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March 2023

Issue 1 47th Year





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LINCOLNSHIRE RESIDENTS' CLUB OFFICERS 2022-2023

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Treasurer Karen Bare #936313-530-3125	1 year Joanne Power#218 408-5881
	Debbie Cox #1075 419-509-9522
	Harold Wurtz #938 459-0394

Lincolnshire Homeowners' Association Board of Directors

President/Director	····				
Vice President/Director	Jane Johnson	2/24	lot 1215	864-901-9797	dogteal@aol.com
Treasurer/Director	Eric Salabay	2/24	lot 217	238-3852	marineees1@yahoo.com
Director	Jody Brown	2/23	lot 620	812-699-2504	jmbrown0917@gmail.com
Director	Harold Wurtz	2/23	lot 938	459-0394	haroldwur@aol.com
Director	Mike Sanders		lot 1373	269-491-4960	mlsanders1973@gmail.com
Director	Jim Wallen		lot 1016	458-4608	

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Block Captains House No.	Block Captains House No.				
100SJudie Dunn#155	900Vicki Marentette - winter#950				
100N	Patt Magee#916				
200N	1000				
200S Quin Elock #257	1100Doug Eschenbach#1137				
300 LuLu Roemer #359	1200 WLinda Casey#1211				
400 Frances Byrne #483	1200 EBrenda Mattison#1275				
500 Jean McConnell#558	1300Ruth Kaser#1351				
600	1400Allyn Webert#1438				
700	1500 NLinda Michel#1514				
800N/SJune Peters#819	1500 S				

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ON THE COVER:

LOVE IS IN THE AIR AT LINCOLNSHIRE!

Tohn Morgan and Jane Pastva tied the knot, Feb 02,2023.

The wedding was in Pasadena followed by a short honeymoon trip to the Bahamas on Royal Caribbean!

The new, Mr & Mrs Morgan reside at #1174...



FROM THE EDITOR

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

nother busy month in the land of Lincoln- Shire. Weather is up & down, but overall the "days have been great." That quote is from one of our snowbirds. Here we are going into March, and all winter the pool has been busy with residents enjoying the Florida sunshine. And of course, the golfers have been enjoying the great weather too. It's hard to believe that it is still winter. It won't be long before our northern friends will begin making their trips north to their "summer homes." But we still have more time to enjoy each other's company.

Remember – do everything you can – each day is a gift – make the most of it.

FROM THE DESK of the PRESIDENT

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

he lady's luncheon was a blast. Thank you all that had PJs on. We had a great time. Judy Low and I are working on next year. We have several items in the back of the voice that need a committee to run them so we can keep them going. Remember if you decide to run a function we will always be there to help you. Keep in mind if you are going to run a function you must talk to the Vickie Robinson or myself so we can get you on the calendar. We have paper work to fill out show who is running the function.



I want to say congrats to our new board

members Ruthie Kaser Debbie Cox and Karen Bare and our new Treasurer Marge Kristall. Thank you to Harold for standing in and I appreciate all the help you gave me. Please people if you are sick stay home. We don't need the park have its own epidemic.

Linda Casey

MARCH BIRTHDAYS:

3/1	Bob Korzi		3/17	Shirley Califf	
3/2	Linda Edwards	hoppy	3/18	Linda Benson	
3/3	Lourdes Brownlee	*R	3/18	Susan Seybert	
3/3	John Lapierre-McGuire	*	3/19	Patti Hannin	
3/5	Jim Power	*	3/20	Dennis Spiess	
3/6	Steve Fry	R	3/21	Melissa Willbee	\\
3/6	Mary Jo Webert	î	3/22	Karen Terreberry	
3/8	Jane Jordan	*	3/22	Tom Boyd	1
3/8	Doris Bottom	H*	3/23	Linda Graham	
3/9	Bill Robinson	*D	3/23	Bob Behm	— (
3/9	Bonnie Glass	MA	3/23	Calvin Peddle)
3/9	Susan Saunders	*A	3/23	Darlene Helbling	(
3/10	Donna Sarafin	Y	3/26	Susan Kowal	
3/10	David Jones		3/26	Wendy Williams	hoppy
3/10	Linda Stimers		3/26	Bev Lessard	*D
3/12	Ben Roth		3/27	Gerry Wheeler	D
3/13	Jim Barnes		3/27	Ralph Kuhnke	*
3/13	Ann Saunders		3/28	John Bittman	D
3/14	Donna Siros		3/29	John Early	
3/14	Kathleen Fitzgerald		3/29	Virginia Korzi	*
3/14	Harold Wurtz		3/30	Frank Culp	- *
3/15	Jane Morgan	The state of the s	3/30	Linda Cathey	*D
3/16	Tina Gabbard		3/31	Joe Arena	
3/16	Martha Acker	7	3/31	Tom Alton	A
3/16	Nancy Haley)	3/31	Pam Palanca	Y
		(

