



L.A. TIMES

Lake Ashton Community Newsletter
March 2018

Simply the Best!

Trash to Treasure Sale

A Blankets of Love at Lake Ashton fundraiser
March 10

Lake Ashton Community Development District
4141 Ashton Club Drive, Lake Wales, FL 33859
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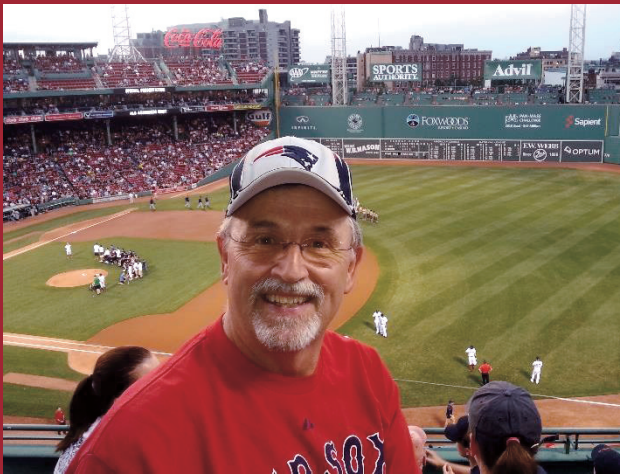
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ANOTHER HAPPY BUYER COURTESY OF THE O'REILLY TEAM!

Please give a Big Lake Ashton welcome to your new neighbor, Peter, who purchased a home that we listed on Hogan Lane. Peter moved to Lake Ashton from Arizona where he had lived for the past 23 years. Being nearer to family and friends brought him back to the East Coast. He was born in Boston, MA and grew up in Vermont and New Hampshire.

Peter graduated from West Point in 1971, spent 13 years in the Army and then worked 25 years as a Systems Engineer for the Army, Navy, and Air Force in various engineering contractor support jobs. He retired in 2009 from Raytheon Missile Systems in Tucson, AZ. Though retired, he still goes back to NH every summer to work for Mount Washington Cruises on Lake Winnepesaukee as a Purser & Ticket Office Manager. He has 3 children and 6 grandchildren. If you ever need someone to perform a wedding, baptism, or funeral, he can do that as he is also an Ordained Minister. Peter even owns a Pizza restaurant in Anderson, SC with his Son and Daughter-in-law. He loves golf, bowling, antique hunting (He just opened a booth in Treasure House Antique Mall in Winter Haven), traveling (He's a World Ventures Member/Representative), watching sports, and listening to Rock & Roll music (which stems from his days as a Radio DJ). Well done, Peter!

Wish Peter well when you see him around town!



VISITING LAKE ASHTON?

Please remember that anyone using amenities at the Clubhouse or HFC should have a Lake Ashton Resident Identification card or a facilities Guest Pass.

To register guests, residents must bring at least one adult guest to the Clubhouse Activities Desk Monday —Friday from 9 a.m. to 5 p.m., or with the seasonal Pool Security Officer at the Clubhouse Pool Saturdays and Sundays from 11 a.m. to 4 p.m. (weather permitting). Renters must have rental agreement.

Resident Identification cards are printed at the Clubhouse Activities Desk Tuesdays from 9:30 - 11:30 a.m. and 3 - 5 pm, Wednesdays from 3 - 5 pm, and Thursdays from 3 - 5 pm.



**NO NIGHT SWIMMING
MARCH 3. THE POOL
LIGHTS WILL BE OFF
FOR THE ASTRONOMY
PRESENTATION (SEE P.
31 FOR MORE INFO)**

Residents, please be tolerant of extra activity at the pool and other amenities. Those hosting family should remind them to be considerate of residents in this 55 and older community. It is helpful if a resident accompanies their guests at any of the amenities.

Please shower before entering Lake Ashton pools or spas. Do not eat or drink while in the pool or spa, including sitting on the side of pool or spa. Florida health codes do not allow for any beverages (even bottled water) to be in the wet pool deck (the four foot perimeter around the entire pool and spa).



**WILDLIFE ALERT:
WATCH FOR
ALLIGATORS**

Now that the weather has warmed up, cold-blooded reptiles such as alligators can be more active. Be cautious when having fun in and around water. If you have concerns with an alligator that poses a threat to humans, pets or property, call the FWC's Nuisance Alligator Hotline at 866-FWC-GATOR. It is illegal to feed or harass alligators.

REMINDERS

- Golf carts should be driven only by those 14 years and older.
- Fishing is permitted but anyone over 16 years of age must have a valid Florida fishing license (exemptions listed on myfwc.com), and there is a catch and release policy for District-owned lake/retention ponds.

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By Christine Wells, Interim Community Director

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March brings many guests to Lake Ashton. While the community is at peak population, be aware of extra vehicles, golf carts, and pedestrians on the roads. Road safety is important for all drivers of vehicles including golf carts. Don't forget that Daylight Saving Time begins at 2 a.m. on Sunday, March 11. Remember to set your clocks ahead one hour. This is also a good time to check smoke alarm batteries. LACDD Board of Supervisors held a monthly meeting February 9. During the meeting, Supervisors approved a work authorization to begin the permitting process for the lake bank erosion project at Lake Ashton. It was also announced that operators of Fire at Lake Ashton gave notice that they would not be seeking a renewal of their lease and they provided the required 30 days notice to terminate the lease. Their last day of business will be Friday, March 9. A Request for Proposal (RFP) for Restaurant and Catering Services has been approved and sent to local candidates. All proposals received will be reviewed during a special LACDD Board meeting to be held on March 23. Due to the special meeting on March 23, the regular monthly Board meeting scheduled for March 9 is cancelled. A joint meeting with LAICDD Board of Supervisors followed and issues relevant to Lake Ashton as a whole were discussed. Implementation of card access to amenities was discussed and Supervisor Costello (LACDD) and Supervisor Mecsics (LAICDD) were appointed to explore the logistics and determine future feasibility. Finally, the potential purchase of developer assets including the golf courses, sales center, RV storage area, and maintenance building was discussed. Ultimately, Supervisor Pontious was chosen to represent LACDD and Supervisor Robertson was chosen to represent LAICDD in a series of meetings with the owner's representatives to obtain comprehensive information to determine the potential impact to the community if an acquisition is made. Supervisors are in the preliminary stages of consideration and resident input will be sought before any decisions are made. All residents are encouraged to attend the monthly Board of Supervisors meetings to get firsthand information. Please refer to ashtonliving.net for the next scheduled meeting.

M A R C H 2 0 1 8

With Thanks

Dear Lake Ashton Family of Friends and Neighbors,
We wish to express our heartfelt thanks to you all for your support and kindness during this difficult time. No words could ever express our appreciation for the love and support you have shown to us after the passing of Edythe Erdman, loving wife and devoted mother. We are deeply grateful.

