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LINCOLNSHIRE

• V O I C E •

April • 2023

**Issue 2
47th Year**

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..... Kathy Burk #1031517-630-1541

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Vice President/Director... Jane Johnson2/24 lot 1215864-901-9797.....dogteal@aol.com

Treasurer/Director..... Eric Salabay2/24 lot 217238-3852marinees1@yahoo.com

Director Jody Brown2/23 lot 620812-699-2504.....jmbrown0917@gmail.com

Director Mike Sanders lot 1373269-491-4960.....mlsanders1973@gmail.com

Director Jim Wallen..... lot 1016458-4608

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100.....S
100.....N Florence Marshall #110
200.....N Angie Faust #204
200.....S Quin Elock #257
300 LuLu Roemer #359
400..... Frances Byrne..... #483
500..... Jean McConnell..... #558
600..... Jody Brown #620
700 Bob Behm #775
800..... N/SJune Peters #819

Block Captains House No.

900..... Vicki Marentette - winter.....#950
.....Patt Magee#916
1000..... Kathy Burk..... #1031
1100..... Doug Eschenbach #1137
1200..... WLinda Casey #1211
1200..... EBrenda Mattison..... #1275
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John 3:16

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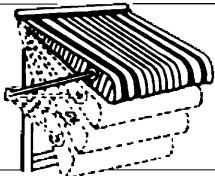
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PUBLISHER'S NOTE: The cover image provided was low resolution and not suitable for printing. Please email high resolution cover photos to the editor for consideration: haroldwur@aol.com.

ON THE COVER:

ART IS ALIVE AT LINCOLNSHIRE

Perhaps it was the art show that got things started, but Joni Chew of lot 731 has been doing the beginner paint classes on Wednesday afternoons every other week, and thought you might like the photos from some of the classes.



FROM THE EDITOR

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

Things are beginning to wind down here in Lincolnshire as we look forward to the spring and summer. Don't let that fool you. As snowbirds fly north to their summer homes, those that remain will continue to stay busy during the summer months. We hope our new residents' club board will continue to come up with new and innovative plans to keep all of our year round residents busy as in the past, especially now that there are more and more year round residents here. As our northern friends head back, we wish them all safe travels.



Don't forget about the lack of volunteers listed on the back page of the voice. We know that there are plenty of helpers to keep all these events going but we need people to step up and become chair people to take charge and organize. If you want these events to continue, consider taking on the role of a leader for one of the events, so that the back page will still list events

FROM THE DESK of the PRESIDENT

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

The St Patrick's day dance was a lot of fun and this also is our farewell dance. Our northern friends will soon be leaving and some will not return next year. Those that are not coming back we will miss you and we hope for the best on what ever you decide to do. Have a good trip home and please be safe.



I want say thank you to Blain and his group for our first pancake breakfast and hope next year we can continue doing them. We have a few things planned for the summer and I am sure we will have fun.

Thank you to Management for the Luau. I hope you all enjoyed it. Our hurricane season will soon be here so please making sure you have plans in case we have to leave our homes. Please be safe and take good care.

Linda Casey.



APRIL BIRTHDAYS:

4/1	Sue Grosvenor	4/18	Chris Biederer
4/1	Terry Lapierre-McGuire	4/18	Joe ThompsonIII
4/2	Mary Salabay	4/18	Dick Ulring
4/2	Rodger Low	4/18	Ralph Bare
4/3	Marilyn Heffelfinger	4/18	Bonnie Chisolm
4/4	Jerry Grabber	4/22	Deborah Lewis
4/4	James Smith	4/22	Richard Willbee
4/6	Anna Petrivelli	4/23	Karla King
4/7	David Barry	4/23	Jody Brown
4/8	Wilf Stewart	4/23	Ken Mattison
4/9	Karen Otte	4/25	Kim Kyle
4/10	Joe Hogan	4/26	Gary Cathey
4/11	Suzanne Dellis	4/26	Brian Taylor
4/13	Cobie Swets	4/26	Rita Sullivan
4/14	Deb Jory	4/27	Jill Schenkel
4/16	Mack Glass	4/27	Garry Noel
4/17	Don Saunders	4/30	CC-Cynthia Gleason