MARCH ANNIVERSARIES

3/2	Danny & Kathie Haas	3/21	Lloyd & Joy Greiner
3/3	Bob & Donna Siros	3/22	Jeff & Debra Grainer
3/12	Tom & Roni Healy	3/26	Dave & Barbara Nelms
3/17	Brian & Ginny Taylor	3/29	William & Norma Acker
3/19	Dave & Karen Barry	3/29	John & Sue Ringdahl
3/19	Brian & Donna Lockyer		







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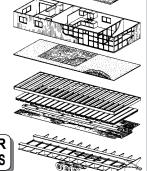
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ENTERTAINMENT COMMITTEE

By: Vickie Robinson.....(#1154.....419-376-8575)

nto March already! We have busy month with Trivia 4th, 11th. Flashback on 18th great band, then on 25th Luau more information to come on that should be fun time! Great turnouts we have been having to the dances, thenks to all who have been coming!! Uncoming Band Michael Yougar Ar

thanks to all who have been coming!! Upcoming Band Michael Yeager April 8th.

Entertainment Committee: Linda, Vickie, Judy, Sandy and Liz.

WATER AEROBICS:

Weekdays 10:00AM to 11:00AM (May start a bit late on Wednesdays per 'Coffee'let out)
Enjoy: Water, Friends, and 'Low-Impact Healthy Activity'. The guy who runs it refers to the attendees... as his 'Geriatric Mermaids' and reminds all... that they don't have to do the entire workout... stating "It's a recorded audio... she CAN'T SEE YOU! He also relates: "If ONE synchronized swimmer drowns... the rest don't necessarily... have to".

NOTE: He's also... highly energetic, cordial, often quite funny, and extremely hansom. (written by "the guy who runs it")

SEE YOU THERE!

CAN YOU FIND IT??

s we have mentioned before, the items that you search for may be anywhere in the community, around someone's lot, or any public area. Last month search was for an old "salty dog" which turned out to be a cute little dog in sailor's garb including his sailors hat located at the palm tree in front of lot 673

We had only 3 winners last month: Tammy L, Bonnie G, and Jim W.



This month we are gardening, but our garden is always being watered. A dragon fly watches over as the flowers grow all the time. Can you find it?



THE POET'S CORNER

Tith all the many talents of Lincolnshire Residents, we hope to make this article a regular part of the monthly voice. We are asking residents to submit their poetry and prose to be published here. Just submit your poetry to Donna at the above email address, This month's submission is from Sandy Wallen:

Bitter Remembrance

It seems like only yesterday
The skies were blue and I could play
A thin young tyke of only 9
Who never gave a thought to time
Sweet 16 had come and gone
But OH for 21 I longed

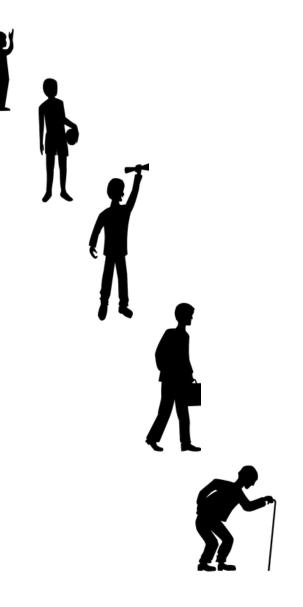
People around me turning old But I was so very bold My bones, my stride was Still so sturdy For I was only turning 30

40 came, it kinda stung Convinced myself I still was young OH time stand still Don't go so fast I want my youth – My life to last

But foolish in my thoughts was I For years and time had passed me by Nothing left but memories Of seasons now long passed And as I saw them slipping by I tried to make them last

I once was young and now am old My blood ran warm and now runs cold My eyes once strong can barley see

Who took my youth away form me?



