



L.A. TIMES

Lake Ashton Community Newsletter
October 2017

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p. 12



2018

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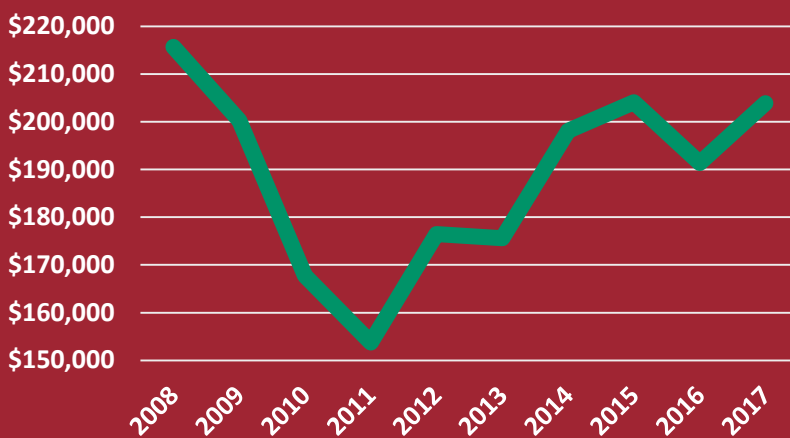
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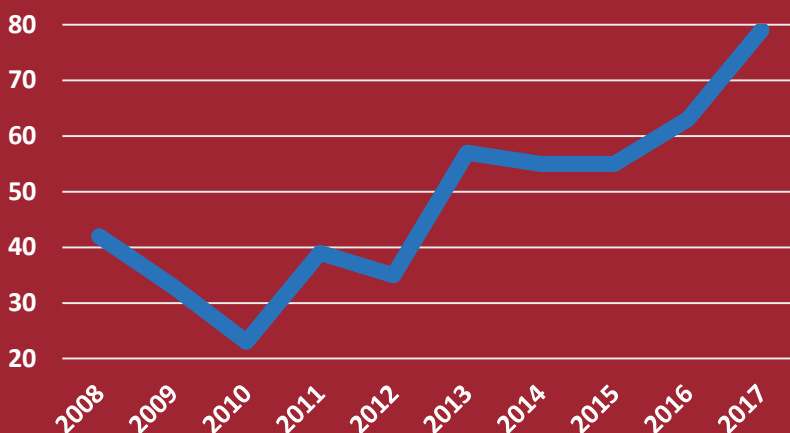


STRONGEST SELLER'S MARKET SINCE 2006 IN LAKE ASHTON

SALES PRICES LAKE ASHTON



OF SALES LAKE ASHTON



DATELINE LAKE ASHTON:

Sales Prices of Lake Ashton Homes (Green Line) continue to increase by 6.1% year-over-year, while the number of homes sold (Blue Line) has risen to nearly 80 this year...so far! With only 35 homes now on the market, there is only a 5-1/2 month backlog of homes (Number of Listings divided by Number of Sales per Year). When the backlog is less than 1/2 year, we are in a "Sellers' Market."

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Lake Ashton (LW) CDD News

By Tricia L. Adams, LACDD Community Director

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Hurricane Irma packed a punch but Lake Ashton stood strong before, during and after the storm. Many neighbors offered to help others with garage storage (for vehicles), generators, and other generous offers while storm preparations were underway. Residents stocked up on supplies, gasoline, and ice and then braced for electrical outages, wind, and rain. Thankfully, the community fared very well with relatively minor damage and minimal power outages. The Community Emergency Response Team (CERT) and Amateur Radio Club activated after the storm but, again, there were very few incidents to report to local public safety organizations. Neighbors were quick to lend a hand (or a chainsaw) to assist with cleaning up downed trees and other vegetation in residential yards. All of the Clubhouse amenities were up and running within hours of the storm passing so it was a truly remarkable recovery. Of course, there were some damages to LA (LW) CDD property such as roof, shade awning, signage, soffit, and exterior fencing. In some cases, repairs are already completed but others will take longer to finish.

LA (LW) CDD Supervisors met September 8 and approved renewing agreements for landscaping, janitorial services, pond maintenance, and pool cleaning services. Supervisors also approved grout and laminate work in the Clubhouse Fitness Center restrooms. The Clubhouse Fitness Center showers will be closed from October 13 to October 23. During certain days, there may be limited or no access to the Fitness Center restrooms while workers are present.

O C T O B E R 2 0 1 7

LAKE ASHTON ARTISTS AND PHOTOGRAPHERS FEATURE WORK AT THE CLUBHOUSE

A new initiative to enhance the beauty of the Clubhouse and feature Lake Ashton artists and photographers is underway. Starting October 2, there will be a rotating exhibit in the hallway near the Bowling Alley displaying the work of Lake Ashton artists and photographers.



The first photographer is Dale Steenberg. Dale's curated exhibit features award-winning wildlife photographs of Florida and Wisconsin nature and birds. Residents can see the exhibit October 2 through November 12 during regular Clubhouse hours. Meet and greet the photographer Friday, October 6 at 2 p.m. as he introduces his photographs and himself during a casual exhibit talk at the gallery. Dale's love of photography started with a keen interest in sports photography and grew to a remarkable collection of action and sport photos with many taken on behalf of the University of Wisconsin. Although new to exhibiting, Dale won a Best of Show and blue ribbon in the 2017 Lake Ashton Art and Photography Show. Dale and his wife LouJean are about to celebrate their one-year anniversary of living at Lake Ashton.

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November Issue Deadline: October 13

Guidelines for Submission:

- Email articles to: valerie@lakeashtoncdd.com
- 150 word limit. Articles will be edited for length and clarity.
- Include your club contact and phone number.
- The writing style is third person — avoid using I, me, my, we, our, or personal pronouns.
- Articles must be approved by club/group/organization leader prior to publication.

Photo Specifications:

- All photos must be digital images in "jpeg" format and submitted via email or on a CD.
- Photo files should be no smaller than 1600 x 1200 pixels.
- Space will generally allow only one photo per article.
- The designer and printer will make the final determination as to the print quality of photographs for publication.

Lake Ashton II (WH) CDD News

By Mary Bosman, LAICDD Community Director

The new Media Center is not quite completed yet, but it is operational. The plantation shutters, additional bookshelves and window seat have not yet arrived. The five new computers are being enjoyed daily, however, as are the new seating areas at the HFC. Meetings are taking place in the newly restructured area with computer classes and other events coming very soon! The new conference room at the HFC will be operational by mid-October, offering a place for small meetings, games and the Memory Enhancement Station (MES). The MES will have a computer with memory enhancement, and (fun) games for every level of mentation.

The 2020 Group led by Chairman Bob Zelazny, as well as resident volunteers, have offered ideas for providing the very best amenities for Lake Ashton residents. Studies have been done showing pool, pickleball and tennis court usage. They will continue during the higher usage season as well. Also additional fitness classes will be offered as attendance increases. The LAICDD Board of Supervisors, HFC staff and volunteers want to wish all returning Lake Ashton residents a big welcome back!