With love,
Robert, Jan, and Trish Erdman

Dear Lake Ashton Community,
I cannot thank you enough for all your help during my recovery after I fainted, fell and broke my hip. Everyone was so kind and loving. Thank you for the prayers, cards, calls, emails, flowers, visits, encouragement, groceries, meals, help with household chores, rides to the doctors, and for walking with me and loving me through this difficult and challenging time. I am so thankful for each person who helped in any way they could. Your selfless and unconditional love is appreciated.
Sincerely,
Barbara Ann Comer

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April Issue Deadline: March 14**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

February has been a very busy month for LAICDD Board and staff with numerous meetings that deal with issues that impact not only those friends and neighbors on the West but the entire community. On February 9 the LAICDD Board met in a joint meeting with the LACDD (Lake Wales). There was a lot of discussion and agreement that both boards need to communicate with each other to provide residents with a "seamless, transparent and holistic" approach to dealing with the operation of the entire Lake Ashton community. The topic that was discussed that has drawn a lot of interest and

concern by many in the community is the availability of the golf courses and other property currently owned by the developer, Mr. Maxwell. This topic is still in its earliest stages of evaluation, analysis, and consideration by both Boards. As this affects the entire community, a joint effort is being started by representatives of both CDDs. Doug Robertson (LAICDD) and Carol Pontius (LACDD) will be responsible for the comprehensive evaluation of the situation. Part of that process will be a financial analysis, as well as an operational analysis to ensure that whichever option is adopted will have the least impact upon residents while insuring the Lake Ashton community remains the vibrant and attractive community that it is. An integral part of that effort will be forums where residents may voice their opinions and concerns to the respective boards prior to any final decision. There are many rumors concerning this and can only advise that if you did not hear it from an official board communique, it is just rumor. Your Board will keep you abreast of the official details and there is no need for concern at this time. The LAICDD Board met following the joint meeting and a lot of business was discussed and handled in those areas specific to the Winter Haven side. A discussion was held regarding the requirements of the Southwest Florida Water Management District (SWFMD) in dealing with the cutting of vegetation around the lakes within the LAICDD authority. While the district must remain in compliance by law, there were some concerns by affected residents who have asked for LAICDD assistance in obtaining a variance to some of the requirements and the Board agreed to do so. The continued repair of the windows in the Fitness Center due to water incursion was approved. The already approved installation of French doors in the Community Center will also be taking place. Enhancement of the Wi-Fi capabilities within the HFC was approved which will increase coverage for residents using electronic devices in and around the HFC. Your Board and staff continue to diligently work to make Lake Ashton II, as well as the entire Lake Ashton Community, the outstanding place that it is to live in!

Attention New Residents

By Christine Wells and Mary Bosman, Lake Ashton Community Directors

All new residents to Lake Ashton are invited to stop by the HFC Activities Desk for a packet of helpful information to make your transition to Lake Ashton living an easier one! There will be a New Resident Social at the HFC on March 23 at 2 p.m., and a New Resident Orientation April 18 in the Clubhouse Ballroom at 3 p.m. Sign up at both Activities Desks. You can also stop by the Clubhouse Activities Desk Monday through Friday between 9 a.m. and 5 p.m. for an informal introduction to Lake Ashton.

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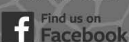


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Neighborhood Watch (NW) Forum

By Fay Wood, NW Chief



It is time again for your NW Leadership Team to present what is happening in and out of Lake Ashton and throughout Lake Wales and Winter Haven. Special guests include the Lake Wales and Winter Haven Police Chiefs discussing what is happening in their cities. CAP (Citizens Assisted Patrol) Team members and other NW Partners such as Security Officers are also welcome to join in this important meeting at Monday Coffee, March 19 at 9 a.m. in the Clubhouse Ballroom. If you have specific questions you would like answered, email them to fswperson@aol.com and these will become the questions of priority during the meeting. If time permits the Q&A will be opened to the audience. Let everyone continue to work together to keep this beautiful community safe and crime-free all year long.



Citizens Assisted Patrol (CAP)

By Stan Baron

In 2017 Lake Ashton CAP patrolled over 3,000 hours. A few members recognized for outstanding service to their community include Fred Olney Jr. (231 hours), Earl Hope (210 hours), Orlando Martins (152 hours) and Loretta and Tom Anderson (133 hours each). CAP and Neighborhood Watch are the eyes and ears of Lake Ashton. They are not law enforcement but observe and report only. You do not need a gun or taser; you will use a cell phone if you see something suspicious or help is needed. CAP is made up of men and women volunteers who reside in Lake Ashton, year round or seasonally. If you can find the time and would like to join, your help is always needed! For more information contact Jim Novak (815.378.2051) or Stan Baron (863.229.5269). Applications are available at the HFC and Clubhouse Activities Desks or in the patrol cars.

Homeless Graduating Seniors of Polk County

By Doris Reisinger and Marcia Blasko

Many here have grandchildren who are graduating from high school this year, which can be quite an exciting time for them. However, it is not quite as happy a time for young people who may be homeless through no fault of their own. Lake Ashton residents have been supporting homeless graduating seniors for a few years by collecting money and gift cards. Last year well over \$1,000 in gift cards and money was raised to help these young people. Donations are tax-deductible. You can write a check to the Polk County Schools or purchase food gift cards in \$5, \$10, or \$15 denominations. If you prefer to give cash, please see Doris at

a Monday Coffee, or call 217.652.6636. A representative will be at Monday Coffee March 5 to talk more about other items that will be useful. Staff at both Activities Desks will gladly accept any checks or donations.

LA (LW) HOA Corner

By Pat Howe

Welcome to new LA (LW) HOA Directors Carol Herzberg, Bob Plummer, and Bob Sosinski, who were announced at the Annual Meeting on February 25. In 2018 there were three vacancies to be filled and three candidates ran to fill the Director seats. This year, votes were used to determine the term of office for the candidates. The two candidates receiving the greatest number of votes will serve a three-year term and the other candidate receiving the next greatest number of votes will serve a two-year term. Results will be announced in the April 2018 LA Times article. Thank you to retiring Directors Mike Holden and Debby Landgrebe for all their hard work and positive contributions to the HOA. Welcome back to Bob Sosinski, who returns for a new term.

Security Staff Attends Workshop

By Mary Bosman, LAICDD Community Director

The Securitas Security staff recently had 100% attendance at two inservices held at the HFC. Fire safety and communication were two of the many topics that were discussed. These inservices will be held quarterly in addition to the normal training by the Securitas Company to keep security staff professionally informed.

Save the Date - Shredding Event at Lake Ashton

By Christine Wells, Interim Community Director

Henderson Sachs, PA is sponsoring a mobile shredding service April 23 at 3 p.m. Bring any papers in a bag to the Clubhouse lobby 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).

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

Thursday, March 1 at 11 a.m. & 3 p.m.

Sunday, March 4 through Wednesday, March 7 at 7 p.m.

BABY DRIVER (2017) R 113 minutes

Gritty, violent and exciting crime action thriller starring Ansel Elgort, Kevin Spacey, Jon Hamm and Jamie Foxx. Hired as the getaway driver for a series of bank heists, angel-faced Baby finds himself in deep trouble when a botched robbery sends him on the run, hunted by the cops and his criminal cohorts.

NO MOVIES MARCH 8

Tuesday, March 6 through Wednesday, March 7 at 11 a.m. & 3 p.m.

Sunday, March 11 through Thursday, March 15 at 7 p.m.

THE GLASS CASTLE (2017) PG-13 127 minutes

Mature thematic content involving family dysfunction, some language, and smoking. Chronicling the adventures of an eccentric, resilient, and tight-knit family, this is a remarkable story of unconditional love. Oscar winner Brie Larson brings Jeannette Walls' best-selling memoir to life as a young woman who, influenced by the joyfully wild nature of her deeply dysfunctional father (Woody Harrelson), found the fiery determination to carve out a successful life on her own terms.

Tuesday, March 13 through Thursday, March 15 at 11 a.m. & 3 p.m.

Sunday, March 18 through Thursday, March 22 at 7 p.m.

NO 11 AM MOVIE MARCH 21

THREE BILLBOARDS OUTSIDE EBBING, MISSOURI (2017) R 115 minutes

Violence, language throughout, and some sexual references. A darkly comic drama from Academy Award winner Martin McDonagh. After months have passed without a culprit in her daughter's order case, Mildred Hayes (Frances McDormand) makes a bold move, painting three signs leading into her town with a controversial message directed at the town's revered chief of police. When his immature second-in-command gets involved, the battle between Mildred and Ebbing's law enforcement is only exacerbated.

