

The Seagull

Lakeside Terrace | 24 Sunrise Lane, Fruitland Park, FL 34731
www.lakesideterrace.net

May 2024



photo credit:
Jody Ross

The Seagull is published by the Lakeside Terrace Social Club

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Social Club Calendar

MAY 2024

Thursday, May 21 Ladies of Leisure Lunch
(watch FB and Kiosks for details)

Monday, May 27 Memorial Day Golf Cart Parade
and Social Club Cookout
(watch FB and Kiosks for details)

Recurring Activities (Monthly)

2nd Fri Book Club May 10, 2 PM

2nd Sat HOA Board Meeting
May 11. 9:45 AM

3rd Fri Grandma's Bingo + Wine
May 17, 6:30 PM

3rd Tue Ladies Lunch (last of season)
May 21, 1:00 PM

Recurring Activities (Weekly)

| | |
|-----------|--------------------------------------|
| Sunday | 1 PM Billiards |
| Sunday | 6 PM Euchre (Bring \$.50; Prizes) |
| Monday | 7 AM Exercise with Peg |
| Mon | 10 AM Pool Aerobics |
| Mon | 1 PM Wii Bowling |
| Mon | 5 PM Bingo |
| Tuesday | 1 PM Billiards |
| Wednesday | 7 AM Exercise with Peg |
| Wed | 10 AM Pool Aerobics |
| Wed | 6:30 PM Not Your Grandma's Bingo |
| Thursday | 9 AM Chair Yoga |
| Thu | 1 PM Shuffleboard |
| Friday | 7 AM Exercise with Peg |
| Fri | 10 AM Pool Aerobics |
| Fri | 1 PM Billiards |
| Fri | 6:30 PM Not Your Grandma's Bingo |

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Social Club News

Martha Grove, Social Club President

Greetings from your Social Club.

Hopefully all of you who have returned to your home up north had safe travels. We have been really busy planning all kinds of fun things for this summer.

Memorial Day is May 27th. We will be having a great party. We will supply the meat, and you bring a dish to share. We are looking into different main entrees, just to keep it interesting.

July 4th we will be having rubber duck races and games -- so much fun!

Labor Day is September 2nd. I'm sure there will be all kinds of shenanigans going on. Make sure you check the kiosks and boards in the clubhouse as well as our Facebook page.

Memorial Day Request

Attention LST veterans: If you have a photo of yourself in uniform, please share it as part of our celebration of service on May 27th. Send (or bring) photos to Terri Ellis at terri53@aol.com

Manager's Corner

Malinda Brown, Community Manager



MANAGER

Dear Lakeside Terrace Residents, HAPPY MAY!! To start I just must tell you how much I enjoyed hosting the Spring Chicken Dinner. We loved planning it for all of you, cooking, serving it to you, and our time together that evening. We saw so many laughs and smiles it made my heart happy. Thanks to you all for coming and being a part of it. I want to thank Darlene for being such a great teammate! I was grateful to have my supportive husband & daughter be a part of it also. We have always taught Ashlyn that you need to serve others before you can lead them. They understood their assignment and did a great job. I also want to share how much I appreciated working with Martha Grove and Terri & Randy Ellis. I love the fact that the leaders of the park and I can come together to make a great team. I'm already excited and thinking about ideas for the Fall Cookout.

Continued on page 5



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To our valued customers:

Our top priority is the health and safety of our employees and our customers. Our employees are closely following the Centers for Disease Control (CDC) guidelines and recommendations, like frequent hand washing, social distancing, and staying home if they are feeling ill.

We have taken steps to limit exposure to the virus by making our customers aware that there is no need to have any contact with our employees if you choose to do so. Our business falls under the state's guidelines as "Essential Business".

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I want to remind you of the part of Rule #5 that states “No parking of vehicles on lawns or roads.” I’ve already explained the “why” being the preventing of any water piping to be destroyed and unnecessary inconveniences and financial burden to yourself and/or your neighbors from parking on the grass. I understand if you are in the road picking up or dropping someone off, or even stopping to talk to a neighbor. I understand if this needs to happen for a few minutes. But “PARKING” your vehicle and leaving it unattended for more than a few minutes is in violation of this rule. You may be blocking an Emergency Vehicle or just making it harder for your neighbors to navigate the roads in the community. Everyone has a driveway to park their vehicle. If the carport is too cluttered to park your vehicle, then it is safe to say it needs cleaned. If you do not have space in your driveway for all of your vehicles, then you need to look into enlarging your driveway or you have too many vehicles. If you have people visiting, please direct them to park at the clubhouse in the extra spaces. We are all mature adults that know and understand the rules and should respect one another. Let’s not prove yourself otherwise.