APRIL ANNIVERSARIES

4/1	Jim & Corine Barnes
4/10	Barry & Julie Miller
4/10	Susan & Gregg Kowal
4/18	Ralph & Karen Bare
4/19	George & Pattie Else
4/23	Margaret& Bob Masterson
4/28	Blaine&Mary Beth Dellecker
4/29	Tom & Cathy Boyd



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ENTERTAINMENT COMMITTEE

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

April is here last Dance April 8th ! What a exciting last 6 months had lots going on and can't wait till October to do it all again. Thanks to all the residents who attended and to all volunteers who helped us. Snowbirds will be heading back this month Safe Travels to all. See you in November!!

Interfaith Worship Service:

By: Pastor: Rev. Terry J. Lapierre - McGuire

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Interfaith Services Sunday's at 10:am in our Clubhouse. Blurring the lines of denominations and perspectives. You're invited to come as you are. We also have a private Facebook group that I post our weekly readings and songs for the service on "LivingStones". We serve an Open Communion Table. Everyone is always welcome. Come celebrate with us.

"CAUGHT YA DOIN' SOMETHIN' GOOD":

A segment from the past re-instated here due to people in the community noticing that there is good being done by others here in the park

Bob Behm, was caught helping a recent widow with navigating VA benefits. What a resourceful blessing to have in the Shire. Thanks Bob – keep up the good work!

THE POET'S CORNER

Donna Wurtz.....(938....momshse@aol.com)

With 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 Jim Wallen:

Continued on page 10



“IN MY HEAD”

In my head I'm 12 years old and running bases
 Riding my bike to different places
 Laughing and talking to friend's smiling faces
 When I was 12 years old



Then 16 came and I learned to drive
 Going everywhere, I flew alive
 It was great! I know I had arrived!
 when I was 16 years old



18 years old years came and with that graduation.
 I had completed high school education.
 But Viet Nam also, was part of our nation.
 When I was 18 years old

At 21 years – that's when I was married.
 And my lovely wife, soon our 1st child carried.
 Then 3 more born, but I was unharried.



And that was 21.
 Let's skip ahead to 34.
 We all packed up and were at the door.
 From Ohio to Florida, we were looking for more.

That was when I was 34.
 Soon 50 years had come and gone.
 I still ran 5 ks which began at dawn.
 I was my own man; I was nobody's pawn.



That was when I was 50.
 At 65 I was healthy and fit
 I still roofed house; I didn't quit.
 I kept on going, I just couldn't quit
 When I was 65

Ant now I'm 77 and things don't work so good
 I can't do the stuff I used to could.
 But if I was able I know I still would
 So, from my chair I visit the past.

From 12 to 77 – It went so fast.
 Those things I did. My body couldn't last
 At least I get around and I'm not dead.
 But all those memories are still -



“IN MY HEAD”

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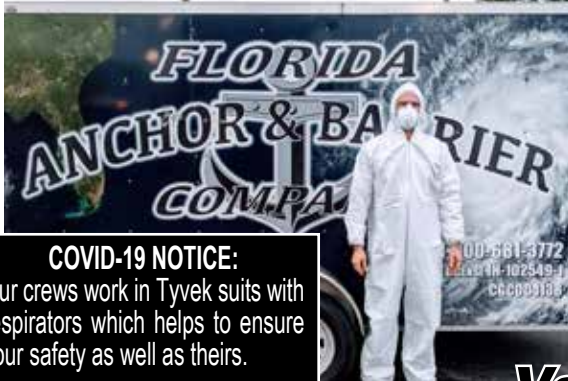
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CAN YOU FIND IT??