Tuesday, March 20 through Thursday, March 22 at 11 a.m. & 3 p.m.

Sunday, March 25 through Thursday, March 29 at 7 p.m.

AMERICAN MADE (2017) R 115 minutes

Language throughout, some sexuality/nudity. Barry Seal, a TWA pilot played by Tom Cruise, is recruited by the CIA to provide reconnaissance on the burgeoning communist threat in Central America and soon finds himself in charge of one of the biggest covert CIA operations in the history of the United States that spawned the birth of the Medellin cartel and eventually almost brought down the Reagan White House with the Iran Contra scandal.

Tuesday, March 27 through Thursday, March 29 at 11 a.m. & 3 p.m.

MEGAN LEAVEY (2017) PG-13 116 minutes

War violence, language suggestive material, and thematic elements. Based on the true life story of a young Marine corporal (Kate Mara) and her military combat dog who saved many lives during their deployment in Iraq. When she is assigned to clean up the K9 unit after a disciplinary hearing, Leavey identifies with a particularly aggressive dog, Rex, and is given the chance to train him. Megan and Rex completed more than 100 missions until an IED explosion injures them, putting their fate in jeopardy.

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

March 2 - MCLINTOCK! (1963) NR 127 minutes

The story of a cantankerous cattle baron whose wife has just returned from the East after a two-year separation. This remind lady wants a divorce and custody of their 17-year-old daughter, who has been away at school and holds her mother's dictate for all things "Western."

March 9 and 16 — NO MOVIES

March 23 - BREAKFAST AT TIFFANY'S

(1961) NR 118 minutes

A lonely, struggling writer becomes enchanted with his neighbor, an independent young woman who strives to be a high-climbing socialite with a penance for high-fashion and wild parties. But soon he uncovers the vulnerability she has at heart.

March 30 - HARRY AND TONTO

(1974) R 115 minutes

Harry is a 70+ Manhattan widower who loses his tiny apartment to the wrecking ball. Accompanied by his pet, an aged cat named Tonto, Harry sets out upon an odyssey to Los Angeles. Throughout the film, Harry makes disappointing stops at the homes of his grown children.

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

March 5

- Birthday & Anniversary Celebrations
- Polk County School Board - Homeless Graduates
- HealthCare Advocates

March 12

- Bite Me Monday (pet supply donations for Humane Society)
- City of Lake Wales Updates
- Edward Jones
- Blood Pressure & Glucose Screening Lake Wales Medical Center

March 19

- Peanut Butter Monday (non perishable local food pantry donations)
- Neighborhood Watch with LWPD and WHPD
- Allstate

March 26

- Blast from the Past
- City of Winter Haven Updates
- Blackburns Interiors
- Southwood Garage Doors and Screens

Board of Supervisors Meetings:

LACDD

Friday, March 23 at 9 a.m.
Clubhouse Ballroom

Polk County Library Cooperative Bookmobile

By Christine Wells, Interim Community Director

The Polk County Library Cooperative Bookmobile will continue to visit Lake Ashton twice a month with extended hours. It will be parked at the Clubhouse west parking lot every second and fourth Wednesday of each month from 9:30am to 4:30pm. (closed for lunch from 12:30 to 1:15). New library membership is available to anyone owning or long-term renting in Lake Ashton, with photo identification and proof of address. New members are limited to borrowing four items the first checkout. For more information, call 863.678.4004.

Bingo Activities Include Girl Scout Cookie Sales

By Christine Wells, Interim Community Director

Girl Scout Cookies will be on sale at Lake Ashton Bingo March 5. Troop #5120 will be in the Clubhouse Lobby from 4:30 to 6 p.m.

Lake Ashton Day Trips

By Christine Wells, Interim Community Director

Day trips and group travel are designed to experience the best of Florida. Anyone wanting to see more of this diverse state should plan to attend one or more of the many trips listed below. All trips are hosted by staff and include reserved round trip transportation in deluxe motorcoaches from the Clubhouse. No worries about traffic, parking, or having a few drinks when aboard the Lake Ashton bus! Sign up for any of the below trips at the Clubhouse Activities Desk with a check payable to Small World Tours.

Upcoming Trips:

April 19 — Clearwater Sugar Sand Festival

May 16 — Space Coast By Land and Sea Tour

June 20 — Barbara Lee Riverboat Luncheon Cruise

September 19 through 23 — Key West Sunsets (4 nights)



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Christine Graves

Lake Ashton Resident

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First Friday Trivia

By Mary Bosman, LAIICDD Community Director

Congratulations to Johanna Straight and Ralph and Ann Ludwick for their win at February's First Friday Trivia. Valentine's was the topic for February, and the theme for March will be "Spring." It will be held Friday, March 2 at 2 p.m. in the HFC Community Center. Come join the fun and load up on brain food! Everyone is welcome!

2018 Fine Arts & Photography Show

By Larry and Joanne Hillock

The 11th Annual Lake Ashton Fine Arts & Photography Show will be held Saturday, March 3 in the Clubhouse Ballroom from 12:30 to 4 p.m. with 47 Lake Ashton residents displaying over and 100 paintings, drawings, illustrations and photography. Judging will be done by well-respected experts in their field. Ribbons will be awarded in each category. No entry or admission fee is charged to due the generosity of sponsors Huston Motors, the Gallery and Frame Shop in Lake Wales, Center State Bank, Boyett Family Dentistry, and All State Insurance. Please thank them for their support when you visit their businesses. Hope to see you there.

Trash to Treasure - Resident Gala

By Pat Neaves

It's almost here! Join your friends at the Resident Gala (for Lake Ashton residents) on Friday, March 9 from 5 to 7 p.m. and be the first to check out Trash to Treasure items for sale in the Ballroom. Tickets are only \$5 at the Clubhouse Activities Desk (check or cash). Avoid the ticket line on Friday night (if tickets are still available — limited quantity)! This is a great way to spend a wonderful evening with friends and be the first to find a treasure! The sale will be open to the public Saturday, March 10 from 8 a.m. to 2 p.m. A hot dog lunch will be offered for \$4.

Scrappers and Stampers Craft Sale

By Joy Lloyd

The Scrappers and Stampers will host their annual craft sale March 9 in the HFC Craft Room from 10 a.m. to 12:30 p.m. To sell your crafting supplies, call Joy at 913.638.0792 or Nancy at 313.407.8282. There will be lots of crafting supplies available for sale, so come early for the best selection!

Country & Western Dance

By Karen VanKirk, HFC Activities Assistant

Free dance will be held March 23 at 7 p.m. in the HFC Community Center. BYOB and snacks. Everyone is welcome.

Adopt-a-Road Great American Cleanup

By Bob and Mary Hourigan

It is time again to pick up trash along Thompson Nursery Road. You may have noticed debris has been piling up over the past six months since the last cleanup. All volunteers are welcome to help. The event will take place on Saturday, March 24. Meet at the Clubhouse at 8 a.m. to pick up our assignment cards, safety vests, water, and hopefully T-shirts and BOK Tower passes. Sign up at the Clubhouse Activities Desk. Please include your shirt size. Contact Bob or Mary Hourigan at 863.318.8927 with any questions.

Quilting & Needle Arts Show

By Pat Howe

First, thanks to all the volunteers who made the 2018 Quilting and Needle Arts Show such a success. As everyone knows and appreciates, many hands make small work of big projects and there were lots of hands. Volunteers promoted the show, designed and printed the flyers, applications, information slips on the projects, sent email reminders, checked projects in and out, displayed and staffed the show. Thank you! Thank you! Thank you! Also, many thanks to the Lake Ashton Staff, particularly Matt Fisher, who set up the Ballroom for the show. Once again, all the incredibly talented residents who contributed to the second Quilting and Needle Arts Show should be recognized and applauded. Without you, there would not be a show. Thank you for sharing your talents with your neighbors and friends. The plan is to take 2019 off, giving residents a little longer to work on projects for a show in 2020.

