

February 2017

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### FROM THE HOA BOARD:

Hello members and homeowners!

An emergency meeting was held on Wednesday, January 18, at 7:00 pm. We discussed the resignation of President Vern Olsen and Director Roger Hebert. Let us all keep them in our prayers for their return to good health and service.

The Board appointed Secretary Carmen Viera to one of the vacant seats. One seat remains open and the Board hopes to fill it at the February regular meeting (8<sup>th</sup> at 7:00 PM). Please attend if you are interested in being considered. Remember you must be a homeowner and a member of the HOA.

Also discussed was the moving of the library in the front clubhouse to the living room area. During the relocation many of the books had water damage, signs of mold, mildew and bug problems and were thrown away. Comments were made to the effect that it belongs to Equity LifeStyles and it is their responsibility to maintain or not. An apology is in order if offense was taken. The library is now in need of new book donations - please help if you can.

The floors in the front clubhouse will also be refinished this month ... Hurrah!!

This community can only be successful if we come and work together. Please join or renew your membership with the Home Owner's Association. Forms and instructions can be found on the bulletin board in the front

clubhouse. If you have a complaint--great, but also bring a thoughtful solution!

Thank you, Bob Marley, President Pro Tempore



### THOUSANDS OF ITEMS SERVED!

The 2016 Totals are in! An amazing 12,137 bread and bakery items were distributed last year to over 1,588 residents at the weekly Starlight Ranch Bread Distribution! It wouldn't be possible without Panera Bread's Dough-nation Program and Publix Supermarkets, and most importantly, the Committee and other Ranch-hand resident volunteers.



It's never too late to join in on the calories and fun! Every Wednesday, front club house, tickets issued with resident ID between 8:00-9:00. Then it's a

random draw for your pass through the line. Each resident, one per lot please, typically goes home with a sliced bread, whole bread, rolls, bagels, a large and small dessert and multiple long-breads! And what better month to start ... Thursday, February 23 is National Toast Day!

"It's not what you look at that matters, it's what you see."

"No es lo que tu meras que importa, sino lo que tu ves"

Henry David Thoreau

### TO YOUR HEALTH: INTIMACY

By Ron Speener



Dating, cohabitating, engaging in affairs, having protected or unprotected sex, being sexually abused, masturbating or abstaining does not describe the

younger generation but ours. The need for intimacy does not disappear as we age. What does change is our ability to do it.

Normal changes with age can affect desire and performance. For women, it is drying of the vagina, which may result in painful intercourse. For men, it can be erectile dysfunction (E.D); men can take longer for an erection. Medical condition such as arthritis, chronic pain, diabetes (more in men), heart disease, stroke, and incontinence affect desire and functioning. Medications can also affect sexual desire and functioning.

Consulting with a physician is the best place to start discussing sexual intimacy issues. He or she can suggest non-medication options such as positions and lubricants.

Emotions, also, play an important part in intimacy. People who have lost a spouse may feel that they are cheating on the decease loved-one, or that they are just too old and should not be having such thoughts, or that the partner no longer finds them as attractive as they were twenty or thirty years ago. These feelings are valid and must be worked through. Talk to your partner or a counselor about these feelings.

Sexually transmitted diseases (STD) need to weigh into intimacy practices if one is sexually active and not monogamous. On average, STDs among those over 65 have risen by about 65% (90% for gonorrhea). Although the number of reported cases is very small—2,616 in 2014--safe sex should be practiced.

Humans remain sexually active and have the need for sexual intimacy well after the reproductive years. Studies show that this

intimacy is an important part of the senior years. The experiences earned with aging can make sexually intimacy richer and deeper and should not be repressed just because we are older (Sexuality in Later Life <a href="https://www.nia.nih.gov/health/publication/sexuality-later-life">https://www.nia.nih.gov/health/publication/sexuality-later-life</a>).

### CHAIR DANCING EXERCISES

By Pat Williams

We are still having a good time doing our exercises and it's getting easier each week. We had two new people show up and we all had a good time. Carol Lee and her daughter Kathy Barone stopped by. Kathy was visiting from out of state and she just loved the exercises. It's really a fun hour, and you do it at your own pace. No pressure at all. Come on by and give us a try. You'll love it too.

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## **VETERAN'S SOCIAL HOUR**

By Pat Williams



It was yet another nice and happy gathering. The Veterans in attendance were: Jackie Bedard – Navy, Joe Laferriere – Navy, Dave Douma – Marines, John Bertsche –

Army, Laurie Lyons – Navy, and Richard Balderson – Navy. The guests were: Barry Bertsche, Marli Silverthorne, Patty and Craig Olsen, Eriberta Cleveland and Pat Williams.