Message for New Residents

By Mary Bosman, LAICDD Community Director

All new residents to Lake Ashton are invited to stop in at the HFC or call 863.595.1562 to receive a packet of very helpful information to make your transition to Lake Ashton living an easier one! Also, be sure to sign up for the next New Resident Social on November 17 at 2 p.m.

Help Keep Lake Ashton Secure

By Tricia L. Adams, LACDD Community Director

Anyone using amenities (such as the Pools, Cinema, Bowling Alley, Fitness Centers, Tennis Courts, etc.) at the Clubhouse or HFC should have a Lake Ashton Resident Identification or Guest Pass. This identification policy helps staff and security officers ensure that the amenities are safeguarded and being used as intended. Please get in the habit of bringing Lake Ashton Identification with each visit to the Clubhouse or HFC. With many new residents moving to the expanding neighborhood, a Lake Ashton photo ID assists staff and security officers with learning names and faces. Keep in mind, if staff or security ask for an identification, it is not to harass residents, but rather intended to keep the neighborhood secure.

Those who have not yet received an identification can check with Clubhouse staff for an application and the times when the camera and equipment is set up. Lake Ashton identification qualifies residents to participate in a Resident Discount program where over 55 local business, restaurants, and services offer a Lake Ashton Resident Discount. Please see a detailed list on ashtonliving.net on the Lake Ashton Resident Identification Discount Program page under the Resident Services tab, or at the Clubhouse Activities Desk.

Guest & Renter Registration

By Gail Spence, Clubhouse Activities Assistant

All guests and renters must be registered and have a Facilities Guest Pass to use Clubhouse Amenities. To register, residents must bring at least one adult guest to the Clubhouse Activities Desk, and renters must have a copy of their rental agreement. The Clubhouse Activities Desk is staffed Monday through Friday from 9 a.m. to 5 p.m. and Saturdays from 9 a.m. to 1 p.m. Guests cannot be pre-registered by homeowners.

New Resident Orientation

By Christine Wells, Club Office Manager

New residents of Lake Ashton are encouraged to stop by the Clubhouse to receive an informal introduction to Lake Ashton. At this time, residents can ensure they are in the resident directory, sign up for electronic news, meet various staff members, get information about Lake Ashton photo identification cards, and receive information regarding utility services. The Club Office is open Monday through Friday from 9 a.m. to 5 p.m. A formal New Resident Orientation will be held October 11 in the Clubhouse Ballroom at 3 p.m. Residents will learn about the primary functions of Lake Ashton Community Development Districts (CDDs), Homeowners Associations (HOAs), Architectural Review Committees (ARCs) and other important organizations and stakeholders. Residents can also hear about the best ways to get Lake Ashton news and information and have an opportunity to meet others new to the community. Sign up at the Clubhouse Activities Desk.

Resident Directories

By Christine Wells, Club Office Manager

The updated quarterly Lake Ashton Resident Directory is available at the Clubhouse Activities Desk. The cost is \$2 and they can be purchased Monday through Friday from 9 a.m. to 5 p.m.

Parking in Unauthorized Areas at Lake Ashton

By Tricia L. Adams, LACDD Community Director

Lake Wales Police Department and Lake Ashton Community Development District have teamed up in a safety initiative to prevent golf carts and other vehicles from driving and parking on the sidewalk and on the road in front of the bank. Not only is it in violation of city ordinances, but parking on the sidewalks is also extremely dangerous for residents and guests accessing the bank, Sales Office, Resales Office or MX Communications office. Hopefully, drivers notice a No Parking sign in the vicinity of the sidewalk and road in front of the Sales Office/bank building. The sign was placed here to discourage all vehicles, including golf carts, from parking on the sidewalk or the road. Please assist in making Lake Ashton sidewalks and roads safe for residents and guests by not parking on the sidewalk or the road in this congested area.

LA (LW) HOA - Texas Phoenix Palm Decline

By Mike Holden

Many of Lake Ashton's palm trees are being hit by Texas Phoenix palm decline (TPPD), a fatal, systemic disease that kills palms relatively quickly and is spread naturally to palms by sap-feeding insects, such as planthoppers. Currently, the known susceptible hosts for the TPPD phytoplasma are Phoenix canariensis (Canary Island date palm), Phoenix dactylifera (edible date palm), Phoenix sylvestris (wild date palm), Sabal palmetto (cabbage palm), Phoenix reclinata, Sabal palmetto, and Syagrus romanzoffiana (queen palm).

Palms showing symptoms of more than 25 percent foliar discoloration or a dead spear leaf due to the disease should be removed as soon as possible. Death of the spear leaf indicates the apical meristem (bud) has died, so no new growth will occur. Although lower leaves may remain green for a number of months after the spear leaf dies, it is in the best interest of the community to remove the infectious palm as soon as possible. The diseased palm serves as a source of the phytoplasma that can be transmitted by an insect vector to still-healthy, TPPD-susceptible palms. If TPPD symptoms are present, but the spear leaf has not died, therapeutic treatment of the disease may be achieved by application of the antibiotic oxytetracycline HCl (often referred to as OTC), administered to palms by liquid injection into the trunk. Treatments would continue for the life of the palm on a three- to four-month treatment schedule. Contact the HOA office for more information at 863.325.0065.



Neighborhood Watch - Do Your Research!

By Fay Wood, NW Chief

There is so much happening in the world today prompting people to open their hearts and support all kinds of causes. Unfortunately there are many scam and con artists who take advantage of kindhearted people. Before donating your hard-earned money, check Charitywatch.org, America's most independent, assertive charity watchdog. They rate how efficiently a charity will use your donation and expose nonprofit abuses. Please do your research to select causes that help those in need, and not the CEOs!

Shredding Event

By Christine Wells, Club Office Manager

Henderson Sachs, PA is sponsoring a mobile shredding service at Lake Ashton on Monday, October 16 at 3 p.m. Please bring any papers to be shredded, in a bag, to the Clubhouse lobby on this day and time only. This area will be monitored but is unattended. Please remove all clips and rubber bands before dropping off (staples are ok to keep). Please see Christine in the Club Office with any questions.

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M O V I E S C H E D U L E

PLEASE NOTE NEW MOVIE SCHEDULE FOR THE CLUBHOUSE CINEMA BELOW. TUESDAY SCREENINGS ARE CLOSED CAPTIONED.

Sunday, October 1 — Thursday, October 5 at 7 p.m.

QUEEN OF KATWE (2016) PG 124 minutes

Inspiring, emotional, and heartfelt drama starring David Oyelowo and Lupita Nyong'o. Disney presents this movie based on a vibrant true story of a Uganda girl's life as it changes forever when she discovers she has an amazing talent for chess.

Tuesday, October 3 — Thursday, October 5 at 11 a.m. & 3 p.m.