A Day of Strawberries and Learning with Frontier

By Christine Wells, Interim Community Director

Join staff from Frontier on Friday, March 30 at 1 p.m. in the Clubhouse Ballroom for a free Strawberry Shortcake Social! Sign up at either Activities Desk by Friday, March 23 at 5 p.m. Residents are also invited to head to the Cinema at 4 p.m. on March 30 for an informative session on the many features of Amazon Prime. Feel free to bring a tablet or smartphone to follow along during the tutorial. Sign up at the Clubhouse Activities Desk. The Amazon Prime class is limited to 55 attendees.

DIVAS at the HFC!

By Mary Bosman, LAIICDD Community Director

"DIVAS plus More" Cabaret will be held on Thursday, March 22 at 7:30 p.m. at the HFC. The doors will open at 7 p.m. Remember to bring your favorite beverage and snacks to enjoy in the nightclub setting with a familiar repertoire of

(continued on p. 12)

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- ⇒ Only high grade aluminum.

*Standard Black Tuff Screen



\$1900*



music sung and recorded by both male and female singers. The local talent will surprise you with their amazing vocal abilities. Tickets went on sale Monday, February 5 and sold out in two days thanks to friends and neighbors. A healthy donation will be made to the LA Pickleball Association.

Food, Drinks, & Fun at Taste of Buffalo March 23

By Christine Wells, Interim Community Director

Tickets (\$10 with all proceeds benefitting Michael J. Fox Foundation to fight Parkinson's Disease) for the second annual Taste of Buffalo go on sale at 9 a.m. March 2 at the Clubhouse Activities Desk. Taste of Buffalo is a night of Western New York style food, drinks and fun! Buy tickets to attend Taste of Buffalo March 23 in the Clubhouse Ballroom from 5 to 8 p.m. Family Elder Law is sponsoring this event which features tasty bites such as Buffalo wings, beef on weck sliders, Sahlen's hot dogs, and sponge candy. There will also be beverage stations with complimentary beer and wine from Western and Upstate New York breweries and wineries. Taste of Buffalo includes popular 20th century music and iconic Buffalo images to enhance the fun! Family Elder Law's Jason Penrod, Esq. is a proud Buffalo native eager to share a taste of his hometown with Lake Ashton.

Save the Date - Easter Sunrise Service April 1

By Debby Landgrebe



A celebration service honoring Resurrection Sunday is planned for April 1 at 7 a.m. in the garden behind the Clubhouse overlooking Lake Ashton. Plan to attend with family, friends and neighbors. All are welcome!

A Night in Paris

By Christine Wells, Interim Community Director

Three IB students at Lake Wales High School will be throwing a free "Senior Prom" for residents of Lake Ashton as a service project. Dress in your best formal attire for A Night in Paris at the Ballroom April 7 from 6 to 10 p.m. Refreshments and entertainment will be provided. Sign up at the Clubhouse Activities Desk by Monday, April 2 at 5 p.m.

LAPAC 2018 Community Showcase

By Cass Caudill



The Lake Ashton Performing Arts Committee will present this year's Community Showcase, *Saloons to Casinos*, on Friday, April 13 at 7:30 p.m., and Saturday, April 14 at 1:30 (wheelchair seating available) and 7:30 p.m. Tickets go on sale for \$10 each in the Clubhouse

Ballroom on Tuesday, March 13 at 8 a.m. Limit eight tickets at a time. Please make checks payable to LAPAC.

For quite a while, residents interested in being a part of the LAPAC Talent Showcase have followed their interest comment with "...but I can't sing or dance. What else could I do?"

The LAPAC Showcase is more than singing or dancing. There are comedians, instrumentalists, and walk-on roles. Backstage volunteers design/create the costumes; design/construct the sets; find the perfect music; are vocal coaches; manage the microphones; move the props on/off stage; manage the sound system and stage lighting during rehearsals and live performances; serve as ushers or makeup artists; and the list continues. This year's Showcase will set a record for the largest number of participants (both on and off stage), and each one is a volunteer. To capture this wide range of talents, the LAPAC Board, acting on a resident's suggestion, changed the event name to the LAPAC Community Showcase.

As residents know, the LAPAC Showcase is a much anticipated community tradition. A large part of its success goes to former Showcase Director, Kay Prusiecki, who helped transform a "talent" show into the dynamic production of today.

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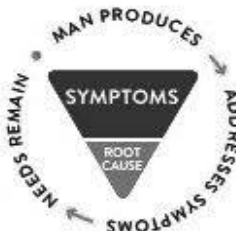
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Lake Ashton Ladies Golf Association (LALGA)

By Patty Wallner

Member/Member was another big success and thanks to the committee whose hard work made it so enjoyable. Very clever decorations from registration to lunch tables using a Las Vegas theme. Always fun to see the creativity of members' attire for the occasion. Thank you to Kathy Larson for another year of great team photos – they are always a hit!

Food for thought: Recently a breach of USGA Rules 12-2 and 27-1 for unmarked ball resulted in 2-stroke penalties for 2 players using same color/brand ball, who teed off, landed close to each other, but neither could claim ownership of their ball. They also had to return to the tee box and replay their shot. The Rule states: "It is the responsibility of each player to put an identification mark on their ball, because if you can't identify it, it is considered lost (Match Play = loss of hole)."



Pictured left: the Member/Member Committee: Judy Mulhearn, Audrey Keegan, Nancy Zographos, Carole Ferrieri, Liz Leigh. Not pictured: Sue Buss, Margee Dersham

LA Niners

By Carol Gillespie

A highlight of the activities of the Lake Ashton Ladies Nine-



Hole Golf Association for February was a "beat the staff" scramble followed by a Valentine-themed luncheon held at the Eagle's Nest. Staff members Audra McShane and Matt Auer joined one of the foursomes, and members

placed bets that their two-player best net scores would be lower than the best gross scores of the two staff members. Pictured here is one of the foursomes enjoying the delicious strawberry parfaits served as desert at the luncheon. The league plays every Tuesday morning at 9:30. They welcome women who are golf club members and would like to play nine holes of golf with a fun-loving group of ladies. Sign-up sheets are posted on the Niners' bulletin board located outside the ladies room in the Pro Shop.

9th Annual Golf for a Cure for Parkinson's April 7

By Bob Harmon

Sign-up at the Pro Shop begins March 1 for Lake Ashton Golf Members and March 15 for non-golf members. Form your own team (men, women, or couples). Format is a four-person Scramble. The entry fee is \$40 per golf member and \$65 for non-members, which includes golf, prizes, buffet lunch at the HFC, and beverage cart. Shotgun start at 10 a.m. Chipping and putting contest begins at 9 a.m. Registration begins at 8:30 a.m. The field will be limited to 220 golfers and will use both golf courses, so sign up early. Entry fees should be made payable to PCRF. For more information or to make additional donations, contact Bob Harmon at 863.325.0323 or bobharmon49@gmail.com. Proceeds go to the Michael J. Fox Foundation to help find a cure for Parkinson's disease.

