



**Starlight Ranch Mobile Homeowner's Association, Inc.**

July 2017

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## **FROM THE BOARD**

Hello Starlight Ranch Residents:

Summer is finally here and many of us will be going on vacation, others going up North and some will just stay at the ranch.

Since its summer, many of the Board Members are working on some of their own projects and some of our pending projects with management should come to fruition soon. So members and residents, please have patience, everything that was promised by management in our negotiations will be delivered.

Regarding a grant from the state offering anchors and straps to mobile home parks, the application has been submitted by Carmen Viera, the HOA Board Secretary. The process takes time and the park has to be evaluated and approved. We are currently waiting for a response from them.

One more item of importance, the newsletter editor has resigned as of June, 2017 and we are currently looking for an editor to produce the newsletter. If you are interested, or know someone who is, please contact the HOA President Pro Tempore, Bob Marley at 407-228-0846.

## ***The Fourth of July***

The Fourth of July is also known as "Independence Day". It has been a federal holiday in the United States since 1941, but the tradition of independence Day celebration goes back to the 18<sup>th</sup> century and the American Revolution. On July 2, 1776, the Continental Congress voted in favor of independence and two days later delegates from 13 colonies adapted the declaration of independence, a historical document drafted by Thomas Jefferson. From 1776 till the present day, July 4<sup>th</sup> has been celebrated with festivities, ranging from fireworks, parades, concerts to more casual family gatherings and barbecues.

The HOA Board Members wish all members and residents, a safe and wonderful 4<sup>th</sup> of July!

**FROM DAVID  
STANZ  
COMMUNITY  
MANAGER**



**Happy 4<sup>th</sup> of July!**

I wish everyone a safe and joyous 4<sup>th</sup>. It is against the rules to shoot off fireworks inside Starlight Ranch and it is against the law. Rattlesnake will be on the lookout for people shooting off fireworks and ask them to stop. If the offender does not stop the police will be called.

Community improvements are coming. Towards the end of July we will begin re-paving the front entrance and all 4 clubhouse parking lots. During the re-paving project residents may be inconvenience for a short time and not be able to get to their mail box or experience traffic back up at the entrance. Please be patient and obey posted traffic signs.



- Cindy Pokel & Helen Bostock - 7-3
- Frank & Emilie Harber - 7-9
- Vern & Linda Olsen - 7-11
- 30<sup>th</sup>**
- Roger Hebert & Judy Moore - 7-17
- Guy & Jeanette Bollevile - 7-20
- Joe & Teresa Smith - 7-24

**FROM ANA POPE, ACTIVITIES DIRECTOR**

**Reminder to all Residents**

Please make sure you sign up in the front clubhouse prior to any upcoming events. The deadline for signing up will be three days prior to the actual event. If you are planning to bring a guest, please make sure you have obtained a guest pass from the ELS Management office. We will be asking for Resident ID cards and guest cards.

<b>Important Telephone Numbers</b>	
Emergency	Dial 911
Non-Emergency Help & Information	Dial 311
United Way / Elder Services	Dial 211
Starlight Ranch Office	407-273-3130
After hours / weekends	407-770-7015
Universal Towing	407-816-0102
Rattlesnake Security	407-545-1464
Orange Cty Animal Control	407-836-3111
Elder Abuse (DCF)	800-962-2873
Sheriff - Non-emergency	407-836-4357
Mosquito Control	407-254-9120

“Then join hand in hand, brave Americans all!  
By uniting we stand, by dividing we fall.”

John Dickinson

“Entonces unansen de mano en mano, todos  
Americanos valientes! Unidonos nos  
levantaremos, y dividiendonos nos caeremos.

John Dickinson

**Classifieds**

Estate Sale at 2995 Wild Horse Road, July 7 & 8,  
9:00 a.m. to 5:00 p.m.

## EVENTS & ACTIVITIES:

<b>Fourth of July Celebration</b>	July 1	6:00 P	ACH
<b>DNF Bingo</b>	July 5	2:00 P	ACH
<b>HOA BOARD MEETING</b>	July 12	7:00 P	ACH
<b>Ice Cream Social and Gift Card Bingo</b>	July 15	1:00 P	ACH
<b>WellCare Bingo</b>	July 18	2:00 P	ACH
<b>Latin Dance</b>	July 22	6:00 P	ACH
<b>Vitas Lunch &amp; Learn</b>	July 25	12:30 P	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 – 10:00 AM - MCH**
- ★ **Water Exercise - Monday & Friday – 10 AM - ACH POOL**

### RESIDENT'S CORNER

Rena Hunt, a long term resident of Starlight Ranch, is being moved by her son to the Excellence Assisted Living Facility at 2250 S. Semoran Blvd., in Orlando, Room 114. Stop by and visit.

