebook reports that our post reach is up, our engagements count shows the page is doing its job with 745 recent views

We will again ask for your help in spreading the word and getting more people involved. The fastest way to post something that may contain a photo on the page is to send an e-mail 18 LINCOLNSHIRE VOICE MARCH, 2021 E *************

directly to me with the photo attached. It is easier to get it on the main part of the page that way. Regular comments can be posted directly on the posted section or you can start a new conversation in the visitor section to be approved for the main page,

Remember the rules, but please help us to get more fun things posted. In these times of not getting our usual fun events going in the clubhouse, we can use posts of your own events to share with the rest of Lincolnshire.

All Lincolnshire Estates Residents are invited to post their events and pictures to share, but please follow the page rules for posting. Visit the page to also view some of the older photos and videos of past events. Hopefully we will soon be able to enjoy those kinds of events again and post more new photos.

With many more new owners in the park we should reach even more in the near future. Spread the word to your friends. It's a good way to spread news in the park. We will try to post bowling results, sunshine reports, and other announcements as available. The page can be found at: <u>www.facebook.com/LincolnshireResidentsClub</u>. Or you can send and e-mail directly to me to post for you. Remember this is not a vehicle for management to provide information – it is for residents' activities.

FOOD PANTRY

incolnshire residents have heart. "the Rita Sullivan Food Pantry Drive Project" is ready to move forward with our spring collections. For many years, the spring collection drive has relied on our snowbirds who would empty their panties before heading north for the summer

Again there is a greater need, and fewer people to donate, since much of the spring donations are made up of food that is donated by snowbirds who are not here this year, we need even more help from those who are here year-round. Keep that in mind as you shop for nonperishables, and think about the "buy one give one" mentality that will



help increase donations when we start up the spring drive. At this time we expect the drive to continue through April

Thank You Rita for all you do

A Complete Listing of Resident Services can be found on the page before your calendar







RESIDENT HISTORIES



elp us tell the stories on our residents' histories. With the number of residents we have living here in Lincolnshire, we are sure that there Lare some interesting life stories and anecdotes that we can share around the community. Anyone here still remember the fountain at the front entrance? – maybe remember when it was filled with bubble bath? Did you

have an interesting occupation? Perhaps an interesting travel adventure? A long history here in Lincolnshire to share, or anything else from your life that might be of interest to others here in the park? Share your story with us for the next issue. Some long time residents may even want to share experiences of Lincolnshire's past. Send an e-mail, or call for an interview for us to share your thoughts and experiences. Send to haroldwur@aol.com, call 509-1182, or drop off at lot 938

THE KNIT WITS

Tith so many new residents here in Lincolnshire, I thought it would be a good idea to re-cap who the "knit Wits" are and what we do. We are a group of people who enjoy knitting, crocheting, and just getting together to chat. Before Covid took over the park, we met every Monday at 1 PM in the clubhouse. We hope to be back to doing that once again soon. Meanwhile we are not just hiding. Our group has continued to knit & crochet at home. The residents' club donates the money to purchase yarn, and we in turn donate the completed goods to charities and groups in need. Anyone is welcome join us, and if you don't know how to knit or crochet, we will be glad to teach you when we once again are able to meet as a group.

Items created by our group are all donated to local charities, so you will have fun and be helping the community at the same time.

We hope some of you will come out & join us in the near future. Give me a call for information

"WELCOME TO LINCOLNSHIRE"

By Vicki Marentette (Lot 950...281-2382) Donna Wurtz (Lot 938...459-0394)

ello from Canada. It looks like we Northerners will not be travelling south this winter. Enjoy your warm weather!

The Committee is planning on holding another seminar in April at 1 pm in the club house. Exact date to be announced in the nest voice. Any news regarding the committee will be posted in the laundry room by Donna. In the meantime, if you have any questions, please contact Donna.

With virus still raging, wear a mask and practice social distancing not just for your health but for the health of others. LINCOLNSHIRE VOICE MARCH. 2021 E



"Q" is the only letter that does not appear in any U.S. state name.

Peanuts are not nuts, they're legumes.

Most Disney characters wear gloves to keep animation simple.

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WINDOW REPLACEMENT



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Lincolnshire

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To learn more about our Center and the structural heart conditions we treat: MortonPlantHeart.org



Morton Plant Hospital

20-1242408-0920

Sunshine Committee By: Mary Jo Webert & Marge Kristall

*

any Congratulations to Tammy and Bob Mitchell #1256. Tammy & Bob tied the knot for the 2nd time on January 30th 2021. Bob & Tammy were able to share their special day with family here in Florida. Make sure you congratulate them next time you see them in the Community.