Sunday, October 8 — Thursday, October 12 at 7 p.m.

MISS SLOANE (2016) R 132 minutes

Cerebral, political thriller starring Jessica Chasten and Mark Strong. In this gripping thriller that exposes the dog-eat-dog world of Capitol Hill lobbyists, political strategist Elizabeth Sloane is determined to push through legislation enacting tougher gun control, regardless of the personal or professional cost.

Tuesday, October 10 — Thursday, October 12 at 11 a.m. & 3 p.m.

Sunday, October 15 — Thursday, October 19 at 7 p.m.

WONDER WOMAN (2017) PG-13 141 minutes

Exciting, violent comic book adventure starring Gal Gadot, Chris Pine, and Robin Wright. Before she was Wonder Woman, she was Diana, princess of the Amazons, trained to be an unconquerable warrior. Raised on a sheltered island paradise, then an American pilot crashes on their shores and tells of a massive conflict raging in the outside world, Diana leaves her home, convinced she can stop the threat. Fighting alongside man in a war to end all wars, Diana will discover her full powers ... and her true destiny.

Tuesday, October 17 — Thursday, October 19 at 11 a.m. & 3 p.m.

Sunday, October 22 — Thursday, October 26 at 7 p.m.

BORN IN CHINA (2017) G 79 minutes

Visionary science and nature documentary starring John Krasinski. From Disney nature, the studio that brought you *Bears* and *Monkey Kingdom*, this remarkable journey into never before seen wonders of China. Follow three animal families — panda, golden monkey, and snow leopard — as their stories unfold over the vast terrain.

Tuesday, October 24 — Thursday, October 26 at 11 a.m. & 3 p.m.

Sunday, October 29 — Thursday, November 2 at 7 p.m.

THE EXCEPTION (2017) R 107 minutes

Exciting suspenseful, and romantic thriller based on the book starring Lily James, Jai Courtney, and Janet McTeer. This turbulent drama portrays the converging fates of Kaiser Wilhelm, exiled to Holland after Germany's defeat in World War I, and a young Jewish woman whose presence in the Kaiser's household raised the suspicions of an SS officer looking for spies.

CLASSIC AND SPECIAL INTEREST FILMS WILL BE SHOWN IN THE CINEMA AT 1 P.M. ON SELECT FRIDAYS.

October 6 - BRINGING UP BABY

(1938) NR 102 minutes

Witty, romantic, classic comedy starring Katherine Hepburn and Cary Grant. Love runs wild for a hapless scientist and an unstoppable heiress in Howard Hawk's classic screwball comedy that ranks high on the American Film Institute's list of the funniest Hollywood films ever made. With her eye on paleontologist David, heiress Susan lures him to their home. But the hilarity begins when Susan's dog steals David's prize dinosaur bone and her pet leopard, Baby, is mistaken for a zoo escapee.

October 13 - ALIVE INSIDE: A STORY OF MUSIC & MEMORY

(2014) NR 78 minutes

Emotional, heartfelt, and inspiring documentary. This moving documentary follows social worker Dan Cohen as he uses music to unlock memory in nursing home patients with Alzheimer's disease. Aided by well-known neurologist Oliver Sacks, Cohen aims to transform the quality of life for the afflicted.

October 20 - NO MOVIE

October 27 - HOW TO MURDER YOUR WIFE

(1965) NR 119 minutes

Witty, romantic, classic comedy starring Jack Lemmon and Virna Lisi. After impetuously wedding a beauty he just met, a cartoonist fantasizes about getting out of the hasty marriage by plotting his wife's murder in his sketchbook. But will life imitate art when she vanishes and the police show up on his doorstep?


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KEEP INFORMED - ATTEND MONDAY COFFEE!

Everyone is welcome to attend Monday Coffee at 9 a.m. in the Clubhouse Ballroom for updates on activities, clubs and groups, facility maintenance, and other community news. Coffee and refreshments are available for \$1.

October 2

- City of Winter Haven Updates
- Birthday & Anniversary Celebrations
- HealthCare Advocates

October 9

- Outback Oasis
- Lake Wales Medical Center Blood Pressure & Glucose Screening
- Edward Jones
- Bite Me Monday (donations for Humane Society)
- Winter Haven Hospital Community Blood Center Blood Drive

October 16

- Lake Wales Care Center
- Blue Cross Blue Shield
- Peanut Butter Monday (donations for local food pantry)

October 23

- Outpost 27 (Visit Central Florida)
- Flu Shots with Walgreens Pharmacy
- Clear Sky Lending
- Blast from the Past

October 30

- Family Elder Law
- Allen and Company

Upcoming Board of Supervisors Meetings

LACDD

Friday, October 13 at 9 a.m.
Clubhouse Ballroom

Polk County Library Cooperative Bookmobile

By Gail Spence, Clubhouse Activities Assistant

The Polk County Library Cooperative Bookmobile now visits Lake Ashton twice a month. It will be parked at the Clubhouse west parking lot every second and fourth Wednesday of each month from 9:30 a.m. to 4:30 p.m. (closed for lunch from 12:30 to 1:15). For more information, call the Polk County Library Cooperative at 863.678.4004.

Dance Show Presented by All Saints Academy

By Gail Spence, Activities Assistant

All Saints Academy Dance Ensemble will be performing at Lake Ashton October 26 at 3 pm in the Ballroom. This is a free show and a great opportunity to see talented students performing a variety of dance styles. All dancers are part of a team that has competed all over Florida and performed at places like Disney Springs, the Macy's Universal Holiday parade, and for many local organizations. The dance team is energetic, talented, and they love to have fun, so residents won't want to miss this wonderful performance! Please sign up at the Clubhouse Activities Desk.

FIRE AT LAKE ASHTON HOURS:

11 A.M. TO DINNER HOURS TUESDAY — SATURDAY

HAPPY HOUR EVERY DAY FROM 3 TO 5 P.M.

Thursday Nights: 75 Cent Wings from 4 to 8 p.m.

Upcoming Entertainment:

Enjoy live music inside the restaurant from

5 to 8 p.m. on October 18 with Mic and

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To ensure the best dining experience, reservations are recommended.

Please call 863.324.5810.



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Christine Graves

Lake Ashton Resident

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Lake Ashton Men's Golf Association (LAMGA)

By Gary Pagel

Why would you want to live any place else? These last weeks have proven that Lake Ashton is one of the friendliest, most helpful, and kindest places around. Everyone kicked in to make sure that everyone else was ready for Irma. Whether staying or bugging out, everyone was concerned for their neighbors. Thank you all for confirming that Lake Ashton is the best place to be!

Now down to the golf part. November is the start of the election process for the Men's Golf Association. From October 5 through November 2, any member in good standing may submit a notice of self-nomination to the President of the LAMGA, Don Woodbury, with their intent to run for office along with a brief resume. After the nominations are closed, voting will run November 2 — 20 by an emailed ballot from Survey Monkey. Remember to check your spam or junk mail box if you have not accepted this incoming address in your mail. The results will be announced at the annual December meeting. To join the Lake Ashton Men's Golf Association, pick up an application at the Pro Shop and return along with your dues payment. If you have any questions, contact any of the LAMGA board members.