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- LADIES win a Mini \$25extra/Minor \$50extra/Major \$100extra

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- MEN win a Mini \$25extra/Minor \$50extra/Major \$100extra
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FRIDAY & SATURDAY'S- AM & PM DRAWINGS (Pizza Nights)

- \$50 DRAWING* EVERY 30 MIN (12:30pm-3pm)
- \$100 DRAWING* EVERY HOUR (7pm-11pm)

SUNDAY'S- SENIOR DAY (10am-2pm)

- \$20 FREE PLAY
- 'Spin the Wheel' Free-play for ALL @ 3pm-5pm-7pm-9pm

*MUST BE AT LEAST 5 (FIVE) ACTIVE PLAYERS

*MUST BE HERE 30 MIN PRIOR TO DRAWING TO QUALIFY

*MUST BE HERE 30 MIN PRIOR & ACTIVELY PLAYING

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COFFEE DRAW WINNERS:



Here are the cash v	vinners for our cof	tee hour.		4111	
1/18/2023	88 present		6 winners (<i>2</i> \$36	
Pam B.	Linda C.	Tammy H.	Max G.	June P.	Toni R.
1/25/2023	94 present		7 winners	@ \$36	
Ed R. Mary	A. Lind E.	Harold W.	Judy B.	Gary C.	June P.
2/1/2023	105 presen	t	8 winners	@\$33	
Mike BB.	June P. (2)	Vicki M. (2)	Roni H.	Shirley B.	Janice
2/8/2023	92 present		6 winners		
Joe T.III ((2) MaryJo W.	Chuck H.	Vickie R.	Paul D.	

THOUGHT FOR THE MONTH:

"Winds Of March We Welcome You, There Is Work For You To Do. Work And Play And Blow All Day, Blow The Winter Cold Away" – Unknown

LINCOLNSHIRE HISTORY:

By: the "new - old timers"

.....A Continued story- - -

ARGO.... "Largo is once again a city Around 1955 Largo was coming out of it's debts from the past, and by annexing nearby subdivisions, the town's size tripled But Largo remained only a town until May of 1974 when a referendum resulted in a new city charter which changed the name once again to the "CITY OF LARGO"

In the 1980's the population increased from 5,000 to 60,000 with a large influx of new residents.

As all this was happening the Donegan family was growing and making their name in the area. In 1924 they bought the farm property where Lincolnshire Estates is now. The property became a dairy farm, and also rented adjoining property for pastures. They had 200 - 250 Guernsey cattle and raised turkeys and goats as well. The 2 story farm house was built in 1932. The farm was sold in 1965, and the farm house was sold to another couple and was moved across the street to it's present location. The large columns and large porch were later additions to the original house.

NEXT MONTH: The Miller family and the development of Lincolnshire Mobile Home Park



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QUESTIONS? CALL PAM ... SHE'S JUST AROUND THE CORNER!



Let's Play Trivia!

BY: Kathy Burk.....(.517-630-1541......lot 1031)



incolnshire has a new activity this year! Twice a month, we are hosting trivia games. It costs \$2 per player for the whole evening. All of the entry fees are paid back in prize money! Team size is limited to 6 people. Don't have a team? You can come up and join a team that wants more players. Questions are all general knowledge. Trivia starts at 7 and is done between 8:30 and 9:00. Questions — call Kathy Burk at 517—630-1541 or Patty Ernst at 734-673-1853.

Trivia Dates:

March 4 and March 11 and April 22 and April 29.

Please join the fun!

Dial Directory and Database

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

Leave the land of the annual updates. The dial Directory information takes a while to compile, edit, check, submit, proof, re-submit, and approve for publication. We need your help. There have been many changes in ownership within the park, and we do not have a crystal ball. The information that is published can only be used if we have written permission from the resident who is in the home. WE DO NOT GET ANY OF THAT INFORMATION FROM MANAGEMENT DUE TO PRIVACY LAWS.

THE DEADLINE FOR SUBMITTING CHANGES HAS COME AND GONE

ANY NEW ADDITIONS FROM THIS DATE ON WILL NOT APPEAR UNTIL THE 2024-2025 EDITION OF THE DIRECTORY

Dial Directory updates for your 2022-2023 edition. We thank everyone who sent in their changes to be published in the book and welcome our new residents.

