

The Bay Laker

Issue 181

DATES TO REMEMBER

Newsletter Article Deadline..... Nov 15th for the December issue.
Romeos breakfast..... Nov 10th and Nov 24th at 8:45 a.m. (see the sign-up sheet)
The Juliets..... will dine for lunch on Thursday, November 12th at 1:00 p.m. at
..... Word of Mouth.
The Juliets..... will be going to Millies, Sarasota at 9:30 for breakfast on Tuesday, Nov 17th.
Saturday Morning Coffee 9:00 a.m. Free coffee & donuts ended May 3rd and may resume one day,
..... sooner than you think.

FROM THE EDITOR

contributor – Michael M Kloian 912-547-2416

TIME TO SAY GOODBYE!

There's a great song by Andre Bocelli – 'Time To Say Goodbye', sometimes sung as a duet with Sarah Brightman, and, unfortunately, the time has come for our beloved Manager, Leslee Jones of 22 years, to retire and enjoy her life without the stress that certain jobs can bring from time to time. She graciously gave ELS a one year notice before officially retiring this past October 28th. Now you can stop the rumors!



Leslee has been working for ELS for 40 years and is very dedicated to her job as community manager, whichever park she worked in for ELS. She never had the need to create a resume since she held only 2 jobs as an adult.

She is looking forward to the peace and quiet of **not** being responsible for anything simply because, even on her days off, she was responsible for the business affairs of BLE and oftentimes received phone calls after work and on days off which she fielded.

HOA Officers & Directors

President Gaetane Carrier
613-799-0055
Vice President..... Robert (Scott) Nekrasz
Secretary Linda Nifong
574-274-1591
Treasurer..... John Kreta
513-886-4201
Director-at-large..... Kenny Nifong
Director-at-large..... Deb Kreta
Director-at-large..... Carrie Strano

Park TV channel - 196
Lift Assist Line - 941-316-1201

At the young age of 9 Leslee worked for her stepfather pumping

continued on page 3

WE ARE A SMALL COMMUNITY AND
HAVE MANY WALKERS
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SPEED LIMIT 15

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gas, worked inside the bait/tackle/grocery store he owned, so she's no stranger to commitment or hard work.

Whether residents know, or accept this or not, but Leslee has looked out for our best interest during her time at BLE by petitioning ELS for certain things. For example, the new fence project that took some years to correct, and most importantly she went to bat for us following the hurricane to help folks stop paying rent whose home was uninhabitable and needed to be removed from the rent roll once they paid the contractor to demolish their home. Bay Indies and Lake Village (also owned by ELS) did not allow this – only BLE, thanks to Leslee.

When asked, during our interview, what is/ what was the worst day of her life at BLE Leslee replied, "Coming to work after the hurricane to find 26 residents had lost their home and virtually everything."

While many will surely miss Leslee, and perhaps some may not, many residents I know will miss her along with her infectious smile, and we can only wish her the best that life has to offer her during her retirement.

*EDITORS NOTE: On another **Farewell** note, as Editor of our newsletter for about 5 years running it's time for me to step down so someone new can take the torch and run with it. The December 2026 newsletter will be my last. It's been a real pleasure writing articles and such whereas I've garnered many compliments from our residents over the years about the many improvements to our monthly newsletter. Thank you all!*

ON-GOING EVENTS...

Monday: Cornhole (6:00 p.m.) clubhouse

Tuesdays: Cards -Texas Hold-em for BLE residents only 6:30 p.m.

Wednesdays: Golf in Venice (7:15 on Wed. when in season)

Thursdays: Cornhole – (3:00 p.m. clubhouse); Shuffleboard (6:00 p.m.)

Fridays: Golf in Venice - 6:30; Mahjong 1:00 p.m. Cards (dealer's choice) 6:30 p.m. Euchre 6:00 p.m.

Saturdays: Coffee & donuts at 9:00 a.m. Game Night 7:00 p.m.

Sundays: Domino's every week at 6:30 at the clubhouse; no sign-up sheet.