As 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 a "GARDEN" always being watered while a dragon fly watched. Across the front side of the home at lot #614 is a large watering can that says my garden hanging with a nearby dragon fly



We had 7 WINNERS last month: Tammy L, Mack G, Jim W., Tammy H., Betty B. Barb T., and Mike & Pam Burrill. To make it simple to keep the game going, please note that entrees will close after the first 2 weeks of the month. Prizes are distributed on the second Wednesday coffee hour. If you believe you are a winner, call donna at 727-509-1182

Here is this month's clue.. "my brother and I love to play in the water. We are still young, and need to climb up to get to it, and today we got to share it with a bright red cardinal who came down to join us" Can you find it?

COFFEE DRAW WINNERS:

Here are the cash winners for our coffee hour.

2/15/2023 81 present 7 winners @ \$31

Ed R. Anna P. Linda E.

Ken W Bob W. Mike B.

2/22/2023 79 present 6 winners @ \$30

Marilyn H. John M. MaryBeth D.

Joyce J. Betty B. Jim W.

3/1/2023 92 present 8 winners @ \$35

Pat S. Harold W. Tammy H.

Joyce J. Ken W, Linda C.

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Clem W.

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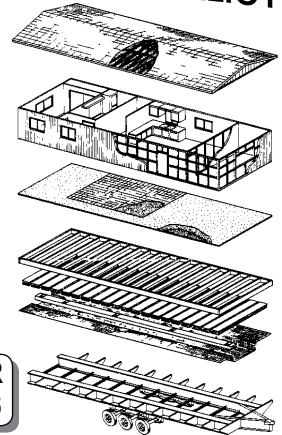
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THOUGHT FOR THE MONTH:

“Life is a gift to you. The way you live your life is your gift to those who come after. Make it a fantastic one. Live it well! Enjoy today! Do something fun! Have a great day! Be Happy! And remember....It is health that is real wealth and not pieces of gold and silver”

“BODY GROOVE CHAIR YOGA:

By : Lulu Roemer.....(#359.....817-504-8522

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The class is on the TV from YouTube Instructions

We start with 3 easy Body Groove step touch warm up routines

Next we do a Chair Yoga routine then a cool down dance then we

Put chairs/tables back in place. Then you can either get ready for the

Water Aerobics class or go happily about continuing your day.

Class Moderators are:

Lulu Roemer retired airline employee. 10 years teaching line dance at Carrollton & Coppell Texas senior Centers. I have a White Belt in Nia Dance Art. I am a certified teacher the Nia Moving to Heal movement.

Ph 817 504-8552

Sandy Wallen is a 30 year retired physical education teacher with lots of caring & enthusiasm

Ph 727 686-8455

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

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- '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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LINCOLNSHIRE HISTORY:

By: the "new – old timers"



.....A Continued story- - -

The Miller family..... Jason Miller had a masters degree in accounting and had worked for IBM in New York. He decided he wanted to go into business for himself and moved to Tiffen and Forest Ohio and began a grocery business and continued in it until 1957 vacationing in Florida every winter. When the kids were finished with school they bought property on Seminole Blvd. It became their first mobile home park. They built it up and sold it and bought property which is now Eldorado Mobile Homes – again selling it, after which they bought the farm property on Donegan Road solely for the purpose of developing and building a mobile home retirement park. They closed on the property in 1970. It was no longer being used as a dairy farm. The buildings were all gone. There were no barns – nothing out there. All that was there was the big house, and a beautiful house it was. It was to be sold to a buyer for \$1600 on condition that it be moved off the property. He didn't come up with the money, and it was eventually given away to the man who owned the radio station across the street.

After a lot of bulldozing and leveling —, the relatively flat land began to be developed including the introduction of the Town/Country water and sewer system. Building started immediately with the rec hall, pool, “therapeutic” pool, shuffleboard, and laundry room, as well as the beginning of 6 phases of park development. The very first mobile home put into Lincolnshire was on lot 147. The Millers were themselves the first to move into the park into this home.

