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Pool Emergency 911

LINCOLNSHIRE RESIDENTS' CLUB OFFICERS 2023-2024

President Linda Casey	. #1211	.581-5257
V. P Vickie Robinson	. #1154	.419-376-8575
Secretary Shirley Bettencourt	. #874	.508-207-3659
Treasurer Margaret Kristall	. #1523	474-5737

BOARD OF DIRECTORS

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Ruthie Kaser	#1351 483-1101
Karen Bare	#936 313-530-3125
1 yearJane Morgan	#1174 330-718-7789
Patricia Ernst	#150734-673-1853
Kathy Burk	#1031 517-630-1541

Lincolnshire Homeowners' Association Board of Directors

President/Director	Jane Johnson	2/24	lot 1215	864-901-9797	dogteal@aol.com
Vice President/Director.	Open				
Treasurer/Director	Eric Salabay	2/24	lot 217	304-306-3061	marineees1@yahoo.com
Secretary/Director	Jody Brown	2/23	lot 620	812-699-2504	jmbrown0917@gmail.com
Director	Mike Sanders		lot 1373	269-491-4960	mlsanders1973@gmail.com
Director	Renee Culp		lot 1506	309-231-6880	culpfac@yahoo.com
Director	Brenda Mattison		lot 1275	754-3290	

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

Block Captains House No.

100S	Tammy pence	.#147
100N	Florence Marshall	. #110
200N	Angie Faust	.#204
200S	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/S	June Peters	#819

Block Captains House No.

900	.Vicki Marentette - winter #95	50
	.Patt Magee#92	16
1000	.Kathy Burk #103	31
1100	.Doug Eschenbach#113	37
1200 W	.Linda Casey#12	11
1200 E	.Brenda Mattison#127	75
1300	.Ruth Kaser#135	51
1400	.Allyn Webert#143	38
1500 N	.Linda Michel#151	14
1500 S	.Randy Tobias#153	31



LINCOLNSHIRE VOICE JULY, 2023 E

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ON THE COVER:

incolnshire observed Memorial Day in the community with a moving service to honor those who served and gave sacrifices to protect the freedoms we enjoy today. Here is the program and list of participants who made this day special in honor of those who served:

Memorial Day – 29 May, 2023 – Lincolnshire Estates

<u>Opening Ceremony – Indoors –</u> (seated and honor silence.)

- Greeting and Purpose of Memorial Day Pete Kristall, Emcee o MIA Table
- Presentation of Military Colors Medley Boy Scouts
- Recognition of Past Military Members and their branch of service. All others were welcome to join in the sing along.

Closing Ceremony – Outdoors

- Past Military Members filed outside on the Pool Deck in front of the windows.
- Closing Remarks Emcee
- TAPS "HAND SALUTE" Eric Salabay, Bugler "ATTENTION to COLORS" - Eric Salabay, Bugler
- "HAND SALUTE"
- RAISING OF THE FLAG BOY SCOUTS.

Boy Scout Troop #417 Elk's Club #2159 Leader: Jim Renner Thomas Renner Scouts:

Tristan Ludes

Connor Chumbley Jax Wike

Tyler Ludes

FROM THE EDITOR

By: Donna Wurtz

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

real number with the second se is lots of room in the voice for imaginative news articles to be published. BUT – if they are not submitted to me, I can't get them in the newsletter. Thanks to some newcomers who have sent items in (even if they are published as anonymous) In addition we need photos. They are an important part of sharing the news of the community. Photos submitted should be taken with a camera, or a phone with a high quality of pixels to make them appear on the page correctly for easy viewing. We have had a few in the past that just did not have a quality that could be used by the publisher.







Your help in submitting articles and photos by the 10th of each month is appreciated so that we have time to put together the final pages to send for the next month's publication.

Thank you all again.

Donna

FROM THE DESK of the PRESIDENT

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

ell, summer is here and so is Hurricane season and I hope you are already. Make sure you know what to do and what you should have on hand. Make sure you know where you will go if we need to leave the park and make sure you know what you are going to



do with your pet if you have one. We passed out some copies last month at coffee and I hope you follow some of the things they tell you to do. If you leave the park, please make sure you remove all items that the wind can carry and put objects into you Florida room. We still need some people to come forward to take care of the items in the back of the voice. I have been looking at several places to get our food for our dinners (Thanksgiving, Christmas and Easter) and things have gone up. So please if you think you can do some of the cooking let us know. Have a happy Fourth of July and please be safe.