RESIDENT-OWNED BUSINESSES

- Palmer Pottery Showroom Open by Appointment Only
Jeanne Palmer Jeanne@palmerpottery.com
- BluFin - Making it easy for you to sell or rent your BLE home.
Also, Notary Public Services & Wedding Ceremonies
(FREE for BLE Residents Only)
Michael M Kloian (912) 547-2416
Skin Care by Jewls LLC - Master Aesthetician & Board Certified Permanent Makeup Artist (go to skincarebyjewls.com) discounts available for BLE residents only - cell/text = (239)-687-8847
- In home *personal* care & light housekeeping. CPR certified; Dementia & Alzheimer's certified. Also, legal docs done right (not legal advice),
by Beverly Adair – (205)-899-7566
Using her skills, and education during her attendance at Law School, and current job experience Beverly can help with numerous things and develop a host of legal documents at an affordable rate including various Trusts,

continued on page 4

Please note: ALL articles and submissions may be edited or censored for remarks or comments that residents may find offensive. We strive towards creating a newsletter that represents our compassionate, loving community that is all inclusive to all current and future residents. If by chance you read something in one of our newsletters that you find offensive, please don't hesitate to contact me, the editor, to discuss any concerns for future newsletters.

Wills, POA's and many other important docs you may need.

Want your business or service listed monthly in The Bay Laker? Send your name, phone number, and a short description of your service/product to Editor@BayLakeEstates.org

THANKSGIVING DINNER 2026 **– NOVEMBER 26TH**

Although at the time of this writing the details are rather sketchy concerning our annual turkey day dinner, I was assured that we will be dining at 3:00 p.m. on Thursday, Nov 26th. More details, including the sign-up sheet(s) will be at the clubhouse soon.



JULIET'S LUNCH

Helen Baker 309-830-8449

The Juliets will dine for lunch on Thursday, November 12th at 1:00 p.m. at the Word of Mouth Restaurant on East Venice Ave. Please use the sign-up sheet at the clubhouse.

JULIET'S BREAKFAST

Judy Gerarge 847-401-0115

The Juliets will be going to Millies, at 9:30 for breakfast on Tuesday, November 17th. Please use the sign-up sheet at the clubhouse.

THE ROMEOS

Tim Swain 317-258-3400

The Romeos (the men of BLE) meet for breakfast usually on the 2nd and 4th Tuesday of every month. They leave the park at 8:45. PLEASE check the

sign-up sheet in the clubhouse for the location and more details and to be certain the breakfast is still scheduled.

WHERE TO DINE – **WHAT TO ORDER**

courtesy of Michael M Kloian

SMOKED BRISKET / PULLED PORK **SMOKED TURKEY BREAST**

I've never been a fan of brisket or pulled pork, most likely because I went to the wrong eatery – that is until I ventured over to Yo Daddio one evening recently only to discover they were out of ribs and other side dishes. So, based on what the owners told me regarding their best selling item - brisket I reluctantly tried their brisket, pulled pork and I ordered smoked turkey (1/4 lb each) and now I am a changed man. I found the brisket to be absolutely delicious as was the pulled pork. The smoked turkey breast is brined then seasoned and smoked which was also fork tender and very yummy.

Ever since the July 4th lunch at BLE, when we served their Texas style smoked BBQ ribs, I've spoken with numerous BLE residents who frequent the Yo Daddio food truck and they too are now huge fans.

It would always be important to check their website at www.YoDaddioBBQ.com to view where and when they are in Nokomis before hopping in your car. Or, you can call them at 941-313-6499 to reserve whatever food items you want from their menu.

One cannot think well, love well, sleep well, if one has not dined well."

— Virginia Woolf, A Room of One's Own



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	9			2				

NOVEMBER SUDOKU

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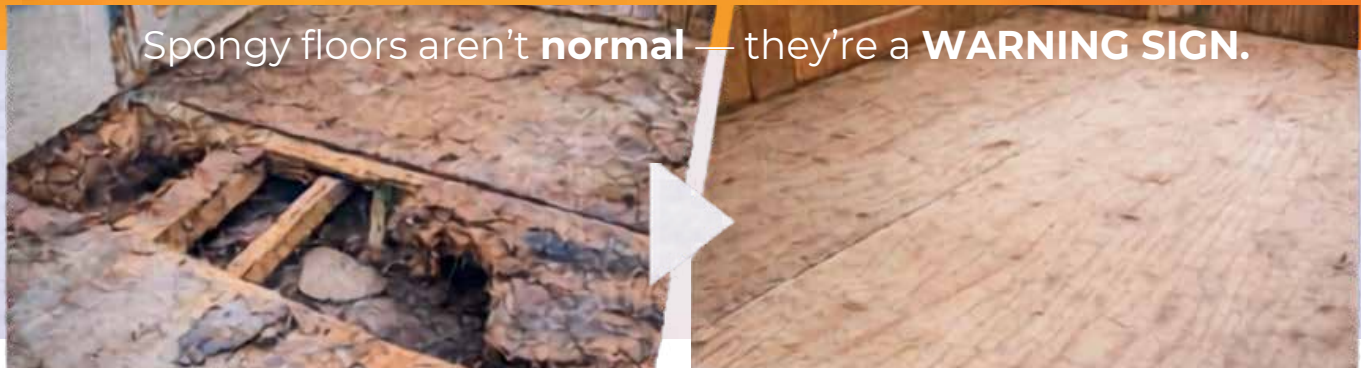
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Spongy floors aren't **normal** — they're a **WARNING SIGN.**