.....continued next month.....

POTLUCK IS BACK!

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



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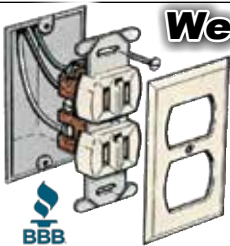
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Sunday	Monday	Tuesday
<p style="text-align: center;">MAY</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30 31</p>	<p>Please check laundry room for any additions or changes to this calendar</p>	
<p style="text-align: right;">2</p> <p>Inter faith worship service 10AM</p> <p style="text-align: center;">Palm Sunday</p>	<p style="text-align: right;">3</p> <p>Water aerobics: 10 AM KNIT WITS: 1PM</p>	<p>Water aerobics: 10 AM Chair Yoga BULK THERAPY PICKUP</p>
<p style="text-align: right;">9</p> <p>Inter faith worship service 10AM</p> <p style="text-align: center;">Easter</p>	<p style="text-align: right;">10</p> <p>Water aerobics: 10 AM KNIT WITS: 1PM</p>	<p>Water aerobics: 10 AM Chair Yoga Potluck</p>
<p style="text-align: right;">16</p> <p>Inter faith worship service 10AM</p>	<p style="text-align: right;">17</p> <p>Water aerobics: 10 AM KNIT WITS: 1PM</p>	<p>Water aerobics: 10 AM Chair Yoga BULK THERAPY PICKUP</p>
<p style="text-align: right;">23</p> <p>Inter faith worship service 10AM</p>	<p style="text-align: right;">24</p> <p>Water aerobics: 10 AM KNIT WITS: 1PM</p>	<p>Water aerobics: 10 AM Chair Yoga</p>
<p style="text-align: right;">30</p> <p>Inter faith worship service 10AM</p>		

Lincolnshire

Tuesday	Wednesday	Thursday	Friday	Saturday
				<p style="text-align: right;">1</p> <p style="text-align: right; color: red;">April Fool's Day</p>
<p style="text-align: right;">4</p> <p>Aerobics: 10 AM Yoga 9:00AM WASH P 8:30 AM</p>	<p style="text-align: right;">5</p> <p>COFFEE HOUR: 9AM CARDS NIGHT: 6:30PM</p>	<p style="text-align: right;">6</p> <p>OPEN BOWLING: 12:00 PM WATER AEROBICS: 10AM "I GOT IT" 6:30</p>	<p style="text-align: right;">7</p> <p>Chair Yoga 9:00AM WATER AEROBICS: 10 AM CARDS NIGHT: 6:30 PM</p> <p style="text-align: right; color: red;">Good Friday</p>	<p style="text-align: right;">8</p> <p>Dance 7PM Michael Yeager</p>
<p style="text-align: right;">11</p> <p>Aerobics: 10 AM Yoga 9:00AM k 6pm</p>	<p style="text-align: right;">12</p> <p>COFFEE HOUR: 9AM CARDS NIGHT: 6:30PM</p>	<p style="text-align: right;">13</p> <p>OPEN BOWLING: 12:00 PM WATER AEROBICS: 10AM BILLIARDS 7:00PM</p>	<p style="text-align: right;">14</p> <p>Chair Yoga 9:00AM WATER AEROBICS: 10 AM CARDS NIGHT: 6:30 PM</p>	<p style="text-align: right;">15</p> <p>Trivia 7 PM</p>
<p style="text-align: right;">18</p> <p>Aerobics: 10 AM Yoga 9:00AM WASH P 8:30 AM</p>	<p style="text-align: right;">19</p> <p>COFFEE HOUR: 9AM CARDS NIGHT: 6:30PM</p>	<p style="text-align: right;">20</p> <p>OPEN BOWLING: 12:00 PM WATER AEROBICS: 10AM "I GOT IT" 6:30</p>	<p style="text-align: right;">21</p> <p>Chair Yoga 9:00AM WATER AEROBICS: 10 AM CARDS NIGHT: 6:30 PM</p>	<p style="text-align: right;">22</p> <p>Trivia 7 PM</p>
<p style="text-align: right;">25</p> <p>Aerobics: 10 AM Yoga 9:00AM</p>	<p style="text-align: right;">26</p> <p>COFFEE HOUR: 9AM CARDS NIGHT: 6:30PM</p>	<p style="text-align: right;">27</p> <p>OPEN BOWLING: 12:00 PM WATER AEROBICS: 10AM BILLIARDS 7:00PM</p>	<p style="text-align: right;">28</p> <p>Chair Yoga 9:00AM WATER AEROBICS: 10 AM CARDS NIGHT: 6:30 PM</p>	<p style="text-align: right;">29</p>

