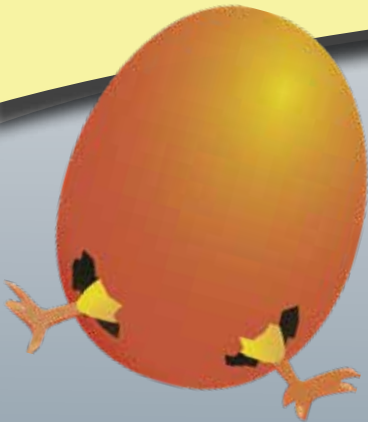


The Bay Laker

Issue 106

Dates to Remember:

April 01 April Fool's Day
April 05 Palm Sunday
April 10 Good Friday
April 11 Holy Saturday
April 12 Easter Sunday



HOA Officers & Directors

Steve Rollison, Pres
941-375-8110

Susan Adkins, VP
863-241-9895

Joyce Martin, Treas
941-412-9663

Jane Ann Miller, Sec
941-483-3247

George Phelps 585-356-2025

David Baker 309-830-8450

Tom Priar 717-438-3801

Park TV channel - 196

Lift Assist Line -

941-316-1201

FROM THE PRESIDENT

Steve Rollison – 941-375-8110

What do you think about all the shut-downs and cancellations that are being made to try to prevent a coronavirus pandemic?

Some people think the current approach is prudent. Others think it's overreaching – driven by politicians trying to score points and businesses afraid of being sued if an outbreak occurs and they haven't "done something" to try to prevent it.

What if after all these quarantine measures no major outbreak ever comes to pass?

It probably will seem like the little boy that was walking down the street with his dad, shouting "No Mufassa! No Mufassa!"

When his dad asked him what he was doing, he said "I'm keeping the lions away. No Mufassa!"

His dad said "That's silly. There aren't any lions around here," and the boy replied, "See – it's working!"

With luck – and maybe prudent preventive measures – no Bay Lake residents will have to deal with COVID-19. If that's the way it shakes out, I guess all the aggravation and inconvenience of quarantines and social distancing will be worth it. Even if it does seem a little like shouting "No Mufassa!"



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MILES AN HOUR.
SPEED LIMIT 15**

BIRTHDAYS AND ANNIVERSARIES

by Steve Limkemann – 734-419-9142

APRIL BIRTHDAYS

- 2 Adrienne Anderson
- 5 Harriet DellAngelo
- 5 Pat Detlor
- 5 Lori Ostrow
- 6 Toni Lieberman
- 7 Gordon Lomas
- 8 Cathy Egan
- 8 Ruth Roof
- 9 Leslie Harwood
- 9 Linda Nifong
- 10 Donna Mattix
- 12 Rebecca Bradshaw
- 12 Kenneth Hill
- 12 Michael Small
- 12 Diane Steare
- 17 Joe Conley
- 18 Carol Kelley
- 18 Eda Pryce Young
- 19 Betty Kavanaugh
- 19 Holly Tayce
- 21 Nancy Harwood
- 21 Jo Marie Holbek
- 22 Frances Stine
- 23 Bessie Petropoulos
- 27 Helen Dickinson



MARCH ANNIVERSARIES

- 6 Steve & Susan Rollison
- 7 Karen & Steve Limkemann
- 14 Katie & Mike Lueck
- 15 Lee & Wendy VanDine
- 23 Caroline & Robert Bostwick

We do not have everyone's birth and/or anniversary month and day. If you had a birthday and/or anniversary this month and we missed it, or listed it with the wrong month or day, please send a correction to stevelim@wwnet.com. That's also the e-mail address to use to send your info if you are a new resident or have a phone book change.

NEW CHAIRMAN

Carol Gilchrist – 941-485-7043

Steve Limkemann who so very successfully completed computer programs to expedite our new 2020 phone directories has been approved by our HOA Board of Directors and installed at the March meeting as chairman for the 2021 directories.

As new residents are approved, Leslee our community manager, will provide Steve with data to keep his computer programs current. Should additional information be needed, I will follow up with a house call.

Steve and his wife Karen will return to their Michigan home for the summer and he will be able to continue this project from there.

