

September 2016

Like us on Facebook!

www.starlightranchhoaweb.com

GREEN THUMB CLASSES

Starlight Ranch is so closely located to the University of Florida Orange County Extension Services office at 6021 South Conway Road, why not consider taking one of their economical (typically \$5.00) classes and learn about how you can improve and add beauty to your yard ... especially since we are approaching the fall and can once again venture outside without getting heatstroke! September classes include: Florida Friendly Landscaping, Turf & Alternatives for Shade, Growing Herbs and even Knife Skills, taught by a Sushi master, among others. There is also an Exploration Garden there open from 8-5, Monday to Friday for self-guided tours to gain ideas and see what grows best in Central Florida. They also offer free soil testing, pest identification and answer plant questions. For more information call 407-254-9200 or visit their website at http://orange.ifas.ufl.edu/index.html.

Complete Calendar: http://orange.ifas.ufl.edu/oces_pdffiles/calendar/2016%20Calendar%20September.pdf

RESIDENT SPOTLIGHT - AL BROWN - By Joan Stearns

I had a great conversation with Al Brown the other day! One of the things he said is what we've all been saying

lately –"This is the hottest summer I've ever seen." And, he should know…Al moved to the Ranch in 1976 when his brother-in-law was working here helping to build and place our homes…at one time, there were 11 families living here, all related to Al. The rent back then … \$69.00 per month! An amazing perk was that the park would loan each resident a shovel, rake, and give a bag of fertilizer to nurture their lawn. The owner then was John Day, who would land his private plane on the vacant lots.

He became a widower in 2012 (after being married for 59 years), and most remember his dear, sweet wife, Edie. They were married when they were both 18, and lived in Levittown, New York. He has three daughters, two still in Florida and the other in South Carolina. He has five grandchildren, five great-grandchildren (including a set of twins!), and will be a great, great grandfather in November!

He earned a living as a butcher for 57 years...working for Food Town, Piggly Wiggly, and then for Publix for 15 years. Al's secret for finding a great piece of steak is to look

for even thickness of the meat, and then at the interior marbling of the meat...the marbling is where you'll find all the flavor and tenderness. Al's personal favorite is the Porterhouse Steak!

Al plays and enjoys Bingo at the American Legion, and is still in a golf league which plays every Tuesday. He shoots in the 80's, and has had two "holes in one"! And, what a fisherman! While recently on a lake in South Carolina, he caught a 28-lb. and then a 43-lb. catfish! He also swims every morning at 8:00 and is one of the luckiest people I have met – he won at Keno twice with the same five numbers. He also won \$4900 with four out of five Lotto numbers!

** Would you, or know someone who would, like to be featured in a future Spotlight? Call Joan at 678-338-0486

FROM THE PRESIDENT ...

Hello Starlight Ranch residents!

As I was changing the activity on our sign in front of clubhouse today it came to me that the summer was coming to another rapid end real soon when I saw the date going up as September. That is always a mix of feelings for me knowing that I will be another year older each year during this month and something I miss from up north is the colors of the fall foliage. But those feelings all change real guick when the reality of the endless summer in Florida with no scraping of ice off of the car and all the great people I have gotten to know while living at Starlight Ranch makes it all a good life that I truly feel blessed to be living here.

When we had a guest speaker from the Sheriff's office at our last Town Hall meeting there was one thing he said that really stuck out to me and that was when he said that we should all get out and get to know at least four of our surrounding neighbors and get their contact information. As a community that is very important that we look out for each other, get to know each other, and who knows you might even get a great friend out of the deal!!

Hope to see you soon, Curt



HOA Board

Curt DeLong, President: 407-616-3745

Roger Hebert, Vice President: 407-592-3850

Mary Rivera, Secretary: 321-663-0507

Jose Rodriguez, Treasurer: 321-229-5429

Bob Marley, Director 407-228-0846

Richard Balderson, Director 407-340-8592

Lou Kerns, Director 407-496-5427

MEMBERSHIP COMMITTEE PAUSE

By Lou Kerns

We've postponed our door-to-door membership campaign until it gets cooler. Being summer in Florida, the heat has been oppressive. We'll still be needing volunteers, both Spanish and English speaking, for the latter part of September and early October for this most important effort. Please call Lou Kerns at 407-496-5427 to be added to our volunteer list. We expect this to take us over the majority of members so badly needed. The Wednesday meetings are also suspended until October.