BLOCK CAPTAINS PLEASE TAKE NOTE:

New additions and changes:

#749	John & Joy Nichols	902-847-5315
#950	Vicki & Fred Marentette – new number	727-281-2382
#1138	David & Dawn Matteson	603-944-5482
#1215	ADD Heather Wooten	864-901-9797

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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Carol Zapiecki, Clearwater, FL



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Happy St. Patrick's Day!

POTLUCK IS BACK!

By :Randy Tobias.....(720-309-4223

oin us on the second Tuesday of each month at 5:30 PM for food-n-friendship. Bring your own plates, silverware, drinks, and any main, side, or dessert of your choice. (enough for 10 to share)

Why is it called "potluck" dinner/

The word potluck appears in the 16th century English work of Thomas Nashe and once meant "food provided for and unexpected or uninvited guest, the luck of the pot." The modern execution of a "communal meal, where guests bring their own food," most likely originated in the 1930s during the depression.

Questions? – call Randy

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Monthly Media 727-484-7488 220 Bahama St Venice, FL 34285 Baby rabbits are called kits?

Humans are the only animals that blush?

A jiffy is an actual unit of time, it's 1/100th of a second?

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Sunday	Monday	Т
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INTERFAITH WORSHIP SERVICE 10AM 1PM WELCOME COMMITTEE SEMINAR Daylight Savings Begins @ 2am	Water aerobics 10 AM BINGO 7PM KNIT WITS 1PM	WATER 10 AM YOGA C AM 6PM PO
19 INTERFAITH WORSHIP SERVICE 10AM	Water aerobics 10 AM BINGO 7PM KNIT WITS 1PM MONSTER BINGO First Day of Spring	8AM BU PICKUF WATER 10 AM YOGA (9:30 AM 7PM HC MEETIN
26 INTERFAITH WORSHIP SERVICE 10AM	27 Water aerobics 10 AM BINGO 7PM KNIT WITS 1PM	WATER 10 AM YOGA (AM

Lincolnshire

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uesday	Wednesday	Thursday	Friday	Saturday
	COFFEE HOUR 9AM CARD NIGHT 6:30PM WATER AEROBICS 10 AM	BOWLING 12:00 PM WATER AEROBICS 10AM 7:00 PM BILLIARDS	WATER AEROBICS 10 AM CARD NIGHT 6:30 PM	7 PM TRIVIA
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COOKING IN LINCOLNSHIRE

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

eminder: the 2019 Lincolnshire Cookbook is still available for sale ask any board member for information _ books are \$10

CHEESY GARLIC & BROWN SUGAR PORK CHOPS

BY: Barb Thomas

4 Pork Chops

4 garlic cloves, chopped

½ C. Brown Sugar

4 T. Butter, melted

1tsp paprika

½ C. Colby-Jack Cheese (shredded)

Salt & pepper to taste



Rub both sides of pork chops with garlic and brown sugar. Place in square baking dish and drizzle butter over top. Sprinkle with paprika, sale & Pepper. Bake at 350° for 20-25 minutes or until internal temperature is 155° Remove from oven and sprinkle with cheese. Bake for additional 5 minutes.

WELCOME TO LINCOLNSHIRE

BY: Vicki Marentette (Lot 950..281-2382)Marge Kristall (Lot 1523...474-5737)

here will be a welcome meeting on March 12th at 1pm in the clubhouse. For those of you who are new to the park, try to come out. It is very informative with info regarding the park and, also, outside the park.

Hope to see you there.

Vicki



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Sunshine Committee

By: Mary Jo Webert & Marge Kristall





March 2023

arch is commonly called the month of "expectations." Expectations can be a belief that something will happen or is likely to happen. Looking forward to or waiting for something. We know that March will bring us Spring. Here in Florida that is not as noticeable a season change as it is in the North. We are fortunate to have "green" to look at all year, flowers that bloom earlier and temperatures that are mild even in the "winter" season. March will also bring us Daylight Savings Time, along with that wonderful movement of our clocks ahead one hour. St. Patrick's Day is a March favorite with plenty of ways to celebrate the holiday. March is also a month for pollen/allergies. As I write this article, we are already seeing that wonderful golden dust on our cars from Elm & Oak trees. Hope you check our March issue of the Voice for all the great events our Social Club has planned. If you are new to Lincolnshire and have not had a chance to participate in activities in our community, make March the month you give one a try.