The monthly birthday and anniversary column in The Bay Laker Newsletter will also be done by Steve. Should you have any additions or corrections of information, please advise him via email at: stevelim@wwnet.com

We are very grateful for his abilities to chair this project and willingness to volunteer his time.

**Thank
You**

DOG TRAINING SHOW

Barb Hickey – 941-455-5121

I would like to thank all who attended our “Annual Dog Show”. Our dogs ranged from puppy to senior ages and all did well during the 10 week training period.

I look forward to next years training program where they will be put into more extensive training. Thank you again for your attendance and hopefully we will see you next season. And I know my pups and parents will keep up the good work all summer long.

From Barb and Kito



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CHEESE PLEASE!

Michael Kloian – 912-547-2416

Have you noticed over the past thirty or forty years, or more, that CHEESE is literally served on everything? Even a filet-o-fish sandwich has a slice of cheese. What a concept--fish with a slice of semi-melted cheese, served on a bun. Po-boy shrimp or crab sandwiches has cheese. Grits has cheese. Dips have cheese. We now have lobster mac & cheese. Fries are smothered with cheese. This may not be a bad thing, but I think they've overdone the cheese thing. I mean look what they've done to pizza crust by stuffing more cheese inside, as if the pizza didn't have enough cheese on top. WE NEED MORE CHEESE, PLEASE!

There was a time I only had cheese on a burger, at Burger King, a simple grilled cheese sandwich, mac and cheese or pizza. One of my favorite sandwiches back in the day was an A&W drive-in (when there were car-hops serving us root bear on roller skates) a Chili n Cheese sandwich served on a hamburger bun. You can't find that on any menu these days. Shame on Culver's and DQ. This is definitely a menu item. It has cheese and it is yummy!

WE'VE BECOME A CHEEZY WORLD!
(lol)

In certain circles, some believe eating cheese every day may help to protect heart health. What was not clarified in that medical statement is what type of cheese they are talking about. While Americanized cheese contains some nutrients that are beneficial to health — such as calcium, zinc, phosphorus, riboflavin and vitamins A and B-12 — it is also very high in saturated fats, which can increase cholesterol levels and raise the risk of heart disease and stroke. Cheese made from the milk of 100 percent grass-fed animals

is the highest in nutrients and also contains omega-3 fatty acids and vitamin K-2.

Cheese can be a good source of calcium, a key nutrient for **healthy** bones and teeth, blood clotting, wound healing, and maintaining normal blood pressure. One ounce of cheddar cheese, for example, provides 20 percent of our daily requirement. However, which cheddar cheese are they talking about? Wisconsin, Vermont?

Be warned: American Made Cheese is loaded with tons of saturated fat, sodium and cholesterol. Saturated fats are the ones you want to either consume in moderation or try to avoid completely. Saturated fats not only raise cholesterol levels, it also increases the chance of heart disease and stroke. So, there is a major difference in the quality and the variety of cheese's being sold.

According to the Physicians Committee for Responsible Medicine, Americans eat three times more cheese than they did in the 1970s. Not only that, but our country has the highest obesity rate in the world, and cheese is considered to be one of the top culprits.

So, what about the French, you may ask? The French eat cheese and bread along with drinking a glass or two, or three, of red or white wine with their meals. Why is obesity an issue here in America and not in France? Well, I too was curious, so I called my son-in-law, J.C., a natural born Parisian, who now resides in L.A. with my daughter. He explained it to me this way. The French make a meal out of wine, cheese, meats and baguette bread, but not every day. Take for example **Drunken Goat** cheese from Spain (you must Google this to see how this is

Continued on page 6

made--it will blow your mind), or perhaps the yummy **Moliterno** with **Truffle**, from Italy made from sheep's milk. Want to try a French made cheese? Then look for **Ossau-Iraty**, made from sheep's milk. Another real cheese treat would be **Camembert du Bocage**, a superb, creamy, cow's milk cheese from Normandy and France. And, just a note in passing, when I visited my uncle's family in Grasse, France in 2011, I was served 11 varieties of goat cheese. My uncle's niece operates a goat cheese farm. That was a real treat to feast on.

