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April • 2021

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45th Year**

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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

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1100.....Doug Eschenbach #1137
1200..... W Linda Casey #1211
1200..... E Brenda Mattison..... #1275
1300..... Ruth Kaser #1351
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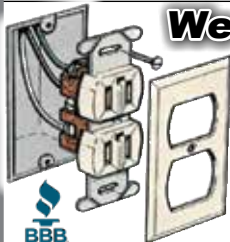
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FROM THE EDITOR

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



Covid19 – go away!!! Here in Lincolnshire, we are happy to report that a large number of our residents have received the covid vaccine. We must thank the office for a quick response to an invitation from Four Seasons Mobile Home park to join their residents along with a few other parks as they hosted a vaccine clinic in their clubhouse. Their clubhouse is actually still completely closed but they opened it up for the health department to host as a vaccine site. We had sign-ups in our own clubhouse starting at coffee hour and going through the day. Over 100 of our residents were able to sign up. Four seasons did not have any idea what they got into. By the end of the day there were over 800 people signed up for about 500 doses. Harold & I volunteered to help out, because the health department forgot to tell them that after the sign ups they would need to call everyone on the list to tell them their appointment times. We called a lot of people who we did not know, often getting no answer or a response from people who said “thanks but I already got another appointment.” In the end we were able to add more people to the list from Lincolnshire because of their cancellations.

We hope that this is the beginning of a new start to opening more events here in the park. Just a reminder though, masks and social distancing as well as limited numbers permitted at gatherings remains in effect until we hear differently. See articles about activities further in this issue.



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FROM THE DESK of the PRESIDENT

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



The new officers of the residents' club will officially take charge this month. At the time of this writing our new annual budget has not been finalized. 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.

The board is discussing the possibility of placing all events on hold for the rest of the summer or until it becomes possible to increase the number of participants. As I write this article, we are averaging a little less than 30 people even at coffee hour, and that is during the time of year that usually runs over 150 people. It is not feasible to hold many events when people are still not ready to join in groups. Remember that many residents who are here now will be leaving for the summer and not returning until fall, and the residents' club meets the first week of April, and not again until November. Be sure to come to the April meeting to get the latest updates. Some items that are listed in the monthly calendar may be subject to change.

Stay safe and stay healthy

Split Draw Coffee Hour

By: your coffee committee

- Feb 17: 4 prizes @\$20.00: Linda C. – Mary Jo W. – , Kathy B. – , Anna P.
- Feb 24: 3 prizes @\$23.00: Dennis H. - Darlene C. – Pam N.
- March 3: 5 prizes @\$15.00: Bob M. – Eric S. (2) – Kathy B. Mary Jo W.
- March 10: 4 prizes @\$20.00: Ann C. – Bob M. – Clem W. – Harold W.

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4/1 Lois Underwood
4/2 Ray Nielsen
4/2 Mary Salabay
4/2 Rodger Low
4/3 Marilyn Heffelfinger
4/4 Jerry Grabber
4/4 James Smith
4/5 Cheryl Legg
4/6 Anna Petrivelli
4/7 David Barry
4/8 Judi Nielsen
4/8 Wilf Stewart
4/9 Karen Sullivan
4/10 Joe Hogan
4/10 Darlene Carrell
4/10 Judy Moore
4/11 Judy Blaine
4/11 Judith DeGroot
4/13 Cobie Swets
4/14 Deb Jory



4/15 Lillian DePalo
4/17 Don Saunders
4/18 Chris Biederer
4/18 Joe Thompson III
4/18 Dick Uling
4/18 Ralph Bare
4/18 Bonnie Chisolm
4/19 Sandra Kopchek
4/21 Hilda Howard
4/22 Richard Willbee
4/23 Jody Brown
4/23 Ken Mattison
4/25 Kim Kyle
4/26 Gary Cathey
4/26 Brian Taylor
4/26 Melinda Remington
4/26 Rita Sullivan
4/27 Steve Miozzi
4/27 Garry Noel
4/28 John Lamontagne
4/30 (CC)-Cynthia Gleason

