



L.A.

# TIMES

Lake Ashton Community Newsletter  
September 2019

*Simply the Best!*

*"Happy we who can bask  
in this warm September sun,  
which illumines all creatures ..."*

- HENRY DAVID THOREAU

Lake Ashton Community Development District  
4141 Ashton Club Drive, Lake Wales, FL 33859  
Lake Ashton is a 55 & Older Deed Restricted Community

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*Back Row: (L to R): Brad Kirwan, Lori Raath  
Front Row: (L to R): Terri Mattocks, Sarah Lord*



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## NEWSLETTER STAFF

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## SUBMISSION GUIDELINES

### Oct. Issue Deadline: Sept. 16

- Articles can be submitted on behalf of Lake Ashton clubs/groups/organizations to promote lifestyle enhancing, opportunities, and must be approved by the group leader prior to publication
- Email articles to: [valerie@lakeashtoncdd.com](mailto: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

### Photo Specifications:

- All photos must be high-res digital images in "jpeg" format and submitted via email or CD/flash drive
- 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

THE LAKE ASHTON COMMUNITY DEVELOPMENT DISTRICT DOES NOT ENDORSE OR SUPPORT ANY PARTICULAR POLITICAL CANDIDATE, PARTY, MEASURE OR ISSUE, OR ANY PRODUCT OR SERVICE.

# SEPT. 2019

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. Don't forget to visit the official website for the Lake Ashton Community Development Districts and Lake Ashton Homeowners Associations, [ashtonliving.net](http://ashtonliving.net).

### Lake Ashton Clubhouse

4141 Ashton Club Drive

Lake Wales, FL 33859

Phone: 863.324.5457

Fax: 863.324.5829

### LACDD Community Director:

Christine Wells

[cwells@lakeashtoncdd.com](mailto:cwells@lakeashtoncdd.com)

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863.324.6032

[clane@lakeashtoncdd.com](mailto:clane@lakeashtoncdd.com)

### Clubhouse Office Manager:

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863.324.5457

[smoreland@lakeashtoncdd.com](mailto:smoreland@lakeashtoncdd.com)

### Clubhouse Operations Manager:

Matt Fisher

863.956.6207

[mfisher@lakeashtoncdd.com](mailto:mfisher@lakeashtoncdd.com)

### Lake Ashton Health & Fitness Center (HFC)

6052 Pebble Beach Boulevard

Winter Haven, FL 33884

Phone: 863.595.1562

Fax: 863.595.1567

### LAIICDD Community Director:

Mary Bosman

[mbosman@lakeashton2cdd.com](mailto:mbosman@lakeashton2cdd.com)

### HFC Activities Desk:

Louise Crespin

863.595.1562

[lcrespin@lakeashton2cdd.com](mailto:lcrespin@lakeashton2cdd.com)

### HFC Activities Office Manager:

Karen Van Kirk

863.595.1562

[kvankirk@lakeashton2cdd.com](mailto:kvankirk@lakeashton2cdd.com)

NiNi's at Lake Ashton	863.324.5810	
HOA Office (LW)	863.325.0065	<a href="mailto:office@lakeashtonhoa.org">office@lakeashtonhoa.org</a>
RV & Storage Center - Debbie Holmes	863.326.1304	<a href="mailto:dholmes@lakeashtongolf.com">dholmes@lakeashtongolf.com</a>
Golf Club - Paul Sisemore, Golf Pro	863.326.1032	<a href="mailto:psisemore@lakeashtongolf.com">psisemore@lakeashtongolf.com</a>
Eagle's Nest	863.326.1085	

### Gate Houses & Security Officers:

Thompson Nursery Rd (LW):

863.324.7290

CR 653 (WH):

863.318.0237

### Police Non-Emergency:

Lake Wales: 863.678.4223

Winter Haven: 863.291.5858

Polk County Sheriff: 863.298.6200

**In case of emergency, dial 911**

# MEETINGS

Keep Informed – Attend Monday Coffee at 9 am in the Clubhouse Ballroom for updates on activities, clubs and groups, facility maintenance, and other community news.