LAMGA

By Gary Pagel

Well, March is finally here and that means warmer weather, some afternoon showers and the LAMGA Spring Invitational Tournament. This is the tournament that allows you to show off your home course and why new golf balls are needed all the time. This year there will be several chances for some outstanding prizes: the Red Hoagland Challenge, Art's Carts Proximity shots, Snowbird HVAC Hole-in-One Challenge, a Chevrolet Center Hole-In-One for a new car and the flight Winners Shoot-out plus many other surprises. So, please pick up a copy of the friendly neighborhood sponsors and when you patronize them say, "I'm from Lake Ashton and thanks for your support!" If you didn't get a chance to get in this year's tournament, start lining up a partner for next year. This year the spots filled up fast and you don't want to be shut out two years running. Also, come down to the Eagle's Nest on Thursday, March 8 and Saturday, March 10, and cheer on the players as they compete for prizes at the conclusion of the days matches. If you would like to find out more about the Lake Ashton Men's Golf Association or would like to join, just stop in the Pro Shop for an application.



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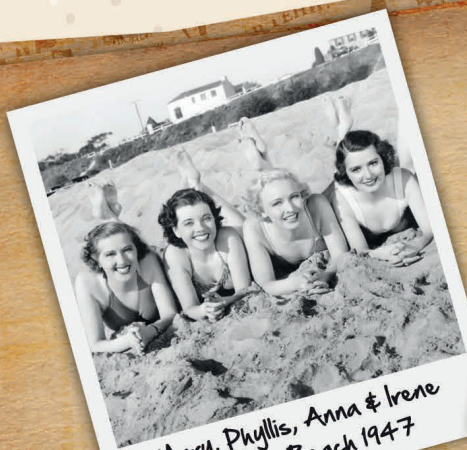
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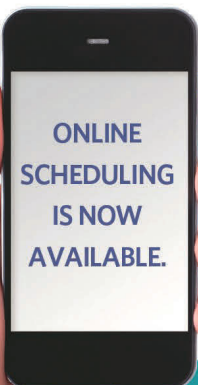
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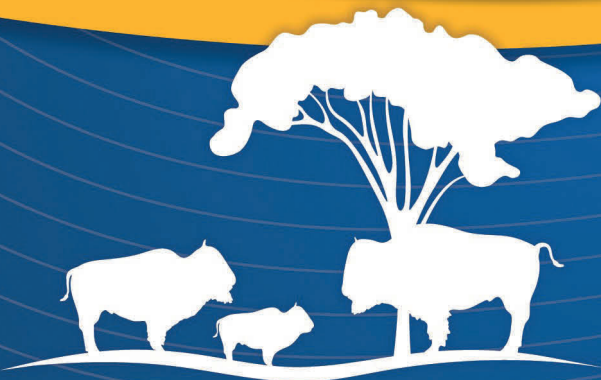


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Turnberry Lane Potluck

By Mary Allen

The next Turnberry Lane Potluck will be held at the Pavilion March 6. Charcoal is lit and happy hour starts at 5 p.m. Please bring your own beverage (adult or otherwise), plates and utensils, your own entrée (grill available for hot dogs, hamburgers, fish, etc.) and a dish to share with 8 to 10 people. All Turnberry Lane residents are welcome!

Community Potluck

By Kerry Giebler



The month of February always brings to mind the celebration of Valentine's Day, which was done at the February potluck dinner. Everyone had a chance to guess the number of Hershey's Kisses in a vase and some numbers well exceeded the correct

amount but, of course, there was a winner after all. Tables worked together in a group effort to put 20 of the sayings on traditional conversation heart candies in alphabetical order (challenging), but there was a winning table! A tray of Valentine related items were also used as a timed memory game, and everyone did very well remembering. There were lots of laughs and a fun time with neighbors and friends, and of course, delicious dishes and desserts that filled the tables. Everyone brought great food to enjoy. The next dinner will be Sunday, March 11 at 5 p.m. in the Clubhouse Ballroom. Please wear your green for a St. Patrick's Day potluck dinner. Sign up at the Clubhouse Activities Desk. Cost is \$2/person, payable at the Potluck, and please bring a dish to serve eight. Bring a friend or two along with you! See you then.

Pet Co-op

By Don Cook

The Pet Co-op Social/Dinner/Raffle will take place Wednesday, March 14 at 5:30 p.m. at the Eagle's Nest. The menu is all the tacos (beef or chicken) you can eat. Payment for the meal will be paid directly at the Nest that evening. There is no program afterwards. There is a planned field trip on March 10 to Outback Oasis in Winter Haven for Butterfly Saturday 11 a.m. to 2 p.m. Admission fee is \$10/person. Bring your own lunch for a picnic as there will be a reserved area to eat and socialize. Purchase reservations for each of these events at the Clubhouse Activities Desk for \$2/person. Plan to leave the Clubhouse West parking lot at 10:15 a.m. to carpool to the event. Call Don Cook at 863.528.3738 for more information.



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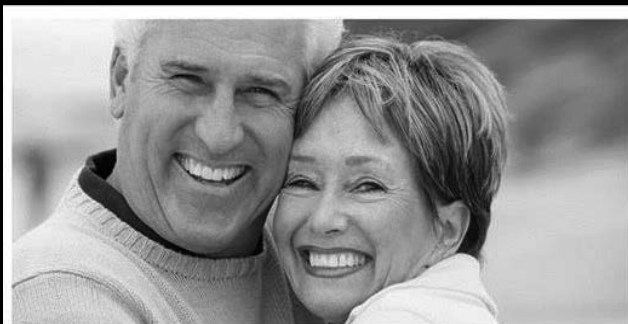
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St. Paddy's Day Party

By David Harrison

The LA Purple Stars is hosting a St. Paddy's Day Party on Saturday, March 17 at the HFC from 7 to 10 p.m. This will be the last fundraiser of the year, so please support this wonderful event. Tickets are \$10 at the HFC Activities Desk (cash or check payable to LA Purple Stars — proceeds benefit the American Cancer Society). There will be assorted snacks for each table and a DJ for your dancing pleasure. BYOB and have a fun time with your friends and neighbors. Questions? Contact David Harrison at 863.326.6418.

Eastside Winers and Diners

By Don Cook

The March social/dinner will be held March 22 at Ruby Tuesday's on Cypress Gardens Boulevard. Meet at 5 p.m. for the social with dinner at 5:30. Seating with the group is limited. Order from the menu and pay individually. If there are coupons available, your host will try to have enough on hand for you to use. Your reservation ticket is also your individual raffle ticket. They can be purchased at the Clubhouse Activities Desk for \$2/person. Plans are in the making for a wine tasting event at Lake Ashton in March or April. Stay tuned! Call Don Cook, host, at 863.528.3738.

Minnesota/Dakota Get-together

By Dave & Pam Eastman

Fellow Minnesotans and Dakotans — reserve Friday, March 23 on your calendars for the Annual Minnesota-Dakota Get-together at the HFC Community Center from 5 to 8 p.m. Bring an entree, appetizer or dessert to share and your own beverages. Paper products will be provided by your hosts. Wear your LA name tags. If you previously lived in Minnesota, South or North Dakota and are not on our mailing list, contact Dave at 763.670.3601 or Pam at 763.227.3601.

Passover Seder

By David Harrison

The Jewish Community of Lake Ashton would like to extend an invitation to come and share a Passover Seder at the Eagle's Nest on Friday, March 30 at 4:45 p.m. A wonderful menu of garden salad, choice of brisket or 1/4 roasted chicken, glazed carrots, and roasted potatoes will be served. Coffee and iced tea are included for \$20/person. Matzoh, ceremonial kosher wine and dessert will be provided for each guest. Please make an entree choice when signing up at the Activities Desk no later than March 21. Make checks payable to David Harrison. Call 863.326.6418 with any questions.