APRIL ANNIVERSARIES

4/1 Jim & Corine Barnes
4/8 Patrick & Kathleen Basilicato
4/9 Dennis & Glenda Driscoll
4/10 Barry & Julie Miller
4/11 Dick & June Cuthrell
4/17 Tim & Diane Garcia
4/18 Ralph & Karen Bare
4/18 Ken & Sandra Ziccardi
4/23 Margaret & Bob Masterson
4/24 Bob & Diane Gallik
4/29 Tom & Cathy Boyd



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ENTERTAINMENT COMMITTEE

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

The Easter gathering has been cancelled due to lack of interest. Discussion of further programs during the summer is scheduled for the last residents' Club meeting on April 6.

Dances and entertainment are scheduled to start up again beginning in October. We will find out by then what restrictions will still need to be followed.

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
12-11-21	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 Ladies.

Linda Casey and Judy Low and Vickie Robinson



Dial Directory and Database

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

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

Please update your files with the following persons who have furnished their info. Save these numbers to add to your new book when it is distributed, as they will not be listed until next year

Lourdes Brownlee:	lot 253	262-716-2849
Patrick & Kathleen Basilicato	lot 771	908-461-6587
Greg & Michelle Jankowski	lot 1540	248-320-8491
Lisa Harriman & Ernest Gilley	lot 1563	207-570-1005

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

Thank you for your cooperation.

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COOKING IN LINCOLNSHIRE

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

Since 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 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.

FRUIT FILLED CREPES:

Crepes are easier to make than lots of people think. Here we are presenting fresh fruit & cream filled breakfast crepes. A great treat for a leisurely breakfast or brunch.

For the crepes

2 eggs - - $\frac{3}{4}$ cup mild - - $\frac{1}{2}$ cup water - - 1 cup flour - - 3 TBS. melted butter
optional - 1 tsp granulated sugar - - 1 tsp vanilla or other flavoring)

For the filling

3 cups of fresh seasonal berries – 1 c. softened cream cheese – 2 TBS granulated sugar
Prepare the cream filling by combining the berries (if strawberries – cut to smaller pieces) cream cheese & sugar and set aside.

Mix ingredients for the crepes except the butter in a blender until smooth. Add the butter & pulse.

Cook the crepes by pouring batter in thin layer in a crepe pan or any flat bottom non-stick large skillet. Cook at medium high heat until firm, flip & cook reverse side until lightly browned. Spread the filling on each individual crepe in a thin layer & roll up. Garnish with whipped topping & additional berries if desired.

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



Residents' club meeting

The next meeting of the Lincolnshire Residents' club is Tuesday April 6 at 7 PM. Topics to be discussed will include a recap of planned activities of the upcoming year, Discussion of the budget for the year, and an update on covid19 protocols.
Hope to see you there.

FOOD PANTRY

Rita Sullivan Food Pantry Drive Project

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Did you cook for Easter? Did you buy too much? I've got the perfect solution!!

The spring food drive is still on, and the drop off points are still in place.

We welcome leftover canned or packaged food. Although we may have stuffed ourselves, there are many people who struggle (especially this year) to find enough to fill their stomachs. So look around your house and – in the grocery stores (**Buy One Give One**) and see if you can help.

“WELCOME TO LINCOLNSHIRE”

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

Here in Canada, we are looking forward to warm weather after very cold temperatures. Most of us are wishing that we could have spent the winter in the warmth and with our friends in Lincolnshire. The Committee is planning on holding another seminar on April 18th at 1 pm in the club house. 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. Even with the vaccine, it is a good idea to remain cautious. Wear a mask and social distance. Stay safe.