Harold & Donna Wurtz #938 – proud parents of Anthony, retired Navy Nuclear Specialist, who just purchased a new home in Temecula, California. They are hoping to keep their scheduled travel plans in March to see Anthony's new home.

Since our last newsletter many of our Community residents have been "under" the weather but happy to report all of them are home and doing well.

Lois Underwood #617 – short stay in the hospital, home.

Steve Miozzi #618 - still being tested but home.

Marie Mason #668 - overnight stay in the hospital, home doing well.

Marcia Dougherty #633 - overnight stay in the hospital, home doing well.

Joanne Power #218 – one of our Canadian residents that did not make it to Florida this year, back home recovering from a hospital stay.

Shirley Hoel #1520 – home from rehab.

Bob & Sandy Behm #775 - recovered & doing well.

Cards and calls to all to let them know we are thinking of them.

Dennis & Donna Varone #1521 - finally moved into their new home in Rhode Island, after a long wait. They have missed spending the winter months with us here at Lincolnshire. Hopefully we will be seeing them sometime after March. Congratulations Dennis, Donna & Coco.

Sad note for Lincolnshire – Fred & Betty Lou Grunwald # 317 long time residents of Lincolnshire, have left Florida to live with family up North.

Please don't forget to reach out to Mary Jo and Marge (see phone#'s below) with any information you might have regarding our neighbors that would appreciate a card/call from us to lighten their day. We would also love to hear from you if there are any special events taking place for you or your family.

Mary Jo Webert # 727-242-2505 Marge Kristall # 727-474-5737



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LINCOLNSHIRE HOMEOWNERS' ASSOCIATION, INC. P.O Box 1882, Largo, FL 33779 L.H.O.A is a Florida Statute 723 Tenet Association

Allyn Webert, Secretary



ast month, February 16th, 2021 and prior to the deadline for this article submission, the Lincolnshire Homeowners' Association (LHOA) held its Annual membership meeting for the purpose of conducting such business that required action by the Membership. These corporate sessions is where as a Member you can see where the annual dues are being spent and for what purpose. Additional information on over 55 rental park environment and issues in Florida. Also exercise our vote/voice on the board Directors and other related matters. There were 3 available Director positions as the 4 new and trained Directors are not up for reelection until 2021.

Much of what the Board does is transparent and many Members have little idea of how often positive change and a constructive relationship with park management has been a result of their efforts. There were no by-law amendments requiring voting by the Membership.

After the Annual meeting, the Board of Directors will meet to elect officers (President, Vice President, Treasurer and Secretary) and the Chairs of the 5 committees. Governance, Negotiating, Budget and Finance, Membership and Member education and communication.)

The LHOA exists for the homeowners benefit and its responsibilities and mandates are supported by Florida law. Non-members often say that LHOA represents them too. Non-members have no voice, vote or access to the resources of LHOA. Attending Member/Board meetings is an opportunity to learn about our legal rights in the community and important. If you are not a member, JOIN. If you are, attend both Board and Membership meetings and get answers to your questions and concerns.

From the Member Education and Communication Committee

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15

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LINCOLNSHIRE KENNEL KLUB WICKETT WURTZ {Lot 938....459-0394......bigchees99@aol.com)



Lucy Age effects all of us – animals and those we care about as well. As our caretakers age along with us, there are things about us older canines that they are not aware of. Did you know that "Doggie Dementia" (Canine Cognitive Dysfunction) is a real thing? Here is some information your caretaker might need to know about you as you age. Canine cognitive dysfunction (CCD) syndrome is a condition related to

the aging of a dog's brain, which ultimately leads to changes in awareness, deficits in learning and memory, and decreased responsiveness to stimuli. Although the initial symptoms of the disorder are mild, they gradually worsen over time, which is referred to as "cognitive decline." In fact, clinical signs of cognitive dysfunction syndrome are found in nearly one in three dogs over the age of 11, and by the age of 16, nearly all dogs display at least one sign. Here's everything you need to know about dog dementia, from the symptoms, causes and life expectancy to treatment and prevention.