LA Belles

By Becky Faughandler

Celebrate spring with lunch on Wednesday, March 28 at Harborside Restaurant at 11:30 a.m. Harborside Restaurant is located on Lake Shipp in Winter Haven. Everyone will make their own selections with individual billing. Maximum seating is limited to 35. The board has embraced a new policy of requiring a ten dollar (\$10) deposit to hold your reservation. Make checks payable to LA Belles. Once you check in at the restaurant, your check will be returned to you. In order to cancel your reservation and receive your deposit back, you must contact the hostess no later than 48 hours prior to the event. Any cancellations after that time period will forfeit the deposit unless someone from wait list fills the vacancy and is up to the discretion of the hostesses. Hostesses for this event are Judy Cline, Chris Graves and Becky Faughandler. Please contact any of the above if you have questions. Looking forward to seeing you there!



Lake Ashton Black Heritage Club

By Norman Wilderson

The Lake Ashton Black Heritage Club will host an informative presentation March 19 at 10 a.m. in the Cinema about the Education of Homeless Children and Youth in Polk County. Dee Dee Wright, Homeless Liaison for Polk County Public Schools, is the guest speaker. All clubs, activities, and individuals are invited to attend and encouraged to support the children and youths involved in this program. Contact Calvin Eakins, President (630.450.0943) or Norman Wilderson, Vice President (863.268.7572).

BOLLA's Trash to Treasure 2018

By Pat Neaves

Only a few days left to donate items for Trash to Treasure. Gently used items can be dropped off from 10 a.m. to noon at 4160 Limerick Drive on Thursday, March 1. Beginning Monday, March 5, through Wednesday, March 7, items will be accepted every day from 10 a.m. to noon at the same location. Please drop off donations at the scheduled time only. Items can also be donated at the Clubhouse on Thursday, March 8 from 1 to 3 p.m. and Friday, March 9 from 8 to 10 a.m. Please remember that clothing, TVs, phones, computers, or printers cannot be collected for this event. For furniture or large item donations, please contact Pat Neaves at 863.318.9126. Lake Ashton has always been a generous community. With your support BOLLA will be able to purchase materials to continue making comforting blankets for children experiencing crisis in Polk County.

Camera Club

By Larry and Joanne Hillock

Last month's meeting featured guest speaker photographer John Cawthorn, who gave a very informative talk about butterflies and how to photograph them. This month's speaker will be wildlife photographer and longtime friend of the camera club, Reinier Munguia. His talks are always very informative and entertaining. All Lake Ashton residents are invited to attend the monthly meetings. This month's meeting will be held on Monday, March 13 at 10:30 a.m. in the Cinema.

Creative Stitchers

By Pat Howe

Time for a well deserved break after the successful 2018 Quilting and Needle Arts Show. It is fun to continue to meet talented "stitchers" every week. What a wealth of experience and expertise there is in Lake Ashton. Creative Stitchers have decided to take 2019 off and the next Quilting and Needle Arts Show will be in 2020. Can you hear that big sigh knowing the pressure is off to get those projects done? The next planned adventure will be to the Lakeland Sewing & Quilt Show at the RP Funding Center March 15 — 17. Carpooling, shopping, viewing the beautiful display quilts, watching demonstrations, checking out new products including sewing machines, embroidery machines, templates, threads, jewelry, quilt kits, etc. and enjoying a delicious lunch all make it a fun day. For those unable to attend this road trip, don't fret, there is one in the works for April. 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.

Lake Ashton Cats & Canines: A Sad Farewell

By Patricia Landskron

Due to unforeseen circumstances David Landskron is unable to continue the cat and dog rescues in the community through LACC. LACC has rescued 60 cats and 4 dogs in the
(continued on p. 26)

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10 years that it has existed. David is looking for a person that would be interested in rescuing cats and dogs, a vital need in the Lake Ashton community. David will give all equipment needed and any help to continue LACC's success. Call David Landskron at 863.206.1776.

LA Democratic Club

By Lyn Rogers

U.S. Congressman Darren Soto, who represents Florida's 9th District, will be the guest speaker at the LA Democratic Club meeting on March 18 in the Clubhouse Ballroom at 3 p.m. Everyone is invited to attend the meeting, but to become a club member you must bring your Democratic Voter Registration card. All meetings will be held the third Sunday of the month in the Clubhouse Ballroom at 3 p.m.

Magic Years Club

By Becky Faughandler

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. Upcoming Events:

Tuesday, March 6 and Tuesday, April 10 at 7 p.m. — Regular meetings in the HFC Craft Room.

Friday, March 23 at 7 p.m. — March Movie Madness in the Cinema: an all-time favorite — *Lady and the Tramp*, sponsored by Cal and Barb Posner.

Tuesday, April 10 at 11:30 a.m. — Luncheon at Be Our Guest restaurant in the Magic Kingdom. Sponsored by June Young & Linda Ross. To attend or cancel your reservation, email june@juneyoung.com by April 6. This event requires a park pass and \$10 reservation fee.

If you want to attend dinner at the Polynesian Kona Café and a Pontoon Boat ride on the Seven Seas Lagoon for the 9 p.m. fireworks show on July 2, payment (\$40) is now due and space is still available. Contact Becky if interested (863.662.5806 or rkfogg34@brighthouse.com).

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 March 4. All Lake Ashton singles are welcome to attend.

Lake Ashton Republican Club

By Betty Davenport

The Lake Ashton Republican Club will meet March 28 at 4 p.m. in the HFC. There will be a forum for candidates running

for Polk County School Board. Get to know who will be most qualified in this nonpartisan race. Several public schools in Polk County are subject to closing. All are invited to attend. Special interest candidates are presented early this election season to accommodate residents leaving for the summer. Refreshments will be available. For more information, call Betty Davenport at 863.969.4422.

Winged Foot Lane Pet Play Park

By Myrna Soberman

The Pet Play Park, located at 5140 Winged Foot Lane, is for pets of all sizes to exercise, socialize and play. Donations are always welcomed and appreciated. Thank you to these donors from October - February: Don & Nancy Collins, Cheryl & Don Hedstrom, Kaye & Larry Hudnall, Chuck & Christine Hunziker, Colin Johnson, Vickie & Rodney Pennington, Nancy Pladziewicz, Steve & Iris Realmuto, Greg & Linda St. Maria, Steve, Ella & Anna Straka, and Karen & Ed Wackerle.

Lake Ashton Travelers

By Carol Fako, Vice President

On January 16, nine motorhomes lined up and caravanned from Lake Ashton to the RV Super Show at the Florida State Fairgrounds in Tampa, Florida. Braving the bitter cold, the Travelers still enjoyed several happy hours, a potluck dinner, pizza party, and a continental breakfast. The Super Show was very informative. However, even though there were hundreds of new RVs, no one came home with a new one. Hosts were Carl and Saralynn Chirico and Gary and Carol Fako.



Sassy Lassies

By Mary Ranheim

The Valentines luncheon was a festive affair attended by twenty Sassy Lassies and one guest. "Friendship day" was also celebrated as everyone agreed they were blessed to have each other in their lives. Hostesses for the event, held at Carrabba's in Winter Haven, were Phyllis Gabler and Mary Ranheim. Each guest was given a decorated Valentine box filled with seasonal cookies as a treat. Queen Mum Donna Ruggiero welcomed everyone and opened the luncheon with prayer. Everyone is aware of how fortunate they are to live in the beautiful community of Lake Ashton. Everyone is keeping Carol Pontious in their thoughts as she recovers from hip surgery. Hostesses for the March luncheon, which will be held at Ovation in Winter Haven, are Nancy Robinson, Debbie Landgrebe and Harriett Wild.