LA Niners

By Carol Gillespie



The summer of 2017 has been a busy one for the L.A. Niners Women's Golf League. In addition to their weekly golf outings and monthly luncheons, they have participated in a number of golf clinics provided by the pros on skills such as putting, chipping and fairway shots. Pictured here from left to right are Janet Mutz, Dot Bothwell, Joan Switalski and Vicky Oleson about to tee off for their weekly outing. These girls of summer enjoy playing an abbreviated nine holes that allows them to improve their golf games during the off-season. The Niners will tee off their 2017-18 golf season with an opening luncheon on October 10, and they look forward to welcoming their returning seasonal members. The league invites any women who are golf club members and would like to play nine holes of golf on Tuesday mornings to join them by paying annual dues of \$30. Schedules and sign-up sheets for each week are posted on the Niners' bulletin board outside the ladies room in the Pro Shop.



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E V E N T S

Lake Ashton Day Trips

By Gail Spence, Clubhouse Activities Assistant

Registration is open for the one remaining day trip of 2017 in October. All trips are hosted by Activities Assistant Gail Spence and include reserved round trip transportation in deluxe motor coaches from the Clubhouse. No worries about traffic, parking, or having a few drinks when aboard the Lake Ashton bus!

Travel to the Hunsader Farms Pumpkin Festival in nearby Bradenton on October 28. The best Pumpkin Festival in the state includes 75 craft booths, live music, pumpkin games, pioneer village and more! Try out food trucks, hayrides, corn maze and other fun fall activities. Register and pay at the Clubhouse Activities Desk with checks payable to Small World Tours. Cost is \$49/person.

Socks on for Alzheimer's

By Judy Puntureri

Grab your best gal/guy, poodle skirts, hip jackets and saddle shoes for a fun evening and all for a great cause ... a cure for Alzheimer's disease! Enjoy a good old-fashioned Sock Hop (think high school gym at the HFC), with dancing

to the music of the 50s, 60s, 70s, and 80s provided by DJ Wayne on Saturday, October 21. Tickets are on sale for \$10 per person (checks only, payable to Lake Ashton Alzheimer's Walk). All proceeds will be donated to the Lakeland Walk to End Alzheimer's, Lake Ashton's Team Sam and friends, held that morning at 9 a.m. at Lake Hollingsworth. All are welcome and encouraged to join for that as well. As usual in the HFC, you can bring your own beverage of choice.

FREE Lake Ashton Home Improvement Expo!

By Gail Spence, Clubhouse Activities Assistant

There will be a fun-filled Home Improvement Expo in the Clubhouse Ballroom on Friday, October 20 from 10 a.m. to 1 p.m. This is a perfect event for homeowners planning any home improvements during the year ahead. Meeting your potential contractor face-to-face is a valuable way to select a professional and reliable expert for upcoming home improvement projects.

Glampire Masked Ball

By Lynn Shelton

Once again, it's time to plan for the masked ball. This year, a new version of the "The Glampire Masquerade Ball" from the year 2010 will be recreated, so design your most creative outfit, from ethereal to spooky, sparkly to dusty, or exotic to mysterious. Enter into a magical evening on Friday, October 27 at 7:30 p.m. in the Clubhouse Ballroom. Tickets go on sale on Tuesday, October 3 at 9 a.m. at the Clubhouse Activities Desk for \$15 each, with proceeds going to Alzheimer's research. Come enjoy music, dancing, snacks, prizes, friends, neighbors and a cash bar! Make this last event chaired by Lynn Shelton one of her happiest LA memories.

Winter Wonderland Christmas Dinner Dance 2017

By Jackie Ellis

This year's event will be Saturday December 2 from 5 to 10 p.m. in the Clubhouse Ballroom. Buffet style dinner will be served at 6 pm by Fire and will include chicken Marsala, beef carving station, and salmon filet with all the trimmings. Music will be provided by Lake Ashton's own Perfect Pitch Band, and yes, as always, will include surprise Christmas gifts! Tickets will go on sale Monday, November 6 in the lobby before and after Monday Coffee. Table Settings for up to 8 people. Thanks to the great sponsors as always, Arts Golf Cars, Cammeo's Salon & Day Spa, and Huston Cadillac, Buick & GMC. Come and get dressed up for a great time with friends and family!

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E V E N T S

Lake Ashton Holiday Parade

By Jim Mecsics

Happy Holidays! The 2017 Lake Ashton Holiday Parade will take place on Thursday, December 14 (please note date correction). Parade participants will meet in the HFC parking lot at 5:30 p.m. with the parade stepping off at 6:30. The parade will conclude at the Clubhouse where a holiday reception for participants and families will take place.

The parade is open to any type of conveyance (carts, cars, bicycles, etc.) as well as any cast participants with special talents (twirling, dancing, singing, etc.).

The Parade Executive Committee is also looking for volunteers for the reception and parade operation. If you would like to help out with the committee organization, contact coordinator Jim Mecsics at 863.875.4554 or 703.282.9714, or mecsicsj@msn.com.

There will also be sign up sheets for cast members and carts at both Activities Desks October 1. Get your holiday spirit on and become a part of the Lake Ashton Holiday Parade production!

Talent Showcase 2018 — “Outlaws to Gangsters”

By Kay Prusiecki

The first Talent Showcase meeting will be November 16 at 3:30 p.m. in the Ballroom for all who are interested in participating. New talent, both on and off the stage, is always needed. This year's theme will prove to be both different and delightful. A volunteer to work the spotlight is required during a few evening rehearsals and the weekend of the show April 12-14. So, if you have talent such as singing, dancing, comedy or playing a musical instrument, please come join this wonderful group of talented theatre folks and have an enriching time. If you have questions please email lakeashtonPAC@gmail.com.

Benefit Piano Concert

By Carolyn Neuberger

The LA Purple Stars will be sponsoring a Benefit Concert to help support and find a cure for cancer Friday, January 19 at 7:30 p.m. in the Clubhouse Ballroom. Tickets will go on sale November 20 for Lake Ashton residents only. Minimum contribution for open seating is \$5, and \$10 minimum contribution for reserved seating. Make checks payable to the LA Purple Stars.

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RAFFLE - WIN THESE BEARS!



The LA Purple Stars Relay for Life Team is raffling off these two bears as a fundraiser to raise money for the American Cancer Society. Purchase 1 ticket for \$1 or six tickets for \$5 at the Clubhouse Activities Desk. The winning tickets will be picked at the benefit concert on January 19. Thank you for all of your support.

