

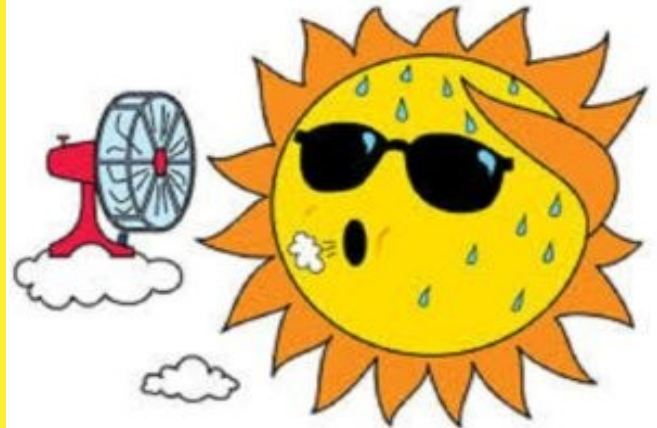


Lake Henry Estates Newsletter

August 2024

Editor: Mary Ann OCallaghan

Thank you Board & Volunteers for Upgrades to our Community



TIPS FOR KEEPING COOL ON A HOT DAY

During the summer months, temperatures rise and it can be more difficult to stay cool. Older adults are more sensitive to heat so it is important to keep cool and comfortable. Here are some tips for keeping cool on a hot day:

1. **Limit time outdoors:** Limit the amount of time spent outside between 10 am and 4 pm when the temperature is the hottest.
2. **Drink water:** Make sure you are drinking plenty of water, even if not thirsty. Stay away from sugary drinks or drinks with caffeine to avoid dehydration. Replenishing electrolytes such as salt, potassium and calcium are necessary if you have been exercising or exposed to heat for a long period of time.
3. **Eat light foods:** Prepare foods that don't require cooking to avoid turning on the oven and creating more heat. Some great foods that don't require cooking are salads, fruits and vegetables, which are all great sources of nutrition. Popsicles and frozen fruit are also a delicious way to cool down.
4. **Clothing:** Dress in light-colored, loose-fitting clothing. Light clothing helps reflect sunlight and keep you cooler. If you and your family plan to be in the sun for a long period of time, consider buying clothing designed to block UV rays. A hat with a big brim or sunglasses also will keep you cool and help protect your eyes from the sun.
5. **Footwear that breathes:** Wearing footwear that breathes is a great way to help cool down. Tennis shoes with cotton socks can be great for certain outdoor activities, while sandals with straps also can work well.
6. **Watch the pavement:** Pavement or blacktop heats up quickly and can burn your skin.

Thank you to those that share information for our pleasure. Everyone's help is appreciated.
Community Photographer— Herb Kramer

We apologize for any omissions or errors in this edition.



NEWSLETTER INFORMATION

Please have all information submitted by the 20th of each month for the next months publication.

For any submissions, please use this Email: newsletter@lakehenryestates.com



SUNSHINE - Judy Koblentz is our Sunshine Committee Chair. Street Captains, please EMAIL your verified information to Judy at jkoblentz@gmail.com. Residents please continue to contact your Street Captains, as listed below according to assigned house number, with verified information regarding illness or death. As always, we want to ensure correct information is shared with the community. All information must be verified by family members.

STREET CAPTAINS by HOUSE NUMBER

Nancy Brinson: #420 - 433, 543-553, 554 - 557

Sharon Adler: #445 - 477

Diane Tebaldi: #478 - 486

Beverly Brooks-Gore: #487 - 497

Nancy Karhoff: #498 - 499, 533 - 537, 610 - 646, 661 - 669

Cindy Poling: #500 - 510, 524 - 532

Phyllis Hennen: #437 - 444, 511 - 523, 538

Carmen Wilde: #539 - 540, 589, 670 - 683

Roseann Merschen: #541-542, 686 - 696, 558 - 565, 698 -709

Jan Coman: #566 - 588, 684 - 685, 697, 710

SUNSHINE

LINDA EBERHART, of 521 Sweetwater Way, passed away on Friday evening July 12. We don't have any information about a memorial service at this time.

BRUCE CALVIN, of 509 Eastlake Drive, passed away July 21. Cards may be sent to Dee Calvin at 509 Eastlake Dr.

VALERIE MOORE, of 606 Sweetwater Way, fell at home on July 18. Val broke her hip and 4 ribs. She is presently at Lifecare. Cards can be sent to Val at her home address.

RECYCLABLE MATERIAL COLLECTION

ATTENTION RESIDENTS: As of May 1, 2024, recycling carts will no longer be issued. Curbside recycling collection will continue until the end of September.

As of **OCTOBER 1, 2024**, curbside recycling collection will be discontinued. After Oct 1, 2024 you may use your cart for household or yard waste, until your cart is no longer serviceable, or you may call the Solid Waste Division at **(863) 284-4319** to request it be removed.