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Dial Directory and Database

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

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:

Any new changes and additions will be added when the next addition is published.

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

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



In time for Easter – a great dessert BY former resident Shirley A. Thompson

BANANA SPLIT CAKE

Crust:

1 stick soft oleo ¼ C brown sugar 1c flour ½ C walnuts.

Pat into 9 X 13 pan. Bake at 400° for 15 Min. Let crumble with fork and pat down

FILLING AND TOPPING:

1 stick oleo 1 can crushed pineapple 2 eggs
2 D. powdered sugar 1 cool whip 1tsp vanilla chocolate syrup

TOPPING: 4 OR 5 BANANAS, NUTS 7 CHERRIES

Beat oleo, eggs, powdered sugar and vanilla until fluffy. Spread over top of crust in pan and chill 1 hour. Slice bananas in circles and place on top of chilled fluffy mix. Drain and squeeze crushed pineapple and spread over bananas. Spread cool whip over top then drizzle chocolate syrup over top. Sprinkle with crushed nuts and cherries. (Once it was 1st place winner in office party bake off) enjoy



11 ★ 7

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WELCOME TO LINCOLNSHIRE

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

Thanks to all who attended the meeting on March 12th. We hope that the information is proving to be useful to you. There will not be a meeting in April. In the meantime, if anyone has any questions, please call Marge or myself.

I will be back in Canada in April. After that, Marge will be available.

Vicki

Sunshine Committee

By: Mary Jo Webert & Marge Kristall



April 2023

Spring is here! While the beginning of spring occurs in the month of March it is really April that shows us what spring is all about. April can sometimes be the “cruellest” month especially for our neighbors up North. They have some of those balmy days that lead them to think winter is truly over and then there are those April showers to help bring out all the leaves on the trees and flowers in the gardens. Mother Nature can have her own “April Fools” trick to play on us when those April snowstorms appear to let us know that winter is still hanging around. Let’s hope everyone can enjoy the month of April as we do here in Florida.

Happy April Fool’s Day! No one is truly sure where the origins of this day come from. Throughout history it is a day celebrated around the world. A day set aside to play pranks and jokes on one another.

This April make sure you look for the full moon called the Pink Moon on April 5th. It is the 1st full moon of the spring equinox. Unfortunately, it is called the Pink Moon but that is not its actual color. It was named the Pink Moon for the springtime blossoms of a wildflower in Eastern North America. That wildflower is called Moss Pink.

Many of our Canadian neighbors will be heading back to their summer homes in April. We wish you safe travels and look forward to seeing you again in the fall. Hope you all have a great summer.

Dates to look for in April.

April 1st – That day of the year when you never know if someone is fooling you!

April 5th – Passover begins on the eve of April 5th and ends April 13th. Passover is a commemoration of both suffering and joy, a reminder to those of the Jewish faith how God redeemed them from slavery and guided them to the promised land.

April 7th – No Housework Day! There should be one of these days every month.

April 9th – Easter Sunday. Is a Christian festival and cultural holiday commemorating the resurrection of Jesus from the dead. It is the culmination of the forty-day Lenten period of

...continued on page 30

fasting, prayer, and penance.