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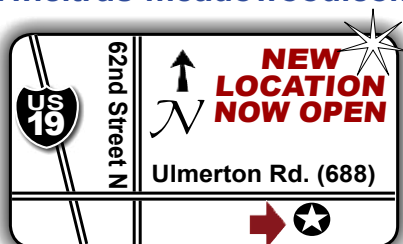
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RESIDENT HISTORIES

This month we highlight long time resident Barbara LaFleur of lot 1456. Barbara moved into Lincolnshire in December of 1983. At that time her rent payment was \$135/mo. Barbara was no longer married at the time, and is the mother of 5 children. She and her family started “LaFleur Gymnastics” which her children still operate in the area today. She loves travelling and travelled the world often with her sister. She has also been with the travel club on trips and cruises. About 25 cruises – most with Princess Cruise lines. Her destinations included Alaska, Germany, France, Belgium, and more.



Things she has enjoyed through her years here in Lincolnshire include line dancing, St. Patrick’s Day party & dinners, the chorus, and the many other activities. She says there is nothing about her life that she would change, and her happy times are all the times spent with family, including 14 grand children and 4 great grandchildren.

If you ever travel to California make sure to stop in an LaFleur Winery – a family operation in San Marcos – and say high to David, her nephew.

THE KNIT WITS

BY: Anna Petrivelli.....(lot255.....365-6560)

Knit wits are currently on hold. We are not meeting on Mondays at this time, but hope to continue again soon. Meanwhile each of the ladies are still knitting at their own homes and we will continue to donate finished goods

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

Sunshine Committee

By: Mary Jo Webert & Marge Kristall

Happy Easter to all our Lincolnshire residents.

Thank- you card sent to the Business Office of Four Seasons Community on behalf of Lincolnshire residents. Acknowledging Four Seasons of our appreciation for being included in the Covid vaccine clinic that was run at their community. Thanks as well to all of our Lincolnshire residents and the Lincolnshire business office who assisted Four Seasons by gathering data, getting the word out, and calling our residents to confirm their shot dates and times.



Good news is always welcome! Mary Jo & I would like to share some good news regarding our families.

Mary Jo's granddaughter Jordan and her boyfriend Reise recently relocated from FL to Louisville KY. Reise recently accepted a position with a consulting firm building customized equipment for the quarry industry.

Marge & Peter's grandson Gabe, resident of CA. was recently accepted on a baseball scholarship to University of Sioux Falls, SD. Will start Fall 2021.

Since our last newsletter we have contacted via cards /calls the following residents who have been hospitalized or are home recovering from an illness.

Steve Fry #1205 – home after surgery, doing ok.

Ed Mason #668 – home recovering after hospital stay.

Richard & Regina Wisniewski #1453- both taken to the hospital recently. No update available as of this writing.

Steve Miozzi – still working with his Doctors/testing.

Charlie Smith #1232 – recently taken to the hospital.

Ann Saunders #1020 – recently taken to the hospital.

Sadly, reporting the passing of several of our Lincolnshire residents in March.

Bill Hasley #564

Bob Terreberry #265 – Canadian resident passed away in Ontario.

Linda Everman #115

Former resident Jessica Nottingham (on Lincolnshire bowling team) lost her partner Joe McNamara.

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.

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L.H.O.A is a Florida Statute 723 Tenet Association

Allyn Webert, Secretary



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DID YOU KNOW? Rental parks without an active HOA never see this sort of information.

By this printing all homeowners would have usually received the yearly notice from the park owner concerning rent, compactor fee and the property tax pass-on charges. The property tax pass-on is allowed by Florida statutes for rental mobile home parks like Lincolnshire. This has been in existence for several years. Each homeowner is responsible for 1/464th of the difference in the property tax paid from the basis year of 2006 until the last year. Our park owner makes the charge to each homeowner once a year in July along with the rental increase. Last year this was deferred until November. Other park owners may blend it into the rental increase or have 12 month installments. The Board does not recommend putting the pass-on tax in our lot rent would oppose that. Property taxes are based on the value of the property (including the land) owned and is assessed by local or municipal governments. Resident owned parks also see increases and those charges are seen in increased maintenance fees. The Board is surprised by the number of new homeowners who have no knowledge of this pass-on tax until they receive the yearly notice. Your Board of Directors ensures that this pass-on is calculated correctly each year.