Symptoms of Canine Cognitive Dysfunction: These are the most common symptoms of dementia in dogs: Disorientation/confusion, Anxiety/restlessness, Extreme irritability, Decreased desire to play, Excessive licking, Seeming disregard for previously learned training or house rules, Slow to learn new tasks, Inability to follow familiar routes, Excessive barking, Lack of self-grooming, Fecal and urinary incontinence, Loss of appetite (anorexia), Changes in sleep cycle (e.g., night waking, sleeping during the day)

Causes of dog dementia: As dogs age, the brain atrophies, meaning that the cells die. This likely impacts brain function. Small strokes and other accumulation of damage may also have a role in canine cognitive decline.

The exact causes are not known, but many of the same changes that cause problems as people age are likely to also cause problems as our pets age.

Treatment: Dogs with canine cognitive dysfunction syndrome require lifelong therapy and support. However, you can make a world of difference when it comes to improving your dog's cognitive functions. For example, although it will not "cure" your dog, maintaining a healthy and stimulating environment will help slow the progression of cognitive decline. This typically involves imposing a daily routine of exercise, play and training (re-training). Making your home more accessible and safer for your senior dog can also help: Night lights can help your senior dog navigate in the dark. Potty pads near doors give your pup a place to go if she can't make it until you come home or wake up. Orthopedic foam beds (with washable covers) can make sleep more comfortable. More next month

Just a reminder too – please make sure you humans have you registered in the office with the proper vaccinations on file for the protection of all of our residents.



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BOWLING

e are well on the way through our season for the bowling year. The Eagles have extended their lead now with 37 wins and 15 losses, followed by the Giants who have 291/2 wins and 221/2 losses - can they catch up?? High scores so far this season are:

Men's scratch games: Joe Thompson III 259, Dave Cassidy 224, and Larry Farrell 214 Scratch series: Joe Thompson III 660, Larry Farrell 619, and Dave Cassidy 575 Handicap games: Joe Thompson III 273. Dave Cassidy 265, and Bob Mitchell 260 Handicap series: Joe Thompson III 714, Dave Cassidy 698, and Jim Mulholland 693

Ladies scratch games: Linda Nicholas 206. Ellie Henderson 191. Karen Bare 189 Scratch series: Karen Farrell 485, Linda Nicholas 467. Chris Biederer 455 Handicap games: Linda Nicholas 269. Tammie Lowell 247. Karen Bare 244 Handicap series: Diane Billman 652. Linda Nicholas 650. Chris Biederer 647 Watch the facebook page for weekly updates & scores.

We have openings in the league. Help us fill up to complete teams, contact Joe Thompson, lot 650 if you are interested in joining our league

GOLF

Men's Scores: JAN.15TH LOW SCORES PAUL HERSHBERGER-73 MIKE BURRILL-----82 ROGER WOOD-----82 DICK ULRING-----73 **CHUCK HENDERSON---83** JAN.22ND LOW SCORES PAUL HERSHBERGER----78 MIKE BURRILL-----79 DICK ULRING-----83 RICH MIKO-----81 JAN.29TH. LOW SCORES PAUL HERSHBERGER----74 MIKE BURRILL-----78 ROGER WOOD-----83 GARY-----80 FEB.5TH. LOW SCORES DICK ULRING-----80 LINCOLNSHIRE VOICE MARCH. 2021 E

JAN.15TH. BIRDIES DAVE CASSIDY #10 **CHUCK HENDERSON #3**

JAN.22ND. BIRDIES JOSE RIVERA #15 **ROB MORSE #15**

JAN.29TH. BIRDIES **CHUCK HENDERSON #8 ROB MORSE #5** JEFF TAMLYN #15 **RICH MIKO #15** FEB.5TH. BIRDIES DAVE CASSID #15







ROB MORSE-----81 FEB.12TH. LOW SCORES PAUL HERSHBERGER---72 Mike BURRILL-----74 ROB MORSE-----76 ROGER WOOD-----78 DICK ULRING-----80 JEFF TAMLYN #13 FEB.12TH. BIRDIES PAUL HERSHBERGER #9, 15 MIKW BURRILL #5, 13 ROB MORSE #13



LADIES: Our league is small this year, the rest of our ladies are trying to keep warm up north. So come and join us contact Penny Coyle lot 604 727-286-6090

	5		-	-				
Jan. 15th.	Low Scores			Birdies				
	Linda Boduch	87		Shirley Lilly	#15			
Jan. 22nd	Karen Farrell	89		Karen Farrell	#10			
Jan. 29th.	Penny Coyle	81		Penny Coyle	#15			
Feb. 5th.	Penny Coyle	86		Penny Coyle	#13	Linda Boduch	#15	
Feb.12th.	Penny Coyle	86		Shirley Lilly	#15			
Way to go	girls							

SHUFFLEBOARD

huffleboard is once again on the weekly calendar. While our usual committee chairpersons are still unable to visit us here for the season, Paul Edwards (153) and Clem Weisent (1072) have volunteered to help out to get things rolling until we get back to normal. Their numbers can be found in the yellow book. At this time we are meeting (WEATHER PERMITTING) on Wednesdays at 12:30, with a start time of 1 PM. If you are interested in joining up, give us a call or just stop by the courts on Wednesday.