April 22nd – Jellybean Day

April 22nd – Earth Day

Residents that have passed away.

John Ferlito #508

Residents are currently in hospital or recovering at home.

Jim Barnes #952 – recovering at home.

Doug Eschenbach #1137 – currently in the hospital

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:

No report

FUN BOWLING LEAGUE:

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

As of week 15, the EAGLES are in first place but only 1-win point in the lead. Next month we will announce the winning team watch for final results. Joe Arena stil holds the season high scratch game at 257, and Joe Thompson III follows with a 233 tied with Frank Culp



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GOLF:

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



Ladies Golf Scores March 3, 2023 Low scores

Flora Noel: 79 Pat Hamlyn: 84 Linda Boduch: 85 Doris DuPont: 85

Bidies: Karen Terreberry #2, Linda Perkins #10

February 24, 2023 Low scores

Flora Noel: 79 Doris DuPont: 83 Penny Coyle: 86 Pat Hamlyn: 86

Birdies: Kathy Burk #18

February 17, 2023 Low Scores

Pat Hamlyn: 78 Flora Noel: 79 Nancy Peters: 81 Penny Coyle: 85

Birdies: Flora Noel #2 #3 #12 Nancy Peters #13

February 10, 2023 Low scores:

Flora Noel 80 Evelyn Mitchell 86 Roni Healy 88

Birdies: Flora Noel #2

Men's Golf March 3, 2023

Low scores: Calvin Peddle 79

Birdies: Wilf Stewart #3, Joe Thompson III #1 & #3, Bob Masterson #5, Shawn Ketcheson #14

February 24, 2023

Low scores: Barry Beattie 78, Dave Hamlyn 79

Birdies: Barry Beattie #5, John Nichols #8, Rich Michaud #15, Bill Ulringer #17

February 17, 2023,

low scores: Dave Hamlyn 73 Barry Beattie 74 Joel 75

Birdies: Barry Beattie #10, #15 Joel #15



February 10, 2023

Low scores: Dave Hamlyn 75, Dick Ulring 79, Mike Burrill 80

Birdies: Roger wood #8

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



Mary Jane Richards was born into slavery as a young girl, but by the time she started working at the White House of the Confederacy in Richmond, Virginia, she was just posing as one. With a photographic memory and the ability to remember long conversations in passing, she made an excellent spy. As a servant to Jefferson Davis, the president of the Confederacy, she spent nearly the entire Civil War passing information to a network of other Union spies throughout the rebel capital. Placing her at the highest level of the enemy was an intelligence coup unrivaled until World War II, but it nearly cost her life. She set fire to the building to make her escape.

Born into slavery around 1840, she was emancipated by the abolitionist Van Lew family of Richmond. Elizabeth "Bet" Van Lew became close friends with Richards and sent her to school at Princeton. Later, Richards went overseas to Liberia as a missionary. Though it was technically illegal for her to come back to Virginia after being educated in the North, she returned anyway, and not a moment too soon. Not long after returning to Richmond, Confederate troops fired on Fort Sumter in South Carolina. The South was in full rebellion against the United States. Captured Union soldiers were imprisoned, starved, and shot by their rebel jailers. Union sympathizers, especially Black activists, could expect beatings, torture, and death. The people of Virginia, even civilians, were violently anti-Union.