As our President says, getting to know your neighbors is not only a safety asset but it's also an excellent way for you to bring them into the HOA community. Applications for membership are available on the bulletin board in the front clubhouse.

COME TO THE LABOR DAY B-B-Q! SATURDAY, SEPTEMBER 3

HOT DOGS - HAMBURGERS - SIDES

1:00 PM AT THE FRONT CLUBHOUSE, PLEASE SIGN-UP ON THE CLIPBOARD IF YOU PLAN TO ATTEND!







MOBILE HOME ROOFING

Family Owned & Operated





FREE VIDEO ROOF INSPECTIONS

- Lifetime Transferable Warranty
 - Energy Efficient
 - Protects Your Home
 - Roof Insurance Certifications
 - Financing Available
 - FREE Estimates

1.877.572.1019 AllFloridaRoofs.com

















IT'S BACK!



Starting Friday, September 16, 2016, at 7:30 pm at the Front Clubhouse COME ONE, COME ALL FOR FUN!



Listen to great music and share in the fun...
and if you have your own karaoke disk, bring it along

RUMMAGE SALE SATURDAY, OCTOBER 22

CONTACT ROGER HEBERT AT 407-592-3850 FOR DETAILS AND TABLE RESERVATIONS

WELLCARE WILL HOST A MEDICARE EDUCATIONAL SEMINAR ON TUESDAY, SEPTEMBER 20 AT 1:00 PM IN THE FRONT CLUBHOUSE

A LUNCH OF CHICKEN, RICE, SALAD AND DESSERT WILL BE PROVIDED.

SIGN-UP BEGINNING SEPTEMBER 6

NO TOWN HALL IN SEPTEMBER, MAYBE OCTOBER.

TO YOUR HEALTH: VITAMINS

By Ron Speener



A, B, C, D, E & K—no, this is not the alphabet but vitamins. Vitamins are organic compounds

necessary for maintaining a healthy life, All vitamins, except D, are obtained from food; and, as we age, what we eat and how food is absorbed changes. Vitamin deficiencies can happen.

Although most know about the importance of Vitamin A for our eyes—eat your carrots! and Vitamin C helps with colds—drink your orange juice!, Vitamins B, D, E and K are less known but also very important.

Vitamin B Complex includes B-6 and B-12. Up to 20% of older people may have vitamin B deficiencies. It is necessary for healthy brains. Studies have shown lower levels of both vitamins increase the risk of cognitive impairment and dementia. These vitamins also play a role in digestion and red blood cell production. Sources of Vitamin B are whole grains, fruits and vegetables, and meats and dairy.

Vitamin D is found in seafood, meats and dairy; however, we need sunlight to convert the food into Vitamin D. It is important for maintaining healthy bones; studies indicate that it may help reduce fractures. It also regulates insulin, and supports cardiovascular health. Up to 50% of elderly people are Vitamin D deficient. Since sunlight activates Vitamin D, 10 to 15 minutes exposure to the sun several times a week is usually sufficient. Many physicians recommend supplements.

Vitamin E like Vitamin C is an antioxidant. Antioxidants gobble up left over bits of oxygen that the body does not use. These bits can cause damage to cells. It also helps strengthen the immune system and improves skin. Nuts are a great source of this essential vitamin.

Vitamin K helps regulate calcium in the body. Research suggests that it also helps reduce the risk of arterial calcification or hardening of the arteries, osteoarthritis and bone loss. Further risks for Vitamin K deficiency are associated with blood thinners like Coumadin®. Foods rich in it are basil, leafy greens, Brussel sprouts, pickles, and olive oil. Since Vitamin K is stored in the body, one can overdose.

Vitamins are important to healthy aging. Eating foods rich in these vitamins is the best way to get them. While supplements are easily found in many stores, you need to discuss taking them with your physician. Over use can be dangerous, and they may react with other medications you're taking. (Vitamins https://medlineplus.gov/vitamins.html).

RANCHERS AT SEA



Residents of Starlight Ranch are invited to join with others from VFW post 4287 and Gulfstream Harbor in a bus trip and half-day Casino Cruise aboard the Victory One Casino Cruise out of Port Canaveral on Monday,

September 12. It is only \$39.00 per person and includes transportation (bus leaves the VFW at 8:00 AM), boarding, buffet, and two drinks! Also, when you spend \$20.00 in play you get \$20.00 in free slot play. There is also live music entertainment on board.