## September 2 - No Monday Coffee

Clubhouse Offices and Activities Desk Closed for Labor Day  
There will be no Bingo



## September 9 - Birthdays & Anniversaries

Birthdays and anniversaries will be recognized and a treat provided by HealthCare Advocates

Featured speaker: The Land Birds of Lake Ashton, presented by  
Barbara Ann Comer  
Knife Sharpening - Lake Ashton Woodworkers

## September 16 - Bite Me Monday

Bring your pet food/item donations for the Humane Society of Polk County

Featured speaker: Caune Bamberg, Executive Director  
- Citizen CPR



Vendor: Matt Simpson with Edward Jones  
Blood Pressure & Glucose Screenings — Heart of Florida Regional Medical Center

## September 23 - Peanut Butter Monday

Bring donations of non-perishable food items for a local food pantry

Featured speaker: Winter Haven Chamber of Commerce

## September 30 - Blast from the Past

Featured speaker: Polk County Property Appraiser Marsha Faux  
Vendors: Morgan Stanley - Matthew Grubb, Florida Dermatology & Skin Care Centers  
Blast from the Past with David Harrison

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## BOARD OF SUPERVISORS MEETINGS

### Lake Ashton (LW) CDD

September 16, 2019 at  
10:30 am  
Clubhouse Ballroom

### Lake Ashton II (WH) CDD

September 20, 2019 at  
9 am  
HFC Community Center

### Joint Meeting

September 27, 2019 at  
11 am  
Clubhouse Ballroom

## CITY COMMISSION MEETINGS

### Lake Wales

Budget Hearings September  
10 and 24 at 6 pm  
Municipal Administration  
Bldg., 201 W. Central Ave.,  
Lake Wales

### Winter Haven

2nd & 4th Monday at 6:30  
pm in the John Fuller  
Auditorium in City Hall,  
451 Third Street NW,





## NEW TO LAKE ASHTON?

**New Resident Social**  
**September 27 at 2 pm**  
**HFC**

**Get Your Resident Photo**  
**Identification Cards Made**  
**at the Clubhouse**  
**Activities Desk Tuesdays:**  
**10 am - 1 pm**

**Wednesdays: 3 - 5 pm**

**Thursdays: 10 am - 1 pm**  
*Bring a state issued drivers*  
*license and warranty deed.*

## HAVE VISITORS?

**Anyone using amenities**  
**at the Clubhouse or HFC**  
**must have a Lake Ashton**  
**Resident ID Card or**  
**Facilities Guest Pass.**

**Register guests at the**  
**Clubhouse Activities**  
**Desk during business**  
**hours. Residents must**  
**bring at least one adult**  
**guest to sign the form.**  
**Renters must have a copy**  
**of their lease.**

## WELCOME COMMITTEE

A member of the Welcome Committee is willing to meet and greet new residents at their home or place of convenience in Lake Ashton. For more info or to schedule a visit, contact Cynthia Halde at 231.343.1847 or haldehaven@gmail.com.

# REMINDERS

## Respect the Wet Pool Deck

Please do not eat or drink while in the pools 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)**. Please enjoy food and beverages (in non-breakable containers only — no glass) at the tables and/or chairs. All alcoholic beverages must be purchased at NiNi's. Please shower before entering Lake Ashton pools or spas. Only those aged 13 years and older should enjoy the spas. Please put down pool umbrellas when leaving the pool area to avoid potential damage caused by wind. Those hosting family should remind them to be considerate of residents in this 55 and older community. Before entering the area, children should be reminded to walk on the pool deck as running is always prohibited. It is helpful (but not required) if residents accompany guests.

## Resident Feedback and Repair Forms

Your experiences in the community are meant to be as pleasant and memorable as possible. Please take a minute to let staff know how they are doing. A Resident Feedback form can be found at either Activities Desk. Please be sure to complete the contact information so staff may follow-up if requested. Also, if any of the Clubhouse or surrounding amenities are found to be in need of repair or freshening up please let staff know by completing a Repair Request form and turning in at the Clubhouse Activities Desk. These forms are also located in a rounder at the Clubhouse Activities Desk.

## Mosquito Bite Protection

A handout from the Florida Department of Health is available at the Clubhouse Activities Desk and on ashtonliving.net with tips on avoiding mosquito bites and the possible spread of mosquito-borne viruses.

## Fresh Cut Produce

Get fresh, local fruits and vegetables from your golf cart at the Clubhouse West parking lot on Wednesdays from 1 to 3 pm or Saturdays from 8 to 10 am at the HFC, and visit Fresh Cut Produce Company. They will have tables of fresh local produce available for purchase. Delivery is also available, if interested.