Patty had another delicious menu: Tomato and Lima Bean soups, Cuban Sliders (Ham & Cheese) and Grilled Cheese Sandwiches. Then there was a surprise for me at dessert time. Everyone sang 'Happy Birthday' to me. It was wonderful and then we found out Richard Balderson's birthday is also coming up. Patty made a wonderful birthday cake and Marli Silverthorne also brought a delicious chocolate cake. We also had ice cream. I brought some cookies. What more could you ask for!

We would enjoy having more Veterans in the park come to our Social Hours. It would be great meeting you and hearing your stories. But whether you come or not I would like to thank you for your service.

### **ADVERTISING UPDATE:**

Beginning with this issue, new fees have been implemented for resident ads. For a business card sized ad, HOA members will be charged \$2.50 per month; Non-HOA members \$5.00 per month. Line ads (items for sale, services offered or needed, etc.) will continue to be free, with a 30-word maximum. Over 30 words will be charged the business-card rates. For more information contact Denise Koplar. Please text her at 407-443-9214 or speak with her at a Board meeting or function.



### RESIDENT SPOTLIGHT

By Joan Stearns



I am so fortunate to have known Leila Acevedo and her daughter, Cookie Acevedo-Kay, for almost 15 years now. What a great team! They always make me feel so welcome, and their joy in life itself is catching!

When Leila was 12 years old, she moved to the U.S. from Puerto Rico. She had five children in 10 years, and they are certainly a close family! She has 10 grandchildren, and one great grandchild...a glorious little boy, Kadeimai, who just had his first birthday! One of her grandchildren (Cookie's daughter, who is charming) was in town from Las Vegas to join in his birthday celebration.

Leila's son found a home for her in Starlight Ranch in 1996, where her yard is filled with fabulous, beautiful flowers. She loves her neighbors and loves the walks she takes with her two dogs: Lola and Scrappy. She also has a 13-year old cat, Rainbow. Leila is also very involved with the Shenandoah Baptist Church. There is nothing Leila wouldn't do for you – she is so affectionate and always has that wonderful smile of hers.

Cookie and her family were travelling cross country one year, and fell in love with a town in Nevada called Laughlin. She raised her daughter there, along with many other children in the community who needed a sense of

"family". She returned to Orlando in 2006, when her Mom had open heart surgery.

Cookie works as a loan officer/collectionswhich she loves, although it involves too many hours of her time!

Their home is filled with family photos! Their family is all the entertainment they need! Family/Work/Dogs! Although, Cookie has two favorite movies (which I've got to see!): "The Other Woman" with Cameron Diaz, and "The Ugly Truth", starring Gerald Butler.

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



### **HOA Board**

Bob Marley, Vice President 407-228-0846

Jose Rodriguez, Treasurer 321-229-5429

Daniel Flores, Director / SOA 407-484-2874

Carmen Viera, Director / Secretary 407-717-5795

Ana Pope, Director / Activities 407-758-7226

Denise Koplar, Director / Advertising 407-443-9214 - TEXT ONLY

Vacant / to be filled

## **EVENTS & ACTIVITIES:**

Ice Cream Social and Gift Card Bingo	Feb. 4	1:00 PM	ACH
HOA Board Meeting	Feb. 8	7:00 PM	ACH
Vets and Friends Social Hour	Feb. 10	7:00 PM	MCH
Valentine's Dinner	Feb. 11	6:00 PM	ACH
Dominos (light refreshments and chips)	Feb. 19	3-6 PM	ACH
Chili Dinner	Feb. 25	6:00 PM	ACH

### **WEEKLY ACTIVITIES:**

- ★ Bible Study / Estudio Biblico Wednesday (except Board Meeting) 7:00 PM - MCH
- ★ 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**

### **FEBRUARY ACTIVITY NEWS**

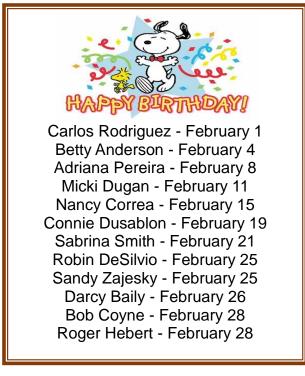
By Ana Pope, Activities Director

Hello from your Activities Director, February is American Heart Month and also Valentine's Day. Wear red and come and celebrate Valentine's Day with us on Saturday, February 11 at 6:00 PM in the front clubhouse. We will be enjoying a pasta dinner with salad and garlic bread. I would love to see you all there. WHERE FRIENDSHIP BLOSSOMS, LIFE IS REBORN.

Since National Chili Day this month, we will be having a Chili Dinner with salad and cornbread on Saturday, February 25<sup>th</sup> at 6:00 PM in the front clubhouse.