Lastly, I want to bring your attention to Rule #21. “Waste and refuse shall not be placed curbside for pickup earlier than 7:00pm of the evening prior to the day of pickup.” This one really is about the appearance of our community. We are a beautiful community that works very hard on keeping it that way. The work you put into your landscaping and yard care is very impressive. Let’s not taint it by having trash lined up in our front yards all day Sunday. If it is a bulk pickup of something that does not fit into a garbage can, please do not sit it out until pickup is scheduled. These items should be gone within 24 hours. Any exceptions should go through my office for permission.

I have received much feedback about my ideas for the next Cap-X project ideas. Keep sharing with me your thoughts, desires, and feelings. I want to make sure that I put our time, effort, and money towards something that the majority of this community feel is needed and/or wanted. So, please keep discussing all of your cares and concerns with me. I can’t fix things that I am unaware of. I want to keep this park a place you all want to come home to, a place you can feel safe in, and are proud of.

Greetings from the HOA

Randy Ellis, President

It is now April, and another winter has passed us by. The park is starting to thin slightly as our winter residents head back home to their families. We would like to wish everyone a very safe trip back home, a wonderful upcoming summer, and a safe trip back when we reunite this fall.



On Saturday, April 13th, the HOA had its monthly meeting. Carol Roberts gave a wonderful presentation for our new Fund Raising Committee, and she is looking for volunteers and ideas. As I made it clear in the past, the HOA does not intend to charge any dues nor will it compete with the Social Club to raise funds.

Again, it was another busy month for us. As you know, the HOA worked with Park Management in putting together our 3rd Annual ELS Sponsored Dinner. It was a complete success as Malinda, Darlene, Will and additional help made it a truly wonderful evening. Normally when we have such dinners, people eat and basically leave. Malinda kept nearly everyone in their seats with the raffles. The Clubhouse remained full till the end. I told Malinda she is going to have to double down next year to beat what she did this year. A big thank to Malinda and her staff.

As mentioned at many past meetings, it is anticipated that construction for the remodel of the Clubhouse will begin mid fall of 2024. On Thursday April 11, 1st Vice President Carol Hetherington and I met with Park Manager Malinda Brown as we usually do prior to our HOA Meetings. She wanted to let us know that it appears that all architectural work has been completed. They will be hiring a contractor and allow the permitting process to go forward. Included in the renovation plan is bringing the rest rooms up to ADA standards, restoring the library exterior walls and interior finishings, as well as the manager’s office. They will be installing all new doors, and all new windows throughout the building as well as new carpet and fresh paint. The kitchen and the Billiard Room are not expected to have any further updates currently. She did not offer a time frame for when the work would begin or a time frame for its completion. She also stressed that one never knows what they might find when

they start ripping apart walls and further damage could be found. She also stated the pool resurfacing project has been approved, and she will be doing her best to complete this task at the same time as the Clubhouse will be under construction.

Cap X - Malinda is putting together her Capital Expenditure Budget for this June.

- 1) Shuffleboard resurfacing
- 2) Additional Golf Cart Parking area—trying to figure out a design plan now
- 3) New Fencing along Grove Avenue and Picciola Road
- 4) Resurfacing of Roadways in the park

She wants to know how the residents feel about priorities. We discussed that the cost of resurfacing would be a lot higher than the cost of the fence and that resurfacing may take 2 or 3 years to complete. The HOA did post a poll on Facebook regarding #s 3 & 4 and at this time the poll is still ongoing.

The HOA Board conducts approximately 9 meetings that take place on the 2nd Saturday of the month at 9:45am, with the exception of the annual meeting that takes place on the 2nd Tuesday in January. While the monthly meetings are less formal, we encourage members to attend and assist the board in making decisions about the future of our park. Help make a difference; keep in mind, every one of us is on the same team, and TEAM means “Together – Each – Achieves – More”. Let’s keep it going.

If you are not on Facebook or do not have an email address and would like to receive a hard copy of my communications, please get a message to me and I will do the best I can to provide you with such. There are resident Information forms at the Clubhouse for any one who needs to update their personal information with the HOA. We also have a new Comment/Wish List Slip at the Clubhouse. The HOA also has a locked box at the Clubhouse where anyone can submit these particular forms or slips. If anyone has any concerns or questions, please feel free to contact me anytime.

Randy Ellis – President, Lakeside Terrace Homeowners Association Inc.

Randyellis01@gmail.com

Lakesideterracehoa@gmail.com

Telephone: 508-697-8745

Garden Update

Patty Kendrick

Our Soiled Rotten LST raised garden beds have been very successful. Late last summer and fall produced bumper crops of sweet potatoes, kale, Swiss chard, green beans, radishes, and purple cabbage. This spring, George Bagley has had celery, beautiful cauliflower, and beans. Martha Grove has grown a great crop of kale and has loads of new items just starting. Sue Furry has peppers and tomatoes that will be ready to harvest soon. And the best crops so far are the onions and leeks. They are growing like crazy. We all get so much enjoyment in our gardens and are so thankful that we have them.