# LACDD NEWS

By Christine Wells, LACDD Community Director

The LACDD Board of Supervisors met on August 19 and approved a few projects at the Clubhouse. Repairs to the ellipticals in the Fitness Center were approved in addition to some dormer repairs at the Gate House. The Board also approved of a State of Florida flag to be added to the stage along with the American flag and POW/MIA flag. Staff is ordering a pole and stand and it will be on display soon. The Lake Ashton Woodworkers will also be working on taking apart the current rounders on the Clubhouse Activities Desk to hang them on the wall near the Ballroom Kitchen. This will open up the desk and allow for residents to be helped in a more efficient manner. Supervisors also approved the replacement of three doors at the Clubhouse (the northwest and southwest entrances and restaurant patio closet) in the coming months. Dance floor refurbishment will also take place in September. Residents will be notified of any closures due to these projects. The next Joint CDD Board of Supervisors meeting will be on Friday, September 27 at 11 am in the Clubhouse Ballroom. The agenda for this meeting will include consideration of the Joint Amenity Policy and will be posted on [ashtonliving.net](http://ashtonliving.net) on September 20. All residents are encouraged to attend the LACDD, LAICDD, and Joint CDD meetings to obtain first-hand information and express concerns and/or obtain answers to questions concerning the community.

Residents will notice a new "No Vehicle Parking" sign by the circular driveway at the Clubhouse. There should never be an unoccupied vehicle left in this driveway as this area should be clear at all times for emergency vehicle access. If a resident leaves a vehicle in this area, staff and/or security will ask them to park in one of the parking lots on

the side of the building. There are convenient entrances to the Clubhouse from the east and west parking lots.

There were over 30 new residents at the most recent New Resident Social at the Clubhouse. As many new residents are welcomed to the community, there is higher demand than ever for tickets and reservations for activities. Over 85 tickets were sold to residents on the first day of ticket sales for the Dog Days of Summer and Liverpool Live events! Please get in the habit of bringing a Lake Ashton identification when coming to the Clubhouse to purchase tickets, register guests, or use any of the amenities. This identification will help staff to offer quicker, more efficient service. In this edition of the LA Times residents will notice a wide variety of upcoming activities. In order to provide residents with first choice seating, ticketed events such as shows and bus trips are open to residents only for a certain period of time, and then residents will be able to purchase tickets for their registered guests at a date closer to the event if space allows. If an event is not yet open to registered guests, residents can ask to be added to a waiting list at the Activities Desk. Any questions concerning this procedure should be directed to Christine at [cwells@lakeashtoncdd.com](mailto:cwells@lakeashtoncdd.com) or 863-324-5457.

Staff is busy preparing for events in the upcoming months and beyond and hope that residents are excited about the variety of shows and events on the horizon! Enjoy this edition and get ready for a busy season full of new and interesting activities!

## WITH GRATITUDE

Words cannot express how grateful I am for all the cards, gifts, and words of support from so many friends in Lake Ashton. Although recovery from surgery has gone slower than anticipated, your prayers and positive words have gotten me through the setbacks. Thank you for offering help to Don. Lake Ashton is such a special community filled with kindness.

- Pat Neaves





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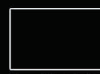
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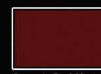
Forest Green Metallic



Indigo Blue Metallic



Tuscan Yellow



Sangria Red Metallic



Champagne Metallic



Caribbean Blue



# LAIICDD NEWS

By Mary Bosman, LAIICDD Community Director



Fiscal year 2019 is coming to an end this month, and the year's projects are finishing up as designated by the LAIICDD Board of Supervisors. The Board

approved the completion of the window shutters in the Community Center at the August 9th meeting so the final shutters have been ordered. Many thanks to Kay Prusiecki for her generous donation towards finishing this project. The shutters should arrive sometime in late September.

Also, quotes are in for the new sidewalk between the parking lot to the north of the HFC and the HFC building so that project will be well under way by the time this article is read.

Another dead tree has been removed from the Boulevard and both dead tree stumps have been ground out and white crepe myrtles planted. There is yet another dead/dying palm (first one at the Hwy. 653 West Gate Entrance), so that will be removed also. Supervisor Zelazny is working hard to complete refurbishing plans for the the Boulevard.