Please remember to sign up on the clipboards in the front clubhouse by the Thursday before the event.

We need more volunteers so we can bring more activities. Without your participation we cannot thrive. Please help me in making Starlight Ranch a place to come together as one, contact me with any ideas you may have in mind. We would love to hear from you all. Thank you!





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.



### Residentes Y Amigos del Rancho Starlight

La junta de la Asociación de Dueños de Casas (ADC), conocida como la Homeowners Association en inglés, (HOA), una vez más está buscando candidatos para la vacancia que existe. Últimamente dos miembros renunciaron, ambos por razones de salud. Carmen Viera, quien estaba funcionando como secretaria voluntaria, fue nombrada a la junta y ahora es miembro, pero todavía existe una vacante la cual debe ser llenada lo más pronto posible. Les exhortamos a que se hagan parte de esta junta.

Al presente, Bob Marley es el Vice-Presidente y al mando, Jose Rodriguez, este servidor, es el Tesorero, Carmen Viera, Secretaria, Ana Pope, Directora, con cargo de las actividades, Daniel Flores, Director-Sargento de Armas, Denise Koplar, Directora, con cargo de la publicidad.

Seguimos avisándole a nuestros lectores de las actividades programadas para el deleito de todos. llaman en inglés Valentine's Day y es el mes del corazón. Vístase de rojo y venga a celebrar con nosotros el día San Valentín, febrero 11 a las 6:00 p.m. en la casa club al frente. Habrá una gran comida y postres y alegría, y... todo gratis. Si puede traiga su postre preferido para que todos podamos disfrutarlo con usted.

Además, el 25 del mes tendremos otra comida rica, chili, ensalada, pan de maíz y postres, celebrando el Día Nacional del Chili, en el mismo lugar a la misma hora. También queremos avisarle que todos los miércoles a las 9 de la mañana se distribuye pan y bizcochos a los residentes en la casa club al frente, y ese mismo día a las 7:00 p.m. hay estudio bíblico en la casa club atrás. Los jueves juegan Bunco a las 6:00 p.m. en la casa club al frente y los martes y jueves a las 10:00 a.m. hay ejercicios de silla en la casa club atrás. Para finalizar le diremos que los veteranos residentes tienen una bonita actividad todo segundo viernes del mes a las 7:00 p.m. en la casa club atrás. Siempre tienen algo bueno para comer, muy buena fraternidad y se goza muchísimo. Todo veterano y su cónyuge queda invitado. Y no se olviden los juegos de Dominos que comienzan el domingo 19 de febrero de 3:00 a 6:00 p.m.

Queremos dejarle saber que todo residente con cualquier tipo de negocio o profesión o talento, que quiera anunciarse por este medio, o sea esta pequeña revista, lo puede hacer bien barato. Todo anuncio tamaño tarjeta cuesta \$2.50 mensual a residentes miembros de la ADC o HOA. Si no es miembro le cuesta \$5.00. Si tiene algo para vender o servicio para ofrecer o lo que sea, lo puede anunciar sin costo tanto y cuando lo haga con una frase de menos de 30 palabras. Para más información comuníquese con un miembro de la junta.

Salir en citas, conviviendo, bretes, relaciones sexuales protegidas o no protegidas, masturbación, abuso sexual.... no, no estamos hablando de la juventud, pero de nuestra generación. La necesidad de la intimidad no se desaparece según vamos envejeciendo. Lo que cambia es nuestra habilidad de hacerlo. Cambios que vienen por la edad son normales y afectan nuestros deseos y desempeño de los mismos. Enfermedades, medicamentos, emociones, perdidas de compañeros(a), sentimientos. Todas estas cosas afectan como aceptamos la intimidad.

Los humanos tienen la necesidad y siguen activos sexualmente bien después de los anos reproductivos. Estudios prueban que la intimidad es una parte muy importante en las vidas de los envejecientes. Las experiencias ganada al envejecer hace la intimidad sexual más rica y profunda y no deben de ser reprimidas porque estamos más viejo.

## ¡Hasta la próxima, Amigos!





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 Office -	407-836-4357			
Non-emergency				
Mosquito Control	407-254-9120			

PLEASE CLIP AND SAVE - THIS CHART WILL NOT BE IN EVERY EDITION







Needed: Will work for you doing light housekeeping and cleaning - floors, dusting, bathrooms, etc. Please call Carol at 561-212-7182. Can work to your schedule ... Let's talk today!



## **Brownie in a Mug**

Easiest brownie ever, single-serving brownie microwaved in a mug!

Some mugs don't microwave well because there is metal

in their ceramic glaze. They will work but may get very hot. It's best to use a plain old everyday unfancy mug.