The Board will also exercise our right by Florida statute to schedule a meeting with the park owner or his representative concerning the rental increase notice, property tax pass-on and other issues deemed important to affected **Members**. This meeting must occur before the rental increase takes effect on July 1st.

The 2020 Annual Meeting took place on February 16th. Sadly attendance was less than expected and no quorum. The Board appreciates those who did come, receive a yearly report from the Board and asked questions.

If you are reading this and are not a Member please take the opportunity to join. Members are paying to keep LHOA in existence and ensure your voice can be heard and also have a vote. The Association strength is in its membership and let's always maintain that. The Board is also a remarkable resource for issues mobile homeowners may have. The Board are all certified as trained and attend other informative meetings.

Board meetings occur monthly, usually the 2nd Sunday of each month and posted in the "Voice" and laundry room. Members are always welcome at Board meetings and raise issues along with recommendations. LHOA follows FL Statute 723 concerning Member rights in all proceedings. Member meetings will resume next December 21st, town-hall style.

Join, renew your membership and support your Lincolnshire HOA maintaining its strength.

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DID YOU KNOW?

The current American Flag was designed by a high school student: Bob Heft in 1958.

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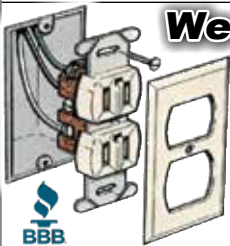
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Sunday	Monday	Tuesday
<p>MAY</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30 31</p>	<p>Please check laundry changes to this calendar due to covid19</p>	
<p>4</p> <p>Easter</p>	<p>5</p> <p>Water aerobics: 10 AM Bingo: doors open 6:00PM</p>	<p>Water aerobics: 10 AM Bingo: doors open 6:00PM</p>
<p>11</p> <p>4:30 PM - HOA board meeting</p>	<p>12</p> <p>Water aerobics: 10 AM Bingo: doors open 6:00PM</p>	<p>bulk trash pickup Water aerobics: 10 AM</p>
<p>18</p> <p>1PM New owner seminar</p>	<p>19</p> <p>Water aerobics: 10 AM Bingo: doors open 6:00PM</p>	<p>bulk trash pickup Water aerobics: 10 AM</p>
<p>25</p>	<p>26</p> <p>Water aerobics: 10 AM Bingo: doors open 6:00PM</p>	<p>Water aerobics: 10 AM</p>

Lincolnshire

Tuesday	Wednesday	Thursday	Friday	Saturday
<p>room for any additions or ndar. ALL events require 9 protocols.</p>		<p>1 Open Bowling: 12:30 PM Water aerobics: 10:00AM</p>	<p>2 Water aerobics: 10 AM</p>	<p>3</p>
		<p>April Fool's Day</p>	<p>Good Friday</p>	
<p>6 erobics: 10 AM sident's club</p>	<p>7 9:00 AM Coffee Hour 10:30 AM Line Dancing 12:30 PM Shuffleboard</p>	<p>8 Open Bowling: 12:30 PM Water aerobics: 10:00AM</p>	<p>9 Water aerobics: 10 AM</p>	<p>10</p>
<p>13 h Pickup erobics: 10 AM</p>	<p>14 9:00 AM Coffee Hour 10:30 AM Line Dancing 12:30 PM Shuffleboard</p>	<p>15 Open Bowling: 12:30 PM Water aerobics: 10:00AM</p>	<p>16 Water aerobics: 10 AM</p>	<p>17</p>
<p>20 h Pickup erobics: 10 AM</p>	<p>21 9:00 AM Coffee Hour 10:30 AM Line Dancing 12:30 PM Shuffleboard</p>	<p>22 Open Bowling: 12:30 PM Water aerobics: 10:00AM</p>	<p>23 Water aerobics: 10 AM</p>	<p>24</p>
<p>27 erobics: 10 AM</p>	<p>28 9:00 AM Coffee Hour 10:30 AM Line Dancing 12:30 PM Shuffleboard</p>	<p>29 Open Bowling: 12:30 PM Water aerobics: 10:00AM</p>	<p>30 Water aerobics: 10 AM</p>	



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Some news from the whistle fit info page:

Raise your hand if you’ve ever looked over at your sleeping dog and said, “That cannot be comfortable.” Everyone, right?