YOUR FLOOR SHOULD NOT FEEL LIKE THIS:

- Soft or "spongy" when walking
- Sagging or dipping areas
- Squeaking or shifting
- Weak spots near bathrooms or kitchens
- Flooring separating or bubbling
- Musty smells coming from floor
- Floors can eventually collapse

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DIET AND HEALTH

courtesy of Dr. Darold Lito as per his email newsletter

How Heat and Hydration Affect Muscle and Joint Health

Stiff, painful joints and muscles don't just happen when it's cold outside. Heat and dehydration can also be factors in pain and stiffness. When temperatures rise, taking a few precautions can help you avoid sore, stiff joints and muscles.

How Heat Affects Muscles and Joints

Blood vessels dilate, or widen, causing stiff, swollen joints during hot weather. As joints stiffen, range of motion decreases, which can affect flexibility whether you're going for a run or pruning shrubbery. Although joint changes can happen to anyone, people with arthritis or other conditions may be more likely to experience heat-related issues.

Muscle fatigue occurs much sooner than normal when it's hot. The problem happens when your body increases blood flow to your skin to assist in cooling. Unfortunately, this means that your muscles receive less blood and soon become fatigued.

You're more likely to experience injuries, like strains and sprains, when your muscles are tired. Fatigued muscles can also be a factor in joint injuries. Tired muscles struggle to support joints, which also increases the risk of injury.

The Effect of Hydration on Muscles and Joints

Water is essential to the health of your tissues and joints. When fluid levels decrease, dehydration occurs. Dehydration can cause thirst, decreased urine output, dry mouth, fatigue, and headache. Without enough water, your muscles may begin to cramp painfully.

Dehydration affects the joints by decreasing synovial fluid amounts. The fluid circulates around joints, providing the lubrication needed to move easily. When synovial fluid levels drop, joints can become stiff and painful.

Muscles have a high water content. When you're dehydrated, your muscles must work harder and may become fatigued or strained more easily. It also

takes your muscles longer to recover from physical activity if you're dehydrated.

Poor hydration also affects the condition of:

- Spinal Discs
- Tendons
- Cartilage

Without enough fluid, these structures may become less flexible and more prone to injury.

Sources: Journal of Athletic Training: Dehydration and Symptoms of Delayed-Onset Muscle Soreness in Hyperthermic Males, 10-12/2005

2027 RUMMAGE SALE **(SPECIAL MESSAGE BELOW)**

At the March 3, 2026 HOA meeting, the following members were appointed as

Co-Chairs for the 2027 Rummage Sale:

1. Deb Kreta
2. Scott Nekrasz
3. Robin Izbicki (Plant Sale)

The rummage sale is always a wonderful community wide event, but it also requires a great deal of planning, organization, and help from volunteers to make it successful.

If you would like to be part of this fun community effort, **we would love your help!** Please feel free to provide your name to any of the co-chairs if you're interested in volunteering.

Let's come together as a community to make this event a wonderful success!

*****IMPORTANT: Coming soon!** As of September 1st, Debbie will post the dates and times at the clubhouse when you can either drop items off at the storage shed for the sale or have them picked up.

Keep an eye open for the dates. Also, there will be a box at the clubhouse for smaller items. **PLEASE do not leave rummage sale items on the floor.**

SCAM WARNING

contributor – Melanie Benezet (to be continued)

What is senior exploitation?