Wellness News from the HFC

By Mary Bosman, LAICDD Community Director

HFC staff has a scheduled Circuit Training for Lake Ashton residents the first and third Mondays of each month at 3 p.m. Personalized fitness plans and fitness goals are explained and planned for attendees. Please call ahead and get on a list for the next training, as a three-person maximum in a class provides optimum training opportunities and personalized programming information.

Prior to attending the Circuit Training, stop in at 11 a.m. on the second Friday of each month for Fitness Equipment Orientation. 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.

If you would like to contract a Personal Trainer, Laurie Heverly is a Certified Personal Trainer in addition to her Fitness Instruction. Certified Massage Therapists Paulette Edmonds, Kasia Brunson and Norma Kenny-Maclure are available by appointment at the HFC. Call the HFC at 863.595.1562 for their contact information.

Chat & Chew Presentation - Dr. Neal Barnard

By Christine Wells, Interim Community Director

March 26 from 10:15 to 11:30 a.m. in the Cinema:

Dr. Neal Barnard, researcher, health advocate, and author of *The Cheese Trap: Are You Addicted to Cheese?* will reveal the links between dairy and chronic disease in this video chat and discussion.

Clubhouse Fitness Center Orientation

By Christine Wells, Interim Community Director

Lake Wales Medical Center is facilitating a complimentary orientation to the Clubhouse Fitness Center on the fourth Thursday of every month at 5 p.m. Please note date change. The next date is March 22. Operating the various equipment safely as well as basic gym etiquette will be addressed. No advance registration required.

13th Annual Lake Ashton Health Fair

By Christine Wells, Interim Community Director

The 13th Annual Lake Ashton Health Fair, facilitated by Health Concepts, will be held March 21 from 8 to 11:30 a.m. Last year 43 vendors from a variety of health related services attended, and most will be back offering screenings including hearing, vision and glaucoma, blood pressure,

bladder, blood pressure and heart rate, O2%, spine assessments, glasses adjustments, and more. Also represented will be health insurances, financial representatives, patient advocates as well as non-profits such as Citizens CPR, Habitat for Humanity, the Humane Society of Polk County, and more! Don't forget the free chair massage! The Health Fair focuses on prevention and the opportunity to live the quality of life within your circumstances by providing resources and empowering you with knowledge. Hope to see you there!


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Monday Duplicate Bridge

January 8

North/South: Don Fuller & Jim Ford, Dana Cunningham & Karen Brady, Sue Agre & Judy Robertson

East/West: Pauline Pare & Nelda Sedlacek, Nancy Golding & Norma Hall, Cindy Holden & Linda Ford

January 15

North/South: Nelda Sedlacek & Sonny Robinson, Karen Brady & Dana Cunningham, Cheryl Tillman & Ron Destefano

East/West: Cindy & Mike Holden, Judy Marine & Geri Duffy, Marge Kniat & Dana Griffiths

January 22

North/South: Jim Ford & Don Fuller, Margot & Keith Stevens, Pat Foster & Sonny Robinson

East/West: Mike & Cindy Holden, Bob Wendin & Mary Beth Ranheim, Mary Lois Teyssier & Nancy Martins

January 29

North/South: Don Fuller & Jim Ford, Sonny Robinson & Pat Foster, Marion & Roger Nelson

East West: Norma Hall & Nancy Golding, Barb Cassidy & Jud Giberson, Dana Griffiths & Marge Kniat

Gentlemen & Ladies Tuesday Bridge

January 23: Marge Kniat, Carl Boast, Geri Duffy, Jim Mark

January 30: Connie Ross, Nancy Golding, George Rogers, Marge Kniat

February 6: Ed Powers, Dick Dole, Pat Mark, Judy Marine

February 13: Marge Kniat, Geri Duffy, Jim Mark, Maureen Ziegler

Friday Ladies Intermediate Bridge

January 12: Pat Mark, Mary Allen, Judy Marine, Lois Dole

January 19: Marge Kniat, Geri Duffy, Judy Marine, Lois Dole

January 26: Marion Nelson, Gilda Tricarico, Marge Kniat, Dana Griffiths

Euchre Winners

January 27: 1. Vivian Harmon, Charlotte Pierce, Rich Totten, Carol Davis

February 10: Mary Lois Teyssier, Doris Reisinger, Charlotte Pierce, George Rogers, Tom Murphey

500 Bid Cards

The 500 bid card club is looking for players to join the group Thursdays at 4 p.m. at the HFC. Call Kerry Giebler with questions.

Mexican Train Dominoes

Join Mexican Train Dominoes each Sunday at 1 p.m. in the Clubhouse Billiard Room. Open to everyone — just show up. Bring dominoes if you have them — it is a lot of fun. Call Barb Deutsch with any questions at 812.453.1116.

Ping Pong Fundraiser Wrap-up

By Gina Krall

Notice the concentration on the faces and the intensity of the posture of the participants during the recent Ping Pong Challenge as the judge, KG the Kingpin, stands nearby. Truly a cerebral moment. And the prizes were worth every bit of skill the challengers could muster.



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G A M E S

The ping pong group — now 28 strong — held a fundraiser recently to contribute to the purchase of another table. Guests enjoyed a delicious dinner of Nathan's hot dogs and homemade chili and then participated in the fun events planned by Jerry the Jolter. A fun evening was enjoyed by all.

Bocce Play Times

By Marge Kniat

All of the Lake Ashton community is invited to play with the bocce team every Monday and Friday at 3 p.m. If you wish to play privately, there are bocce balls in the shuffleboard closet for your use; just return all when you are finished. Also, please join and cheer on the group for the yearly tournament, and have an exciting morning. 16 teams have signed up to play Saturday, March 17 starting at 10 a.m. (rain date on Sunday). Will the green balls be lucky?

Lake Ashton Pickleball Association News

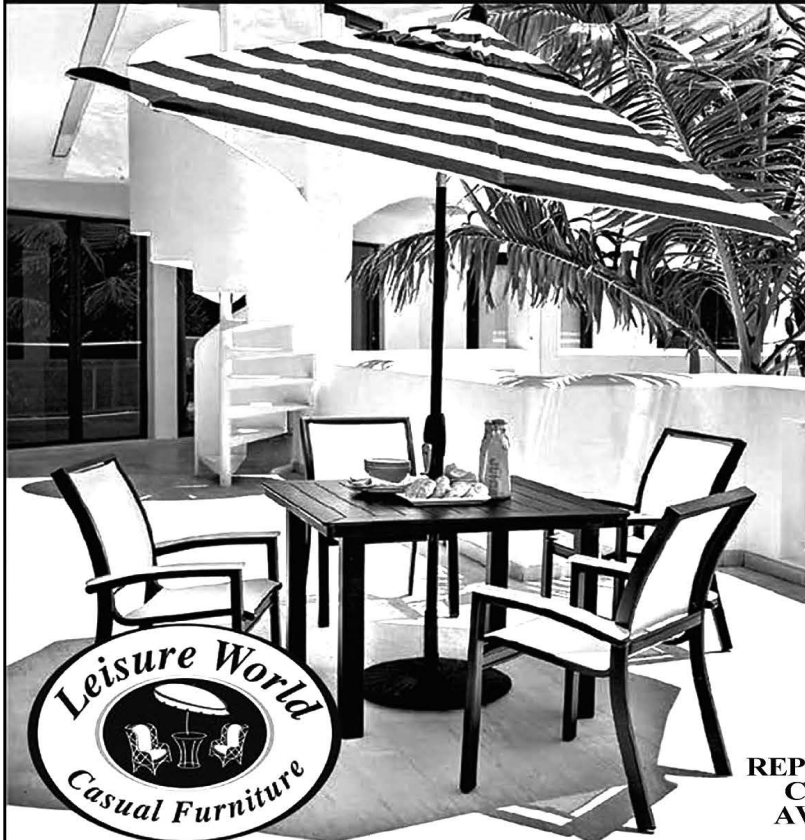
By Ralph Rickard and John O'Reilly, Co-presidents

The Lake Ashton Pickleball Association (LAPA) held its last spaghetti dinner fundraiser January 21. The club uses this popular and perennially sold-out fundraiser to improve the pickleball facilities. Currently enough money is available to

pay for the construction of two new courts complete with lighting for evening play. Construction has already started adjacent to the current courts. Thanks to the organizing committee, led by co-presidents Ralph Rickard and John O'Reilly, for all their efforts in preparing the dinner, and to over 40 volunteers who helped out. Thanks especially goes to Lynne Judd for her efforts in running the basket auction which raised a considerable amount of cash and made quite a few attendees very happy. Thanks also to Marilyn Noffsinger for obtaining advertising for the event from a record number of local merchants. The names of the advertisers and business donors to the auction along with their phone numbers can be found on the ashtonliving.net Pickleball page.