FMO Update

Randy Ellis

I just want to thank the 10 new members in Lakeside Terrace that have joined the FMO during our spring drive. As a result of the efforts from the Park Reps in District 3, it was a complete success. District 3 added 127 new members. Thank You for all that joined. To anyone that has filled out an application, you can mail it directly back to the FMO, or you can simply get it back to me as I mail out new applications and renewals twice a month. You can also apply online at FMO.org.

Again, please consider joining FMO, whose purpose is to protect us as Florida Mobile Homeowners. Dues are only \$30 per year or \$75 for three years. You will find an FMO application at the Clubhouse. If you have any questions or need an application please contact me at 508-697-8745 or email me: randyellis01@gmail.com



Security and Common Sense

Rich McFadden, HOA Infrastructure Committee

Most of us feel fairly secure in our little piece of paradise next to Lake Griffin. But personal security and the security of home and property still requires exercising good common sense—be aware and be prepared.

One basic strategy is to “light up the night.” Solar-powered motion detector lights work great to light up carports and driveways.

As comfortable as you may feel, lock all doors

at night, or when not at home. The same applies to vehicles—lock cars and trucks at night, and never leave valuables in vehicles overnight. When away from home for extended periods, notify neighbors/close friends, and leave contact information and a key to the home.

Be aware of strangers in the Park - day or night, and report suspicious behavior to Park Office/Police. Call 911 for immediate police response to an emergency. If strangers are on your property, do not confront them. Instead, use your car remote: when you push the panic button, the horn will sound, the lights will flash, and criminals will run! This action also alerts your neighbors.

Safeguard your personal security by exercising “Common sense!” Do not give out personal or resident information to a stranger. Avoid or refuse contact with “unsolicited contractors,” and never let them enter your home. Never brandish a gun or weapon or threaten anyone; you may be charged with assault.

Exercise care when driving in our park; vehicles/carts should not exceed the posted 15 mph speed limit. You may think that you are in control of your vehicle, but what you are not in control of is someone crossing the street or walking in the road at night, or another vehicle crossing an intersection. You can help by reporting speeders or stop sign crashers to the office. Walkers/bikers should always wear bright colors and carry a flashing light at night, and do not walk or drive alone at night. When driving at night, make sure vehicle lights are on—cars, carts, and bikes.

Carjacking/car thefts are on the rise, but simple caution can protect you. Avoid going out after dark, and never go out alone. Park in well-lighted areas, close to facilities. Keep your car doors locked at all times. If confronted by a stranger at your car, push the panic button on your remote and walk away. If involved in a car accident: call 911 to report it to the police; call your Insurance Agent within 24 hours; get a picture of vehicle damages and license plates. Remember “Common Sense is worth more than Dollars and Cents!

The HOA is in continued discussion with ELS about installing fence lines along Picciola Rd. and on Grove Ave. Developing Neighborhood Watch groups and requesting random nightly police patrols have also been discussed by HOA.

Turnin' Pages

Carol Roberts

A recent book club read, Lauren Groff's short story collection might well have been titled (*Not Your Grandma's*) *Florida*; the stories in this collection are anything but typical. By the time her collection *Florida* was published, barely six years ago, Groff had lived in Gainesville for just over a decade.

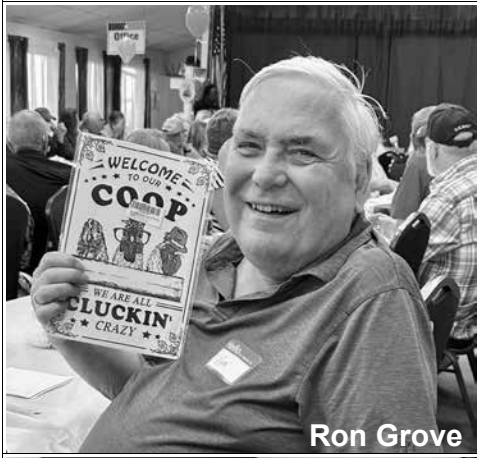
“I still wouldn't choose Florida as my home state, but I'm glad it chose me,” Groff has said; “. . . that these are all Florida stories comes out of the fact that I feel ambivalent or unsettled about the place where I live.”

Groff's ambivalence reveals itself in the dark undertones of her stories—the dense tropical heat, the rot, the sensuous flora, and the threatening fauna of Central Florida clearly drawn. Snakes and alligators, heat and hurricane, hunger and poverty and homelessness figure prominently in various stories, and a sense of underlying threat and discomfort is pervasive.