All dog sleeping positions are adorable in their own way: maybe your pup sprawls across the couch, curls up like a croissant, or somehow ends up on their back with their head tangled up in their paws. It’s as impressive as it is endearing.

The Whistle app tracks your dog sleep to let you know the quality and quantity of sleep they’re getting each night. But we wanted to find out more about why dogs sleep in the silly positions they get themselves into. It turns out, dog sleeping positions can be just as varied and unique as your sweet pup. It’s often simply a matter of preference. “They’re all individuals and they just do what’s comfortable”

Here are some of the most common dog sleeping positions you might notice and what they could mean about your pet:



...continued on page 32

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If your dog sleeps on their stomach - This position could mean that your pup isn't quite down for the count just yet. "That's their ready position where they can spring forward. Sometimes it's just comfortable—more belly contact with a cool floor, for example—and sometimes it's because your dog wants to be able to jump into action if necessary.



If your dog sleeps on their side - This position is pretty common for dogs. And just like you may have one side you prefer to sleep on, your pet probably does, too. "Most dogs tend to sleep on one side or another, I think it's just more comfortable for them." However, if your dog suddenly seems to be favoring one side over the other, you might want to make a note of this with your vet. "That could indicate that maybe they're starting to get sore hips or a sore shoulder."

If your dog sleeps on their back - While this is just a comfortable position for some dogs, it's also a nice compliment to your home—because dogs will only do this when they feel very safe. "If you see a dog who sleeps like that, that's not going to be a dog who's timid or afraid." Instead, that dog feels safe, secure, and protected in their environment.

We will look at the other 3 positions in the next issue

See you on my walks

SPORTS PAGES

BOWLING

When this article appears we will have finished our season, but as of now the Eagles have extended their lead to over 11 points ahead of 2nd place colts. That means we can announce that they will be the winners when this edition arrives.

High scores so far this season as of now are:

Men's scratch games: Joe Thompson III 259, Dave Cassidy 224, and Larry Farrell 220

Scratch series: Joe Thompson III 660, Larry Farrell 619, and Dave Cassidy 589

Handicap games: Dave Cassidy 281, Joe Thompson III 273, and Bob Mitchell 260

Handicap series: Joe Thompson III 714, Dave Cassidy 700, and Jim Mulholland 693

Ladies scratch games: Linda Nicholas 206. Karen Farrell 196. Ellie Henderson 191

Scratch series: Karen Farrell 485, Linda Nicholas 467. Chris Biederer 455

Handicap games: Linda Nicholas 269. Tammie Lowell 247. Farrell 241

Handicap series: Diane Billman 652. Linda Nicholas 650. Chris Biederer 647



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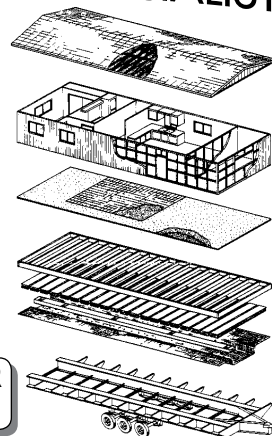
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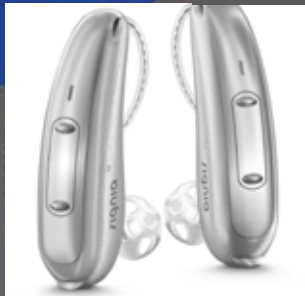
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FEB.19TH. LOW SCORES