Several LAPA members participated in the Heartland Games in February at Tanglewood in Sebring. Les Jacobson and Marilyn Noffsinger won the gold medal in the mixed doubles competition, 65-69 age bracket. Don and Laurie Woodbury took a silver in the 55-59 age bracket. South Central Florida Pickleball League action continues through March 10. The LAPA Lakers' record at press time is 1-2. The team won the season-ending shootout championship last year, and will have to work very hard to repeat since some of last years' members are unavailable for play. But new members are stepping in and learning the ropes — many thanks to them!

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

Bob Ross Oil Painting Class

Instructor: Kay Lenherr
Saturday, March 10
1 to 4 p.m.
Swan
Clubhouse Craft Room
Sign up at the Clubhouse
Activities Desk — \$35/
person, payable at class



Creative Rubber Stamping

Facilitator: Diane Macko
March 12 & April 9
10 a.m., 1 p.m., or 4 p.m.
Sign up at HFC for one of the above
class times
\$6 includes all supplies

Creative Stitchers

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

China Painting

Instructor: Helen Cork
Wednesdays, 12:30 to 4 p.m.
HFC Poker Room
\$20 per class

Exploring New Techniques in Watercolor - Blending In

Instructor: Freddie Combs
Learn how to mix and blend colors
on your paper rather than your
palette.
March 16, 9 a.m. to 3 p.m.
HFC Craft Room — \$40
Sign up at the HFC Activities Desk

Sew What and So Much More

Facilitator: Gretchen Frantz
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
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
(call 8639693622 to reserve your space)
1st, 2nd & 4th Tuesdays, 7 to 9 p.m.
HFC Card Room

Chair Yoga & Easy Qi Gong

Certified Instructor: Joanne Miknis
Tuesdays and Fridays, 11:15 a.m.
HFC Community Center
Gentle movements reduce stress,
build stamina, increase vitality &
enhance the immune system — \$5

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 to 11:45 a.m.
HFC - all levels welcome

Yoga Share

Coordinators: Diane Yeager & Sally Winfrey
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!

Genealogy Club

Third Thursday, 6:30 to 8:30 p.m.
HFC Media Center

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

Improver Line Dancing

Instructor: Ann Ludwick
Thursdays, 1 p.m.
HFC Community Center - no cost

Beginners Line Dancing

Instructor: John Moore
Thursdays, February 1, 8, 15, 22,
9 to 10 a.m.
Tuesdays, February 6, 13, 20,
7 to 8 p.m.
Clubhouse Ballroom

Intermediate Line Dancing

Instructor: John Moore
Thursdays, February 1, 8, 15, 22,
10:10 to 11 a.m.
Tuesdays, February 6, 13, 20,
8:10 to 9 p.m.
Clubhouse Ballroom

LA Dance Classes: Waltz

Instructor: Connie Wilkinson, Certified DIVDA Dance Instructor
Mondays, March 12 - April 2, 4:30 to
5:30 p.m.
HFC Community Center
Free! No Partner Needed

Ladies Bible Study

Leader: Louise Gilla

Wednesdays at 10 a.m. in the HFC Community Center

Mens Bible Study

Leaders: Bill Sage

Tuesdays at 10 a.m. in the HFC Craft Room

Eschatology Teaching

Facilitator: Rosemary Barbieri

Hear more about endtime prophecies in a DVD-format presentation featuring the commentary of Irvin Baxter. Handouts will be provided by the class facilitator so please sign up at the Clubhouse Activities Desk.

March 2, 16, 23, 30 at 10 a.m. in the Cinema

Fast Metabolism Diet Class

Instructor: Laurie Heverly, Certified Trainer, 863.595.7608

Wednesdays weekly March 7 — April 4

\$25 entire series (first-time), \$5 for inquiring students

HFC Craft Room — sign up at the HFC

Book purchase suggested prior to class: Fast Metabolism Diet by Haylie Pomroy

Astronomy Night - Precession of the Equinox

Instructors: The Imperial Polk Astronomical Society

"Weeble" Earth wobbles but won't fall down. What is meant by the saying: "and the Earth moved"? Did you feel that? Come out and be moved in astronomical proportions. A presentation about the precession of the Equinoxes will take place March 3 at 7 p.m. in the Cinema. Weather permitting, following the presentation, the telescopes will come out for viewing. If you own a telescope or binoculars, please bring them. Limit 55 attendees. Please sign up at the Clubhouse Activities Desk.

Handlettering Classes

Instructor: Keliza Lettering

Handlettering FUNDamentals — March 15, 1 to 2 p.m.

Clubhouse Craft Room

Find Your Style — March 22, 1 to 2 p.m.

Clubhouse Craft Room

Each class is \$25. Sign up and prepay at the Clubhouse Activities Desk with a check payable to Keliza Lettering

Apple Technology Support

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Mondays from 8 to 9 a.m., Fridays from 9 to 10 a.m., through April 27. Sign up for a 15-minute appointment slot at the Clubhouse Activities Desk.

Think & Drink - Advancements in Medical Treatment Options for Pain

By Christine Wells, Interim Community Director

Think and Drink is a brand new initiative designed to stimulate thought and open-minded conversations among residents of Lake Ashton. Engaging speakers, thought-provoking topics, and an optional glass of wine are all part of the agenda! Advancing medical technologies has lent itself to more expanded treatment options for the care of many medical conditions. On Wednesday, March 28 at 6:30 p.m. in the Clubhouse Ballroom, learn about a new non-surgical treatment called platelet rich plasma that is available for the treatment of joints, muscles, tendons, and nerves. Also, learn how advances in medical imaging applications has allowed for safer and more rapid treatment during injections. Hear from Dr. Michelle Henne, a local sports medicine physician with experience working with athletes in MLS, MLB, and LPGA, who specializes in treating acute and chronic muscle and joint issues. She will demonstrate how ultrasound guidance can assist in injections as well as discuss how platelet rich plasma can be used to treat a variety of musculoskeletal conditions. She will include in her discussion a brief review of the ethical implications of these treatment options. Sponsored by Southwood Garage Doors.

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LACDD Interim Community Director:

Christine Wells

cwells@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.

LALCDD 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.

Clubhouse Activities Desk	863.324.6032	
LA Times, Channel 732, ashtonliving.net - Valerie McCutcheon	863.324.6032	valerie@lakeashtoncdd.com
Club Office	863.324.5457	
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
RV & Storage Center	863.326.1304	dholmes@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	

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Thompson Nursery Road (Lake Wales): 863.324.7290

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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)

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Back Row: (L to R): Lori Raath, Brad Kirwan

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1. Roerhborn, J Urology 2013 LIFT Study

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