See you on the courts

VETERAN'S CORNER

By Robert Behm, LTC retired Army (Lot 775.....401-207=9317)

ince it's Superball month and many of us are Vietnam Veteran's I thought I would share this story of the only NFL team that lost a player in the Vietnam War.

No matter how many disappointments the Buffalo Bills suffer on the gridiron, there is no loss that can compare to the tragedy of losing one of their own on the battlefield. Many professional athletes answered the call to serve in the Vietnam War, but only one professional sports team lost one of its players.



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When Bob Kalsu arrived in South Vietnam in November 1969, he was a newly minted second lieutenant. His first command was with the 101st Airborne at an important but remote outpost called Fire Support Base Ripcord. Fresh from being named Buffalo's Rookie of the Year, Kalsu was



sent to Vietnam to satisfy his Reserve Officers Training Corps requirement and was looking forward to returning to his home in Oklahoma (and to the Bills) as soon as possible. He would never make it.

Fire Support Base Ripcord overlooked the A Shau Valley, a key entry point for North Vietnamese troops and supplies coming from the Ho Chi Minh Trail in neighboring Laos. It was also the site of some of the war's heaviest fighting. The 101st was the only full-strength division left in South Vietnam as President Richard Nixon's "Vietnamization" policy ramped up and U.S. troops were withdrawn. American efforts in the valley were aimed at pacifying the population in the area through rural reconstruction, but first, elements of the North Vietnamese Army, or PAVN, had to be eliminated. The 101st was sent to the A Shau Valley in a planned attack on nearby PAVN forces. But the communists hit first, in what would become one of the most fiercely fought battles of the war at the time. Ripcord sat on top of a hill 3,000 feet above sea level and was completely dependent on helicopters for resupply and extraction. It housed artillery support for two battalions of 101st Screaming Eagles engaged in anti-PAVN operations in the valley. They were also shelling the Ho Chi Minh Trail, just 13 miles away.

Kalsu, in command of an artillery battery, was creating such a pain for the PAVN troops that the North Vietnamese decided something had to be done. The Americans at Ripcord didn't realize they were surrounded by 5,000 communist troops. The communists began firing mortars into the fire base at a rate of an estimated 600 every day. Through it all, Kalsu was running hundreds of pounds of artillery shells to his men on the hills, acts that earned him the undying love and respect of his troops.

On July 21, 1970, the North Vietnamese fired tear gas into Ripcord, rendering its bunkers uninhabitable. Kalsu walked out of the bunker that day and into the open, at the same time a PAVN 82mm mortar was fired from the distance. It landed five feet from where he was standing. With a sharp crack, Kalsu and some of his fellow soldiers were blown down the bunker stairs. The offensive lineman's large frame shielded one of his men, Pfc. Nick Fotias, who survived the blast. Two days after his death, Kalsu's wife gave birth to their son back home in Oklahoma. After 23 days of heavy fighting at Ripcord, the U.S. withdrew its troops and supplies; they had to fight their way out even as they evacuated the base. The Americans lost 75 soldiers and a number of helicopters in the fighting and called in the Air Force to bomb the entire area once the soldiers were safely away. In addition to Kalsu, one former professional athlete was killed in the Vietnam War -- the Cleveland Browns' Don Steinbrunner, who had left the NFL long before the start of the war. In 2000, the Bills recognized Kalsu's service and sacrifice by adding his name to the Buffalo Bills Wall of Fame.

Bob Behm (LTC Army Retired)

A Nurse's Self Care Toolbox #33

Allyn Webert, RN. (Lot 1438, allynwebert@gmail.com)

ast month we went over how civilizations have determined by where they are located, governed with cultural pressures what is available to eat, its quantity, and quality, abundance and lifestyles pressures.

There are 4 pretty basic actions that occur in how we use our food (sugar.) What we eat, how much we eat, when we eat (a newer concern) and the last important one which is what we do with the food (movement.) I really don't like the word "exercise." Bet you don't either.