The difference between these four cheeses and what we normally buy at our local store is the processing. Specialty cheeses are all aged and much healthier to eat. This could explain why the French seem healthier in this respect than Americans.

My recommendation; eat cubes of all four cheeses mentioned here, served with Pate De Campagne, some bread and fruit, such as grapes. This is a fine meal in itself. These products may be found on the Internet or at Morton's Gourmet Market in Sarasota. But be prepared to pay a handsome price. Good, healthy cheese does not come cheap. Everything in moderation, so they say.

CRAFTS

Becki Phelps – 585-813-8625

ibgrnny18@yahoo.com



Craft Tuesday has come to an end. Thank you to everyone who came and supported the Craft program. I am open to suggestions from anyone about projects. Again, thank you. Becki Phelps

VALENTINE DINNER DANCE 2020

Rosemary Baumgartner – 419-215-4733

I would like to thank everyone who made this Valentine Dinner Dance a huge success again. First of all I would like to thank my committee, as without them I could not have made this such a success: Barb Hickey, David Baumgartner, Sylvia & Sandy Richardson, Lisa Thornton, Patti Schinharl and Ron & Jane Ann Miller.

Barb Hickey and her committee cooked a wonderful dinner for us. Thank you Barb for all you did for this event. Barb's committee consisted of Carla Hanney, Judy and Howard Sager, Judy and Jim Gerarge and Ron Miller and Diane Steare. The women did the cooking and also did the serving and the men made sure the people serving had plenty of food available.

David and his group; Ken Havens, Rod Van Buskirk and Larry Fisher, took down the round tables and replaced them with long tables. .

A big thank you to Patti Schinharl for doing the 50/50 and to Jane Ann Miller for checking everyone in at the door. Everyone on my committee helped decorate the clubhouse, thank you all.

Ron Miller and his crew; Dave Eungard,



Ken Havens and John Bleinstein, peeled 45 pounds of potatoes for mash potatoes.

The door prizes were from Original Word of Mouth, Simplicity Salon & Day Spa, Tervis Tumbler, All Around Tours, Capt. Eddies Seafood Restaurant and Detwiler's Farm Market.

Without all the help from our hard working volunteer residents we would not be able to put any of these functions on. So a big 'THANK YOU' to all of you.

Save the date: Friday, February 12, 2021 for our next Valentine Dinner Dance. Taylor and Taylor will be back.

HELP HEAL VETERANS

Jesus Febres – 941-445-4630

Due to the pandemic risks, our gatherings for the veterans will be cancelled until further notice. Be safe. Be well.



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Lazy Brain

A client came in the other day and mentioned how she struggles to hear her girlfriend when they go out together with their husbands.

I checked her program and even called in Karen to talk with our client to ensure the program enhanced women's voices.

Then I heard the actual problem when our client mentioned sitting across from her at the table.

Imagine two couples sitting across from each other in a booth at a restaurant. Now you have the image.

The person sitting next to you is within a foot of your ear and the person across the table is about two feet from your ears.

Unfortunately, your brain is lazy. Well, not just you, everyone's brain is lazy. Our brain is going to do the least work possible.

The sound that is easier to hear and closest to her, in this case a man's voice sitting less than a foot away, is the voice she can hear clearly. Her girlfriend is two-feet away, which our brain thinks is "farther away," so it gets less attention.

In this situation, they simply need to swap seats. A simple, no technology needed solution. Now that her lazy brain isn't prioritizing her husband, she can easily hear her girlfriend sitting right next to her.

If you struggle to hear comfortable in certain situations, call me 941-244-9300, it might just be a simple solution.

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SIGN UP FOR BLE E-MAIL ALERTS

Steve Rollison 941-375-8110

The newsletter that you are reading right now is one of the tools we use to inform you about Bay Lake news, announcements, events and activities. But since it's printed just once a month, what you see is sometimes pretty dated.



If you want to stay on top of things, and you receive e-mail, we've got you covered there, too, with our EventAlerts. They're **short** blast e-mails that get sent out whenever there's anything newsworthy to report – generally, that's a few times each month.