Laurie Lyons is the coordinator for Starlight Ranch and must have your check (made payable to VFW 4287), full name, date of birth and phone number by **Thursday, September 8**. She will also be arranging carpooling to the VFW from the front clubhouse parking lot beginning at 7:30 a.m. The cruise is from 11:00 AM to 4:00 PM. You will return to Starlight at approximately 6:00 PM. Please contact Laurie at 407-802-4762 for additional information. Additional Victory Cruise information: http://victorycasinocruises.com or 855-468-4286.

THE 71ST ANNIVERSARY

By Pat Williams



What a wonderful morning at the Winter Park Civic Center on August 11th. It was an event to commemorate the end of World War II on August 2, 1945. It featured a patriotic music salute and a USO Show by the Orlando Big Band. What a crowd!, which included Starlight

Ranch's Angie Secrest, Pat Williams, Joe Laferriere, Audrey and Wayne Davis. Such a great turnout of Veterans. When the celebration ended, our afternoon continued when the five of us went to Olive Garden for lunch

EVENTS & ACTIVITIES:

Labor Day B-B-Q	Sept. 3	1:00 PM	ACH
Wellcare Bingo	Sept. 6	2:00 PM	ACH
Vets and Friends	Sept. 9	7:00 PM	MCH
Ice Cream Social and Gift Card Bingo	Sept. 10	1:00 PM	ACH
HOA Board Meeting	Sept. 14	7:00 PM	ACH
Karaoke	Sept. 16	7:30 PM	ACH
Wellcare Medicare Educational	Sept. 20	1:00 PM	ACH
Fall Dinner	Sept. 24	6:00 PM	ACH

WEEKLY ACTIVITIES:

- ★ Bingo Monday 6:45 PM (Last Sale 6:30) ACH
- ★ Bread Distribution Wednesday 9:00 AM (Tickets beginning at 8:00) ACH
- ★ Bunco Thursday 6:00 PM ACH
- ★ Chair Exercise Tuesday & Thursday 10:00 AM MCH
- ★ Water Exercise Tuesday & Thursday -10:00 AM - ACH



Pedro Ortiz - September 7 Nellie Garrett - September 8 Audrey Davis - September 11 Betty Fisher - September 19 Socorro Soto - September 20 Maria Ragazzone - September 30





Janice Traynor, 78, passed away on August 8. Janice was a 25-year resident of Starlight Ranch. She was the pool monitor for more than 8 years, one of the best. Janice was also on the Starlight Ranch Bingo Board and was an intricate part of the successful weekly games. Her kind gentle soul along with her positive spirit will be missed by all. Our condolences go out to her family and friends.

Dennis Goerndt, 85, passed peacefully at home on August 5. He is survived by his wife, Joanne, they were together for 70 years. He held a 38-year career with Northwestern and Southern Bell telephone companies and is fondly remembered for his funny stories, jokes and party hosting. Our thoughts are with his extensive family and friends in their time of loss.

(Full length obituary and photos on page 9)

Rosalie Taylor, 78, passed August 21. She was a 42-year resident of Starlight Ranch and is survived by her husband John, children Vincent and Karen, and two grandchildren. Healing comfort and prayers to all in your time of sadness.

If you would like your birthday or anniversary listed in future issues, please either print the information on the clipboard in the front (ACH) clubhouse or contact Mary Rivera at 321-663-0507. Also, please let her know of any residents that have passed-on or moved away.

THE CHAIR EXERCISES WILL START AGAIN ON SEPTEMBER 6TH IN THE BACK CLUBHOUSE AT 10 AM

Amigos Residentes del Rancho Starlight: N'ecesitamos su completa atención!

Ya estamos en Septiembre. Antes que nos demos cuenta se acaba este año y viene el 2017 y con eso viene otro aumento a la renta que pagamos. Eso es inevitable, lo que puede ser evitable es que ese aumento sea una cantidad exorbitante, una cantidad que no podamos poder pagar sin quebrar nuestro presupuesto. ¿ Cómo y qué debemos hacer?

Buena pregunta. Amigos, venimos diciéndoles y pidiéndole que se unan a nuestra Asociación de Dueños de Casas o la Homeowners Association del Rancho Starlight, para poder tener suficiente miembros de tal manera poder impactar y ayudar a nuestro Comité de Negociaciones en las mismas. Sabemos que la corporación dueña de este parque no nos respeta, no nos temen porque están convencidos que no tenemos los números o sea miembros suficientes para poder afectar sus decisiones.