Groff's prose is transportive; her descriptions of Florida are both beautiful and terrifying: the ominous force of hurricane winds and the overwhelming power of water and sun are balanced by rebirth in the aftermath. Her characters emerge from disastrous storms to find a fragile unbroken egg on the doorstep or a perfect, clear, clean orange.

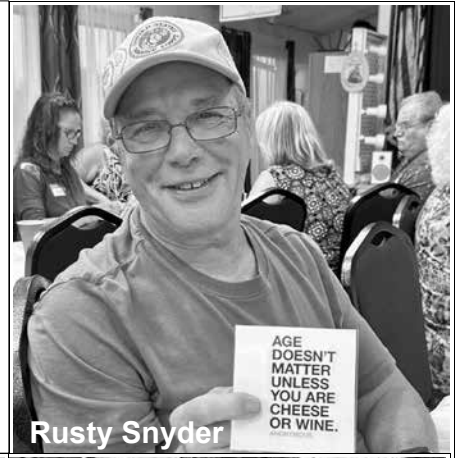
“The weather always holds an element of violence [in Florida.] It reminds you that you're an animal,” Groff has remarked, and she has used that concept in this collection. Although the human conflicts and characters might easily exist in a different setting, it is the singular character of Florida that informs the tone and mood of each story. Brooding and dangerous, seductively gorgeous, primitive and natural, civilized at the edges, Florida imposes its own energy.

The human characters in these stories are imbued with a sense of unease that echoes Groff's depiction of Florida. It is particularly the female characters that search for some grounding in their lives. A central feminist theme throughout the collection develops through the focus on women's roles and specifically motherhood. This thread is reinforced by the use of a recurring female character, a strong, conflicted survivor, who is often powerless against both the natural world and her own nature. Every story offers an intimate look at the female character's state of mind—usually directly influenced by a sense



Ron Grove

Sponsored by ELS and served by park manager Malinda Brown and her assistant Darlene Silvia, the April 4th chicken dinner was much appreciated. Great food, good company, and entertaining door prizes made for a pleasant evening.



Rusty Snyder



Patty Kendrick

“AINT NO”
SPRING
CHICKEN
DINNER



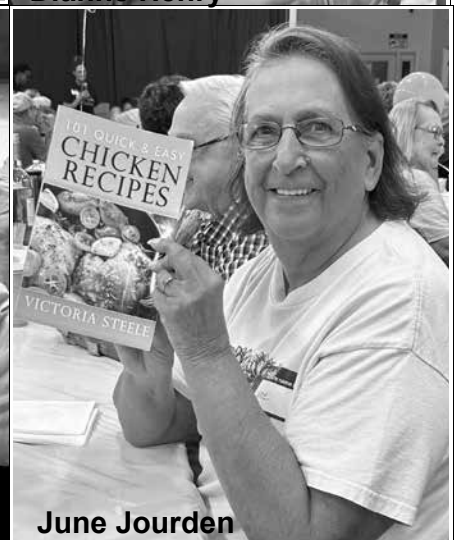
Dianne Henry



Mike Schmelzer



Tom Pierce



June Jourden



Darlene Silvia



front – back:
Carol Hetherington
Ruth Bernier
Ann Reeves

front – back:
Hazel Cotzin
Dee Walker
Sue Furry



Malinda Brown

Heater and Air Conditioning Emergency Unit

Lakeside Terrace Residents,

The Social Club and HOA boards have joined together to purchase a portable heating - A/C unit to be used if yours fails. Carol Roberts initiated this process when a neighbor's A/C went out. Luckily, they were loaned a window unit to tide them over. The two boards brainstormed and came up with this plan.

This portable unit weighs about 70 lbs. and is on wheels. It's stored at Carol Hetherington's. We have a team of people who are familiar with the unit and can assist in setting it up if you need help. It really is pretty easy to set up. This will give you a little cushion while you wait for repairs. The unit has already been used 3 times - and those folks are happy!

Here's a copy of the consent form to sign when you take it:

Consent for Use and Liability

The Lakeside Terrace Social Club and HOA boards are **loaning** you an air conditioning and heating unit for use in your home. The loan is taking place due to the malfunction of your central system. It is only a stopgap measure while permanent repairs are completed. This is expected to be a short-term loan.

You are expected to return the unit in good working order, and to care for it properly while it's in your possession. You need to show a representative of either of these organizations that the unit is working properly before disconnecting and returning it. By receiving this equipment, you accept full responsibility for it, and for its use.