DICK ULRING-----82
 ROGER WOOD-----83
 RICH MIKO-----81
 GARY-----82

FEB.19TH. BIRDIES

DICK ULRING #15

FEB.26TH. LOW SCORES

PAUL HERSHBERGER---72
 ROB MORSE-----79
 RICH MIKO-----80

FEB.26TH. BIRDIES

PAUL HERSHBERGER #3 #10 #15

MAR.5TH. LOW SCORES

MIKE BURRILL-----78
 PAUL HERSHBERGER---78
 ROGER WOOD-----81
 DICK ULRING-----76

MAR.5TH BIRDIES

MIKE BURRILL #18
 PAUL HERSHBERGER #15

MAR.12 LOW SCORES

DICK ULRING-----76
 GARY=====78
 ROB MORSE-----80

MAR.12TH. BIRDIES

DICK ULRING #15

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

Low Scores

Feb. 26 th.	Penny Coyle	83
	Judie Dunn	85
March 5th.	Penny Coyle	88
	Linda Boduch	89
March 12th.	Penny Coyle	83
	Linda Boduch	88

Way to go girls





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VETERAN'S CORNER

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

How many of you know who Retired Army General Joe Potter is? The tourists at Disney World are too preoccupied with the majestic Cinderella Castle ahead and the marching band playing “Let It Go” to notice the words in the second-floor window above the candy store. “General Joe’s Building Permits, licensed in Florida since ’66,” it says over the fake business on the Magic Kingdom’s Main Street USA. “If you ask anybody that goes to Walt Disney World, who is Joe Potter? ... They won’t know much about him, Without him, there’d be no Disney World.” Missing Walt Disney’s “Joe” Potter was the force that turned a swampy Florida wetland into the Magic Kingdom. Potter was the architect of Disney World’s government, the mastermind behind the hidden tunnel system at the park and the reason why Disney has no mosquito problem today, Lucas said. Potter died at age 83 in 1988 after remaining in Central Florida for the rest of his life post-Disney retirement. In his early 60s, the graying retired U.S. Army general led the construction project to get Disney’s land ready to build a theme park. Bulldozers tore through trees, and crews tamed an alligator- and snake-infested swamp of Central Florida. This was an old Florida back then, more rugged, wild and so far away from the well-manicured Disney grounds known today. On a boat ride through the canal, Potter and his team brought a gun because snakes hung from the trees. To make Disney World, something had to be done about Bay Lake. The water was “a dark-brown color which would not be used for swimming because it would turn bleached blond hair brown and white swimming suits would be grey,” Potter and his men pumped out 5 million cubic yards of the sand, added well water and cleaned the lake’s bottom to turn into a pristine lake. Potter’s team also built the 200-acre lagoon by the Polynesian Hotel. A good military man, Potter listened to his commander, Walt Disney who complained how hard it was to maintain the fantasy in Disneyland when garbage dumpsters or employee areas couldn’t be completely hidden away. Potter’s workaround: Build an underground tunnel system at Florida’s Magic Kingdom.

To govern this new kingdom Potter established the plan for Reedy Creek Improvement



...continued on page 41



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District. By 1967, the state officially approved Reedy Creek as its own government, so Disney could have control of building roads, zoning code, and build a power plant, even its own airport if Disney desired one. Potter served as the district's first leader. "We think today Disney is its own self-sufficient community, but that didn't happen overnight, and it certainly didn't happen by itself. Walt had to sign off on all of this, but Joe Potter was the man that he trusted. In the 1960s, Potter's was helping to build New York's World's Fair of 1964, putting him in direct contact with Walt Disney who debuted "It's A Small World," and the Abraham Lincoln animatronic from the future Hall of Presidents. In 1965, as the fair wound down, Walt Disney was quietly acquiring 28,000 acres for something big in Central Florida. He invited Potter to join him. Potter was on board. Disney World hadn't been officially announced yet, so his family kept his new job as a vice president for Walt Disney Productions a secret. "He told us that he had been offered a position by Walt, but he said we can't tell anybody."

Walt Disney's dream was not just to build Florida's version of the Magic Kingdom but also Epcot, a city of the future. Potter worked with him and the architect who designed Disneyland to develop a masterplan for Disney World. The general called Walt Disney a genius, but his boss's health was failing. Potter visited him in the hospital in the final days and remembered Walt Disney laying in his bed pointing up at the hospital ceiling tiles as a blank canvas to explain his vision for Epcot, said Potter's grandson.