Lightning hit the HFC pool area on August 9. First and foremost, no one was injured as a result of the lightning hit. The resulting damaged services are being replaced with coverage by insurance and a lot of hard work by the Maintenance team of James Margeson and Chuck Yeager. Research is being compiled for costs involving lightning prevention as the HFC will remain the tallest building in the area. The LAIICDD Board of Supervisors continues to be proactive and protective stewards for Lake Ashton. As of this writing, talks will continue regarding the purchase/no purchase of the golf courses. By publication of this newsletter, much more information will be known and shared at the September LAIICDD Board of Supervisors' meeting. Staff continues to welcome suggestions, so please take advantage of the Suggestion Box located outside of the Community Director's office in the Media Center. Remember however, all suggestions must have your name included on them to be considered.

Get ready to "see pink" in October at the HFC, as activities are being planned, donations gathered, and competition for the most pink worn to the most events will be held. October is National Breast Cancer Awareness month. Residents are also encouraged to bring ideas to staff for awareness events for other forms of cancer.

The LAIICDD BOS and staff are excited to be welcoming back the residents from their summer travels for another great year!

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# On-Site Mobile Dermatology Services

## Mobile Office Visit

### Friday, September 20th

Every 3rd Friday of the month from 9am-1pm



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# LA LOOKS

## Lake Ashton (LW) ARC

By Sue Bloedorn

### Six Tips to Reinforce Your Home During Hurricane Season:

If left unprotected, a hurricane will no doubt cause severe damage to your home. Follow these steps before the storm to protect your home and help limit storm damage (both inside and out):

- Trim trees and shrubs and make sure your rain gutters are clear. This will reduce the amount of loose debris that can damage your home when the winds pick up. **NOTE:** If you have a large pile of yard waste, please call Republic Services on Wednesday (863.665.1489) to schedule the claw truck for a special pick-up on Thursday. If your landscaper comes any time between Friday to Tuesday, ask them to take the waste or ask them to place it by your house, then you will move it to

the curb for Friday pick up. There should be no yard waste at the curb except on Wednesday or Thursday for Friday pick up.

- Bring in all loose outdoor items (patio furniture, decorations, trash cans, etc.). Storing them inside your home or in your garage will prevent them from being blown away.
- Protect your home's electrical system so you don't end up losing thousands of dollars in replacing appliances.
- Cover your windows. Install hurricane panels (ARC Request) or cover windows with 5/8-inch thick plywood to protect them from breaking. Add a deadbolts to your doors to make them more secure against hurricane-force winds.
- Keep the gas tank in your car and a backup full. It's not uncommon for gas stations to run out of gas before a hurricane hits.
- Secure your AC with hurricane straps. Bolting your AC down with metal straps will make sure it won't go anywhere during the storm.



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# Breakfast Club

*You're invited to join us at the next meeting of our breakfast club.*

You've worked hard to provide for your family. Whether you're approaching retirement or recently retired, your focus may begin to shift from building your financial foundation to protecting the financial resources you've created for you and your family.

*Standing Guard: Protect What You've Worked For* shares ways you can address key risks you may encounter and strategies to help prepare for the unexpected.

## Breakfast & Coffee On Us

Sign up at HFC or call 863 324 2486 to RSVP

**Friday October 4th  
9:00 - 9:45 am**

**Lake Ashton Health and Fitness Center  
6052 Pebble Beach Blvd  
Winter Haven, FL 33884**

Hosted by:

**Michael Kennedy**



**Michael Kennedy**  
Financial Advisor

7100 Cypress Gardens Blvd  
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# SAFETY

## Citizens Assisted Patrol By Stan Baron



Please welcome George Fetcho and Don Brushaber to the Citizens Assisted Patrol family. It's with the help and participation of fellow Lake Aston residents that this program can be kept going. Also, thank you to the fellow CAP members who put in the extra hours needed to patrol the school on Rt. 653 as well as help control traffic on the road for the first couple of weeks that school is open.

CAP and Neighborhood Watch are the eyes and ears of Lake Ashton. They are not law enforcement but observe and report only. They do not carry a gun or taser; they use a cell phone if they see something suspicious or help is needed. CAP is made up of men and women volunteers residing in Lake Ashton, year round or seasonally. Last year CAP had over 3,500 patrol hours. If you can find the time and would like to join, your help is always needed! For more information, contact Mike Weissberg (863.324.3541) or Stan Baron (863.229.5269). Applications are available at either Activities Desk or in the patrol cars.