Linda Casey

ENTERTAINMENT COMMITTEE

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

e is the schedule for the entertainment for next fall. I hope we have a good year and we have a new Band this year. Britney will be new to Lincolnshire and I have heard from several people she is great. Ticket prices will remain the same and as usual its BYOB.

Oct 28 Nov 18	Halloween Dance Welcome Back Dance	Bandstand Michael	* 1 #
Dec 16	Christmas Dance	Al Ruggiero	
Dec 20	Christmas Social		-
Dec 31	New Years Eve	Bandstand	
Jan 13	Winter Dance	Bobby Stillwell	and the second
Feb 10	Valentines Day Dance	Al Ruggiero	UL.
Mar 15	Farewell Dance	Sequel	-Aller A-
Apr 6	Spring Dance	Britney Moni'	





JULY BIRTHDAYS:

- 7/1 Dennis Biederer7/1 Marina Reynolds
- 7/2 Angie Faust7/2 Todd Hamme
- 7/2 Todd Hamme7/2 Pam Niemantsverdriet
- 7/2 Fam Nemans 7/2 Sandy Bell
- 7/4 Tom Healy
- 7/5 Nancy Blanchette
- 7/5 David Sherwood
- 7/7 Diane Monico
- 7/7 Tony Juliano
- 7/8 Sandy Leesam
- 7/9 Suzanne Mahoney
- 7/10 Wayne Houseman
- 7/10 Liz Martin-Scott
- 7/11 Bruce Cox
- 7/11 Doug Peters
- 7/12 Marie Mason
- 7/11 Judy Robb
- 7/13 Mary Amirault
- 7/14 Sheryl Vankleeck
- 7/16 Dan Lilly

7/16 Lulu Roemer

- 7/16 David Viator
- 7/18 Ed O'Malley
- 7/19 Tom Crum 7/20 Jim Perline
- 7/20 Mike Trott
- 7/20 Kathe Sprachmann
- 7/21 Yolanda Garcia
- 7/22 Rhonda Arena
- 7/22 Cory Sexton
- 7/22 Ellie Henderson
- 7/23 David Mattson
- 7/24 Barb LaFleur
- 7/25 Cindy Cassidy
- 7/26 Jan Cunningham
- 7/28 Jeff Grainer
- 7/28 Frances Bryne
- 7/28 David Morgan
- 7/28 David Cassidy
- 7/29 Ken White
- 7/31 Elizabeth(Betty) Barrett



JULY ANNIVERSARIES

- 7/3 Mike & Doris Mearida
- 7/3 Bill & Judie Dunn
- 7/5 Armand & Jane Plourde
- 7/5 Mike & Sharon Trott
- 7/8 Mike & Debi Sanders
- 7/9 James & Judi Davis
- 7/11 Joe & Barbara Thompson
- 7/14 David & Beth Sherwood
- 7/17 Chuck & Ellie Henderson
- 7/26 Joe & Rhonda Arena

HappyAnniversory!



Interfaith Worship Service: By: Pastor: Rev. Terry J. Lapierre - McGuire

astoral Care, Weddings, Holy Unions & Funerals. pca.minister@gmail.com Lot #671 (727) 510-2022



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. Bring your Bible and an open heart. We also have a private Facebook group that I post our weekly readings and songs for the weekly service on. "LivingStones". We serve an Open Communion Table. Everyone as always is welcome. Come celebrate with us

Pastor: Rev. Terry J. Lapierre - McGuire Pastoral Care, Weddings, Holy Unions & Funerals. pca.minister@gmail.com Lot #671 (727) 510-2022

We go out as a group to one of our local restaurants once a month for Brunch with the Pastor. TBA. Giving everyone an opportunity to get together share a meal and get to know each other better.

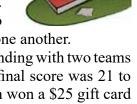
CORNHOLE TAKES LINCOLNSHIRE BY STORM

The first ever indoor cornhole tournament was held on Saturday, June 10. We had a wonderful turnout with about 70 residents in attendance. ▲ 16 teams registered to compete, and there were many residents who came to watch, nibble on the snacks that were brought in, and chat with one another.

