

Starlight Ranch Mobile Homeowners' Association, Inc.

Starlight Ranch Newsletter

January 1, 2016

The President's Page, Curt DeLong

Happy New Year Starlight Ranch residents. Looking back at 2015, I can't give enough praise to our Board of Directors, volunteers and members of the Starlight Ranch Homeowners Association.

Our Board of Directors have two important roles. They are leadership and oversight. I have witnessed the energy and excitement that each member puts into keeping the Homeowners Association viable in our changing community. I appreciate that they are willing to serve and I thank them for their time and their input.

Our volunteers are worth their weight in gold. They share their time and talents without any compensation. The compassion they show to the people we serve is an inspiration for us all. I just want them to know that their work hasn't gone unnoticed.

Finally, but not to be forgotten are the members of Starlight Ranch Homeowners' Association. Thank you for challenging me and your fellow Board members. You have helped to build a team that is ready to work with you to improve the living conditions at Starlight Ranch. Again, thanks for your efforts and contribution to the success of this team.

I'm excited to get the new year started. We have a lot of exciting things coming up real soon that will challenge our board and make us better equipped to help our community grow. In January, we will be hosting MHAction for leadership training. They will provide us with new training tools to help us move forward. They can help us with membership and fund raising. Also, MHAction is working with us on a statutory committee that will help us move forward for fair rent increase. With their help we

can move forward and protect the interests of Starlight Ranch homeowners.

I have been working with management to address some of the problems at Starlight Ranch. We have a new security team.

RATTLESNAKE SECURITY, LLC.

Let's hope they make a difference by helping people in Starlight Ranch to live in a safe and secure environment.

One of the big issues we need to pull together is to get a strong HOA membership to tackle the issue of unauthorized residents. There are way too many children and young adults living in our community. This is against park rules and state laws and takes away affordable lifestyle for seniors that this community is set up for.

Hope to see you soon at our Town Hall meeting January 16th. And, thanks to all of you for making this such a great place to live!!

MH Action

Come meet the MHAction Team this month.

January 14-16, 2016 at the front clubhouse.

Time to be announced.

Curt's Chili Cook-Off



Boy am I ready for some home-made chili. Bring your best chili. We sample, we judge, you win.

*Saturday, Jan 30, 3-5 pm
Front clubhouse*

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Hugs for our neighbors

A huge thank you for all the kindness shown by so many of you during my recent surgery and rehab stay. I have so many to thank – from those who attend Coffee, Bread Distribution, and Bunco. The well wishes were overwhelming. Thank you to a very special couple who would pick up my husband every Sunday so we could spend the day together. And, my neighbors who provided meals and transportation for my husband and son – a huge thank you! I have the best neighbors in the world, including one who would check on me every day. We have such amazing residents. **Joan Stearns**



Doggie Time

This is the new year and you and your dog made it through the holidays. When you're gathered around the table with your friends and family, looking forward to the new year, keep in mind that there's someone *under* the table who deserves a special new year shout out: your dog! Yes, it's that furry, four-legged family member, the one who really wants (but shouldn't have) your leftovers. Take some time this year to celebrate your dog — after all, he loves you very much and asks for nothing in return (although, he would probably appreciate a treat or two).



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RATTLESNAKE SECURITY, LLC.



From 9:00 p.m. to 3:00 a.m., look for this emblem. As of December 17, 2015, Starlight ranch has changed their security team



Martin Luther King Jr.

A message to seniors

If you can't fly, run

If you can't run, walk

If you can't walk, crawl

But by all means keep moving.

Hats Off

- To Steve Henry for getting the Salvation Army to donate 200 Thanksgiving meals for residents of Starlight Ranch.
- To our volunteers for decorating the clubhouse in the spirit of the holidays. Volunteers are instrumental in preparing, serving and cleaning up after our Christmas Dinner.