## Neighborhood Watch

By Fay Wood, NW Chief



### Preparing For Hurricanes With Crime Prevention In Mind (courtesy of local Law Enforcement)

The opportunity for crimes to occur after a disaster, such as a hurricane, can increase if we don't take a few steps of prevention.

#### Assess your home for vulnerable areas:

- Do a walk through of your home and property to evaluate roof, windows, garage doors and landscaping to determine what actions you may need to take.
- Keep in mind tree limbs close to the home that could break windows; window locks that are

loose; door jams that are weak and sliding glass doors without additional locks.

#### Secure Your Home:

Decide what actions need to be taken to protect your family and your property (shutters, tree trimming, additional locks, or window film).

#### Secure Property if Damage Does Occur:

If you sustained damage, take immediate actions by assessing the damage and making arrangements to secure the property, even if it means temporary repairs.

## PEAK STORM SEASON

Residents should be prepared for stormy weather through November 30 when hurricane season ends. A detailed list of storm tips can be found on [ashtonliving.net](http://ashtonliving.net) and at the Clubhouse Activities Desk.

Pay attention to the lightning detection devices throughout the community and seek shelter when the sirens sound.



## ALLIGATOR ALERT

Hatching occurs through early September. Be cautious when having fun in and around the water. It is illegal to feed or harass alligators.



photos: Dennis Krupinski



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# MOVIES



September 1 - 5 at 7 pm

**CAPTAIN MARVEL**

2019 | PG-13 | 2h 3min

Action/adventure/sci-fi rated for sequences of sci-fi violence and action, and brief suggestive language. Set in the 1990s, Marvel

Studios' Captain Marvel is an adventure from a previously unseen period in the history of the Marvel Cinematic Universe that follows the journey of Carol Danvers (Brie Larson) as she becomes one of the universe's most powerful heroes. When a galactic war between two alien races reaches Earth, Danvers finds herself and a small cadre of allies at the center of the maelstrom.

September 3 - 5 at 11 am & 3 pm

September 8 - 12 at 7 pm

**POMS**

2019 | PG-13 | 1h 31min

Uplifting comedy rated for some sexual references and language. Martha (Diane Keaton) moves into a retirement community and starts a cheerleading squad with her fellow residents, Sheryl (Jacki Weaver), Olive (Pam Grier) and Alice (Rhea Perlman), proving that it's never too late to follow your dreams.



September 10 - 12 at 11 am & 3 pm

September 15 - 19 at 7 pm

**THE TOMORROW MAN**

2019 | PG-13 | 1h 34min

Drama rated for brief strong language and some suggestive material. Retiree Ed Hemsler (John Lithgow) spends his life preparing for a disaster that may never come. Ronnie Meisner (Blythe Danner) spends her life shopping for things she may never use. In a small town, these two people will try to find love while trying not to get lost in each other's stuff.



September 17 - 19 at 11 am & 3 pm

September 22 - 26 at 7 pm

**ROCKETMAN**

2019 | R | 2h 1min

Drama rated for language, drug use and some sexual content. An epic musical fantasy about the incredible human story of Elton John's breakthrough years. The film follows the fantastical journey of transformation from shy piano prodigy Reginald Dwight into international superstar Elton John. This inspirational story -- set to Elton John's most beloved songs and performed by star Taron Egerton -- tells the story of how a small-town boy became one of the most iconic figures in pop culture.



September 24 - 26 at 11 am & 3 pm

September 29 - October 3 at 7 pm

**THE HAPPY PRINCE**

2018 | R | 1h 45min

Biography/drama rated for sexual content, graphic nudity, language and brief drug use. The untold story of the last days in the tragic times of Oscar Wilde, a person who observes his own failure with ironic distance and regards the difficulties that beset his life with detachment and humor. Starring Rupert Everett, Colin Firth, and Emily Watson.



**FEATURE FILM FRIDAYS: CLASSIC AND SPECIAL INTEREST MOVIES ARE SHOWN AT 1 PM.**



September 6 - 1 pm

**NORMA RAE**

1979 | PG | 1h 58min

In an Oscar-winning performance, Sally Field is unforgettable as Norma Rae Webster, the real-life Southern millworker who revolutionizes a small town. Under the guidance of a New York unionizer (Ron Leibman) and with increasing courage and determination, she organizes her fellow factory workers to fight for better conditions and wages. Beau Bridges co-stars.