Lake Ashton Amateur Radio Club

By Claude Brown

Polk County Emergency Management plans and coordinates the preparation, response, and recovery from natural or man-made disasters in Polk County. It manages the County Emergency Operations Center (EOC), which is the central coordination facility for all disasters and acts as the primary emergency command and control center for the county's government. Each county agency has a working position within the EOC's 11,694 sq. ft. facility. Integrated audiovisual control systems, as well as amateur radio

communications stations assure that first responders have the best possible information in any situation. Ham radio operators in Lake Ashton send requests for medical, fire, and rescue assistance directly to the appropriate agencies through these stations. Some Lake Ashton hams, if not needed here, will act as volunteer radio station operators at the EOC. Visit your Lake Ashton Amateur Radio Club meeting monthly on the second Thursday in the Clubhouse Craft Room at 1 p.m.

LA Belles

By Becky Faughander

The Belles Halloween luncheon will be Wednesday, October 25. Come celebrate in costume with your friends and plan to scare everyone at the Sizzlin' Grill. The cost is \$16/person or \$17 if the shrimp salad is your entrée. Price includes lunch item (sandwich, salad, or wrap, drink, taxes and gratuity). Lots of treats and some tricks for all those who dare to attend. The witching hour is noon. Contact sponsors Judy Cline, Becky Faughander (863.662.5806), Rose Crognale (863.324.5785) and Joan DiBattista (863.656.1586) with questions. Sign up and view menu choices at the Clubhouse Activities Desk — make checks payable to LA Belles.

The Belles Annual Meeting will be held in the Ballroom October 16 at 10 a.m. following Monday Coffee. Election of officers will be held. Anyone interested in being on the Board, please call Sharon Thomas at 407.273.8700, 860.805.3306, or amadeus1006@gmail.com.

Blankets of Love at Lake Ashton (BOLLA)

By Pat Neaves

BOLLA has sports blankets selling for \$35. They make great gifts for any sports fan. The following blankets are available in limited supply:

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NHL: Boston Bruins, Chicago Blackhawks, Detroit Redwings

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Fashion for BOLLA

By Pat Neaves

Lake Ashton is having a November shopping event! Clothesline designer Wendy Sandgren will bring her fashions and jewelry designs to the Lake Ashton Ballroom on Thursday, November 9 from noon to 4 p.m. Your \$5 donation benefits Blankets of Love and includes light refreshments. Tickets go on sale Monday, October 2 at 9 a.m. at the Clubhouse Activities Desk. This is a great opportunity to shop for holiday gifts or look for new items to add to your existing wardrobe!

Lake Ashton Cats & Canines

By Patricia Landskron



Dogs and cats only want to be judged based on the content of their character, not the color of their fur. According to pet shelter workers, ebony-colored cats and dogs suffer from the “Black Dog Syndrome” — they are often the last to be adopted and the first to be euthanized.

There are no statistics to prove the trend, but there’s plenty of anecdotal evidence and many possible explanations, rooting from a simple logistical problem: Black animals are hard to photograph well, and are therefore hard to advertise, to the perception of black dogs especially large black dogs as being mean. Black cats have an entrenched superstition, as being cursed and associated with witches. Many shelters have taken special care in showcasing their ebony animals, with specials on adoption fees or care when photographing them for adoption advertising. Please keep this in mind when looking for your special pet. A beautiful black cat or dog may be the one for you. For help with a cat or dog rescue please call David Landskron at 863.206.1776 or 813.482.2090.

Creative Stitchers

By Pat Howe

Hopefully all residents fared well through Hurricane Irma. It was a nasty long event but fortunately Lake Ashton did not lose power and at time of printing there was no knowledge of anyone suffering injuries.

The Tuesday gathering is increasing every week and many new projects are well under way. There have been a

few “Show and Tells” from Stitchers who have been busy through the summer season. If you need a break after Irma, the Creative Stitchers are planning our first road trip for November. Reminder: Mark February 21, 2018 on your calendar for the Quilting and Needle Art Show. If you stitch, embroider, quilt, knit, or sew, come see the fun you may be missing on Tuesdays in the HFC Craft Room from 1 to 4 p.m. All are welcome. Happy stitching!

LA Cruisin' 2 Travel Club

By Dottie Dernbach

The LA Cruisin' 2 Travel Club will be hosting a meeting on Wednesday, October 11 at 7 p.m. in the HFC Community Center. Thomas Muldoon from MSC Cruises will present a program on the January 20, 2018 cruise on the new Seaside. Everyone is welcome. Refreshments will be served.

The club is also looking to see if there is any interest in a tour to see the Oberammergau Passion Play 2020 in Bavaria. The play is performed every 10 years by the city’s residents, and has been since 1634. It runs from May 16 to October 4, 2020. This will be part of a land tour from 9 to 13 days. Tickets go very fast, so please express your interest by contacting 863.324.2700.

Democratic Club of Lake Ashton

By Annie Lutz & Don Cook

The Lake Ashton Democratic Club will hold its next meeting on Sunday, October 15 in the Clubhouse Ballroom at 3 p.m. This month, guest speaker will be Mr. Joe G. Tedder, Polk County Tax Collector. Mr. Tedder’s September appearance had to be rescheduled due to Hurricane Irma.

All Lake Ashton residents and their guests are invited but you must register for this meeting at the Clubhouse Activities Desk, online at lakeashtondemocraticclub.org, or by emailing lakeashtondemocraticclub@gmail.com.

The Lake Ashton Democratic Club is having a Potluck Social on Saturday, October 7 at 5:30 p.m. in the HFC. Please bring a dish to serve eight.

All meetings are held on the third Sunday of the month at 3 p.m. in the Clubhouse Ballroom. Everyone is invited to attend, but to become a club member you must bring your Democratic Voter Registration Card.

Magic Years Club

By Becky Faughander

The Magic Years Club meets on the first Tuesday of the month (October 3) at 7 p.m. in the HFC Craft Room. There are a lot of activities in the planning stage and will be announced via blast email if they happen. Plan to attend this month's meeting to sign up for next year's luncheons and determine what we as a group will be planning for the upcoming months and next year. There are a lot of ideas in the planning, from a July 4 dinner and viewing of fireworks by pontoon boat, to a Polynesian luau sometime in the spring.

Two events coming up soon in November and December include the Behind the Scene Tour of The Land in Epcot, and a lunch at the Grand Floridian to include a tour of the holiday decorations at the different resorts.

At the October 3 meeting, be sure to come and sign up to host a lunch or meeting for the year and get a chance to win a cute Mickey Bear donated and made by Rose Crognale. There are still have plenty of openings available for all those interested in helping out.

There will be a luncheon October 10 at 1 p.m. at the Polite Pig, located in Disney Springs. Contact Joyce Turner if interested in attending at 863.268.4855. Thanks to Diane Costello for helping secure the restaurant for the month although she was unable to attend. The Magic Years Club is open to all Lake Ashton residents who enjoy learning about and going to Walt Disney World for luncheons and special events. Be sure to sign up with Magic Years Club as one of your preferences in the Resident Directory to receive email blast updates.