No podemos olvidarnos que esta gente tiene el derecho, si quieren, de aumentar la renta hasta el 20%. No creemos que harían tal cosa, pero si es la realidad. Y es por esa misma razón que necesitamos aumentar los números. Teniendo la mayoría de miembros no se atreverían ni intentar tal cosa. Nos tendrían más respeto y naturalmente más consideración.

Ahora que la temperatura estará más fresca comenzaremos la Campaña de Membresía de puerta a puerta con el propósito de inscribir más residentes como miembros a la ADC (HOA) así aumentar los números.

AVISO:

La venta de artículos usados (rummage sale) esta fichada para octubre 22, 2016. Comuníquese con Roger al 407-592-3850 para reservar su mesa y más detalles.

Resident Classifieds













Free lessons in English or Spanish

Ex-professor from Univ. of Puerto Rico

Max Gonzalez

Tel: 787-413-3613



For Sale: 1991 Cadillac Brougham - Only 57K miles, \$8300 invested - Must Sell - \$6,500 - Call Rick at 678-777-5697

Needed: Someone to do light housekeeping and cleaning ... floors, dusting, bathrooms, etc. 2-3 times per month. Please call Linda at 407-734-5075

Important Telephone Numbers					
Emergency	Dial 911				
Starlight Ranch Office	407-273-3130				
Starlight Ranch Maintenance	407-770-7015				
(After Hours & Weekends)					
Only)					
Universal Towing	407-816-0102				
Rattlesnake Security	407-545-1464				
Watering Violations	800-232-0904				
Orange Cty Animal Control	407-836-3111				
Fraud Hotline	877-438-4338				
Elder Abuse (DCF)	800-962-2873				
Crimeline	800-423-8477				
Orange County Sheriff's	407-836-4357				
Office - Non-emergency					
Mosquito Control	407-254-9120				

~ September 2016 ~								
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	and the state of			1	2	3		
				Water Exercise 10AM				
	FALL ARRIVES 10:21 AM			ACH		Labor Day B-B-Q		
	SEPTEMBER 22!			Chair Exercise 10 AM		1 PM ACH		
				MCH		Desserts Welcome		
				Bunco 6:00 PM ACH				
4	5	6	7	8	9	10		
	BA DOME DAY	Water Exercise 10AM	Bread 9 AM ACH	Water Exercise 10AM				
	Monday	ACH		ACH	83000	Ice Cream Social and		
	Bingo 6:45 PM - ACH	Chair Exercise 10 AM		Chair Exercise 10 AM		Gift Card Bingo 1 PM		
	Last Sale - 6:30 PM	MCH		MCH	VETS Social Hour 7 PM	ACH		
		Wellcare Bingo 2 PM ACH		Bunco 6:00 PM ACH	MCH			
11	12	13	14	15	16	17		
		Water Exercise 10AM	Bread 9 AM ACH	Water Exercise 10AM	Karans			
		ACH		ACH				
9UI	Bingo 6:45 PM - ACH	Chair Exercise 10 AM		Chair Exercise 10 AM				
La	Last Sale - 6:30 PM	MCH	HOA Board Mtg 7 PM	MCH	Karaoke Snacks			
**			ACH	Bunco 6:00 PM ACH	7:30 PM ACH			
Bingo 6	19	20	21	22	23	24		
		Water Exercise 10AM	Bread 9 AM ACH	Water Exercise 10AM				
		Chair Exercise 10 AM		ACH		Fall Dinner		
	Bingo 6:45 PM - ACH	Medicare Educational-		Chair Exercise 10 AM		6 PM ACH		
	Last Sale - 6:30 PM	Wellcare 1 PM ACH		MCH		Desserts Welcome		
		Lunch Provided		Bunco 6:00 PM ACH				
25	26	27	28	29	30	Notes:		
		Water Exercise 10AM	Bread 9 AM ACH	Water Exercise 10AM		ACH = Front Clubhou		
		ACH		ACH		MCH = Back Clubhou		
	Bingo 6:45 PM - ACH	Chair Exercise 10 AM		Chair Exercise 10 AM				
	Last Sale - 6:30 PM	мсн		мсн				
				Bunco 6:00 PM ACH				

The newsletter is published monthly by the Starlight Ranch Mobile Homeowners' Association. Articles, ads, and other contributions for consideration are due by the 20th of each month, but earlier would be appreciated! Please drop in the mail-slot of the HOA Office or the Suggestion Box in the front (ACH) club house to the attention of Dave Wegman, Editor, and include your contact information. Contributions may be altered for size, clarity or grammatical correction

You may also send e-mail to newsletter@starlightranchhoaweb.com.