While definitions of financial exploitation vary by jurisdiction, the National Adult Protective Services Association (NAPSA) states that, “Financial exploitation occurs when a person misuses or takes the assets of a vulnerable adult for his/her own personal benefit. This frequently occurs without the explicit knowledge or consent of a senior or disabled adult, depriving him/her of vital financial resources for his/her personal needs. Quite often, when such exploitation occurs, older adults don’t even realize that they’ve been victimized.

Assets are commonly stolen from older adults through deception, coercion, harassment, false pretenses, duress and threats. Seniors are perceived to be easy targets for such exploitation because they tend to be trusting and polite, and they’re likely to have financial savings, own a home and have good credit. These seniors may be isolated, lonely, disabled, uncertain about how to handle their own finances or recently widowed. All of these characteristics make them particularly vulnerable to scammers who are looking to separate them from their money.

Seniors may be reluctant to report that they’ve become a victim of fraud because they don’t know how to report it, or they may be too ashamed of having been scammed. Many of these crimes are perpetrated by loved ones, making reporting of the crime much more difficult. Believing that their relatives may lose confidence in their ability to manage their own finances, scammed seniors may also fear that they’ll lose their independence if they admit they’ve been scammed.

Who are the victims? Who are the perpetrators?

Most victims of senior financial exploitation are between 80 and 89 years old. The majority of seniors within this age range are women, and victims are twice as likely to be female. Most victims live alone and require some assistance with health care, home maintenance and other needs. It may come as a

surprise that many of these crimes aren’t committed by strangers. It’s estimated that about half of senior financial exploitation is perpetrated by strangers (51%), while 34% is committed by family, friends and neighbors. Sixty percent of known perpetrators are men, typically falling between the ages of 30 and 59.

Female perpetrators tend to be between the ages of 30 and 49.

PLANT SALE?

Bay Lake Community. So, as Plant Sale Chairman, I would like to ask our residents to keep us in mind if you have no longer needed empty pots, unwanted plants, etc. Although the future plant sale is not quite a year away, hopefully it will be paired with the Rummage Sale. You can call me at 860 608 3271 with questions; ROBIN IZBICKI 169 Oleander St.

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WHAT'S GOIN' ON IN BAY LAKE ESTATES? STAY CURRENT

contributor Steve Rollison 941-375-8110

YOUR MOST VALUABLE ACCOUNT – EVENT ALERTS

What exactly are the Event Alerts, you ask?

They are short e-mail “blasts” sent out whenever there are news items, announcements, events or activities you’d want to know about. The Bay Laker Newsletter is great, but like any printed information, it’s pretty much out of date by the time you pick it up.

Alerts are the best way to stay on top of things at Bay Lake.

If you’re not already a subscriber, becoming one couldn’t be any easier. Just send Steve a request at: EventAlerts@SteveRollison.com

A brief “Please subscribe me,” along with your name, is all you need to send.

New residents are encouraged to subscribe so as to keep up with any last minute changes or events.

SUNSHINE COMMITTEE NEWS

Please send us your request in order for us to send messages of condolence or to acknowledge an illnesses of friends/neighbors in Bay Lake. We will send out cards. Please email or call

Debbie Kreta 513-237-0028

thekretas@gmail.com or

Marian Brooks 519-710-2929

mbrooks654@gmail.com

NEWSLETTERS

As you may have noticed with the May issue it was not delivered to your mailbox. Please pick up your copy at the clubhouse around the 1st of each month. You can always access past newsletters online at www.BayLakeEstates.org.

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BEFORE



AFTER



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BAY LAKE BOOK GROUP

by Karen Limkemann -

We would like to have more people come to our Reading Book Group. I know there are more readers out there. I see you reading books at the pool.

Joining a book club, turns a solitary hobby into a shared experience, offering discussion, debate, and intellectual and personal growth.

One of the great things about belonging to a book club is that you discover new genres, authors and challenging books that you wouldn't normally pick up.

You gain new perspectives and understand books and themes more deeply through varied interpretations and experiences from others.

Analyzing plots, characters and themes boost critical thinking. Keeping your brain active and engaging with complex ideas and stories sharpen your mind.

There is also the socialization and meeting new people and making new friends when you join a book club.

We have been meeting on Wednesdays in the library at 1:00. But, to encourage more readers to come we are changing our time to 7:00 PM. Bring your own beverage, and dessert will be provided.