This was a double elimination tournament, and it came to a nail biting ending with two teams who fought toe to toe to the finish. After some serious competition, the final score was 21 to 20. The first place team was Duane Burger and Joe Thompson. They each won a \$25 gift card to Wawa. Second place buy a slim margin went to Tom Boyd and Irv Bottom. They each won a \$10 gift card to Walmart. I should mention that booby prizes went to Sherman and Shirley, Todd and Terrise.

A raffle was held with four \$45 winners. Those were Kathy Burk, Mike Parr, Bob Mitchell of 1550 (there are two Bob Mitchells) and Janis Malara.

Good job, bagging those holes teams!!











"CAUGHT YA DOIN' SOMETHIN' GOOD":

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 ANNONYMOUS

I had the distinct pleasure of meeting up with a fellow resident as I was out walking one evening. I was going on about my business when the lady spoke to me but it seemed she had more to say than just a quick hello. Never intending to be rude or dismissive of anyone I encounter, I quickly removed my earphones to engage to whatever degree my neighbor wished to.

I learned that she was widowed by the man she fell in love with at 14, the same age I was when I met my husband. This man had courted her from then until his dying day. My husband and I are still together since that school bus ride some 43 years later. This kind of fairytale romance is one many dream of but never find – but he found her and my soulmate found me.

From there our conversation blossomed and she shared tidbits of her early life in another country, her life of many facets, her storied life's work and her family. Her eyes shone brightly in the daylight as she spoke of her family she adored. The joy radiated from her in talking about her children is the very same joy I have in my heart for my children.

In listening I learned she has always been active in whatever community she resided, that she showed care and compassion and generosity to her neighbors and friends, I imagined ger, visibly in her glory to aid and nurture those less able than herself. I realized that this is the true meaning of neighbor and community.

As we continued our conversation, I noted that she is 25 years my senior, a full generation between us, yet here she was, yearning to continue to care for others at a time many would be seeking care for themselves. She was still so full of life and ideas. Her zest to roll up her sleeves for the benefit and satisfaction of making someone's day a little easier, a little better, a little brighter was overwhelmingly inspiring. These are ideals I am passionate about; however, she is the embodiment of exactly that.

As we all go about our business on a daily basis, wouldn't if be nice to take the pause to talk to a neighbor or resident that we've just never taken the time to listen to, to hear their story? To hear of their triumphs and their sorrows; to consider the positive ways they have impacted their life and the lives of others; to recognize their experiences as opportunities to grow from having taken a moment to listed, to interact, to gather a wonderful perspective from the benefit of their experiences?

I am reminded how fortunate I am that I am afforded an opportunity to meet so many of diverse backgrounds and to enjoy getting to know more about my community members in a chance meeting, on any given evening, at any given crossroads in any given season.

I continue to recant our conversation that lasted mere minutes bt allowed me a glimpse in the decades of a glorious existence by a woman that I am grateful to have found. Or is it maybe that she found me?

THE POET'S CORNER Donna Wurtz......(938....momshse@aol.com)

e are asking residents to submit their poetry and prose to be published here. Just submit your poetry to Donna at the above email address, No poem submitted this month – don't let the poets corner die

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COFFEE DRAW WINNERS: ere are the cash winners for our coffee hour. 5/10/2023 4 winners @ \$33 Linda B. Ken W. Amy R. Peggy K. 46 present 4 winners @ \$31 5/17/2023 Fred Tammy H. Nancy H. David J. 5/24/2023 4 winners @\$31 Anna P. Harold W. David J. Jane M. 5/31/2023 40 present 4 winners @ \$33 Marilyn H. Mark B. Francis B. Ken W. 4 winners @ \$37 6/7/2023 37 present Ken W Teri T Joyce J. Nancy B.

THOUGHT FOR THE MONTH:

6 Independence Day: freedom has its life in the hearts, the actions, the spirit of men and so it must be daily earned and refreshed – else like a flower cut from its life-giving roots, it will wither and die." – Dwight D. Eisenhower

"Then join hand in hand, Brave Americans all! By uniting we stand, by dividing we fall." – John Dickenson





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DO YOU HAVE A SKILL? - WE NEED YOU:

* * *

Request from Noreen in Lincolnshire Office

W ith so many new residents here in the community, there are a number of opportunities for people who have special skills and would enjoy keeping busy helping and working for neighbors. It's a great way to



earn some extra spending cash to enhance your retired life without being tied down to a scheduled job. Neighbors are always stopping by the office and asking about people in the community who do odd jobs like garden care, cleaning, maintaining property when residents are up north, and many other tasks that can be handled right here by neighbors for neighbors. If you have a talent or expertise in some area, and would like to let it be known, stop by the office and let us know what you would like to do, and we will put you on the list of people who offer services here in Lincolnshire











LINCOLNSHIRE HISTORY:

By: the "new – old timers"

A blast from the past:

id you know that there once was an in-park "service Station" for trikes and bikes? Well, there was! From reports received, "Eddie"

Garluczak was an energetic and considerate fellow who, after watching elderly residents having much difficulty hand-pumping air into low and sometimes flat tires, arranged for the purchase of an air compressor. Upon receipt and setting up of this air compressor Ed would have the residents come around to his coach on a regular schedule and he, personally, attended to filling up or topping up the air pressure of their trike and bike tires... repairs on the "wheels", too. Today Ed is no longer with us, but we still have an air compressor (not the original of course) at the laundry room, - - but - - we have to do our own tire-filling

Dial Directory and Database

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

The new Dial directory has been distributed by block captains to residents who are still here in the park. For those who have headed north, block captains will be holding copies to be distributed upon their return.

BLOCK CAPTAINS PLEASE TAKE NOTE:

NEW OWNERS REPORTED:

No new reports at this time

Any new changes and additions will be added when the next edition is published next year. There are still a few residents who have not shared information even after being in the community for a period of time. We cannot report their numbers without permission.

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

Thank you for your cooperation

WELCOME TO LINCOLNSHIRE

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

e hope that everyone who attended past meetings were pleased with all the information. There will be no meeting in July. Next meeting will be in August Vicki









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Attorney Paul Herzfeld 1715 East Bay Drive, Suite C Largo, FL 33771 email: <u>paul@herzfeld.net</u> visit: noflprobate.com



Services Directory

AIR CONDITIONING SALES/SERVICE

Air Masters of Pinellas, Inc.	727-586-6969
E & E Gliddon, Inc	727-546-4343
Modern A/C Service Co	727-541-5541
APPLIANCE REPAIR	
Rick's Appliance Repair	727-637-4789
ATTORNEY	
Law Offices of Paul Herzfeld	727-587-0009
AUTO BUY/SELL	
Bill Your Car Guy	727-729-2322
Stingrays Inc (CASH NOW)	727-798-2921
AWNINGS	
Bay Area Aluminum Services, Inc	727-585-4442
Century Awnings Co	727-559-8811
BLINDS & DRAPERIES	
Rod Runners	/2/-394-9534
Bill the Carpet Guy	727-521-4163
Doll Brothers Carpet/Upholstery Clnrs.	/27-596-2249
CLEANING - INTERIOR Called 2 Clean LLC	440.040.0005
	413-949-6385
	707 540 0406
Florida Dermatology & Skin Cancer DOCTOR - INTERNAL MEDICINE	121-548-9196
Suncoast Family Medical Assoc.	777 500 0572
ELECTRICAL CONTRACTOR	121-300-9312
Boss Electric Corp.	727-701-1308
Haseney Electrical Services, Inc	727-441-8434
Palm Harbor & Dunedin Electric	727-773-1622
ESTATE SALES	121-110-1022
BNG Treasures	727-484-0146
FIREARMS	121 101 0110
Gun Trader Den	727-430-9424
FLOOR REPAIR	
Flatworks	727-431-6875
Florida Anchor & Barrier Co	727-330-7821
Perfect Repair & Construction, Inc	727-539-0852
FUNERAL/CREMATION	
Veteran's Funeral Care	727-333-5824
FURNITURE & MATTRESS AJ's Beds & Furniture	
AJ's Beds & Furniture	727-588-0406
GOLF CARTS SALES & SERVICE	
Recreational Golf Cars of Florida	727-548-8460



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LINCOLNSHIRE VOICE JULY, 2023 E





Sunday	Monday	Т
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		
2 Inter faith worship service 10AM	3 Water aerobics: 10 AM KNIT WITS: 1PM. BINGO 7pm	Water ac Chair Yo Indep
9 Inter faith worship service 10AM	10 Water aerobics: 10 AM KNIT WITS: 1PM. BINGO 7pm	Water ac Chair Yo BULK T PICKUI Pot luck
16 Inter faith worship service 10AM	17 Water aerobics: 10 AM KNIT WITS: 1PM. BINGO 7pm	Water ac Chair Yo
23 Inter faith worship service 10AM	24 Water aerobics: 10 AM KNIT WITS: 1PM. BINGO 7pm	Water ac Chair Yo BULK T PICKUI
30 Inter faith worship service 10AM	31 Water aerobics: 10 AM KNIT WITS: 1PM. BINGO 7pm	