Orlando, FL – Dennis D. Goerndt, 85, passed away peacefully at home on Friday, August 5, 2016, surrounded by family. He was born on August 25, 1930 in Breckenridge, Minnesota to Raymond and Lydia Goerndt. Dennis married Joanne Foyen on February 17, 1951, together 70 years.

Dennis is survived by his Wife, Joanne; their four daughters, Denise Goerndt, Teresa Goerndt, Jodi (Phil) Skoog, and Susan (Jim) Price; sister, Marilyn Wright; grandchildren, Jeff, Joel, Jennifer, Jon, Shawn, Ryan, Neil, Steven, Jessica, Nick, Jimbo and Caryn; and great-grandchildren, Aidan, Sydney, Olivia, Nicholas Jr, Dallas, Colton, Lacey, Luke and Bella; and his sweet kitties, Peepers, Chloe and Smokey. Dennis is preceded in death by his Mother and Father and his brother, Bernie Goerndt.

Dennis moved his family from St. Paul, Minnesota, where he worked for Northwestern Bell (telephone company), to transfer to Southern Bell, in Orlando, Florida, as a supervisor in February 1968. He worked with that company for 38 years until he retired.

Dennis was a very charismatic man who always had a funny story or many jokes to tell. He was extremely outgoing and social, often hosting parties for his work friends and their families and very much enjoyed meeting new people. He enjoyed traveling, driving, and garage sales, and was always on the go. He loved sports and auto racing above all and took his grandchildren to many races. He was very patriotic not just for his country but his hometown and surrounding cities he grew up in. Dennis was a loyal friend retaining many of his childhood friends throughout his move to Florida and over many years. He most of all adored and doted on his family from his children to his great grandchildren, all of them being very special to him.



Joanne and Dennis Goerndt

September Issue brought to you by ... Pat, Mary, Bertha, Jackie and Dave!







WE OFFER "PREFERRED" MOBILE HOME INSURANCE COVERAGE WITH AEGIS, RELIANT, MODERN USA AND LLOYDS.

IF YOU HAVE FOREMOST, CITIZENS OR MANY OTHER COMPANIES, WE CAN SAVE YOU \$\$\$ ON YOUR COVERAGE.



CALL, I AM HERE TO HELP.

CLYDE F WATSON

407-420-7975



14365 E. COLONIAL DR, STE A2, ORLANDO, FL 32826



CALL TODAY! 407-420-7975

14365 E. Colonial Dr Orlando, FL 32826 enterpriseinsurance.us

Best Watercraft Insurance Rates Around!

NEW Chaparrall 216

NEW Sea Fox 226 Commander



\$376.84

NEW Mastercraft X25



\$565.25

NEW Ranger Z519C



\$975.52

NEW Bennington SLX



\$410.27

NEW Sea Doo Spark



\$216.78

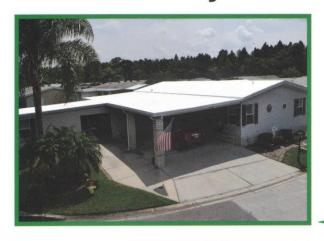


\$126.63

All premiums are annual. Risk rated is based on a homeowner with a boating safety course and no violations. Premium is paid in full, \$100,000 liability, \$1,000 med pay, \$1000 emergency towing, \$1,500 trailer \$1,000 personal effects and agreed value coverage on the boat. Premiums can differ based on each risk characteristic quoted.

MOBILE HOME ROOFING

Family Owned & Operated

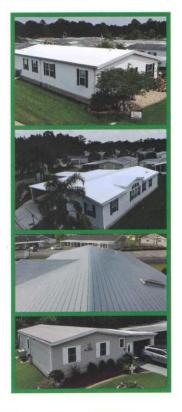




FREE VIDEO ROOF INSPECTIONS

- Lifetime Transferable Warranty
 - Energy Efficient
 - Protects Your Home
 - Roof Insurance Certifications
 - Financing Available
 - FREE Estimates

1.877.572.1019 AllFloridaRoofs.com

















LICENSED & INSURED #CCC1327406 · CBC1259006