#### **INGREDIENTS:**

- 1/4 cup flour
- 1/4 cup sugar
- 2 Tbsp cocoa (natural, unsweetened)
- Pinch of salt
- Tiny pinch of cinnamon
- 1/4 cup water
- 2 Tbsp canola oil or vegetable oil (NOT extra virgin olive oil, it's too strongly flavored)
- 1 to 2 drops vanilla extract
- Small scoop of ice cream or 1 or 2 teaspoons heavy whipping cream to serve

#### METHOD:

- 1. Place flour, sugar, cocoa, salt, and cinnamon in a microwave safe ceramic mug. Stir with a fork or spoon to mix well and break up any clumps.
- 2. Add the oil, water, and vanilla to the cup and stir until the mixture is smooth and there are no lumps.
- 3. Place in microwave and heat on high until the mixture is cooked through, about a 1 minute and 40 seconds for a 1000-watt microwave. You may have to experiment and adjust the time for less or more powerful microwaves. If you don't know the power level on your microwave, start with 60 seconds and increase until the brownie is done. It should still be moist when cooked through, not dry.
- 4. Let cool for a minute and serve with ice cream or whipping cream.

~FEBRUARY 2017~						
Sunday	Monday 🔀	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>EBRUA</b>		Bible Study / Estudio Biblico 7 PM MCH	Chair Exercise 10AM MCH GROUND HOG DAY Bunco 6:00 PM ACH	National Carrot Cake Day	4 Ice Cream Social and Gift Card Bingo 1 PM ACH
5 National Shower With a Friend Day!	6  1 16 40 47 12 14 17 38 40 15 12 14 12 14 12 14 12 14 12 14 14 12 14 12 14 12 14 12 14 12 14 12 14 12 14 12 14 12 14 12 14 14 12 1	7 Chair Exercise 10AM MCH Activities Meeting	8 Bread 9 AM ACH  HOA Board Mtg 7 PM	9 Chair Exercise 10AM MCH	10 Newsletter Meeting 10 AM ACH VETS & Friends 7 PM	Valentine's Dinner
	Last Sale - 6:30 PM	7 PM ACH	ACH	Bunco 6:00 PM ACH	MCH	Desserts Welcome
12	13	14	15	16	17	18
	Bingo 6:45 PM - ACH Last Sale - 6:30 PM	Chair Exercise 10AM MCH  Happy  Valentines  Day	Bread 9 AM ACH  Bible Study / Estudio Biblico 7 PM MCH	Chair Exercise 10AM MCH  Bunco 6:00 PM ACH		
DOMINOS! 3-6 PM ACH	20 Presidents Day  Bingo 6:45 PM - ACH	21 Chair Exercise 10AM MCH	Bible Study / Estudio	23 Chair Exercise 10AM MCH	24	25 Chili Dinner 6 PM ACH
	Last Sale - 6:30 PM		Biblico 7 PM MCH	Bunco 6:00 PM ACH		Desserts Welcome
26	Bingo 6:45 PM - ACH	28 Chair Exercise 10AM MCH	Notes: ACH = Front Clubhouse MCH = Back Clubhouse		National Toast Day Thursday, Feb. 23	
	Last Sale - 6:30 PM					

The newsletter is published monthly by the Starlight Ranch Mobile Homeowners' Association. Articles, ads, and other contributions for consideration are due by the 20<sup>th</sup> 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.

## The Royal Court marks Queen Shirley's day of Birth From Pat Williams ...

Who says you can't be a kid at Burger King even if you are 77. Shirley's birthday was December 26 and the three of us had a great dinner at Cheddar's. When we finished Shirley suggested we go to Burger King and celebrate some more with our favorite dollar sundae, put on the Burger King crowns and have our picture taken. Well we did and this picture shows the fun we were having...



Eadie Carvalho, Pat Williams, Shirley Silverthorne

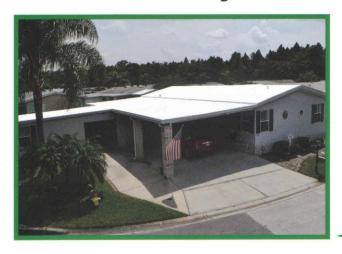
## GIT ALONG LIL' DOGGIES ... From Denise Koplar



Will you be our valentine?! Lots of licks! Love, Katie, Buddy and Cookie

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Monday, February 13th @ 11:30 AM

## Olive Garden

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Orlando, FL 32839

Thursday, February 9th @ 11:30 AM

Tuesday, 21st @ 11:30 AM

## Golden Corral

2328 S Semoran Blvd

Orlando, FL 32822

Friday, February 10th @ 11:30 AM

Wednesday, February 15th @ 11:30 AM

Saturday, February 18th @ 11:30 AM

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Thursday, February 16th @ 11:30 AM

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