Lincolnshire

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COOKING IN LINCOLNSHIRE

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

<u>Reminder:</u> the 2019 Lincolnshire Cookbook is still available for sale Here is a great easy party recipe for your July 4th cookout

Buccaneer Pork

Boil 1 cup water, 3 tablespoons each salt and brown sugar, 2 teaspoons pickling spices and 4 garlic cloves. Add 1 cup rum, then cool. Add cubed pork tenderloin and marinate. Skewer with pineapple. Grill, basting with bottled jerk sauce.

Sunshine Committee

By: Mary Jo Webert & Marge Kristall

uly 2023

Happy 4th of July everyone. Busy travel month for many of us that are full time residents of Lincolnshire. Many of us will head north to visit family or friends now that the weather is warmer up there, or we have planned a trip to an area of our country that we have never seen before. Whatever your vacation plans do it safely. If you are taking that road trip drive safely. Remember we are retired, (most of us) and have time to do it slower than others out on the road. Try taking the less travelled roads not the crazy big interstates. If you are flying to your destination, make sure you check your flight times the day before for any time changes and give yourself plenty of time to get to the airport and through security. Some of us may be traveling overseas or on a cruise. Whatever and wherever your vacation plans take you, be safe.

Dates to look for in July.

<u>July 1st – International Joke Day</u> – special day intended to cheer people up. So, tell someone a joke and make them smile.

July 2nd – Largo 4th of July event – Yes, the date is correct. The City of Largo is holding their annual fireworks event on the 2nd of July not the 4th. The event runs from 6PM to 9PM at Largo Central Park. Parking will be \$10.00 at the assigned lots. Bring blankets or chairs. The event will have live music, and the best fireworks around. Food and beverage vendors will be on site. No alcohol, dogs, boom boxes or personal fireworks including sparklers are permitted. *If you are leaving or returning to the community during this event time you might want to avoid the 8th Avenue/Donegan Rd. area use Donegan to Lake for your travels.*

<u>July 4th – America's birthday.</u> On this day we celebrate our Independence Day. Of course, it is a national holiday commemorating the adoption of the Declaration of Independence on July 4th, 1776. A date that declared us independent from Great Britain. Independence Day is *....continued on page 29*





he purpose of our Federation is to promote the general welfare of its members, protect the rights and interests of, and be a consumer advocate

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Medical Payments\$5,000 Each Person
ComprehensiveACV - \$500 Deductible
ComprehensiveACV - \$500 Deductible CollisionACV - \$500 Deductible
Road Trouble Serv\$50 Each Occurrence
Additional Exp\$30 Per Day / \$900 Each Occurance
Annual Paid In Full Premium \$1265.00*

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Quote Details: -67 married male, vehicle driven for pleasure use, superior credit, 5 year clean driving record on all licensed household operators -2019 Chevy Impala LT, garaged in Pinellas County zip code 33771, equipped with Air-Bags, ABS and Anti-Theft device *NOTICE: Acceptability of all proposed applicants subject to underwriting approval, premium rates are subject to change. Rates will vary based on age of operator, driving record, credit history, garaging address and type of vehicle.



SUB-FLOOR & FLOORING EXPERTS!

COVID-19 NOTICE:

We are taking as many precautions as we can to ensure not only our workers safety but yours as well. We are checking employee temperatures daily, limiting contact between crews, and offering no customer contact if you choose. We are an "Essential Business" and here for you when you need us.



usually celebrated with fireworks, parades, barbecues, and picnics. Did you know that Thomas Jefferson and John Adams who were once fellow Patriots and then adversaries died on the same date July 4th, 1826, within five hours of each other.

<u>July 7th – World Chocolate Day –</u> Anniversary of introduction of chocolate to Europe from the Americas in 1550. Yum....what would we do without chocolate.

Thought we would include some information regarding our local community opportunities for some summer fun.