Resident who will use the unit: _____

Address where it will be used: _____

Date resident received unit: _____ Date unit returned: _____

Witness: _____

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Please CONTACT:

| | |
|--------------|------------------|
| Randy Ellis | 508 - 697 - 8745 |
| Martha Grove | 352 - 973 - 9731 |

Volunteers who can **assist** in the pickup and setup of the unit:

| | |
|---------------------------------|------------------|
| Rich McFadden | 330 - 507 - 3674 |
| Jim Filbert | 330 - 207 - 0998 |
| Will Webster (Park Maintenance) | |
| M - F | 8 AM - 4 PM |

APRIL
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MAY

| Sunday | Monday | Tuesday | Wednesday |
|---|---|----------------|---|
| | | | 7 AM Exercise 10 AM Pool A 6:30 PM Not Grandma's Bi |
| 1 PM Billiards 6 PM Euchre (Bring \$.50; Prizes) Cinco De Mayo | 7 AM Exercise with Peg 10 AM Pool Aerobics 1 PM Wii Bowling 5 PM Bingo | 1 PM Billiards | 7 AM Exercise 10 AM Pool A 6:30 PM Not Grandma's Bi |
| 1 PM Billiards 6 PM Euchre (Bring \$.50; Prizes) Mother's Day | 7 AM Exercise with Peg 10 AM Pool Aerobics 1 PM Wii Bowling 5 PM Bingo | 1 PM Billiards | 7 AM Exercise 10 AM Pool A Ladies Lunch (season) 1:00 6:30 PM Not Grandma's Bi |
| 1 PM Billiards 6 PM Euchre (Bring \$.50; Prizes) Pentecost | 7 AM Exercise with Peg 10 AM Pool Aerobics 1 PM Wii Bowling 5 PM Bingo | 1 PM Billiards | 7 AM Exercise 10 AM Pool A 6:30 PM Not Grandma's Bi |
| 1 PM Billiards 6 PM Euchre (Bring \$.50; Prizes) | 7 AM Exercise with Peg 10 AM Pool Aerobics Memorial Day Golf Cart Parade and Social Club Cookout (watch FB and Kiosks for details) 1 PM Wii Bowling 5 PM Bingo Memorial Day | 1 PM Billiards | 7 AM Exercise 10 AM Pool A 6:30 PM Not Grandma's Bi |

2024

| JUNE | | | | | | |
|------|----|----|----|----|----|----|
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| 30 | | | | | | |

| Wednesday | Thursday | Friday | Saturday |
|---|--|---|---------------------------------|
| Exercise with Peg Aerobics Your Bingo 1 | 9 AM Chair Yoga 1 PM Mah Jongg 1 PM Shuffleboard National Day of Prayer 2 | 7 AM Exercise with Peg 10 AM Pool Aerobics 1 PM Billiards 6:30 PM Not Your Grandma's Bingo 3 | 4 |
| Exercise with Peg Aerobics Your Bingo 8 | 9 AM Chair Yoga 1 PM Mah Jongg 1 PM Shuffleboard Ascension Day 9 | 7 AM Exercise with Peg 10 AM Pool Aerobics 1 PM Billiards Book Club 2 PM 6:30 PM Not Your Grandma's Bingo 10 | HOA Board Meeting 9:45 AM 11 |
| Exercise with Peg Aerobics (last of PM Your Bingo 15 | 9 AM Chair Yoga 1 PM Mah Jongg 1 PM Shuffleboard 16 | 7 AM Exercise with Peg 10 AM Pool Aerobics 1 PM Billiards Grandma's Bingo + Wine 6:30 PM 17 | 18 |
| Exercise with Peg Aerobics Your Bingo 22 | 9 AM Chair Yoga 1 PM Mah Jongg 1 PM Shuffleboard Ladies of Leisure Lunch (watch FB and Kiosks for details) 23 | 7 AM Exercise with Peg 10 AM Pool Aerobics 1 PM Billiards 6:30 PM Not Your Grandma's Bingo 24 | 25 |
| Exercise with Peg Aerobics Your Bingo 29 | 9 AM Chair Yoga 1 PM Mah Jongg 1 PM Shuffleboard 30 | 7 AM Exercise with Peg 10 AM Pool Aerobics 1 PM Billiards 6:30 PM Not Your Grandma's Bingo 31 | |

of confusion, dread, and danger. The unfinished nature of the narratives underscores the unsettled feelings of both the author and her characters. Both readers and characters meet no discernible conclusion to the conflict, instead a feeling of an impending unpredictable future.

Ladies of Leisure Luncheon

Karen Keenan

The March event held at i•bar•b•que was very well attended. Everyone enjoyed the "home cookin" and the time spent enjoying the company of and conversation with our friends and neighbors. The April lunch was planned for Tuesday, April 16th at Sumi Sushi and Hibachi. The final lunch for the season will be on Tuesday, May 21 at a place yet to be determined. During the summer months Regina Filbert and Sherry Shaw will be coordinating the "Guys and Gals" luncheons.