ROMEOs (Retired Old Men Eating Out)

By Tony Chloros

The exodus from the North back to beautiful Lake Ashton is well underway and it's a real pleasure to welcome returning members to the Eagle's Nest Tuesday mornings.

The new season is upon us and what better way to begin than by joining the men of this community meeting their neighbors and new friends at The Eagle's Nest every Tuesday morning at 8 a.m. for coffee and 8:15 for the buffet breakfast. There are already friends and neighbors you know enjoying the camaraderie, so "come on down" and get to know them better.

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Ohio Club Meeting

By Tim Pheister

The Ohio Club will meet at the Lake Ashton Pavilion on Wednesday, October 25 at 4 p.m. Bring a covered dish to share as well as your own table setting and drink. Contact Tim Pheister at 614.578.4421 or Kelly Smart at 904.252.0817. Call or text either number for more information.

Lake Ashton Singles

By Hazel McCord

The Lake Ashton Singles Group meets the first Sunday of the month at 3 p.m. in the Clubhouse Card Room to plan events and socialize. Next meeting is October 1. All Lake Ashton singles are welcome to attend.

Lake Ashton Pet Play Parks for Large and Small Dogs

By Robert Brooks, President

There are two self-sufficient Pet Play Parks in Lake Ashton — Winged Foot Pet Park and Pebble Beach Pet Park. Due to Hurricane Irma, the Pebble Beach Pet Play Park is closed until further notice. Friendly and fully vaccinated dogs of all sizes are welcome at Winged Foot Lane Pet Play Park,

located at 5140 Winged Foot Lane. Hours are sunrise to sunset, and a full list of rules and regulations is posted outside of the park entrance and can also be viewed on the Pet Play Park webpage on ashtonliving.net under the Residents Services tab.

The park is dependent on donations for waste bags and other necessary improvements. Donations are always welcome at any time and are purely voluntary in amounts or frequency. Thank you to Susan & Alan Gassner, Janis & Malcolm Gordon, Vera & Ron Schwartz, and Vickie & Rodney Pennington for their recent donations to the Winged Foot Pet Play Park. Donations can be dropped off at the Clubhouse or HFC Activities Desks. Checks should be made payable to Lake Ashton Pet Play Park - WF.

Designated pet parks are places for pets to socialize and play. They are not to be used as public toilets or for pet grooming activities! All pet owners are responsible for watching their pets to monitor behavior and ensure a clean environment. All pet owners must carry a bag and pick up after their pets when walking in streets, cart paths, pet parks, or in other public areas. Bags are located by the Clubhouse tennis courts and pet parks for your convenience.

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Lake Ashton Republican Club

By Michele Louapre-Brooks

"Come one, come all" to the Lake Ashton Republican Club meeting on October 25 at 4 p.m. at the HFC. Nominations for President will be accepted and then elections will follow. This will be an exciting meeting and everyone is encouraged to attend. As always, everyone is welcomed and new members are invited to sign up. Light refreshments will be served.

Lake Ashton Senior Softball Players Needed

By Bob Zelazny


Softball season is once again returning, and more players from Lake Ashton are being sought to play with the Winter Haven Senior Softball Club. The club offers any person over the age of 55 the opportunity to play the game they loved as kids. There are over 160 men and women members throughout Polk County that compete on a regular basis (so far, ten players reside in Lake Ashton). Games are played at the DiamondPlex Complex on 6th Street across from Polk State College. Games are played on Tuesday and Friday mornings and start at 9 a.m. (check in at 8:30). You should be home by noon.


The league is organized into two divisions; one for players 55-68 years of age and another for players 69 and older. The oldest player is 86 years young. Rules have been put in place to ensure player safety and provide for a fair level of competition. Organized league play runs from the first week in January to the end of February. Teams for league play will be drafted the second week in December. Cost is just \$50 for the first year and \$40 in subsequent years. This includes two uniforms, a hat, three social events, plus a family barbecue at the end of the season, and a year's worth of fun and exercise. You can come out and play one game for free before making a commitment. If interested in joining, contact Bob Zelazny at 863.325.8098 for more information, or view whseniorsoftball.blogspot.com. He can explain the program and get you in touch with local players for carpooling to the games.

United for Action

By Katherine Sutherland

The United for Action monthly meeting has been changed from the fourth Sunday each month to the first Sunday of each month starting in October. The next meeting will be held October 1 at 3 p.m. in the Cinema.





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G A M E S

Gentlemen & Ladies Tuesday Bridge

By Marge Kniat

August 15: Judy Marine, Ken Ross, Jim Mark

August 22: Ken Ross, Pat Mark, Connie Ross

August 29: George Rogers, Ken Ross, Mary Lois Teyssier

September 5: George Rogers, Ken Ross, Bob Wendin

September 12: Jim Mark, Ken Ross, Carl Boast

Friday Bridge

August 18: Geri Duffy, Sue Maher, Mary Allen

August 25: Cindy Holden, Sue Maher, Marion Nelson

September 1: Connie Ross, Edie Boles, Sue Maher

September 8: Sue Maher, Sue Agre, Nancy Martins, Judy Marine

September 15: Mary Lois Teyssier, Mary Allen, Dana Griffith, Pat Mark

Euchre Winners

By Mary Lois Teyssier

August 26: Ted Harmon, Frank Duffy, Mary Lois Teyssier

Saturday, September 9: Larry Larson, Cyndy Berry, Frank Duffy

Monday Duplicate Bridge

By Linda Ford

Monday duplicate bridge has resumed play. If interested, play starts promptly at 12:30 in the Ballroom. See you there!

500 Bid Cards

By Kerry Giebler

500 Bid Card players are needed. Meet every Thursday at 4 p.m. in the HFC Card Room.

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East and West Community Potluck Dinner

By Kerry Giebler

The September potluck dinner was cancelled due to that nasty miserable Irma! But she won't ruin the October potluck ... Grandparents' Day will just be celebrated a little later instead! Please bring a dish to serve eight that reflects your heritage, as well as pictures of your grandchildren to the Clubhouse at 5 p.m. on October 8. Since it will be the month of Halloween, bring some spooky stories to tell as well. Cost is \$2 — sign up at either Activities Desk or online at ashtonliving.net. The Thanksgiving potluck dinner will be Sunday, November 12, and tickets will go on sale at the Clubhouse Activities Desk for \$5/person October 16 through November 2. Only 250 tickets will be sold. The menu is turkey, dressing, mashed potatoes, gravy, cranberry relish, and rolls. Bring a dish to serve eight.