Dates to look for in March.

<u>March 12th – Daylight Savings Time</u> – don't forget to move your clocks ahead one hour.

March 13th – National Napping Day – enjoy the health benefits of taking a nap.

<u>March 14th</u> – Looks like this will be the first date for March Madness to begin for all you Basketball fans.

<u>March 17th – St. Patrick's Day</u> – did you know that finding a 4 leaf clover on St. Patrick's Day is considered lucky. The Odds of that happening is 1 in 10,000. Good Luck!!

March 20th – Start of Spring!

March 29th – Vietnam War Veterans Day – established to acknowledge the service & sacrifice of those who were denied a proper welcome when they returned home. Two point seven million Americans served in Vietnam.



Best wishes & Congratulations to

Jane Pastva & John Morgan on their recent marriage.



Residents that have passed away. Richard Locke Lot# 361

Please keep these families & friends in your thoughts & prayers.

If any of our residents get birthday, sympathy, or get-well cards in the mail from various organizations and are not planning to use them we would appreciate you dropping them off to either one of us or call and we can pick them up. The Sunshine Committee can always put them to beneficial use.

Don't forget to give Mary Jo or myself a call if you know of any of our residents that are ill or recovering from a recent hospital stay.

Mary Jo Webert # 727-953-6111

Marge Kristall # 727-709-2345

SPORTS PAGES

SHUFFLEBOARD:



The shuffleboard season is well underway! We still need more players who are willing to be subs/spares. Every week players are ill or on vacation. Never played before? No worries—we'll show you what you need to do. Not athletic? We've had players with walkers. If you have ever wanted to try shuffleboard, come to the courts on Wednesdays at 12:15 and 1:45. We'll find a place for you! Questions—call Kathy Burk at 517-630-1541.

FUN BOWING LEAGUE:

By: Tammie Lowell:.....(802-249-0455.....tammie.lowell@gmail,com)

way through the season, and the EAGLES are in first place as of this writing. Joe Arena had a 248 game and a 693 series in week #10, and that is the high score so far for the season. Way to go Joe. Penny Coyle bowled a 164 that same week for the ladies, and she also has 2nd high scratch series so far his season with a 487. Chris Biederer is highest scratch game with a 182.



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GOLF:

By: Jane Pastva (men) & Penny Coyle (ladies)

Ladies Golf Scores January 6, 2023 Low scores

Flora Noel: 79 Pat Hamlyn: 86 Penny Coyle 87 Lily Boldy 90

January 13, 2023 Low scores

Sandy McNabb: 81 Penny Coyle: 86 Evelyn Mitchell 90

January 20,2023 Low scores:

Flora Noel 74 Pat Hamlyn 81 Evelyn Mitchell 88 Linda Buduch 88

Judie Dunn 89 Joanne Power 89 Roni Healy 90

Birdies: Flora Noel #9 Pat Hamlyn \$3 & #15

Men's Golf January 6, 2023

Birdies: Chris Boldy #9, Peter Rice #9 Joe Thompson III #15

January 13, 2023

Birdies: Calvin Peddle #10 Dave Hamlyn: #15 Joe Thompson III #18

January 20, 2023, 2022

low scores: Dave Hamlyn 72 Calvin Peddle 76 Dick Ulring 79

Birdies: Dave Hamlyn #3 Rich Michaud #15 Gary Noel #5 Ray Burk #15

If you or anyone you know are new to Lincolnshire and would like to join our Friday Golf league at the Landings Golf Course in Clearwater, contact me,

Jane Morgan #1174, (303) 718-7789.

Penny Coyle has once again agreed to schedule and run Lincolnshire Ladies League.

You may contact her at lot #604, or 727-270-1495 or 286-6090

And thank you Penny



VETERAN'S CORNER

Bob Marley first sang about Buffalo Soldiers in 1983, a little less than 120 years after the actual Buffalo Soldiers were formed in the U.S. <u>Army</u>. Marley's song accurately depicts their story as a fight for survival in the prejudiced Army of the time period, but they also fought to survive the harsh conditions of the frontier, conflict with native tribes and Wild West outlaws as they



sought to maintain law and order and protect settlers. The Army units that would come to be known as "Buffalo Soldiers" were created during the post-Civil War Reconstruction Era. On June 28, 1866, Congress passed a legislation that allowed Black men to enlist in the peacetime army. Officially called "An Act to Increase and Fix the Military Peace Establishment of the United States," it created two regiments of all-Black cavalry and four regiments of all-Black infantry, commanded by white officers.