## Culinary Corner

### Traditional Bread Pudding

#### Ingredients Needed:

- 14 slices of any kind of firm bread
- 1 ½ cup of whole milk
- ½ cup of butter
- 1/3 packed brown sugar
- 1 tsp of ground cinnamon
- ¼ teaspoon of ground nutmeg
- ¼ teaspoon of ground cloves
- 1 medium apple (Peeled, cored and chopped)
- 1 package of dry fruit of your choice (chopped)
- 1 egg
- 1/3 cup dried nuts

#### Mixing of Ingredients

1. Tear bread into pieces. Place in a large bowl, pour milk over bread, soak 30 minutes,
2. Pre-heat oven to 350
3. Spray a 9x5 inch loaf pan with non-stick cooking spray.
4. Add butter, brown sugar, cinnamon, nutmeg, cloves to the bread mixture in bowl
5. Beat with wire whisk or use an electric mixer on low for about 5 minutes.
6. Pour mixture onto greased loaf pan, and bake at 350 degrees for 1 hour and 30 minutes.
7. Insert a toothpick in the middle of the pudding, and leave it, pull toothpick out and check frequently to ensure pudding is cooked well inside.
8. After removing the pudding from the oven, placed on a cookie sheet and let sit for about ½ hour before eating. Could be enjoyed with vanilla ice.



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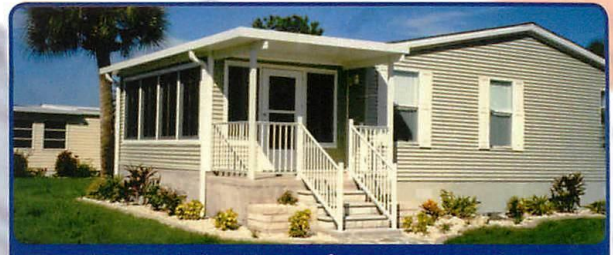


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## TO YOUR HEALTH: The In And Out of Food (Part 2)

By Ron Speener

“Through the lips and over the gums. Look out stomach; here it comes.”

After our teeth and saliva pulverize the food we eat, it is time for the stomach and intestines to convert the food into the nutrients that we need to maintain our bodies.

As we swallow food, it travels down the throat, which branches to the lungs and to the stomach, through the esophagus. With age this tube the food travels narrows. Usually this does not cause problems, unless the food is not sufficiently chewed. If the esophagus narrow too much so that food cannot be swallowed, a physician may stretch the esophagus. Also just before the stomach is a flap that allows food into the stomach. This can weaken with age and cause stomach acids to splash into the esophagus causing heartburn or acid reflux. Excessive heartburn needs to be treated by a physician because the acid can erode the esophagus causing ulcers and bleeding.

Once the food reaches the stomach, the hydrochloric acid in the stomach further breaks down the foods into proteins, fats and other compounds. Aging cause a decreases acid production, which in turn reduces the breakdown of foods into proteins and fats. We now may have cravings for proteins and fats. Also, the reduced acid secretions lowers the absorption of some vitamins and minerals, which can increase the risk of osteoporosis and other diseases.

With the decrease in stomach acids is also a decrease in digestive enzymes. We may become more food sensitive or intolerant. That ice cream that we loved now causes bloating, diarrhea, and gas. We are more prone to peptic ulcers and gastritis, especially if we take aspirin or other

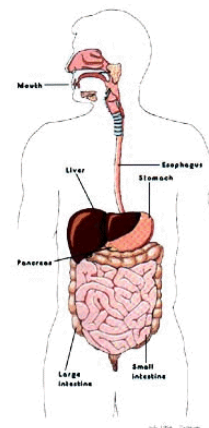
nonsteroidal ant-inflammatory drugs (NSAIDs). Since the stomach shrinks in size and is less elastic and the food moves more slowly from the stomach to the intestines, we may feel full after a small meal.

The liver, gallbladder and the pancreas also play an important role in digestion. Each of these organs, which sit beside the stomach, secrete digestive enzymes. The pancreas is responsible for the production of insulin, and the gallbladder for bile, which aids in digestion. Bile production decreases as we age, and so we are more prone to gall stones.

Most of these age related declines are not very noticeable or just a nuisance. However, a healthy life style can further reduce these declines by

- Fully chewing food,
- Maintaining high fluid intake,
- Exercising,
- Keeping a healthy weight.

Of course, if you are losing weight, have no appetite, or other symptoms of gastric distress, see your physician. Next month I will finish the series on the *Ins and Outs of Food* discussing the outs. (*Effects of Aging on the Digestive System*, <https://www.merckmanuals.com/home/digestive-disorders/biology-of-the-digestive-system/effects-of-aging-on-the-digestive-system>)





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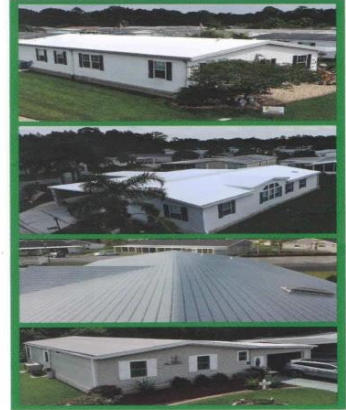