Pet Co-op

By Don Cook

The Pet Co-op Social/Dinner and Program will be held Wednesday, October 11. Social hour begins at 5 p.m. and dinner will follow at 5:30 p.m. in Fire at Lake Ashton. There will be a double feature shown in the Ballroom before and after dinner. *Cats and Dogs*, an epic “tail” about a dog named Lou trying to save humanity from total catastrophe, will play at noon in the Ballroom, and *The Revenge of Kitty Galore* will play at 7 p.m. Reservations are \$2 per person and can be purchased at the Clubhouse Activities Desk. The fee will give you raffle tickets. You can come just for the movie but you still must make reservations and pay (just note that you will not be eating) at the Clubhouse Activities Desk. Call Don Cook at 863.875.8570 for any additional information.

Eastside Winers and Diners

By Don Cook

The first social and dinner for the Eastside LA Winers and Diners will be held the third Thursday, October 19. There will be a reserved area in Fire at Lake Ashton (order from the menu), with social time beginning at 5 p.m. and dinner at 6. Social time to start at 5 PM and dinner at 6 PM. Purchase your \$2/person reservations at the Clubhouse Activities Desk or contact Don Cook at 863.875.8570. The reservation fee will be your entry into the Fall Raffle Drawing that evening. All residents (and their guests) living on Ashton Club Drive (east of the Clubhouse), all of Muirfield Loop, Gullane Drive, Dornoch Drive, condos and the Estate Area are invited to enjoy dinner and fun.

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Clubhouse Fitness Center Orientation

By Gail Spence, Clubhouse Activities Assistant

Lake Wales Medical Center is facilitating a complimentary orientation to the Clubhouse Fitness Center October 27 at 5 p.m. No advance registration is required.

Wellness News from the HFC

By Mary Bosman, LAICDD Community Director

Circuit Training for Lake Ashton residents is held on the first and third Mondays of each month at 3 p.m. Personalized fitness plans and fitness goals are explained and planned for attendees. Call the HFC at 863.595.1562 to sign up for the next training, as three persons or less in a class provides optimum training opportunities and personalized programming information. Stop into the Fitness Center at 11 a.m. on the second Friday of each month for Fitness Equipment Orientation with Paulette Edmonds (note new day and time). This class will help prepare you for the Circuit Training if you wish to go ahead with a personalized plan. There is no fee for either of these activities and they are taught by Certified Fitness Instructors. Laurie Heverly is a certified personal trainer in addition to her fitness instruction. Certified massage therapists Paulette Edmonds and Kasia Brunson are available by appointment at the HFC.

Fitness Changes Effective in October

By Mary Bosman, LAICDD Community Director

Beginning in October, the Aqua Reload Class will meet weekly on Mondays at 11:45 a.m. The Co-Ed Water Volleyball will meet after, at 12:30 p.m. weekly. The Wednesday and Friday Aqua Reload Classes will remain in place at their usual 10 a.m. timeframe. This is an addition of two more Aqua classes/monthly. Also, another Classical Stretch will be added weekly on Fridays at 12:30 p.m. Laurie Heverly will continue teaching these classes. All other classes will remain the same, with additional classes being added as attendance dictates.

Donate Blood, Save Lives

By Gail Spence, Clubhouse Activities Assistant

Thank you to all who donated on August 14. The Winter Haven Hospital Community Blood Center was able to collect eight lifesaving units of blood! The next blood drive is scheduled for Monday, October 9 in the Clubhouse west parking lot. Register in the Clubhouse Ballroom prior to the 9 a.m. Coffee Meeting. Photo IDs are required.



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Beading Buddies

Facilitator: Nancy Ferreira

2nd & 4th Tuesdays
11 a.m. to 1 p.m. and 7 to 9 p.m.
Clubhouse Craft Room

The Artsy Group

Facilitators:

Connie Eaton (863.324.5984), Angie Craft (863.875.6696, 321.750.1141)

Mondays, 9 a.m. to noon
Clubhouse Craft Room
Bring any art related project to work on

Bob Ross Oil Painting Class



Instructor: Kay Lenherr

Saturday, October 14
1 to 4 p.m.

Balmy Beach

Clubhouse Craft Room
Sign up at the Clubhouse Activities Desk - \$35/person

Creative Stitchers

Facilitator: Pat Howe

Bring a stitching project to work on
Tuesdays, 1 to 4 p.m.
HFC Craft Room

Painting on Porcelain

Instructor: Helen Cork

Wednesdays, 1 to 4 p.m.
HFC Poker Room
\$20 per class

Clay Modeling

Instructor: Rita Frese

Mondays, 12 to 3 p.m.
HFC Craft Room
Kit of everything you need is available for \$12 — class is free

Wine and Painting Night

Instructor: Jan Blankenship

Tuesday, October 17, 7 p.m.
Clubhouse Ballroom.
Prepay at the Clubhouse Activities Desk by Tuesday, October 10

\$35 (check only) includes all supplies and a glass of wine

Sew What and So Much More

Facilitator: Gretchen Frantz
(863.875.0195)

Crochet, knit, craft sewing & more
Thursdays, 1 to 4 p.m.
HFC Craft Room

LA Ceramics Chicks Club

Instructor: Mary Bosman,
Certified Duncan Instructor

Wednesdays, 9 a.m. to 1:30 p.m.
HFC Craft Room - \$35/year, plus paint supplies

Alzheimer's Support Group

Facilitator: Chris Wilcox

Fourth Wednesday, 11 a.m.
Clubhouse Craft Room
and Clubhouse Conference Room

Caregivers Support Group

Facilitator: Donna Ruggiero
(863.875.0151)

Second Friday, 11 a.m.
Clubhouse Card Room

Grief Support Group

Facilitator: Good Shepherd Hospice

First Thursday, 10:30 a.m.
HFC Card Room

Parkinson's Support Group

Facilitator: Bob Harmon

First Friday, 10 a.m.
Clubhouse Ballroom

Beginner's Mah Jongg Lessons

Facilitator: Myrna Soberman
(863.969.3622, sobe1@tampabay.rr.com)

1st, 2nd & 4th Tuesdays, 7 to 9 p.m.
HFC Card Room
Contact Myrna to reserve your space (limit 8 attendees)

Chair Yoga & Easy Qi Gong

Certified Instructor: Joanne Miknis

Fridays, 11:15 a.m.

HFC Community Center
Gentle movements reduce stress, build stamina, increase vitality and enhance the immune system
\$5/class

Tai Chi

Tuesdays, 11:30 a.m.

HFC Sports Court
Those diagnosed with Parkinson's and caregivers are free, all others \$5

Hatha Yoga

Mentor: Gina Krall

Thursdays, 11 a.m.
HFC - all levels welcome

Aqua Reload

Mondays, 11:45 a.m.

Wednesdays and Fridays, 10 a.m.,
HFC Indoor Pool

Square Dance Lessons

Instructor: Keith Stevens

Thursdays, 6 to 7 p.m.
Clubhouse Ballroom

Yoga Share

Coordinators: Diane Yeager & Nancy Byrne
Wednesdays, 8:45 to 9:45 a.m.

Clubhouse Ballroom
Practice to alternating DVD programs, emphasizing stretching, postures, and relaxation. All skill levels welcome. Bring a mat. Free!