December's Veteran's Social Hour

It's so much fun to break bread during the Holiday season with our veterans and friends at Starlight Ranch.

It was great seeing Dave, Joe, John, Roger, Richard, Jerry and Jackie again this month. Also, we welcomed Ed(Sonny)McRobie and his wife Linda. We also had 7 guests and a great time was had by all.

As we entered the clubhouse everyone signed up for a Christmas drawing. Roger Hebert won the grand prize – a beautiful Christmas tree afghan made by Laurie Lyons. Everyone was given a gift. What a surprise!!!

Also, Laurie, thank you for the delicious food you made. Ham and yams, macaroni with bacon, Potato salad, Navy Bean soup and ham salad sandwiches. Linda McRobie made a wonderful corn bread. I could have made a meal just eating that.

It would be wonderful if more of the veterans who live in Starlight Ranch would come to our gatherings. We would love to meet you and hear your stories. Please come and give us a try.

By Pat Williams



HOA BOARD LIST

Curt DeLong, President	407-616-3745
Jos Rodriguez, V. President	321-229-5429
May Rivera, Secretary	407-914-2845
Jerry Scott, Treasurer	571-289-7619
Roger Hebert, Director	407-592-3850
Richard Balderson, Director	407-340-8592
Lou Kerns, Director	407-496-5427

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Orlando, FL 32822

CLUB AND NEWS EVENTS

Weekly Activities

Georgia Moffat, Activities Chairperson

Monday	Bingo 6:30 PM ACH
Tuesday	Coffee Hour, 8 AM, ACH Chair Exercise, 10AM, MCH
Wednesday	Bread, 9 AM ACH,
Thursday	Bunco, 6:30 PM. ACH, Chair Exercise, 10AM MCH

Monthly Activities

Ice Cream Social	Jan 2, 1 PM	ACH
Vet's & Friends	Jan 8, 7 PM	MCH
Game's Night	Jan 9, 6-9 PM	ACH
HOA Board Meeting	Jan 13, 7 PM	ACH
Town Hall Meeting	Jan 16, 11AM	ACH
Latino Dinner	Jan 23, 6 PM	ACH
Curt's Chili Cook-off	Jan 30, 3-5PM	ACH

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Confessions of a tow truck driver

THEY REALLY DON'T CARE!

Many of us have watched as the white tow truck zooms by our house with a car in tow. Sometimes they stop at the pools and parking lots and check the cars for green Starlight Ranch stickers. No sticker, zip, they're gone. Hopefully, our paths don't cross too often. Tow truck drivers are the fastest growing consumer complaint in America.

I recently read an article from a former tow truck driver and got the dirt on how the business works. There's not a lot of new info here, but it may be useful to know that just because you see some un-towed cars in a towing zone, it doesn't mean it's safe – usually, tow truck drivers leave some cars alone to entice fresh vehicles: "It's kind of like fishing, you want to keep some bait out there."

The driver asked CNN to keep his name anonymous in return he introduced them to the world of repossession and impound towing.

Dan not only worked in repossessions, but also impounded vehicles for private companies. Sometimes he'd patrol apartment complexes and businesses that had hired Dan's company to tow away illegally parked vehicles.

He told us many people ignore the "No Parking" and "24 Hour Towing" signs, and they pay the price. "It might be parked there all night; it might be parked there for 30 seconds; it's just parked there at the wrong time if the tow truck gets it."

So, the next time you see the little white truck and the predator behind the wheel, don't give him the bird. He isn't going away.


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In Memory

Francine Yocum passed away on December 8, 2015. Francine has graced the community with her friendship and talents for many years. She loved to give back to the community.

Our prayers and sympathies go out to her family and friends.

Yasmin Cell (786) 473-7744

Special Event and Party

We do all kinds of: Favors and Arrangements 4 U Baby and Bridal Shower, Wedding, Anniversary and Company Event.