Annual April Fool's Poker Run

Getting off to a later start than expected and despite some confusion and disorder, the Poker Run was a great success. Participants reported that the "disorder and confusion" made the trek that much more enjoyable. Thirteen carts rolled around the park trying to rake in the highest poker hand. Tami DeWitt was the big winner taking home \$145 with five Kings, and Rich Aniol "won" \$5 for the worst hand. After the run, participants gathered in the Clubhouse for food and drinks. Since it was also Darrell DiLuzio's 66th birthday, he made his own cake—delicious of course—and the racers serenaded him with "Happy Birthday." The 50/50 pot was \$88; Nancy Vollmer took home half. Everyone enjoyed an afternoon of food, money, and fun!

Golf Cart Parades

Carol Hetherington

HOA-VP Carol Hetherington has spearheaded our many recent golf cart parades. As of March 31st, Carol and Social Club VP Linda Greer have organized nine birthday parades and a St. Patrick's Day parade. If you, or someone you know, is turning 85 or older, please let Carol Hetherington or Linda Greer know; you deserve a parade! We've brought smiles of joy from ear to ear and also a few

tears. Please let us know when it's your birthday, so we can celebrate you. Special thanks to all our snowbirds who made our parades so successful; you will be missed.

To all our residents that are here all year--your HELP will be needed for these parades. It only takes 15/20 minutes to bring a smile to someone's face. Please plan to join us for our next parade; watch the FB page for announcements. To donate streamers, balloons, markers, or posterboard, contact Linda Greer. In addition to special birthdays, parades are planned for Memorial Day, July Fourth, and Labor Day, too. Contact Carol: 810-964-5606 or Linda: 916-541-7305

Happy MAY Birthday

Jane Belanger, Skeeter Bryant, Nancy & Richard Byrd, Margaret Everson, Lance Jischke, Karen Kellen, Jerry Kowalski, Mavis Larmay, Jimmy McGrath, Dot Radnich, & Anne Walker.

Happy MAY Anniversary

Doris & Ron Buyarski, Jim & Regina Filbert, Bill & Roni Kellerman, Rick & Sandi Kinser, Mike & Shirl Schmelzer, Kim & Paul Thurman, Patty & Wally Voelker.

Birthdays

Jeanne Sullivan

I enjoy these golf cart parades where we honor members over the age of 85. I myself will be among the aged honorees when I turn 90 in July. There are many civilizations that honor their elderly for the wisdom they have ingested over the years. So actually I will have had five years' experience at being old. I feel I should share what I have learned of interest, especially to the ladies. One of the first hints you are getting older is when you look into your mirror and see your mother. Forgetfulness--where did I leave my car keys? Make a grocery list and leave it home. Avoid wearing black or purple. These colors are usually associated with older women. People will assume you have just come from a funeral. Never wear high heels again. You could fall off them and break something. Look for a sensible but fashionable alternative. My mauve sneakers are an example and they are sooo comfortable. OK,

Continued on page 14

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now where was I? Did I mention forgetfulness? Too much jewelry can look “tacky”. However, scarves are a good addition to your wardrobe. They are colorful and help to hide turkey neck. You can avoid social engagements by claiming you are tired. Happy Hour is now a nap. Somehow, you remember all the words to a favorite 60’s song but forget your best friend’s birthday. When going to a new restaurant, before you get seated, locate the ladies room. There are 3 major topics always acceptable in mixed company: your health, the weather, and back in the day. Avoid telling the same story, again. Driving: don’t forget to use your directional signals. Turn them on soon enough so all can see in plenty of time. Don’t worry about turning them off; you will eventually be making a right or left turn. Aging can be a funny thing, some people don’t like to reveal their true age. My way of softening the blow that I am old, is to approach life with a sense of humor. My wish for you is that you get so old your driving terrifies people. God Bless.

Love to Be Barefoot?

You May Be On to Something

Mary Burel

Have you ever been inside and started feeling restless? You went outside, looked at your flowers, and instantly felt more joyous and energetic? Science and research have shown that contact with the earth can have numerous healthy benefits. Walking barefoot on the earth causes electrons to nearly instantly saturate the body and coat the red blood cells so they don’t clump giving a cardiovascular benefit. This is called “grounding” or “earthing” and has in recent years been scrutinized scientifically for many biological benefits.

As humans we are chronically stressed causing an increase in cortisol. Just getting outside, walking barefoot, touching a plant help to balance hormones, it’s been found. The entire musculoskeletal system has conductive conduits to and from the earth that reduce muscle tension and soreness, benefitting issues ranging from fibromyalgia to restless leg syndrome to jaw clenching to tension headaches. According to the Journal of Alternative and Complementary Medicine, inflammation is one marker for disease and causes depression, dementia, irregular thyroid function, and elevated

blood sugar levels. In a study, the journal noted that grounded subjects had reduced inflammation and white blood cell counts, as well as less anxiety, pain, and stress. In another study, Jeff Spencer, DC, who treated athletes competing in the Tour de France, routinely used indoor grounding technology overnight to help with tissue repair for the riders, who were rapidly able to recover from wounds and resume the competition the next day.