Subscribing (or unsubscribing) couldn't be easier. Just send me a very brief e-mail, including your name, and I'll take care of all the details.

Here's the address:

EventAlerts@SteveRollison.com

JULIETS BREAKFAST

Sylvia Richardson – 941-480-0208

Please check the clubhouse for a sign up sheet to see when and if the Juliet's will be meeting for breakfast in April.



ROMEOS

Peter Morrissey – 941-488-7284

Romeos meet for breakfast every other Monday morning. The sign up sheet is in the clubhouse listing the date, time and destination.

ARE YOU A GOOD STOCK PICKER?

Steve Rollison – 941-375-8110

The Bay Lake Investment Club meeting scheduled for April 9th is cancelled. Watch for an announcement on whether or not the May 14th meeting is cancelled as well. 😞



JULIETS LUNCH BUNCH

Joan Goering – 941-485-715

The Juliets Lunch Bunch date is Thursday, April 16th at 1:00 p.m. We will be going to British Open Pub in Venice. Please check the sign up in the clubhouse to be sure the lunch is not cancelled due to the pandemic.

MUSIC WITH ANDY & DONNA

Steve Rollison 941-375-8110

The informal evening of karaoke, music and dancing with Andy & Donna that was scheduled for April 11th is now cancelled. Watch for an announcement at a later time as to whether or not the May 9th Trivia Night with Andy & Donna is cancelled as well. 😞



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WOMEN'S CLUB LUNCHEON

Patti Schinharl

These pictures were taken at the Women's Club Odds and Ends party. Ladies clothes and tableware and decorations were all mismatched. It was something different and fun! Thank you, Patti Schinharl.





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THE BOOK CLUB

Sharon Brewer – 724-256-0206

(TBD) The Book Club will be meeting on April 8th at 1:00 p.m. in the Library. Please join us for some spirited discussions on the 2nd Wednesday of every month in the clubhouse library. This season's Book List and Scheduled Meetings:

| Title Author, (Year Published) | Discussion Date Meeting Leader |
|---|---|
| <u>Where the Crawdads Sing</u> by Delia Owens (2018) | Connie Conley April 8 |



FOOD PANTRY

Sandy Richardson – 941-480-0208

As always, please donate your non-perishable, non-expired food and place them in the plastic crate at the right side of the stage in the clubhouse. We bring them periodically to the Salvation Army. Thank You!



CARDS TO WARM THE HEART

Donna Pfeiffer – 941-586-2812

Yes, all BLE community events have been canceled for the foreseeable future. It is nice to see residents occasionally as they stroll through the park for fresh air and exercise keeping their social distance.

As we hunker down in our homes for our own health safety and to help limit the spread of contagions, please keep in your hearts and prayers at least two beloved residents currently at local nursing homes and rehabilitation centers that are under quarantine and stuck in their rooms. They can no longer receive the visits from family and friends they so relied on to keep up their spirits. I am sure Roger Laccasse would love to receive a card or a note from our neighbors to brighten his day. If you don't have a card and prefer not to venture out at this time, consider sending him a little note to let him know you are thinking about him.

Janice Van Dyke may not be able to comprehend the written word like Roger, but, consider a photo, a visual picture card, or a little drawing to help brighten her day and maybe bring a smile to her face.

We are one community of many loving hearts. You are all in my heart and prayers.

Roger Laccasse
c/o Bay Breeze Rehabilitation
Room 250
1026 Albee Farm Road
Venice, FL 34285

Janice Van Dyke
c/o ManorCare Health Services,
Room 212A
1450 E Venice Ave
Venice, FL 34292

NOTES FROM THE EDITOR

Donna Pfeiffer – 941-586-2812

Editor@BayLakeEstates.org

While it is important to do what we each can do to reduce the spread of the virus, let's not forget the emotional toll it is creating. Here are some tips for maintaining emotional balance as the unknown unfolds.