LA Dance Classes - Milonga

Instructor: Connie Wilkinson, certified DVIDA Instructor (863.875.6728)

The Milonga incorporates the same basic elements of Tango but permits greater relaxation of legs and body. Milonga is more humorous and rustic and great fun to dance in a social setting.

Mondays, 4:30 to 5:30 p.m.
HFC Community Room
Free! No partner needed

Improver Line Dancing

Instructor: Ann Ludwick

Date & Time: Thursdays, 1 p.m. beginning October 20

HFC Community Center - no cost

Ladies Small Group Bible Study

Leader: Margie Dersham

(352.359.3029, justrightacres@gmail.com)

Begins Tuesday, October 17, 3 to 4:15 p.m.

5473 Hogan Lane

SEEK GOD FIRST contains 12 weeks of daily study to help you put Christ in first place. Also included are Scripture memory cards, a coordinating Scripture memory music CD, and two weeks of menu plans with grocery lists, recipes and nutrition information. First Place 4 Health is a Christ-centered healthy living program to create emotional, spiritual, mental, and physical balance in your life.

Ladies Bible Study

Leader: Louise Gilla (863.318.0733)

Wednesdays beginning October 11

Doors open at 9:45 a.m., class begins at 10 in the HFC

Join in the fellowship, music, group discussions, and summary with the most popular women's group in Lake Ashton, studying the Gospel of Luke. Workbooks will be available on the opening day of class for \$20. All levels of Bible knowledge are encouraged... there is something for everyone. Make this the year you make room in your schedule for Bible study.

Mens Bible Study

Leaders: Bill Sage and Mytron Lisby

Weekly on Tuesdays beginning October 3 at 10 a.m.

HFC Craft Room

Bring a friend and join in for another exciting year of sharing the living word of God.

AARP Driver Safety Course

By Gail Spence, Clubhouse Activities Assistant

Driving has changed since you first got your license, and taking this course offered especially for drivers 50 and older will give you a greater appreciation of driving challenges and a better understanding of how to avoid potential collisions. You may also be eligible for an insurance discount (consult your agent for details). The course will be held Monday, October 16 from 10 a.m. to 4:30 p.m. in the Cinema. AARP membership is not required and there is no test to pass. Cost is \$15 for AARP members and \$20 for non-

members. Bringing a bag lunch and light jacket is suggested. Sign up at the Clubhouse Activities Desk and bring with you a check payable to AARP. Limit 55.

Tea Tasting

By Gail Spence, Clubhouse Activities Assistant

Learn about the traditions of tea blending. Instructors will present information about the healing properties of tea Thursday, October 19 at 10 a.m. in the Clubhouse Ballroom. Free samples will be given, provided by Tea Craze. Please sign up at the Clubhouse Activities Desk.

Birds of Lake Ashton Slideshow

By Gail Spence, Clubhouse Activities Assistant

Those who are interested in learning more about Lake Ashton's feathered friends are invited to enjoy a free, fun, and informative presentation on the Birds of Lake Ashton in the Clubhouse Ballroom on Tuesday, October 24 at 7 p.m. Learn some basic identification skills during the narrative done by resident Barbara Ann Comer. There will also be copies available of her popular book *Golf Cart Guide to the Birds of Lake Ashton* for \$18. Sign up at the Clubhouse Activities Desk.

CPR Training

By Gail Spence, Clubhouse Activities Assistant

It's estimated that up to 88% of cardiac arrests will happen in an individual's home. The life you save when giving a person CPR could be a loved one. CPR is easy to learn, effective, and even a few seconds can make a big difference. Effectively performed CPR can mean the difference between life and death. Attend a free four-hour class on Wednesday, October 25 at 1 p.m. in the Clubhouse Ballroom. A CPR Training Card (\$5), and/or a mouth guard (\$4.50) can be purchased. Sign up at the Clubhouse Activities Desk. Limit 15. Provided by the Lake Wales Fire Department.

Why Do We Need Bats?

By Gail Spence, Clubhouse Activities Assistant

A high bat population can actually be extremely beneficial to humans. They save the United States billions of dollars per year in pesticides. Bats also play a significant role in the pollination of a variety of different plant species. Learn why bats are such an important part of the ecosystem on Friday, October 27 at 10 a.m. in the Cinema. Sign up at the Clubhouse Activities Desk. Limit 55.

Lake Ashton Clubhouse

4141 Ashton Club Drive

Lake Wales, FL 33859

Phone: 863.324.5457

Fax: 863.324.5829

Office Hours: 9 a.m. to 5 p.m.

LA CDD Community Director:

Tricia Adams

tadams@lakeashtoncdd.com

Lake Ashton Health & Fitness Center (HFC)

6052 Pebble Beach Boulevard

Winter Haven, FL 33884

Phone: 863.595.1562

Fax: 863.595.1567

Office Hours: 8 a.m. to 4 p.m.

LA II CDD Community Director:

Mary Bosman

mbosman@lakeashton2cdd.com

www.ashtonliving.net

Lake Ashton employees are at your service. We want your experiences in the Clubhouse, Golf Course and HFC to be as pleasant and memorable as possible.

| | | |
|---|--------------|------------------------------|
| Activities Desk - Gail Spence | 863.324.6032 | gspence@lakeashtoncdd.com |
| LA Times, Channel 732, ashtonliving.net - Valerie McCutcheon | 863.324.6032 | valerie@lakeashtoncdd.com |
| Club Office Manager - Christine Wells | 863.324.5457 | cwells@lakeashtoncdd.com |
| HFC Activities Desk - Karen Van Kirk | 863.595.1562 | kvankirk@lakeashton2cdd.com |
| Fire at Lake Ashton Restaurant | 863.324.5810 | fire@lakeashtoncdd.com |
| HOA Office (LW) | 863.325.0065 | office@lakeashtonhoa.org |
| MX Communications | 863.326.1304 | dmefford@lakeashtongolf.com |
| Golf Club - Paul Sisemore, Golf Pro | 863.326.1032 | psisemore@lakeashtongolf.com |
| Eagle's Nest | 863.326.1085 | vmoore@lakeashtongolf.com |
| Lake Ashton Sales Office | 863.324.8664 | |

Gate House & Security Officers

Thompson Nursery Road (Lake Wales): 863.324.7290

CR 653 (Winter Haven): 863.318.0237

Lake Wales Police Department Non-Emergency: 863.678.4223

Winter Haven Police Department Non-Emergency: 863.291.5858

Polk County Sheriff's Office Non-Emergency: 863.298.6200 (to report identity theft or credit fraud)

Nuisance Alligator Hotline: 1.866.FWC.GATOR (392.4286)

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Most common side effects are light blood in the urine, some pain or discomfort when urinating, some increased urge to go and discomfort in the pelvis that typically resolve within 2-4 weeks after the procedure.

I. Roehrborn, J Urology 2013 LIFT Study

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OCTOBER
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7 PM - HFC

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See page 12 for more information