LIBRARY INFO

Donations are accepted gratefully. Any Fiction published within the last 10 years. Non-Fiction published within the last 12 years. Romance published within the last 2 years. Magazines dated no later than 3 months ago.

Sorry, we cannot accept Reference, Collections, Puzzles, Catalogs and Advertising Literature.

All books may be taken home and returned as soon as you are finished reading.

Committee: Valerie Moore, Nora Kay Francis

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Lake Henry Estates C

August

Ticket sales: Beverly Brooks-Gore 863-397-0784 / BJBrooksNC@tampabay.

Sunday	Monday	Tuesday	Wednesday	Thursday
1:00 pm Shuffleboard	8:00 am Golf (Couples) 9:30 am Water Aerobics 1:00pm Line dancing GARBAGE PICK-UP BULK=every 4th MONDAY	9:30 am Water Aerobics 1:00 pm Men's Shuffleboard 6:00 pm Euchre	8:00 am Golf (Ladies) 9:00 am Bocce 9:30 am Water Aerobics	8:00 am G 9:30 am W
				1 Thirsty Thu in the pub
4	5 Munchie Monday 5:00 pm in Pub	6	7	8 5:00 pm P
11	12 Munchie Monday 5:00 pm in Pub	13 Pot Luck 5:30 pm Chix Tenders	14	15 Thirsty Thu in the pub
18	19 Munchie Monday 5:00 pm in Pub	20	21	22 Thirsty Thu in the pub
25	26 Munchie Monday 5:00 pm in Pub	27 Ladies Luncheon 11:30am Lucille's American Cafe	28	29 Thirsty Thu in the pub
			Events and Activities are subject to change.	Please keep upd

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Community Events 2024



rr.com Please call or text Lorri Milligan @586 344 9118 the calendar no later than the 15th of each month.

Birthdays

Thursday	Friday	Saturday
Golf (Men) Water Aerobics	9:30 am Water Aerobics 1:00 pm Men's Shuffleboard YARD WASTE PICK-UP COUNTY RECYCLE PICK-UP	6:30 pm Joker 6:30 pm Nickels-Group A 7:00 pm Nickels-Group B
Thursday 5:00 pm	2	3
Pizza in the pub	9	10
Thursday 5:00 pm	16 6:00 pm Karaoke	17
Thursday 5:00 pm	23	24
Thursday 5:00 pm	30	31
Updated by reading the Clubhouse Bulletin board and checking Channel 732 and our webpage regularly.		

1 Carl Criger	16 Paul L. Bockelman
1 Tina Ray	17 Paula Turner
2 Aixa Criger	17 Diane Etzkorn
3 Joyce Diesing	17 Cathie Cunliff
5 Frank Hamedl	20 Jim Adler
6 Al Croucher	20 Russ Jones
6 Myron Coon	22 Jill Marston
6 Dale Stone	22 Donald Diana
8 Eleanor Sheldon	23 Gwen Trask
9 John Case	23 Mary Belle Kent
9 Blondell Richardson	24 Don Bangasser
11 Justine Spinks	24 Evan Matzkin
11 Susie Smice	25 Paul D. Bockelman
12 Jorgina English	27 Gladys Surillo
12 Kathy Blaskovich	28 Bill Bateman
14 Nora Kay Francis	30 Viv Kositz
14 Jeannie Whitt	31 Rodney Bretveld
16 Luis Torres	31 Jan Coman

Anniversary's

1 Mark & Dawne Bockelman	1981
1 Pete & Sandy Nelson	1963
3 Jerry & Linda Mills	1974
6 Jeffery & Kim Anderson	1977
6 Duke & Shirley Kattleski	1983
6 Jim & Viv Kositz	1983
7 Mark & Christine Awbrey	1982
9 John & Beth Muntzinger	1969
10 Bruce & Phyllis Greene	1974
18 Dick & Nancy Karhoff	1969
20 John & Rita Manly	1960
20 Don & Diane Webber	1966
24 Paul & Debbie Maddock	1974
28 Evan & Pamela Matzkin	1982
29 Dan & Kris Bomgarden	1970

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Carol Jean Sheil, REALTOR, SRES
Judy B Cleaves Properties, Inc.
Broker/Owner
863-412-3801 Cell/Direct
863-299-5878 Office



BUYING OR SELLING?
I WILL BE GLAD TO ASSIST YOU, YOUR
FAMILY OR FRIENDS WITH YOUR REAL
ESTATE NEEDS IN
LAKE HENRY ESTATES

AUGUST GREETINGS!!! Real estate continues to evolve! As a result of a lawsuit brought against NAR (National Association of Realtors), state and local associations, all association owned MLS, etc with subsequent verdict and proposed settlement agreement, offers of compensation will be moved off the MLS. Beginning August 17, 2024, all MLS (Multiple Listing Service) participants, will be required to enter into a written agreement with a BUYER they are “working with” prior to showing the buyer homes in person or by virtual tour. This agreement will outline the services an MLS participant will provide the buyer and how the MLS participant will be compensated. This is a quick synopsis. Contact me if you wish for additional information or clarification! Wishing you a wonderful August!