Do you have membership in the Largo Community center? This summer might be the time to join. Seniors' annual membership is only \$9.33. If you have a cell phone or computer with internet access, check out the fun things available every month. Just type Largo community center into your search. I have included a couple of outings I saw on the July calendar. They also have Bingo, various other games offered weekly at the community center as well as exercise programs. Great way to get out of the house and out of the heat at the same time!

<u>July 11th and July 25th – Hard Rock Casino in Tampa</u> 8:30 AM to 3:00 PM. Members cost \$20.00 Non-members cost \$25.00. Transportation included.

July 28th - Lunch Bunch to the Mill Restaurant – St. Petersburg 10:30 AM to 1:00 PM. This restaurant has won several Golden Spoon awards and has amazing food.

Largo Community Center located at 400 Alternate Keene Rd. Phone# 727-518-3131

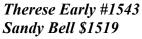
Don't forget our Largo Library. We are lucky to live around the corner from our library. If you have never been there, take some time to check it out. You can get your library card while you are there, shop in their store which has great deals on used books, music, and movies. All your spending dollars fund the library directly. There is also a great little restaurant in the lobby of the library. Make it a lunch date and pick up one of the booklets they publish every other month covering classes and events they sponsor for folks of all ages.

Largo Library located at 120 Central Park Drive

Phone # 727-587-6715

Mary Jo & I say thanks to the resident who anonymously dropped off cards for the Sunshine Committee at her house in June.

<u>Residents that have passed away recently.</u> Lucy Allan – former Lincolnshire resident Evelyn & Dan Bush's daughter Lot#530 Residents in the hospital/home recovering



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.

... continued on page 30



Don't forget to give Mary Jo or myself a call if you know of any of our residents that areill or recovering from a recent hospital stay.Mary Jo Webert # 727-953-6111Marge Kristall # 727-709-2345

SPORTS PAGES

SHUFFLEBOARD:

ourts are open at any time for your practice.



FUN BOWING LEAGUE:

incolnshire Bowling **BORED**? Hot? BEAT the HEAT Come Bowling Summer Bowling at Liberty Lanes All skill levels fun practice bowling When : Thursdays Where: Liberty Bowling Lanes on Starkey Rd What time: arrive 11:45 bowling starts at 12 noon Doesn't matter if u haven't bowled for yrs Or if you want to check your skill or physical ability Come have fun Bowling balls available Shoe rentals & on sight pro shop For more information contact Tammie text me @ (802) 249-0455 or email me @ tammie.lowell@ gmail.com Fall bowling league starts mid nov. same day and time

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Feeling Less Sharp?

Your Brain May Need More Sound

When your brain lacks access to some sounds due to a hearing problem, it has to work harder to fill in gaps, which can be tiring. It also means you could be missing out or feeling that you are not at your best.

Call To Schedule Your FREE Hearing Screening 727-584-9696



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During the current times we wanted to let you know that we are taking as many precautions as we can to ensure not only our workers safety but yours as well. We check workers' temperatures each morning and have limited the amount of contact our crews have with each other. Our crews work in Tyvek suits with respirators which helps to ensure your safety as well as theirs.

As a company, we want your business and there is no need for any contact if you so choose. Our business is deemed an "Essential Business" and we are here for you when you need us. You can schedule your inspection by calling 1-800-681-3772.

Wishing you good health and safety, The Florida Anchor & Barrier Team





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GOLF:

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

→ ull time residents continue to golf at their leisure. Meet with your friends → and set your own T time

VETERAN'S CORNER

n early prediction for the 2024 cost-of-living adjustment (COLA) applied to military retirement, Social Security, and other federal payments predicts a continued increase in prices, but a final figure far below last year's 8.7% rate.



An analyst for The Senior Citizens League (TSCL), a nonprofit advocacy group affiliated with TREA: The Enlisted Association, estimates next year's figure at "around 3.1%" in <u>a May 10 press release</u>. While this is less than half the 2023 boost, the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) would still need to rise in the coming months for it to take effect. In other words, prices would need to keep going up.

The April CPI-W figure, released in May, was 2% above the yearly baseline. For the TSCL prediction to take effect, the average of the fiscal year's final three CPI-W figures (July, August, and September) would need to be 3.1% above that baseline.

It's far from unreasonable – last year's index shot from 6% to 9% above its baseline from April to June before leveling off slightly. A <u>spike in food, fuel, and housing prices</u> contributed to the boost; <u>Congressional Budget Office (CBO) projections</u> don't show a similar increase, but even a slight one could be enough for the index to reach TSCL prediction.