In March and April we start thinking about books that we would like to read and discuss for next season. If you have read a book that you think others would enjoy we would love to hear from you.

The book that we are reading this month is:

The Borrowed Life of Frederick Fife by Anna Johnston

It is about a kind lonely elderly man who is facing eviction. He is mistaken for a missing resident at a nursing home. It is a hilarious, feel-good novel about forgiveness, redemption and second chances.

Super fun book!

This is Anna Johnston's first book.

She refers to herself as a former baby, aspiring octogenarian, and debut Australian author with a love for the heartfelt and hilarious. She grew up in country Victoria before moving to Melbourne, by

the beach, where she lives with her husband, two daughters, and elderly Italian Greyhound.

HOA MEMBERSHIPS

HOA memberships are on sale for 2026 and soon 2027 will be available. All homeowners may purchase a membership for \$10.00 for the entire year. This is a fiscal thing, January – December.

Please note, when voting for the election of directors **only one member of the HOA per household** are allowed to vote, per #723 of the Florida Statue. Annual renters and occupants may purchase an Associate membership for \$10.00 a year as well. All members may vote on HOA issues and expenditures and attend HOA meetings. HOA memberships are important to receive discounts or to join special events, like the Welcome Back Breakfast, Ice Cream Social, Valentine's Day dinner and dance, Halloween Party and more.

Memberships will be sold at Saturday morning coffee and at association meetings, or by calling John Kreta at 513-886-4201.



BAY LAKE ESTATES BOOK GROUP 2026 - 2027

Contact person: Karen Limkemann 734-890-9229

The group meets on the 2nd Wednesday of the month in the library at 7:00 pm

Date	Title & Author	Leader
November 18, 2026 (3rd week)	This is Going to Hurt by Adam Kay pub: 2022	Susan Rollison
December 16, 2026	The Most Fun We Ever Had by Claire Lombards pub: 2019	Carrie Strano
January 13, 2027	When We Believed in Mermaids by Barbara O'Neal pub: 2019	Diane Adamson
February 17, 2027	Remarkably Bright Creatures by Shelby Van Felt pub: 2023	Raylene Baylis
March 24, 2027	Pride and Prejudice by Jane Austen pub: 1813	Karen Limkemann
April 14, 2027	The Housemaid by Freida McFadden pub: 2022	Marian Brook



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NOVEMBER BIRTHDAYS AND ANNIVERSARIES

by Steve Limkemann (734) 419-9142

November Birthdays

2 Donald Hoydilla
7 Jeffrey Bucsek
7 Dawna Riley
8 Sharon Brewer
9 Clovis Lins
10 Bill Reese
11 Boyd Brewer
13 Vicki Messier
16 Stephen Medich
19 Joyce Martin
20 Pat Evans
24 Ivy Smart
25 Wayne DeNardis
27 Jane Shupp
29 Julie Tomash



November Anniversaries

1 Lorraine & Richard Slifer
9 Jeff & Robin Izbicki
20 E. Virginia & Jorge Gomez



We may not have everyone's birthday and/or anniversary month and day. If you had a birthday and/or anniversary this month and we missed it, or listed it incorrectly, 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.



Best of Venice 2025



Best of Venice

Blair Post, HAS, BC-HIS, ACA

Board Certified Hearing Instrument Sciences
American Conference of Audioprosthology

I It's that time of year: voting for the Best of Venice. Our local Gondolier Newspaper is holding its annual Best of Venice voting now. You can click the QR code to be directed to voting for all your favorites in our area.



As a small business owner this is one of the few ways, we are honored. Please take a moment to cast your vote.

And, I want to say thank you to everyone who has voted for over the years. Your support and continued encouragement resulted in us being awarded Best of Venice—multiple titles and multiple years as both winner and finalist—Reader's Choice multiple years, and Small Business of the Year. I appreciate all the support and everyone who took their time to vote for us.

I am proud to have consistently offered service that is recognized by you and honored to receive so many awards over the years that our wall of awards has expanded onto another wall. Thank you for entrusting me with your hearing, I am glad I earned your respect.

Almost twenty years ago, I opened my own office and chose to treat all my clients as if they are family. When I chose this profession, I was inspired by my mother MaryEllen. She was very social and offering her a solution for her life allowed her to live her best life.

Thank you in advance for voting for the businesses you adore and trust.