1. Ask yourself if there is anything you can do in this moment to help reduce the risk for yourself or someone else.
2. If the answer is yes, write a list and do it.
3. If the answer is no, take a deep breath and exhale releasing the angst of feeling like you need to do something now. Repeat as often as needed.
4. Look around and locate two or three things you are most grateful to have in your life

now. Many simple things we take for granted can come into focus when we intentionally look for them. Even a flower outside your window may be a pleasure to witness, food in refrigerator, a friendly voice on the phone, etc. The goal is to shift the focus onto things that please and support us that are here now. Feel the gratitude and take another deep breath and release.

5. Do something that gives you pleasure. Read a good book. Watch a funny movie or TV show. Laugh, laugh, laugh. Do a craft you have been putting off. Do a chore that will give you pleasure to complete. Take a walk or a ride in the sunshine, if possible. The goal here is action with pleasure and focus with intention. Doing this at least 30 to 60 minutes a day helps to maintain a sense of balance and emotional wellness.
6. Be kind, considerate and a good neighbor. Understand that while we are all human with

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the same basic needs, there is so much unseen going on in every person we may encounter throughout the day. Our stresses and needs are not all the same. You may be surprised to find that being there for someone else, helps you even more than it helps them. Reach out to a neighbor that may be too vulnerable to venture to the store. Have a conversation with someone stressing. Only this time really listen without judgment. You don't need to fix it. Just listen. Often getting it out and having someone really listen, helps.

7. When you start feeling your level of stress rise again, go back to number one and repeat.

It seems there are new updates and new stresses almost minute by minute. Stay informed, but, it is by far too much information and stress to process continually. Shut off the news and social media for long periods of time. Allow yourself to be in the moment, the here and now. Are you safe and secure right now? Allow yourself to feel safe and secure in the moment. Breathe and release.

If you are not safe, reach out now. If you are in need, reach out. Although I am somewhat vulnerable to the risks myself, currently I am still getting out to the stores and doing chores while taking precautions. If you need something and you are too vulnerable or can't get out, call me. I can add it to my list for the next time I venture out.

If you are safe and still getting out, reach out to someone that may be in need. If you are healthy and annoyed by all the limitations and craziness going on that seems unnecessary and out of control, please remind yourself of those more vulnerable that you may pass the virus onto if you carry it unknowingly, like someone's grandmother, a child with asthma, a heart patient, your neighbor. They

are more than a low statistic. They are loved by someone. Even though your risk is low for the virus to be a danger to you, you can help save others by being vigilant and thoughtful. Keep your social distance and practice the recommended hygiene of washing your hands often.

This too shall pass.

Wishing you peace and wellness.

Newsletter Deadline: 12th of the previous month

All articles and information must be received by the 12th of each month to be included in the newsletter for the following month. You are encouraged to submit articles and photos of upcoming or past BLE events. Or simply articles you deem note worthy for our community. Please **EMAIL** all newsletter submissions to: Editor@BayLakeEstates.org before the deadline. Thank you.



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To our valued communities,

We are reaching out to share the steps Comcast and Xfinity Communities are taking to support you and your community amid growing concerns about Coronavirus. There's nothing more important to us than the safety and wellbeing of our communities, residents and teammates. But beyond that, we also know how important reliable service is to you and your residents, now more than ever.

We continue to monitor guidance from the Centers for Disease Control (CDC) and other public health officials along with local market conditions. In the meantime, we have taken the following steps:

- **Maintaining Network Reliability:** We engineer our network for capacity to handle spikes and shifts in usage patterns, and we continuously test, monitor and enhance our systems and network to ensure they are ready to support customer usage as needed. Our engineers and technicians will continue to staff our network operations centers 24/7 to ensure network performance and reliability.
- **News and Information:** To help keep you and your community informed, we have created a collection of the most current news and information on Coronavirus. Just say "coronavirus" into your X1 or Flex Voice Remote.
- **CAR & In-Home Support:** Our supervisors are reinforcing public health guidelines with every employee including technicians and customer account representatives (CARs). Please know that if our staff are feeling unwell, they are not to report to work. If at any time you or our residents want or need to reschedule a technician home visit, we will be happy to do so.
- **Digital Support & Service:** We have several digital support tools, all of which you can access from your smartphone, in X1 or online. If you or your residents need support with services or devices, the following steps will help:
 - Visit [Xfinity My Account](#) or download our [apps](#) to manage your Xfinity services, troubleshoot issues and update your contact information so we can keep you informed.
 - Say "Help" into your X1 or Flex Voice Remote for a guide on quick fixes and support.
 - Contact us through chat in the [Xfinity Assistant](#)

Go to www.xfinity.com/prepare find more information regarding Comcast's response to the Coronavirus.