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JANUARY'S BIRTHDAYS

<i>Lorraine Moller -</i>	<i>1-1</i>
<i>Wayne Davis -</i>	<i>1-1</i>
<i>Eliu Villa Fane-</i>	<i>1-2</i>
<i>Beatrice Oloughlin-</i>	<i>1-3</i>
<i>Laird Black-</i>	<i>1-3</i>
<i>Prudence Gleason-</i>	<i>1-4</i>
<i>Robert Tash-</i>	<i>1-4</i>
<i>Stephen Bagley-</i>	<i>1-4</i>
<i>Tim Liversidege-</i>	<i>1-6</i>
<i>Carlos Mercado-</i>	<i>1-7</i>
<i>Carmen Molina-</i>	<i>1-9</i>
<i>Ralph Reyes-</i>	<i>1-11</i>
<i>Diane Bagley-</i>	<i>1-14</i>
<i>Elaine Kooienga-</i>	<i>1-14</i>
<i>Priscilla Lopez-</i>	<i>1-15</i>
<i>Orlando Rodriguez-</i>	<i>1-23</i>
<i>Pat Williams-</i>	<i>1-23</i>
<i>Mabel Donahue-</i>	<i>1-27</i>
<i>Albert Erdmann-</i>	<i>1-28</i>
<i>Janis Craig-</i>	<i>1-30</i>



4 Best Exercises for Older Adults

For older adults and seniors who want to stay healthy and independent, the National Institutes of Health recommend four types of exercises:

Strength exercises build older adult muscles and increase your metabolism, which helps to keep your weight and blood sugar in check.

Balance exercises build leg muscles, and this helps to prevent falls. According to the NIH, U.S. hospitals have 300,000 admissions for broken hips each year, many of them seniors, and falling is often the cause of those fractures.

If you are an older adult, balance exercises will help you avoid problems as you get older.

And if you are a senior, balance exercises can help you stay independent.

Stretching exercises can give you more freedom of movement, which will allow you to be more active during your senior years. Stretching exercises alone will not improve your endurance or strength.

Endurance exercises are any activity—walking, jogging, swimming, biking, even raking leaves—that increases your heart rate and breathing for an extended period of time. Build up your endurance gradually, starting with as little as 5 minutes of endurance activities at a time.

Starlight Ranch provides a fitness center for residents at the back clubhouse.

Check it out!!!



Cocina Criolla

I have been waiting for this time to gather with our Latino friends and enjoy some great Latino food. Come and get to know the folks at Starlight Ranch at a Latino dinner fest on January 23rd at 6:00 pm at the front clubhouse.

Don't forget to come to our Latino Dinner Planning meeting January 6th at 6 pm at the front clubhouse. We want to buy the food you need to prepare meals for our residents.



GAMES NIGHT

- **Let's get together for a bit of fun and games. This could be the last time we play games, so come out and visit the hub of games at the Front Clubhouse on January 9th at 6-9 PM.**

Income Tax Preparation

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IRS Warns Consumers to Avoid Phone Scams

The IRS continues to warn consumers to guard against scam phone calls from thieves' intent on stealing their money or their identity. The agency offers information and tips to help you avoid being a victim of these scams:

Scammers make unsolicited calls. Thieves call taxpayers claiming to be IRS officials.

Callers try to scare their victims. Many phone scams use threats to intimidate and bully a victim into paying

Scams use caller ID spoofing. Scammers often alter caller ID to make it look like the IRS or another agency is calling.

Scams cost victims over \$23 million. Nearly 4,550 victims have collectively paid over \$23 million as a result of these scam.

The IRS will not:

Call you to demand immediate payment. The IRS will not call you if you owe taxes without first sending you a bill in the mail.

Demand that you pay taxes and not allow you to question or appeal the amount you owe.

Require that you pay your taxes a certain way. For instance, require that you pay with a prepaid debit card.

Ask for your credit or debit card numbers over the phone. Threaten to bring in police or other agencies to arrest you for not paying.