The original Buffalo Soldiers came from these units. The U.S. Army's 9th and 10th Cavalry were the first. Then came the four infantry units. The 38th U.S. (Colored) Infantry Regiment and the 41st U.S. (Colored) Infantry Regiment, were eventually consolidated into the 24th Infantry Regiment. The 39th and 40th (Colored) Infantry Regiments were consolidated into the 25th Infantry Regiment. They weren't the first Black men to serve in defense of the United States. Black men served in the Continental Army and state militias during the Revolutionary War. Black troops served in the War of 1812, and freedmen and former slaves fought in the Civil War for the Union Army. The 1866 legislation was the first to call for specific units composed of Black troops and recruited from Washington, Louisiana, Kentucky, Kansas and Missouri.

After its formation in New Orleans, the 39th Infantry remained in Louisiana to enforce Reconstruction laws. The 40th was sent to North Carolina for the same occupation duty, before being sent to New Orleans to form the 25th Infantry. The 41st was sent to the U.S. border with Mexico before it was merged to form the 24th Infantry to enforce laws on the Texas frontier. As the frontier moved west, the 24th was at the vanguard, manning forts and outposts, fighting native tribes in the Plains Wars, which would continue long after the frontier was officially closed in 1890. The 24th Infantry would be the longest-serving infantry unit in the Army. It fought in the Spanish-American War, notably the Battle of San Juan Hill with future President Theodore Roosevelt's Rough Riders. They also served in the Philippine Insurrection, the Mexican Border clashes and World Wars I and II. It was the last Buffalo Soldier regiment to be integrated, which came when President Harry S. Truman desegregated the armed forces before the Korean War. The 25th Infantry also fought native tribes on the Great Plains, in the Spanish-American War, the Philippines and in World War II. The 9th and 10th Cavalry would also participate in these same American conflicts, but the 10th Cavalry Regiment would also ship off to the Mexican border during World War I, where it would clash with a Mexican force led by German advisers in a border skirmish now known as the Battle of Ambos Nogales.

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In 1866, an enlistee by the name of William Cathay joined the 38th Infantry for a three-year term. After a series of illnesses sent Cathay to the hospital, it was discovered that Cathay was actually Cathay Williams, a Black woman. She was honorably discharged after the discovery, but was still the first official Black woman to enlist, and the only female Buffalo Soldier. Between 1866 and 1918, 27 members of the regiments of Buffalo Soldiers would receive the Medal of Honor for actions in the Plains Wars, law enforcement on the American frontier, the Spanish-American War and World War I. The first three Black graduates of the U.S. Military Academy at West Point were officers with the Buffalo Soldiers. Charles Young, the third graduate, would become the first Black man with the rank of colonel.

ROBERT BEHM

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A Nurse's Self Care Toolbox #58

Allyn Webert, RN. Lot 1438, Lincolnshire Estates allynwebert@gmail.com

ast month, February, I went over four 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 April 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 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 of the blood vessel. Over time the lining becomes inflamed especially the very small vessels, called capillaries, and often become "plugged". The blood supply slows and may just stop. We do not get an email or message. The 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 go undetected until later middle age. Another reason to see our physicians on a regular basis. Not just when we are sick. Did I say that? Yes, I did.

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 even middle age before insulin and better blood sugar 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. Transplanting with the cells that make insulin is showing great promise. Type 2 can be described as pancreas fatigue, or our body cells become insensitive to the insulin we make over time. Prediabetes is simply a warning that our blood sugars remain elevated when the level should be a resting amount but just below graduating to diabetes. You do not 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 25 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. Sugar sticks to our red blood cells. 5.5 to 6 is normal and the higher the number the higher the average sugar load over a few months. 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 again right after we eat. 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 how we cope with the absorbed sugar.) 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.



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-Monthly Media Staff

EVENTS & PROGRAMS

Carport Sale: Regency Heights 2550 State Road 580. Friday March 3rd and Saturday March 4th.

Americana Cove Tag Sale in Clubhouse. Saturday, March 4th 8am-1pm. 7201 1st Street NE, St. Petersburg FL.