Attention Community Residents

A Note From Your Newsletter Publisher:

We are **Community Media** – the publisher of your community newsletter.

We hope that you all are staying safe during the coronavirus pandemic. This is affecting many aspects of daily life for almost every American. Our office staff is following the CDC guidelines of staying home when not feeling well, seeking medical help when necessary, and washing hands constantly.

We encourage you to follow the same guidelines located at **coronavirus.gov**.

The phrase **“We’re all in this together”** is more meaningful now more than ever.

What are we doing?

We are still providing a **FREE newsletter to your community**.

This newsletter is FREE to your community because we partner with local and regional businesses to advertise their products and services in this newsletter.

We are temporarily reducing publishing expenses so we can continue to publish your newsletter long term. For your community newsletter this may include:

- Limiting color printing and switching to black and white when able
- Making sure the page count of each newsletter is in line with current advertiser support
- Verifying the number of newsletter copies needed so we don’t print too many newsletters

What can you, as a community resident, do?

Utilize the businesses in your newsletter.

- Whether you are searching for home services, health care providers, insurance, and almost anything else...CHECK YOUR NEWSLETTER FIRST!
- These businesses choose to support your community newsletter so please let them know you appreciate them.

Do you have any suggestions for advertisers? If so we’d love to reach out to them.

Be patient and kind with each other, especially now. Reach out to friends and neighbors who may need help.



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| 2 | 8 | 4 | 6 | 1 | 7 | 9 | 2 | 8 |



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APRIL 2020

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | |
|---|--|--|--|--|--|--|-------------------|--|
| Mar 29 Pinochle 3:00 | 30 Line Dancing 9:30 Romeos 9:30 Hand & Foot 1:00 | 31 Help Heal Veterans 9am-12pm Bridge 1:00 | 1 Computer Clinic 1-3 Bingo 7:00 | 2 | 3 Euchre 7:00 | 4 Coffee 9:00 Hand & Foot 12:30 | | |
| 5 Pinochle 3:00 | 6 Line Dancing 9:30 Hand & Foot 1:00 | 7 Assoc. Annual Mtg Refreshments 9:00 Meeting 9:30 Bridge 1:00 | 8 Computer Clinic 1-3 Book Club 1:00 Bingo 7:00 | 9 Bay Lake Investment Club 3:00 | 10 Park Manager's Luncheon noon Euchre 7:00 | 11 Coffee 9:00 Hand & Foot 12:30 Music Night with Andy & Donna 7-9 | | |
| 12 Pinochle 3:00 Sundaes on Sundays - 6:30 | 13 Line Dancing 9:30 Romeos 9:30 Hand & Foot 1:00 | 14 Help Brea |  | | | | 17 Euchre 7:00 | 18 Coffee 9:00 Hand & Foot 12:30 |
| 19 Pinochle 3:00 | 20 Line Dancing 9:30 Hand & Foot 1:00 | 21 Help Heal Veterans 9am-12pm Bridge 1:00 | 22 Computer Clinic 1-3 Bingo 7:00 | 23 | 24 Euchre 7:00 | 25 Coffee 9:00 Hand & Foot 12:30 Game Night 7:00 | | |
| 26 Pinochle 3:00 | 27 Line Dancing 9:30 Romeos 9:30 Hand & Foot 1:00 | 28 Help Heal Veterans 9am-12pm Bridge 1:00 | 29 Computer Clinic 1-3 Bingo 7:00 | 30 Board of Directors Meeting 9:00 | 1 Euchre 7:00 | 2 Coffee 9:00 Hand & Foot 12:30 Game Night 7:00 | | |

Activities on this Calendar are for Bay Lake Estates Residents and Their Guests Only

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