His inspiration the build the Magic Kingdom's underground tunnels drew from the locks and dams in the Panama Canal. Potter also knew all about battling pesky mosquitos. "One of his things that he learned from the Panama Canal where people were dying of malaria was if you let water just sit there, you're going to have a problem," Lucas said. "He insisted to Walt, whatever we do, wherever there's water, we got to make sure it's either running off, moving or it's just not sitting there or you're going to have a lot of mosquitoes." Potter made sure that water was always in motion and engineered the buildings' roofs at the Magic Kingdom so water never piled up. His anti-mosquito efforts were natural, too, as he had a say in planting the right flowers that wouldn't collect water and using a garlic spray, undetectable to humans, to repel the bugs. What seemed impossible, building a kingdom in the swamp, was becoming a reality.

Remembering the General. Potter wasn't interested in taking any credit for what he did at Disney World. "He clearly could have been a guy who was all about himself, but he was the exact opposite," Potter's mindset: Just get the job done, a can-do attitude that drew Walt to recruit from the military.

Disney has slipped in tributes to Potter over the years. Perhaps the grandest, Disney rechristened one of its three ferries the "Gen. Joe Potter" in 1997. That same year, the Walt Disney Co. inducted Potter posthumously into its Disney Legends hall of fame. And since the Magic Kingdom's opening day, there has always been a General Joe's Building Permits in the window on Main Street USA. Look up above the Main Street Confectionery, on the side facing the flagpole.

Bob Behm, LTC (RET) Army

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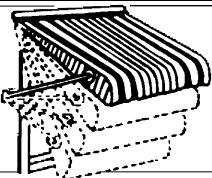
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A Nurse's Self Care Toolbox #33

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



Last month, March, I went over 4 vital steps in using food (sugar.) What we eat, how much we eat, when we eat (a big deal) and movement soon after we have eaten. This month's target is the damage high blood sugars create and testing blood sugar. Medications to mediate the effects of high blood sugar will be in the May edition.

Blood sugar is absolutely needed for life along with oxygen. Our body cells use both to make the energy needed to do their job. The sugar in the blood gets through the cell "door" by insulin, a hormone produced in the pancreas, which drop kicks the sugar into the cell. A field goal and 3 points millions of times a day everywhere in our body. The blood vessels especially arteries (the smallest pass by each and every body cell) are sensitive to a blood sugar level that stays higher and longer in the blood than usual. Higher blood sugars remaining longer than normal are absolute irritants to the lining the blood vessel. Over time the lining becomes inflamed especially the very small vessels and often becomes "plugged". The blood supply slows and may just stop. That is not good whatsoever! The end result can and usually is damage to vital organs like the eyes, heart, kidneys, arteries in the lower legs, nerves and much more. The hard part to swallow is the damage may not be undetected until the damage has started. Another reason to see our physicians on a regular basis. *Not just when we are sick. Did I say that? Yes I did.*

Basically there are 2 types of diabetes. Type 1 is where the pancreas ceases to produce insulin or very, very little. Found mostly in young people though can occur when our pancreas becomes severely damaged. Why, teenagers didn't live to middle age before insulin and better monitoring. No cure yet but they take insulin in various ways either continuously by an insulin pump or injections up to 6 times a day. Life expectancy almost quadrupled, wow. Type 2 can be best described as pancreas fatigue or our body cells become insensitive over time. Almost always too much sugar at the wrong times without any upcoming need (movement.) Remember how we were designed, get up, eat, move, eat move and repeat until dusk. Eat a balanced meal!!! Prediabetes is simply a warning that our blood sugars remain elevated but just below graduating to diabetes. You don't want that diploma!

There are 2 basic blood tests for sugar. Yes, blood as that is where we find it. HgbA1c or just "A1c." started about 20 years ago. It measures on a scale of 5 to 16. It is the average "weight" if I can say that of the sugar in the blood over the last 90 days. 5.5 to 6 is normal and the higher the number the higher the average sugar load. Sort of knowing your average driving speed over 90 days. Normal, speeding or reckless. On the spot glucose monitoring with a home meter is exactly what it is, right now. Blood sugars on a monitor should be below 110 starting 2 hours after we have eaten or in the morning before we eat by 8:30 AM. Elevated right after we eat.