The technique for grounding is simple. Spend 10 minutes a day with your bare feet on the earth or even touching the leaves of a tree. Walking on the beach and facing the sun will change the polarity of your cells and discharge the negative into the earth, according to Dr. Simone Kamie, DAC. The earth’s surface has electrons on it that neutralize free radicals. As simple a process as grounding is, the health benefits of less inflammation and pain, an improved musculoskeletal system, boosted blood circulation, balanced blood sugar levels, more vitality, and better sleep are immense. With our warmer weather, good health is at our feet or, yes, in our hands.

Honoring Mothers in May

Kelly Veilleux



May showers bring May flowers! I love May! It is a special month that we get to show extra love for our mothers! What wonderful memories of Mother’s Day surprises as we would make those little hand-print gifts each year for mom and hunt for wildflowers in the hills of Northern California to make a big bouquet for mom and grandma too!

Did you know that the bible includes a special promise from God for those who honor their parents? It’s found in Exodus: Chapter 20, right in the middle of the Ten Commandments, which are really the 10 principals that God set in place when He created humanity. Number 5 of the 10 reads like this: “honor your mother and father, that your days will be long in the land which the Lord God has given you.” His promise to us is a long life – which of course is referring to the life to come. As one Christian author states; “Parents are entitled to a degree of love and respect which is due to no other person. God Himself, who has placed upon them

a responsibility for the souls committed to their charge, has ordained that during the earlier years of life, parents shall stand in the place of God to their children. . . . The fifth commandment requires children not only to yield respect, submission, and obedience to their parents, but also to give them love and tenderness, to lighten their cares, to guard their reputation, and to succor and comfort them in old age." What a wonderful assignment to parents and to children!

I was blessed to have godly parents and am very thankful that I can honor my mother once again this Mother's Day! A very special Happy Mother's Day to all the moms in our neighborhood may you be blessed and honored! Love & Prayers from Kelly Veilleux.

Is It Spring Yet? Or Did I Miss It?

Staff Writer

In Central Florida, like most of the northern hemisphere, it's the vernal equinox that marks the "official" start of Spring. An occasional, but unlikely, mid-March last frost could occur, but for those of us who live here year-round, spring isn't much like the rest of the country. Days are a little warmer, sure, but in Florida, even late winter has its 70's and 80's. Grass won't be greening up, though. Unless you use irrigation, brown "grass" is the norm, if you can get it to grow. On the other hand, green native ground covers (or weeds,) will pollinate and proliferate to their hearts' content. Lately, I have been on my knees pulling Virginia creeper from my (expensive) sod. Of our many trees, few will be budding out. Most have not dropped any leaves over the fall and winter, or like the palms, continuously shed fronds throughout the year. Only my lovely red crepe myrtle is transforming from stick to shrub. Typical spring flowers like tulips, daffodils, and hyacinths require delicate handling in our sub-tropical climate, so I usually "import" mine in pots from the grocery or nursery. But in late February, my evergreen azaleas will put forth blankets of gorgeous pink blooms. In mid-March, the amaryllis, both the red and the pink, are spectacular and are soon followed by towering red and yellow cannas, wispy blue agapanthus, heart-shaped pink and white caladium, and spidery white crinum. In many areas, "April showers bring

May flowers," but in CenFlo, excessive rain doesn't signal spring. While all my garden is actively growing now, I am watering to keep everyone hydrated and healthy. Although March, April, and May see increasingly more rain than the typical January and February, Florida's monsoon season doesn't begin until June, when "rainy" takes on a new, rather tropical and jungly, meaning. Essentially, it's April in CenFlo that most resembles "typical" spring weather—a little rain, some moderate (for Central Florida) heat, and flourishing home gardens that we can enjoy into early May.

LST Web Page

Rich Aniol

Check out the activities that have been going on at Lakeside Terrace, recent ones and from years ago, and also read the Seagull newsletter online at www.lakesideterrace.net If anyone has anything they would like to share with the rest of our community, or if anyone has any new ideas or comments for the Lakeside Terrace web page, please email me at Ltseagull@aol.com. Please include your name. If you would like to be added to the Seagull newsletter mailing list, or to be removed from it, just send me your email address and name. You could also email me from the Lakeside Terrace website: www.lakesideterrace.net

Social Club Help and Emergency Funds

Help Fund money is used to purchase materials for residents who are on the verge of eviction for repairs that they can't perform or afford. Residents volunteer their labor. Some people who have been helped have assisted others when they were able or contributed financially when they could.