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NOVEMBER 2026

OCTOBER
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DECEMBER
S M T W T F S
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13 14 15 16 17 18 19
20 21 22 23 24 25 26
27 28 29 30 31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Domino's every week at 6:30 at the clubhouse- no sign up sheet.</p>	<p>2</p> <p>Cornhole (6:00 p.m.) clubhouse</p>	<p>3</p> <p>Cards -Texas Hold-em for BLE residents only 6:30 p.m.</p>	<p>4</p> <p>Golf in Venice (7:15 on Wed. when in season)</p>	<p>5</p> <p>Cornhole – (3:00 p.m. clubhouse); Shuffleboard (6:00 p.m.)</p>	<p>6</p> <p>Golf in Venice - 6:30 Mahjong 1:00 p.m. Cards (dealer's choice) 6:30 p.m. Euchre 6:00 p.m.</p>	<p>7</p> <p>Coffee & donuts at 9:00 a.m. Game Night 7:00 p.m.</p>
<p><i>All Saints Day</i> <i>Daylight Savings Time Ends</i></p>						
<p>8</p> <p>Domino's every week at 6:30 at the clubhouse- no sign up sheet.</p>	<p>9</p> <p>Cornhole (6:00 p.m.) clubhouse</p>	<p>10</p> <p>Cards -Texas Hold-em for BLE residents only 6:30 p.m. Romeos breakfast 8:45 a.m.</p>	<p>11</p> <p>Golf in Venice (7:15 on Wed. when in season)</p>	<p>12</p> <p>Cornhole – (3:00 p.m. clubhouse); Shuffleboard (6:00 p.m.) The Juliets 1:00 p.m. at Word of Mouth</p>	<p>13</p> <p>Golf in Venice - 6:30 Mahjong 1:00 p.m. Cards (dealer's choice) 6:30 p.m. Euchre 6:00 p.m.</p>	<p>14</p> <p>Coffee & donuts at 9:00 a.m. Game Night 7:00 p.m.</p>
<p><i>Election Day</i></p>						
<p>15</p> <p>Domino's every week at 6:30 at the clubhouse- no sign up sheet. Newsletter Article Deadline</p>	<p>16</p> <p>Cornhole (6:00 p.m.) clubhouse</p>	<p>17</p> <p>Cards -Texas Hold-em for BLE residents only 6:30 p.m. The Juliets 9:30 a.m. at Millies, Sarasota</p>	<p>18</p> <p>Golf in Venice (7:15 on Wed. when in season)</p>	<p>19</p> <p>Cornhole – (3:00 p.m. clubhouse); Shuffleboard (6:00 p.m.)</p>	<p>20</p> <p>Golf in Venice - 6:30 Mahjong 1:00 p.m. Cards (dealer's choice) 6:30 p.m. Euchre 6:00 p.m.</p>	<p>21</p> <p>Coffee & donuts at 9:00 a.m. Game Night 7:00 p.m.</p>
<p>22</p> <p>Domino's every week at 6:30 at the clubhouse- no sign up sheet.</p>	<p>23</p> <p>Cornhole (6:00 p.m.) clubhouse</p>	<p>24</p> <p>Cards -Texas Hold-em for BLE residents only 6:30 p.m. Romeos breakfast 8:45 a.m.</p>	<p>25</p> <p>Golf in Venice (7:15 on Wed. when in season)</p>	<p>26</p> <p>Cornhole – (3:00 p.m. clubhouse); Shuffleboard (6:00 p.m.)</p>	<p>27</p> <p>Golf in Venice - 6:30 Mahjong 1:00 p.m. Cards (dealer's choice) 6:30 p.m. Euchre 6:00 p.m.</p>	<p>28</p> <p>Coffee & donuts at 9:00 a.m. Game Night 7:00 p.m.</p>
<p>29</p> <p>Domino's every week at 6:30 at the clubhouse- no sign up sheet.</p>	<p>30</p> <p>Cornhole (6:00 p.m.) clubhouse</p>					
<p><i>First Sunday of Advent</i></p>						

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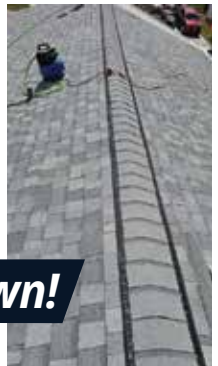
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