That is, the people except for Van Lew and the underground of secret Union sympathizers and informants. Longtime abolitionists, the family felt their duty to work against the rebellion and help end slavery, so when Richmond was named the Confederate capital in 1861, Van Lew stayed put. Jefferson Davis and his family moved into the Confederate White House in Richmond in August 1861. Not long after the Davis family moved to Richmond, Elizabeth Van Lew offered her slave, Ellen Bond, as a house servant to the first lady of the Confederacy, Varina Davis. Ellen Bond was illiterate and slow, but reliable. She was also the highly educated and experienced Mary Richards in disguise, so when Davis accepted, the Union spy network suddenly had an operative with a photographic memory listening to the enemy's plans. Bet Van Lew became one of the most important sources of information from inside the Confederacy, and she was mentioned specifically by Union generals Benjamin Butler, Ulysses S. Grant and George Sharpe. Much of the information she gleaned came from the Black population of Richmond, and none more important than Mary Richards. Richards had various means of communicating with Van Lew. Some say that when Richards had important information to pass, she would hang red clothes to dry with the whites. It's said she would sew coded messages inside Varina Davis' clothes when sending them out for alterations. All the information was passed to the Union through Van Lew.

Many details remain murky about Richards' efforts during the war, which is unsurprising for such a high-placed spy, an effort to conceal her identity. In January 1865, Confederates arrested a spy in Van Lew's ring, a baker who corresponded with Richards. Knowing her cover was likely blown, she set fire to the Confederate White House and made her way north in a truck bed under a

...continued on page 37



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pile of horse manure. Richards's exploits went unheralded until 1900, when Bet Van Lew was on her deathbed. Without naming Richards, she told the story of Jefferson Davis' maid, who fed her information about Confederate plans. Van Lew's niece later confirmed it was Richards inside the mansion. In recognition of her intelligence contributions, Richards was inducted into the U.S. Army Intelligence Hall of Fame at Fort Huachuca, Arizona, in 1995.

Bob Behm, (LTC) Ret

March 8, 2023

Action Needed for House: FMO 2023 Legislation

BACKGROUND:

House Bill 751, (Representative Paula Stark, Kissimmee), has been filed and referred to the House Civil Justice Subcommittee, Ways & Means, and Commerce Committee. Here is the link to the entire bill and some of the explanation that you may use as you **Take Action** to request support for this very important bill:



<https://www.flsenate.gov/Session/Bill/2023/751/BillText/Filed/PDF>

The unequal bargaining position between manufactured/mobile home owners and wealthy park owners has never been more dramatic or worrisome. Home owners need some assistance and relief!

Elements of House Bill 751:

- Eliminates sales tax on the resale of a manufactured or mobile home between private parties.
- The Division does not have enforcement authority over important Sections of Chapter 723. The bill creates enforcement by the Office of the Attorney General relating to obligations of both the mobile home park owner and the mobile home owner; and, the determination of unreasonable lot rental increases.
- The existing dispute resolution process within the Division is ineffective. The bill will shift to the successful, existing, presuit mediation process that has been created for condominium, cooperative, and HOA disputes.
- Clarifies that a homeowner or HOA may file a complaint in circuit court without mediation and that the HOA may represent some or all of the home owners in legal proceedings. A court may award treble damages.
- In light of recent actions by many park owners, the bill clarifies the mobile home park owner must maintain the lots in the park which he owns in good order; the park owner may not require additional liability coverage for common areas if there is already a policy in effect; prohibits attempts to enforce a park rule not adopted pursuant to statute; and, prohibits collection of a proposed lot rental increase with pending litigation or mediation.
- Requires that a park owner/manager must respond to an applicant who desires to be a park

...continued on page 38



resident with the results of the background screening within 15 business days and provides for a limit on the fees for the process.

ACTION NEEDED:

1. House Speaker Paul Renner, (**Palm Coast**), sets the agenda for the House. **The Speaker** needs to know you support HB 751 and please explain why you do. Paul.Renner@myfloridahouse.gov or his Tallahassee Office: 850-717-5019
2. **Representative Will Robinson, (Bradenton), Chair of the Civil Justice Subcommittee**, sets the agenda for his Subcommittee. He needs to know you support HB 751 and ask him to agenda the bill!!
 . Will.Robinson@myfloridahouse.gov or his Tallahassee Office: 850-717-5071
3. **It is IMPORTANT to contact YOUR OWN Representative. Even if they don't serve on the Subcommittee, they will speak to the Chair. Please explain the value of this bill to the many people who live in your park or community.** Please find your Representative by using your address. Go to: www.myfloridahouse.gov and scroll down to the red key: Find your Representative. The site will provide the name and information for your Representative with the Tallahassee phone number, address, and contact ability through email!
4. Please request members of the **House Civil Justice Subcommittee** listed here to support HB 751:

Representative Kristen Arrington	kristen.arrington@myfloridahouse.gov	850-717-5046
Representative Mike Beltran	mike.beltran@myfloridahouse.gov	850-717-5070
Representative Dean Black	dean.black@myfloridahouse.gov	850-717-5015
Representative Daryl Campbell	daryl.campbell@myfloridahouse.gov	850-717-5099
Representative Kimberly Daniels	kimberly.daniels@myfloridahouse.gov	850-717-5014
Representative Ashley Gantt	ashely.gantt@myfloridahouse.gov	850-717-5109
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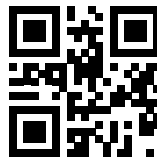
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A Nurse's Self Care Toolbox #59

Allyn Webert, RN.

Lot 1438, Lincolnshire Estates, allynwebert@gmail.com



Last month we brought this series on diabetes up to current treatments including medications for diabetes. Some people do suffer from low sugar or hypoglycemia. Dangerous. I will discuss that in another future article if interest.

Diabetes is quite a bit like having a toddler living with you. You can't let the child run the house. I will admit to you all that the biggest obstacle to getting and keeping blood sugar levels where our body was designed cannot be done solely by relying on medications alone. Best analogy I can think of is trying to push a car when it is in reverse. Remember we can eat most anything if good healthy food. The real question is how much and what am I going to do when the sugar has been absorbed in the blood and circulating to every cell. All diabetic medications need us to help. The results can be phenomenal when we and are medications are working together.

Ok, let's cover the most frequent medications. The first and most basic medication helps the pancreas excrete more insulin. Remember insulin kicks the sugar found in the blood into each cell, 24/7. Metformin is the most common. Our pancreas ages and just simply gets tired even without the constant stress of too much sugar. Upside to these medications is more sugar gets to where it belongs and blood sugar drops. There are two downsides, one is we are asking the pancreas who is already tired to work harder and for at least 14 days after starting we feel lousy. Why do we feel lousy? Our blood sugar hasn't been more normal for a long time, maybe years? Our body is simply saying I don't like this even if it is better. Many people stop taking the medication and don't even tell their doctor. Sad but true. I would tell my diabetic patients who just started on oral meds to call me if they initially feel lousy. I got called and kept them going for a bit longer. Things got better.

The second most common medications not only help the pancreas make more insulin but also help the sugar get into each body cell easier. Many diabetics over several years begin to have problems just getting more sugar from the blood in to each cell regardless of enough insulin. Sort of like becoming insensitive or ignoring the needed sugar. Again, many people feel lousy for a short time and stop. Sad again to just stop.

There are newer medications that slow down the absorption of sugar in the small intestine and use more of our body's sugar store for our needs. (Remember that is where almost all the sugar in foods we eat gets broken down and absorbed.) These are the newer injectable medications that also help with weight loss. Expensive and getting harder to find as non-diabetics are using them to just lose weight. They also don't change their eating habits.

When oral medications along with doing the hard work of what to eat, when to eat and movement to use the sugar seem to fail and the blood sugar remains high, the physician will then use additional injectable insulin and still the only way to get real insulin. Supplemental insulin either once a day or more often work with oral medications to get the blood sugar down to prevent further damage to our now fragile arteries.

...continued on page 43

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These are, according to the American Diabetic Association the absolute best “Cut Down’s”: Cut down on sugar; Cut down on processed meat especially salted varieties; Cut down on energy dense, processed food - such as crisps, cakes, biscuits and pastries and finally Cut down on alcohol. Chew well my friends! Eat smartly and move between meals.

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