Emergency Fund: Emergency Fund money is available to residents who are ill and/or financially struggling, especially when facing the January pass through charge.

To request help from either fund, please contact park Manager Malinda Brown, or her Administrative Assistant, Darlene Silvia. All transactions are confidential.

Financial contributions to both funds are welcome from anyone. To contribute, please contact Lorri Rowe, Social Club Treasurer

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What to Do Out and About

MAY 2024

Seagull Staff

Saturday, May 4: Ocala Women's Day at the Paddock Mall

10 am – 3 pm

Education, empowerment, and pampering. with chair massages, brow waxing, hair styling, makeovers, henna tattoos, self-defense class, dance demos, and more. Shop local vendors. Admission free.

More info: <https://www.eventbrite.com/e/ocala-womens-day-tickets-707886065277?aff=ebdssbpointsofinterest>

Saturday, May 4 and Sunday, May 5: Clermont Taco and Margarita Festival

Noon – 6 pm

The inaugural event will run over the Cinco de Mayo weekend. Food from local mobile kitchens and food trucks, local merchants' pop-up stores, live musical entertainment, and a Kid Zone. General admission is free beginning at noon. Early VIP admission is available for a fee both days. More Info:

<https://www.eventbrite.com/e/clermont-taco-and-margarita-festival-2024-tickets-682637285497?aff=ebdssbdestsearch>

Saturday Wednesday, May 15: Lake Sumter Nature Walk

9:45 am - noon

Sponsored by the University of Florida's W.I.S.E. (Wildlife & Invasive Species Education.) Free but Registration required. Reserve your spot at:

<https://www.eventbrite.com/e/wise-nature-walks-lake-sumter-landing-tickets-800157120487?aff=ebdssbthingstodo>

Saturday, May 18: Leesburg Boat and Food Truck Day

10 am

Fun on the water, live music, food trucks, Dragon boat races, and boats for sale. Tie up with family and friends at Ski Beach and enjoy the day's activities.

Saturday, May 25: Memorial Day Salute

10 am – noon

Honor the fallen at Veterans Memorial Park, Leesburg, with veteran guest speakers and salutes.

Saturday, June 1: Lake Quests 2024

An exciting and entertaining exploration of the Harris Chain of Lakes via a scavenger hunt. Starting in Tavares, follow the hidden clues around the interconnected local lakes. One fee per boat. Registration, times, location and more info:

<https://www.eventbrite.com/e/lake-quest-2024-tickets-780723283357?aff=ebdssbthingstodo>

The Seagull

Donna Johnson, Winter Editor
 djwj23@gmail.com.....802-665-7910
 Winter Editions = Nov thru April
 Feb - Apr, Nov. Contribution Deadline:
 10th of the prior month
 Dec/Jan Contribution Deadline:
 1st of Nov, Dec

Carol Roberts, Summer Editor
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 Summer Editions = May thru Oct.
 Contribution Deadline:
 15th of the prior month

Electronic Seagulls available via email
 + online at www.lakesideterrace.net.
*To be added to or removed from the
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 name + email address to Rich Aniol
 at LTseagull@aol.com.*

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Linda Greer
 Vice President.....916 - 541 - 7305
Sue McFadden
 Secretary.....352 - 874 - 1318
Lorri Rowe
 Treasurer.....203 - 297 - 1342

Lakeside Terrace Office

Office Hours...M - F.....352 - 326 - 9455
 Emergency **ONLY**.....352 - 446 - 3864
 Lakeside Terrace is in an unincorporated
 area of Lake County
 Mail Delivery: Fruitland Park

Master Calendar



Monthly Oct – Apr:

1st Tuesday: Social Club Meet/Greet
 + Members Meeting

2nd Saturday: HOA Board Meeting

Annually:

Easter, Thanksgiving, Christmas:

Social Club/ELS - Sponsored Dinners

1st Tues/Jan: HOA Members Meeting

HOA Board

Randy Ellis

President.....508 - 697 - 8745

Carol Hetherington

1st Vice President.....810 - 964 - 5606

Carol Roberts

2nd Vice President... ..937 - 409 - 2844

Will Johnson

Secretary.....802 - 258 - 1865

Jim Filbert

Treasurer.....330 - 207 - 0998

Utilities

Water / Sewer.....M – F...8 AM – 5 PM
www.fgua.com.....352 - 633 - 9700
 Leesburg Electric Dept.
 Customer Service.....352 - 728 – 9800

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Leesburg HS, 1401 Yellow Jacket Way

Special Needs AND Pet Friendly:

Leesburg Elementary Sch., 2229 South St.

Non - Emergency Law Enforcement

Lake County Sheriff.....352 - 343 - 2101
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 Sheriff.....352 - 343 - 2101
 Sheriff's Info Desk.....352 - 343 - 9500

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