Carport Sale: March 11, 8am-noon. Golden Acres RO Park. 1040 Main St., Dunedin FL

Art/Craft Fair: Sat. March 25, 9am to 1pm. Lake Highlander MHP, 1500 County Road 1, Dunedin. Something for everyone.

Community Carport Sale: OakCrest/ Acorn MHP. Entrances at 9925 Ulmerton Rd. and 435 16th St. SE. March 11th, 2023, 8:30am-1:30pm. No early sales. Light Lunch and Bake Sale in Pavilion next to Clubhouse. Rain Date: March 18th.

FLEA MARKET Friday, March 3rd, 9am-Noon. Lake Seminole Resort Clubhouse 10245 110th Ave N. Largo. Clothes, books, household items, decorations.

Estate Sale by appointment only. Largo Florida. 727-204-1380

EVENTS & PROGRAMS

HELLO CANADIANS! Canadian Club Canadien Gulf Coast Florida, having survived COVID, is now regrowing to promote fellowship among Canadians in Pinellas County, and foster goodwill with American people. Join us; for our monthly lunch with informative speakers, weekly golf, MLB game, dinner/theater, museums, deep sea fishing. Your first lunch is FREE! For information, email: cccgefl@galt.biz.

Ranch Mobile Park, Park-Wide Yard Sale, Saturday, March 4th, 8:00am - 2:00pm at 6800 - 150th Ave. N., Clearwater (Largo).

Palm Hill Country Club Annual Bazaar. Saturday, March 4th, 8am-1pm. 1800 Seminole Blvd, Largo.

Parkwide Mobile Home Carport Sale. LaPlaza 6700 150th Ave N, Clearwater, FL. March 3rd & 4th 8am-4pm.

Blue Jay Estates: Annual Community Rummage Sale and Bake Sale. Saturday, March 4, 8am-1pm. Lunch available. Clubhouse and deck. 2755 Curlew Road, Palm Harbor, FL 34684



We Need Cover Pictures! Send in Your Interesting Photos!

Get Your Picture on the Cover - We select a new and interesting picture every month to be printed on the cover of your newsletter. If you or your neighbors have fun events or activities please send in a picture and we'll enter it to be selected. Please include a description of the image and a brief release allowing us to reprint the picture. Our mailing and email address are here:

NEDIA Newstatters

220 Bahama St. • Venice, FL 34285 info@monthly-media.com • 727-484-7488

APRIL AD DEADLINE - MARCH 10, 2023

• Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at 220 Bahama St, Venice, FL 34285.
• Ads over 10 words must be accompanied by \$.80 per extra word or publisher will edit. • No mobile home sales, no professional products or services. SORRY: No ads accepted by phone or email. DEADLINE: 10th OF EACH MONTH.





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ACROSS

- 1. Fire remnant
- 6. Trade name
- 11. Nigerian money
- 12. Proof of purchase
- 15. Amnesty
- 16. Visit tourist spots
- 17. Play a role
- 18. Ship's hospital
- 20. Youngster
- 21. Eye infection (variant spelling)
- 23. Stiletto or wedge
- 24. Tube
- 25. Anagram of "Sent"
- 26. Exhausts
- 27. Chutzpah
- 28. Rewrite
- 29. Cooking container
- 30. A tree, leaf or syrup
- 31. In a harmful manner
- 34. Ice or steam
- 36. C
- 37. Fair attraction
- 41. Type of sword
- 42. Highlands dagger
- 43. Utiliser
- 44. Blows
- 45. Overlook
- 46. Alone
- 47. Type of primate
- 48. Half woman and half fish
- 51. Light Emitting Diode
- 52. Reveals in private
- 54. Spin
- 56. Confined to certain regions
- 57. Gladden
- 58. Perspiration
- 59. Genders



	1	2	3	4	5			6	7	8	9	10		
	11							12					13	14
15			+	T			16		+	T	T			
17				18		19			T	T		20		
21			22			23			T		24			
25			T		26					27				
28					29	T			30					
			31	32				33						
	34	35		T			36				37	38	39	40
	41		T	\top		42			\top		43	\top		
44					45						46			
47				48		+			49	50	Н	51		+
52			53						54	+	55			
56		\vdash	+	+	\vdash	+			57	+	\vdash	+	+	
		58	+	+	\vdash	+			59	+	+	+	+	