721 CANBERRA RD... WELL MAINTAINED and PARTIALLY FURNISHED 2BR/2BA home with split bedrooms located in the popular gated community of CYPRESSWOOD! A charming 6.5 X 13.5 screened and covered front entry awaits you! Designed with an open floor plan, the home has an enclosed FLORIDA/BONUS ROOM with built-in shelving & tile floors that ADDS AN ADDITIONAL 288 SF OF LIVING SPACE FOR A TOTAL OF 1,755 SF UNDER HEAT AND AC. The foyer leads to the great room and large Florida/bonus room! Just off the entry foyer hallway is bedroom #2 complete with a walk-in closet and adjoining bathroom. The newly updated kitchen is conveniently located and features attractive white shaker style cabinetry, natural stone countertop, and SS appliances! The primary bedroom is a generous 13' by almost 18' in size and features a walk-in closet and ensuite bathroom with spacious tiled shower with glass shower door. The oversized 2-car garage is 22.5+ X 22 and has a laundry tub, washer and dryer, shelving and sliding garage door screens. A new gas hot water heater was installed in 2024. Energy Star, vinyl, double glazed and low E glass windows were installed in the kitchen, dining room, great room and bedrooms in 2024. The kitchen cabinets, countertop, sink and all appliances including the washer and dryer were updated in 2021-2022. Per the prior owner, the AC had been updated, a new roof installed in 2018 and a NATURAL GAS WHOLE HOUSE GENERATOR was installed 2018. Community amenities include SWIMMING POOL and TENNIS. Golf and/or fitness center require additional optional fee. Cypresswood is located less than one mile from HWY 27 and is close to shopping, restaurants, places of worship & medical facilities. PERFECT FOR YEAR ROUND USE OR A WINTER RETREAT!
\$279,900.00



Claudia Centesimo, GRI
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Heroes Incentive Program

LionHeart Brokers is proud to thank both active and retired military, law enforcement, firefighters, health care, emergency personnel and teachers that protect, serve and care for our country and community. When you're ready to consider selling your home, you will receive a 15% rebate through the Heroes Incentive Program!

Learn more at:
HeroesIncentiveProgram.com



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WINDOW CLEANING


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NEWSBRIEFS FOR NEWCOMERS Newsbriefs is the main communication venue for residents of Lake Henry Estates, with Loretta Kramer as the Administrator. It is a component of the Lake Henry Estates website and can be accessed through the following address: www.lakehenryestates.com/news/

The Newsbriefs website is actually updated daily or whenever Loretta receives new information, however, for your convenience, an email update reminder is sent every Wednesday and Sunday. The email reminder includes a link to the Newsbriefs website. So that you are included in Loretta's Newsbriefs Update Email Google Group, please send your email address to: kramer.loretta@gmail.com

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LHE SOCIAL EVENTS FOR AUGUST 2024

TUESDAY, AUGUST 13th - SUMMERTIME PICNIC POTLUCK— 5:30PM

Inside the clubhouse, chicken tenders will be provided by the Social Committee. Sign up in the clubhouse hallway with your name, number attending, and type of dish you are bringing to share. Remember to bring your own table service.

There will be a 50/50 drawing and a Door Prize Give-A-Way.
Chaired by Dee Albarado.

TUESDAY, AUGUST 27th –LADIES LUNCHEON 11:30 AM

Lucille's American Café in Winter Haven. Sign up at the Clubhouse and meet at the restaurant at 11:30AM. Any questions, contact Rhoda Rice.

SAVE THE DATE

MONDAY SEPTEMBER 2nd– 5:30PM–LABOR DAY DINNER AND DANCE

Kevin Brooks will be back to entertain. Dinner at 5:30 PM and Dance 6:30 to 8:30PM. The menu is pulled pork BBQ, roll, potato salad, southern green beans, fruit salad and cake for dessert . All food will be made by Liz and her committee using her favorite recipes.

Tickets will be on sale August 1st from Beverly Brooks-Gore for \$15.

Ticket purchase deadline is August 26th. Liz Albert will Chair.

SUNDAY, SEPTEMBER 29th - FALL POKER RUN

Sign up will be in the clubhouse hallway after August 1st. Joann Hoffman will Chair.

FRIDAY, OCTOBER 18th –FEVER SHOW AND DANCE

Patty Shaffer will Chair. Tickets will be available September 1st.

POLK COUNTY SHERIFF COUNCIL TOUR— NOVEMBER 21, 2024

The sign-up sheet for the tour has been updated and posted in the clubhouse. There is a waiting list. You can add your name to the waiting list. If you are currently on the list and you are not going to make it please contact Judy Koblentz so she can update and fill the 40 seats on the bus.