While a 3.1% hike would be a significant drop from last year and the 5.9% increase in 2021, those two years are the outliers – aside from those years, the adjustment hasn't topped 3% in more than a decade. You can find the full list of Social Security adjustments at this link, with two important caveats: The years reflect when the first COLA payment is made (December, in most cases, meaning the 2022 figure applied to nearly all of 2023), and the Social Security adjustment wasn't always used to determine the military retiree pay increase.

The Department of the <u>Air Force</u> selected Florida's Patrick Space Force Base on Wednesday as the preferred headquarters location for STARCOM, the service's training and education command. Space Training and Readiness Command had been temporarily headquartered at Peterson Space Force Base in Colorado since it was organized under the then-newly created <u>Space Force</u> in 2021. STARCOM's Space Delta 10, the group underneath STARCOM that is responsible for doctrine and war gaming, will also be located at Patrick, according to a Space Force press release.



The locations for two other Space Deltas, which are overseen by STARCOM, were also announced. Space Delta 11, which "delivers realistic, threat-informed test and training environments through the provision of live, virtual and constructive range and combat replication capabilities," is expected to be located at <u>Kirtland Air Force Base</u>, New Mexico, according to the press release.

Space Delta 12, a unit responsible for testing and evaluating space systems, is expected to be located at <u>Schriever Space Force Base</u>, Colorado.

Bob Behm, (LTC) US ARMY RET

Lincolnshire Homeowners' Association

HOA media committee Brenda Mattison & Terry Lapierre-McGuire



At the present time there is no report. Look for us in the August voice. Check the HOA bulletin board in laundry room for any updates

A Nurse's Self Care Toolbox #62

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

wo often have you gotten home from the physician, primary or a specialist and have said "I just forgot to ask about this. The visit just goes so fast, and I just forget. Next time." Believe me you are not alone.

Even with years of training I forget too. Knowing better does not always make things happen. We can freeze up when we finally get into the examination room and in front of your doctor. Here are tips that I try to follow when talking to my doctors or nurse practitioners.

First, let us try to remember that they just cannot read our minds. If we are a frequent patient, they usually remember the big reasons we are back in the office. Not always. Really 3 types of office visits: follow-up on an issue, treatment, routine well guy or gal yearly updates and then for a new issue. Their medical training is not only based on knowledge, also keeping up to date on their profession and being a bit of a detective. "Dr. Holmes I presume."

And that detective work will be easier for your medical team when we get to the appointment ready. The best example for me is getting ready for my taxes each year. Show up with income and expense receipts. Translated means writing down what is bothering you, results of what you have done already and questions. By importance please. When I saw a patient for coordinating their care and benefits, I learned to ask for the last item on the list first. Never failing, it was *...continued on page 37*







the most important.

Most of the advertising and literature we see suggests this is supposed to be a partnership. In an effective way it still is. We are expected to voice what is going on with our bodies, they listen, ask questions, examine, run tests (blood work, scans and a million others) and the path should lead to a conclusion. Sometimes there is uncertainty. One more test, just one more. Frustrating. As Einstein certainly said, "Just when I was close to the answer, I ran out of chalk." If it really affects the quality of your life, then keep up the pursuit. Easy to say and I know much harder considering the price tag we may have to pay. Not just money but our time and hopes of an answer.

Here are a some not too top-secret tips you can use to prepare: write down on paper (that you will, will leave by the car keys), include symptoms (what it looks like and makes you feel); when those began, how did it start (what were you doing), how long-ago including things like (all day long, only when I am.... etc.), what makes it worse, how it affects your quality of life! When we do this, it tends to control the visit on what is bothering us. Do not keep them guessing. Many are not good at that anyway. I know I was not.

Three other thoughts: Know and share your family's health history especially if it is related to your health issue, keep track of your vitals like blood pressure because it is ours and no one else's and if there is something you know you would like to discuss at your appointment.

If your gut says I am being dismissed and not listened to by your doctor that's a warning sign and a signal to hit the yellow pause button and change your approach. Sometimes a stronger stated reminder that "my daily life is really affected by this and limiting my quality of life," and to me the best "there's something going on and I'm having a hard time putting it together. I'm asking for your help."