CLUBHOUSE CINEMA CAPACITY: 55. ALL TUESDAY SHOWINGS ARE CLOSED CAPTIONED.



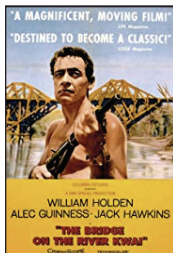
September 13 - 1 pm



**ZERO DARK THIRTY**  
2013 | R | 2h 37min

For a decade, an elite team of intelligence and military operatives, working in secret across the globe, devoted themselves to a single goal: to find and eliminate Osama bin Laden. *Zero Dark Thirty* reunites the Oscar winning team of director-producer Kathryn Bigelow and writer-producer Mark Boal (*The Hurt Locker*) for the story of history's greatest manhunt for the world's most dangerous man.

September 20 - 1 pm



**THE BRIDGE ON THE RIVER KWAI**  
1957 | PG | 2h 41min

Director David Lean's sweeping epic -- best known for a whistling work theme that became legendary -- is set in a World War II Japanese prison camp, where British prisoners are forced to build a railway bridge as a morale-building exercise. Starring William Holden and Alec Guinness.

September 27 - 1 pm



**NORTH BY NORTHWEST**  
1959 | NR | 2h 16min

What if everyone around you was suddenly convinced that you were a spy? This classic from master director Alfred Hitchcock stars Cary Grant as an advertising executive who looks a little too much like someone else and is forced to go on the lam (helped along by Eva Marie Saint). Hitchcock's sure-handed comic drama pits Grant against a crop duster and lands him in a fight for his life on Mount Rushmore — a true cliffhanger!

TO VIEW THE MOVIES IN CALENDAR  
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# EVENTS

## UPCOMING LACDD SPONSORED EVENTS MORE INFO TO COME!

*October 25:* Home Improvement Expo (see back cover)

*November 9:* Car Show Cruise-In & Concert featuring Southbound

*November 20:* Cypress Gardens Ski Show at Lake Ashton

*December 31:* New Year's Eve Party featuring B.Haven

## Let's Get Quizzical!

Get ready to jog your memory at a free trivia event **September 25 at 6:30 pm** in the Clubhouse Ballroom. The questions will be centered around music, movies and the decades of the 50s, 60s and 70s. Gather your team of no more than 6 people to see who will be crowned Lake Ashton's Top Trivia Team! Snacks are covered, but don't forget to grab a drink at Nini's! Sign your team up at the Clubhouse Activities Desk by **September 23**.

## Jewish High Holiday Services

By David Harrison

The Lake Ashton community is invited to attend the Jewish High Holiday Services. Rosh Hashanah (Jewish New Year) will be **September 29 at 7 pm** in the HFC Community Center. Yom Kippur (Day of Atonement) will be **October 8 at 7 pm** in the HFC Community Center. Yizkor (Memorial Service) will be **October 9 at 2 pm** in the HFC Community Center. All residents are encouraged to attend and find out why the New Year is celebrated in September. For more info, contact David Harrison at **863.326.6418**.

## Symposium on Crime Prevention for Seniors

By Louise Crespin

The HFC is hosting a Symposium on Crime Prevention for Seniors on **September 17 at 12:30**

**pm**. Featured speakers include representatives from the Florida Attorney General's West Polk Office, the Lake Wales and Winter Haven Police Departments, and Florida DCF Adult Protective Services. Citizens Assisted Patrol (CAP), Neighborhood Watch, Self Defense for Seniors and Cyber Security will also have representatives on hand. Please sign up at the HFC Activities Desk or call **863.595.1562**.

## Styles on for Alzheimer's

By Judy Puntureri

Ladies! Join your friends and neighbors for a fun Luncheon and Fashion Show on **October 10** in the Clubhouse Ballroom. Sneak Peak at **11:30, lunch at noon**, followed by a fabulous array of styles from Resort Fashions by Tiffany.

Ticket price is \$22 and they will be available at the Clubhouse Activities Desk and before and after Monday Coffee. Checks only, payable to LAAW (Lake Ashton Alzheimer's Walk). Tax deductible. Remember — bring your checkbook and help in the fight to stamp out this devastating disease.