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- |                       |      |
|-----------------------|------|
| Noela Davila -        | 7-1  |
| Scott Haverhill -     | 7-1  |
| Mike Myer -           | 7-3  |
| Karen Palmer -        | 7-4  |
| Cathy Mahn -          | 7-5  |
| Alice Cohen -         | 7-9  |
| Debbie Ryals -        | 7-9  |
| Jeanette Belleville - | 7-11 |
| Shirley Witmer -      | 7-12 |
| Linda Funderback -    | 7-14 |
| Rosemary Doyle -      | 7-16 |
| Jim Henley -          | 7-16 |
| Donna Rodriguez -     | 7-16 |
| Carmen Lopez -        | 7-18 |
| James Oloughlin -     | 7-20 |
| Saudia Flores -       | 7-21 |
| Don Johnson -         | 7-22 |
| Roderick Jacobs -     | 7-23 |
| Larry Cohen -         | 7-24 |
| Martie Hensley -      | 7-28 |
| Edith Carvalho -      | 7-31 |
| Judy Cyman -          | 7-31 |

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**HOA BOARD MEMBERS**

- ★ Bob Marley, President Pro-Temp  
407-228-0846
- ★ Jose Rodriguez, Treasurer  
321-229-5429
- ★ Carmen Viera, Secretary  
407-953-1810
- ★ Ana Pope, Director / Activities  
407-758-7226
- ★ Denise Koplak, Director / Advertising  
407-412-5083 or TEXT TO: 407-443-9214
- ★ Lucy Mejias, Director  
407-473-4377

## ¡Hola Residentes del Rancho Starlight!

Queremos abrir diciéndoles que posiblemente esta sea la última edición de este periodiquito. La persona que muy bien lo estaba editando y produciendo renunció a fines del mes pasado y nadie ha aceptado cogerlo. Una vez más como gran miembro y resuelve que es, nuestra secretaria, Carmen Viera, hizo lo máximo para sacar esta edición, pero es mucho trabajo y ella no podrá seguir haciéndolo. Se le ha hablado a varias personas y se ha publicado por varios medios pero nadie ha respondido. Si usted o alguien que conozca le interesa, favor de comunicarse con nuestro Presidente Temporal Bob Marley al 407-228-0846.

¡Veremos!

Pues ya llegó el verano y los días calurosos, además mucha lluvia y... más que eso la temporada de los huracanes. Así es que estén muy pendiente, hagan planes por si caso y tengan baterías disponibles para sus linternas.

Nos dicen que algunos de los proyectos que la gerencia quedó en implementar ya pronto se verán, por ejemplo, re-capear las áreas de estacionamiento será lo primero que se hará.

Debemos tener paciencia pues proyectos como estos toman tiempo ya que el sistema de obtener los permisos es lento.

Nuestra secretaria, Carmen Viera ha enviado la aplicación al estado para unas concesiones para cubrir el costo de nuevas anclas y agarraderas para casas móviles.

Este proyecto está pendiente y estamos esperando respuesta de ellos. Le dejaremos saber cuándo y cómo se implementará.

¡Bien Amigos, feliz 4 de julio y hasta la próxima!

## Greetings from Pastors Wilson & Nancy Correa.

It is amazing that a half a year is already gone! Time passes so fast that we don't even perceive it. It is already July! And we have another celebration. This time is our nation's birthday. She is 241. Some call that young and it is. China is 4000! Early in July we'll get together with friends and family, grab our grills, burgers and steaks to celebrate with her. We'll get out of the house and go get some sunshine.

Thinking about that, I was suddenly struck with a sense of sadness. There will be many who won't have anyone to celebrate this day with. Loneliness is a big issue in the world today. Families who have lost someone, either by death or abandonment. My sadness was replaced with hope when I remembered that God said in Isaiah 41:10 that "He neither will forsake me nor abandon me". The Lord Jesus also made the same promise. Ask Him to be with you if you feel lonely. You can also count on us...just give a call.

See you Wednesdays at the Bible study.  
Happy July 4<sup>th</sup>.

Es increíble que la mitad del 2017 se haya ido. El tiempo pasa y no nos damos cuenta. Ya estamos en julio! Otra celebración se acerca. El cumpleaños de América. Ella cumplirá 241. Algunos dicen que es joven y lo es. ¡China tiene 4000!

En julio 4 tomaremos los "bistés y "hamburgués" y el "grill" y nos juntaremos con familia y amigos para celebrar.

Pensando en esto fui invadido por la tristeza al pensar que hay muchos que están solos sin tener a alguien con quien celebrar. La soledad es una epidemia en el mundo de hoy. Pero la tristeza fue reemplazada por esperanza cuando recordé que Dios me dice en Isaías 41:10 que "no te dejare ni te desamparare". Jesús nos hizo la misma promesa. Si sientes soledad pídele que te acompañe. También puedes contar con nosotros. Llámanos.

Te espero los miércoles en el estudio bíblico.  
Feliz 4 de julio.