Lastly though takes further thought on our part. You can also ask for a referral to see another specialist (called a second opinion and a benefit in almost all health plans.) Next time come with a close friend to support and often can offer testimony that this health issue is important. Oh, taking a deep breath before you enter the exam room is well worth the 2 seconds. The doctor does.









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EVENTS & PROGRAMS

Craft Fair 11/18/23, 9 AM - 1 PM at Clerawater Cascade. Contact Jane Boucher 903-426-3636, Janeboucher29@gmail.com

VENDORS WANTED - HOLIDAY BAZAAR. Saturday, 11/11/2023 9am-2pm. First Luteran Church, 1644 Nursery Rd., Clearwater. All indoor craft show. Questions: 727-744-3806 or eobrien2429@gmail.com. 217-251-4382 or jayneb1227@gmail.com

WANTED

Musicians wanted for jam sessions. All skill levels ok. Joe 305-283-5558

ARTICLES FOR SALE

2005 PT Cruiser Convertible. 110,000 miles. Everything works great! Runs good! \$3,500 -OBO. Cash only please. 727-307-7118. Serious calls only please.

Sale - Recliner, Coffee Table, Sound Bar, 2 Chairs, Stove. Reasonably Priced. 727-576-1373 **ATTENTION RESIDENTS!**

Did you know this Emporium/ Classified listing reaches over 21,500 homes in Pinellas County? It goes into 60 community newsletters (just like this one) from Dunedin to St. Petersburg. This is a great market to sell items, advertise your next event, try and get help for a function, and many other things. Remember to think about this the next time you're planning something.

-Monthly Media Staff

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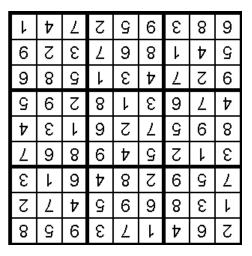


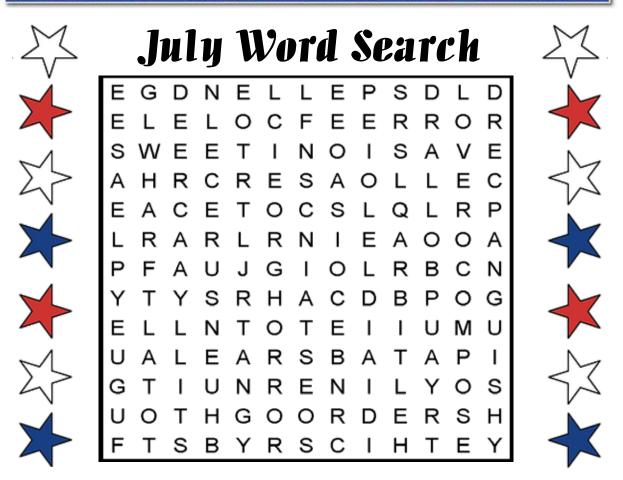


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LINCOLNSHIRE RESIDENTS CLUB RESPONSIBLE FOR ALL THE SOCIAL ACTIVITIES GENERAL MEETINGS First Tuesday of November through April - 7:00 p.m. Join us on Facebook at Lincolnshire Residents Club page

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

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

Bulk Trash Pick-up Every other Tuesdays of each month

Committees

Bingo	Brenda Mattison
Birthdays & Anniversaries	Marge Kristall
Bowling	Tammy Lowell
Coffee Hour MC	Linda Casey
Coffee Committee	Anna Petrivelli
Entertainment Committee	Judy Low
Linda Casey, &	Vickie Robinson
Dial DirectoryHarol	d & Donna Wurtz
50/50 Raffle GamesCrai	g & Linda Michel
Ladies' Golf League	Penny Coyle

Cynthia Varga
Jane Morgan
Kathy Burk
& Jim & Sandy Wallen
Marge Kristall
and Mary Jo Webert
Vicki Marentette
Donna Wurtz
Quinn Elock

Social Events

Aquarobics	Randy Tobias	Ladies
Card night		
Christmas Dinner		Memo
Easter Dinner		New Y
4th of July Picnic		Pot Lu
Ice Cream Socials Rick Brow		Thanks
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	.Entertainment Committee
Labor Day Celebration	
Memorial Day Service	Pete Kristall
New Year's Eve Party	
	Randy Tobias
Thanksgiving Dinner	-
Veterans' Day	Pete Kristall