- 1. <u>What we eat</u>. Each food group has a sugar load. Some call it "carbs." Each food group has its own <u>time</u> to become sugar, pass into our blood stream and meet "insulin" made fresh daily and hourly in our pancreas that **escorts** the sugar in to each and <u>every</u> cell. Candy the fastest (seconds) and meat the longest (almost an hour.)
- 2. <u>How much we eat.</u> Eating more than recommended in each food group means too much sugar will be available immediately or an hour from now when you really need some right now. Which makes our body "**make**" sugar even though you just ate. Oh boy! Or you get the sugar when you aren't going to use it. Another Oh boy!
- 3. <u>When we eat.</u> May be a new one for most of us. We were designed to get fresh food (sugar) every 3-4 hours after getting up at DAWN. Yes DAWN. All day until dusk. When we don't follow this there is metabolic chaos and confusion. We don't get food when our body first needs it (skipping breakfast) and eating at the end of the day when things are winding down. The end result is no fresh food (sugar) when our system is looking for it and then food (sugar) when not needed. Our body has to make sugar when it has been denied (yes denied.) and store sugar when it isn't being used (fat.) If our pancreas could talk to most of us it would be screaming for calm. It would tell us to eat what we were designed to eat, the quantities we were designed to find during the day and when, along our daily trail (movement) we would find it.
- 4. <u>Movement.</u> Formerly "exercise" for me. Simple. We ate and moved to eat, ate and moved until dusk when we found safety to sleep. Started all over the next day. If the average time the sugar is available to us is 30 minutes after we swallow then do something and move. Walk, vacuum, ride a bike, move!! Our muscles use the most sugar!!! I mean it. Use them no matter how small the muscle it is using sugar. Then have something to eat 3 hours later. It truly is simple. Get up, eat, move, eat move.....go to bed without a napkin on our laps.

The goal is <u>not</u> ending up with so much sugar (gas) in our tank when we aren't going (driving) anywhere. Fall asleep with enough sugar to get you to the morning when breakfast is waiting. Breakfast is not a donut and coffee! Of course you knew that. Next month is solely on diabetes.

Chew well my friends.





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Testament





DORAL VILLAGE YARD SALE BAZAAR, Sat., March. 27th. 8am-1pm, 29250, US HWY 19N, Clearwater. Furniture, Clothing, Linens, Books, Appliances, Kitchen Items, Glassware, Jewelry. MASKS AND SOCIAL DISTANCING REQUIRED!

MHP, 8AM-1PM. 10265 Ulmerton Rd, Largo. Roberts MHP Community Wide Sale, Saturday, March 6th, 8:00 am - Noon.

3390 Gandy Blvd North, Pinellas Park

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LINCOLNSHIRE RESIDENTS CLUB RESPONSIBLE FOR ALL THE SOCIAL ACTIVITIES GENERAL MEETINGS First Tuesday of November through April - 7:00 p.m. Join us on Facebook at Lincolnshire Residents Club page

Clubhouse Open 8am to 10pm - Other hours for special events

Pool Hours Dawn to Dusk For Minors (under 17 years old) 11am to 3pm **ONLY Minors not permitted in spa**

<u>Bulk Trash Pick-up</u> Every other Tuesdays of each month

Committees

Bingo	.Brenda Mattison
Birthdays & Anniversaries	Donna Wurtz
Music:	Cobie Swets
Bowling	Joe Thompson
Coffee Hour MC	Harold Wurtz
Coffee Committee	Cathy Burk
Entertainment Committee	Judy Lowe
Linda Casey &	Vickie Robinson
Dial DirectoryHarole	d & Donna Wurtz
50/50 Raffle Games Bets	y Miozz, summer
Ladies' Golf League	Penny Coyle
-	Roni Healy

Library	Cynthia Varga		
Line Dancing			
-	Lulu Roemer,Summer		
Men's Golf League			
Shuffleboard Paul Edwards and Clem Wiesent			
Sunshine & SympathyMa	rge Kristall, Mary Jo Webert		
Welcome Comm	Vicki Marentette		
	and Donna Wurtz		
Voice Editor:	Donna Wurtz		
Voice Delivery:	Betty Miozzi		

Social Events

Barbara Leek
Joanne Power
Joanne & Jim Power
Fred Sanger
Rita Sullivan

Memorial Day Service	Bob Behm
New Year's Eve Party	
Pancake Breakfast	Jamie Doucette
Thanksgiving Dinner	
Veterans' Day	