If you don't owe taxes, or have no reason to think that you do: Do not give out any information. Hang up immediately. Call: 800-366-4484

Activities Committee Needs Your Help

The activities committee is asking for residents to step up and volunteer. We are trying something new. A volunteer sign-up sheet will be placed behind each activity sign-up sheet. We need new volunteers so we can continue having activities every weekend. Perhaps you could help serve meals. Or, maybe you would like to help clean up afterwards. It only takes 30 minutes of your time, once a month, to help serve the community.



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MEMBERSHIP DRIVE, LOU KERNS, DIRECTOR

As a resident of Starlight Ranch, you understand the challenges of serving our community. So does the homeowners association, which has assembled an exciting array of programs that we are eager to share with its members.

We are now in a new phase of development. There are many new initiatives and programs that make the HOA vital to your stay at Starlight Ranch. In February, we will amend our Bylaws to reflect the changes in Florida Statutes 723. We will activate our new website www.starlightranchhoa.com which will share our story with other communities throughout the country. And finally, this year we will join a growing national movement called MHAction. Their focus is to engage in public policy issues that address the interests and concerns of mobile homeowners.

With these new goals in mind, we will continue to show compassion for our members and love for our community.

*Come and join us.
Have fun, be creative and help us
give back to our community.*

Check out this month's membership insert. Fill it out. Send it in. Help our community grow.



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Norman Coons
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Saludos Residentes y Amigos del Rancho Starlight:

Por: Jose Rodriguez, VP ADC (HOA)

Feliz Año Nuevo! Rogamos al Señor que éste sea un gran año para todos nosotros y nuestros familiares. Al mismo tiempo quisiera reflejar un poco acerca del año que pasó y como nos trato.

Pues, si, le fue mejor a unos que a otros, pero generalmente nos fue mejor a todos ya que fue otro año sin tormentas o huracanes o tragedias de la naturaleza. Esperamos que este año nos trate igual... sin tragedias.

Queremos saludar y darle las gracias a Steve Henry por su gran labor en conseguir que el Ejercito de Salvación donara 200 comidas a los residentes del Rancho Starlight para el Dia de Acción de Gracias. Tambien queremos una vez mas expresarle nuestra gratitud a los voluntarios que nos ayudaron en todas las tareas que llevamos a cabo, tales como: la entrega de esas comidas, la decoración navideña de la casa club, el trabajo que hacen en la cocina, preparando y sirviendo las comidas y posteriormente recogiendo y limpiando. Tremendo labor y todo eso sin compensación. Queremos que sepán que los reconocemos, que nos fijamos en ellos. Al mismo tiempo, lectores nuestros, por favor considéren ayudar. No necesitan talentos especiales, ni sera por mucho tiempo. Solo un ratito cada vez.

Los veteranos del Rancho Starlight se reunen el segundo viernes de todos los meses. Poco a poco este grupo esta creciendo. La reunion de diciembre asistieron 11 regulares y 7 invitados y todos gozarón mucho. Tuvieron rifas y premios y muy buena comida. Le exhortamos a los veteranos latinos que se unan a este grupo tambien.

Otra actividad que seguimos repitiendo es insistiendo que se unan a la Asociación de Dueños de Casas (ADC) o HOA por sus iniciales en ingles. Es muy importante que nuestra membresia crezca hasta que tengamos por lo menos el 50% de los residentes como miembros. Es de la unica manera que podemos sentarnos en la misma mesa con la gerencia para negociar cualquier punto que nos afecte, tal como los aumentos de renta.

Como la mayor parte de nuestros residentes somos "Seniors" y estamos en estado de perder mucha de nuestra fuerza, balance y habilidades, debiaremos hacer algunos ejercicios. El Instituto Nacional de Salud nos recomienda los siguientes ejercicios para ayudarnos nosotros mismos con esos problemas fisicos.