Continued on page 44



Our physicians will tell us when to test, usually fasting (before we put anything and I mean anything in our mouths and swallow) or 2 hours after we have eaten (tells them how we cope with the sugar absorbed from what we have eaten.) People who just test anytime to see what their blood sugar is are wasting a valuable test strip for sure. And will certainly remain confused and frustrated. Next month, medications and treatments. Chew well my friends.

HAPPY Easter

April Sudoku

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



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

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Kendra Pashkowsky	\$10	Boss Electric	Carol Moss	\$5	Natures Resource Pest Control
Paul Hastay	\$10	Jones & Sons Plumbing	Ralph Masey	\$5	Bob's Mobile Home Washing
John Klein	\$10	Royal Enterprise	Kenneth Land	\$5	Heller's Mobile Home Washing
Beverly Henning	\$10	Heller's Mobile Home Washing	Jim Frankenberger	\$5	Jones & Sons Plumbing
Peter & Gail Files	\$10	Doll Brothers	Hohn Reeves	\$5	Suncoast Audiology, LLC
Rose Omara	\$10	Debbie's Salon	Paulette Navar	\$5	Rick's Appliances
Albert Hartin	\$10	Bob's Mobile Home Washing	Beverly tompson	\$5	Discount Computer Repair
Lisa Acevedo	\$5	Mobile Home Depot	Patricia Jacoby	\$5	Community Roofing
Sandra Nine	\$5	Community Roofing	Michael Harrington	\$5	BugginOut Pest Control
Marilyn Moore	\$5	Bill the Carpet Guy	Ed Pittman	\$5	Bill the Carpet Guy
Gary McDermott	\$5	Air Masters of Pinellas	Lori Rocznik	\$5	Heller's Mobile Home Washing
Frank Prell	\$5	Royal Enterprise	Betty Powell	\$5	1st Class Handyman Service
Eddie Bethel	\$5	Payless Painting	Debbie Ennis	\$5	Royal Enterprise
Joanne Hehl	\$5	Doll Brothers	Roberta Noris	\$5	Doll Brothers
Grace Ahtila	\$5	Debbie's Salon	Michael Schmaus	\$5	Community Roofing
Terry Bogart	\$5	BugginOut Pest Control	Randy Ellis	\$5	Boss Electric
James Akin	\$5	Bill the Carpet Guy	Maggie Griscavage	\$5	Bill the Carpet Guy

- Limit of one ticket per visit • Advertiser may have up to 4 winners per month • Advertiser must have bill paid current to qualify
- No purchase necessary • Contest void where prohibited by law • Tickets available at participating Monthly Media advertisers.



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

Bulk Trash Pick-up

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 Kathy Burk
Entertainment Committee Judy Lowe
..... Linda Casey & Vickie Robinson
Dial Directory Harold & Donna Wurtz
50/50 Raffle Games..... Betsy Miozz, summer
Ladies' Golf League..... Penny Coyle
..... Roni Healy

Library..... Cynthia Varga
Line Dancing..... Ellie Sliter
..... Lulu Roemer, Summer
Men's Golf League Bill Dunn
Shuffleboard Paul Edwards and Clem Wiesent
Sunshine & Sympathy..... Marge Kristall, Mary Jo Webert
Welcome Comm..... Vicki Marentette
..... and Donna Wurtz
Voice Editor: Donna Wurtz
Voice Delivery: Betty Miozzi

Social Events

Aquarobics
Bazaar Barbara Leek
Championship Football Party Joanne Power
Christmas Dinner
Easter Dinner Joanne & Jim Power
4th of July Picnic
Ice Cream Socials Fred Sanger
Ladies Luncheon..... Rita Sullivan
Ladies Salad Luncheon
Labor Day Celebration.....

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



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36