- 1. Decreed
- 2. Gin and vermouth
- 3. Offer
- 4. Cupid's Greek counterpart
- 5. Hindu princess
- 6. Kickbacks
- 7. Royal
- 8. Sore
- 9. Mesh
- 10. Purify
- 13. Persons
- 14. French for "Head"

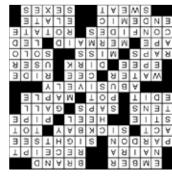
- 15. Adhesive
- 16. Doubts
- 19. Pandemonium
- 22. Lands and wealth
- 24. Ancient Egyptian
- paper
- 26. Urge (on)
- 27. Lass
- 30. Docile
- 32. Honey insect
- 33. Contrariwise
- 34. A knife or gun
- 35. Adds on

- 38. Set apart
- 39. Expunges
- 40. Wear away
- 42. Frank
- 44. Speed competition
- 45. Mass communication industry
- 48. Imitate
- 49. Ticks off
- 50. Handout
- 53. Not many
- 55. Levy



Happy St. Patrick's Day

March Crossword







Advertisers in Your Newsletter

over \$205,400 since our contest began!



1. Patronize the advertisers in this month's newsletter

2. Ask the business for your Monthly Mania ticket, OR a copy of your receipt and clip this ad

3. Mail it back to us at: Monthly Media | 220 Bahama St. Venice, FI 34285

4. Every month we draw new tickets for CASH PRIZES and mail winners a check! Every month is a new chance to win!

Debbie Girard
William & Catherine Wackerman \$10
Carol Harbour\$10
Leanne Lowery\$10
Paul Fadden
Thomas Hylock
John Santos \$10 Ron Wyngarden Mobile Home Wash
Joyce Smith
June Salvato
Sharon VanHorn\$10Jones & Sons Plumbing
Angela Bond\$10Recreational Golf Cars
Darlene Leach
Nancy Haley
Rick LeBlanc
Michel Lassiter
Carol Beckwith
Betty Jones
Don Cooper
Fred Robichaud
Jane Singer

LaTonya Patterson	\$10 .	Boss Electric
Janet Jordan	\$10.	Royal Enterprise
Perri Kilby	\$5	Heller's Mobile Home Washing
Dave Soby	\$5	Air Masters of Pinellas
Eugebe Steffen	\$5	Bill the Carpet Guy
Paul Franco	\$5	Heath Markets - Dawn Rae
James Huck	\$5	Gulf Coast Pressure Washing
John Johnson	\$5	Ron Wyngarden Mobile Home Wash
Michael Okash	\$5	Recreational Golf Cars
		Royal Enterprise
		The Plumbing Patrol
		Battleline Termite & Pest Control
John Knippel	\$5	Air Masters of Pinellas
Cheryl Iacono	\$5	Bill the Carpet Guy
		Jones & Sons Plumbing
Kathy Garvey	\$5	Ron Wyngarden Mobile Home Wash
Judy Smith	\$5	Heath Markets - Dawn Rae
		Battleline Termite & Pest Control
Barbara Brubaker	\$5	Boss Electric
Hazel Regan	\$5	Doll Brothers

[•] Limit of one ticket per visit • Advertiser may have up to 4 winners per month • Advertiser must have bill paid current to qualify • Allow 8-12 weeks for mailing of check • 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:	
Bowling	Tammy Lowell
Coffee Hour MC	Linda Casey
Coffee Committee	
Entertainment Committee	Judy Low
Linda Casey, Vickie Rob	inson & Sandy Wallen
Dial Directory	Iarold & Donna Wurtz
50/50 Raffle Games	Craig & Linda Michel

Ladies' Golf League	Penny Coyle
Library	Cynthia Varga
Men's Golf League	Jane Pastva
Shuffleboard	
	& Jim & Sandy Wallen
Sunshine & Sympathy	Marge Kristall
	and Mary Jo Webert
Welcome Committee	Vicki Marentette
Voice Editor:	Donna Wurtz
Voice Delivery:	Quinn Elock

Social Events

Aquarobics	Randy Tobias
Card night	
Christmas Dinner	
Easter Dinner	
4th of July Picnic	
Ice Cream Socials Rick	

Ladies Salad lunchEntertain Labor Day Celebration	
Memorial Day Service	Pete Kristall
New Year's Eve Party Pot Luck	Randy Tobias
Thanksgiving Dinner Veterans' Day	

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

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