Ejercicios Estirandose ayuda a tener mas movimiento lo cual permitira ser mas activo.

Ejercicios de Fuerza trabajan musculos adultos y aumenta su metabolismo, que en cambio ayuda a mantener su peso y azucar en control.

Ejercicios de Balance ayudan a los musculos de las piernas y en esa forma evitar caidas, al mismo tiempo nos ayuda mantenernos independientes. Se reporta que hay mas de 300,000 casos de caderas rotas al año, la mayor parte siendo envejecientes que se han caido.

Ejercicios de Resistencia son ejercicios de cualquier actividad fisica como caminar, trotar, nadar, ciclismo, o cualquier acción que estimule el corazón y respiración por un tiempo extendido. La resistencia se aumenta gradualmente, empezando con cinco minutos de ejercicios.

El Rancho Starlight tiene un salon de ejercicios para los residentes en la segunda casa club.

El Departamento de Rentas Internas nos alerta que nos guardemos de llamadas "scams" de pillos que quieren robarnos nuestro dinero o identidad. Los scammers tratan de engañar las personas con llamadas reclamando de ser de IRS; intimidan a las personas con amenazas de arrestos o policia u otras cosas mas.

El IRS no hace llamadas cobrando pagareses o insistiendo que pague inmediato o de una manera especifica, como targetas prepagadas o amenazando, lo que si hace es todo por escrito. Cuidese mucho de los scammers.

El nuevo año entró y quiere decir que usted y su perro sobrevivieron los dias festivos. Cuando esté celebrando cualquier ocasión con familiares o amistades lleve en cuenta que debajo de la mesa hay alguien que tambien quiere disfrutar de la actividad.... no, no es cierto, lo que quiere es de la comida, de la misma que no debiese comer. Tome tiempo y celebre su perro – ese mismo que lo ama a usted y no pide nada en cambio.

Fijese que vamos a tener un dia latino especial, "La Cocina Criolla" donde se servira comida puertorriqueña a todos los que vayan. Si quiere participar con su plato favorito, venga a la reunion de planificación enero 6 a las 6:00pm. La organización comprara todos los ingredientes, ustedes los cocinan, para eso es la reunion.

Cuidese de la grua, no viole las reglas para que no le lleven su vehiculo! Hasta la proxima!!

~ January 2016 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 HAPPY NEW YEAR	2 Ice Cream Social and Gift Card Bingo 1 PM ACH
3	4 Bingo 6:45 PM - ACH Last Sale - 6:30 PM	5 Coffee Hour 8 AM ACH Chair Exercise 10 AM MCH	6 Bread 9 AM ACH Latino Dinner Planning Meeting 6 PM ACH	7 Bunco 6:30 PM ACH	8 Vets Social Hour 7 PM MCH	9 Games 6 - 9 PM ACH Snacks
10	11 Bingo 6:45 PM - ACH Last Sale - 6:30 PM	12 Coffee Hour 8 AM ACH Chair Exercise 10 AM MCH	13 Bread 9 AM ACH HOA Board Mtg 7 PM ACH	14 Bunco 6:30 PM ACH	15	16 Townhall Mtg 11AM ACH Social Hour after mtg Finger food/snacks will be served.
17	18 Bingo 6:45 PM - ACH Last Sale - 6:30 PM	19 Coffee Hour 8 AM ACH Chair Exercise 10 AM MCH	20 Bread 9 AM ACH	21 Bunco 6:30 PM ACH	22	23 Latino Dinner 6 PM ACH Desserts Welcome
24	25 Bingo 6:45 PM - ACH Last Sale - 6:30 PM	26 Coffee Hour 8 AM ACH Chair Exercise 10 AM MCH	27 Bread 9 AM ACH	28 Bunco 6:30 PM ACH	29	30 Curt's Chili Cookoff 3-5 PM ACH
31	Notes: ACH = Front Clubhouse MCH = Back Clubhouse					