## Calling All Bakers for the Craft Show

By Pat Bergstrom and Birdie Sell

The Lake Ashton Veterans Association Auxiliary (LAVA) is in need of bakers to provide homemade goodies such as cakes, pies, brownies, and cookies (no cupcakes, please) for the annual Fine Arts & Craft Sale on **October 26**. The show will be held in the Clubhouse Ballroom from **9 am to 4 pm**. The proceeds of this sale will assist the Habitat for Humanity "Tiny Homes For Vets" project.

Please wrap all goodies and note any allergy triggers (nuts, flour, etc.). Sugar-free goods are welcome. Cookies and brownies should be placed in baggies that will be sold for \$1 each. For more information contact Birdie Sell at **630.992.6194** or Pat Bergstrom at **740.624.6903**. All baked goods must be delivered to Birdie Sell at 4541 Back Nine Drive on **October 25 between noon and 6 p.m.**





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# EVENTS

## USO Dance — Save the Date!

By Chris Graves

The LAVA and LAVA Auxiliary, will host a USO Dance **November 8** in the Clubhouse Ballroom. Music will be by the Good Stuff Band. Ladies Only will sing for 15 minutes and George and Connie Wilkinson will demonstrate ballroom dancing. There will be a cash bar and munchies will be provided. Fun to be had for all. More information to follow.

LAVA Auxiliary would also like to thank the many of you who helped raise more than \$400 to benefit Stockings for the Troops. Patriotic donation jars had been placed at the HFC and Clubhouse Activities Desks to collect money for this non-profit organization that uses funds collected to provide gifts, personal items, etc., so that the military overseas will receive something at "mail call" during the holiday season.

## Christmas Dinner Dance 2019

By Jackie Ellis

Hello to all summer folks and snow birds — hopefully everyone is enjoying a good summer and looking forward to seeing you all in October. Just a reminder to save the date of **December 7** for the annual Christmas Dinner Dance. There will be additional information in the October issue of the LA Times on this upcoming Christmas Dinner Dance.

## Save the Date — Calling all Elves!

By Carolyn Bishop

Mark your calendars now! The Holiday Golf Cart Parade will be held on **December 20**. Calling all Elves: If you would like to be a part of the planning for this year's parade, please contact Carolyn Bishop, cbbishop61@gmail.com, 919.606.8844

Santa will receive a personal call on your behalf to get you off the naughty list!

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## A Halloween-themed graphic with the text "SAVE THE DATES FOR SPOOKY FUN!" in the center. The background is teal and decorated with various Halloween icons: bats, a ghost, bones, a witch's hat, a pumpkin, a skull, a tombstone, a witch's hand, a knife, a lollipop, a candy, a witch's eye, and a witch's foot.

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at 561.902.4610.**

# EVENTS

## SAVE THESE DATES 2020 LAKE ASHTON ENTERTAINMENT SERIES AND FEATURED SHOWS

Please be sure to look in next month's edition of the LA Times for information regarding the 2020 Entertainment Series and Featured Shows, including ticket on sale dates.

Entertainment Series*:	Featured Shows :
January 10, 2020	December 6, 2019
January 24, 2020	January 17, 2020
February 1, 2020	February 21, 2020
March 25, 2020	February 28, 2020
April 3, 2020	March 20, 2020

\*Please note: Entertainment Series season tickets are for residents only and you must have a valid Lake Ashton resident ID in order to purchase.

## Non-Smoking Casino Cruise

Victory Casino Cruise is the most authentic Las Vegas-style casino experience in Florida, departing from Port Canaveral and cruises along the Space Coast. Not a gambler? No problem! Relax on the deck while taking in fresh ocean air, dining, Bingo and special entertainment. On October 23, enjoy round trip transportation from Lake Ashton to the Port, buffet dining, port boarding fee, \$20 in FREE Qualifying Slot Play, FREE Drinks while Gaming, and Entertainment for only \$43 per person. Sign up at the Clubhouse Activities Desk with a check only, payable to Victory Casino Cruise. The deadline to sign up is October 18.

## Lake Ashton

# Bus Trips

Day trips and group travel are designed to experience the best of Florida. All trips include reserved round trip transportation in deluxe motorcoaches from the Clubhouse. Please note that bus trips are available to residents of Lake Ashton only. Residents can sign non-resident guest(s) up on a wait list that will be drawn from just before the deadline for each trip if the trip does not sell out. Resident(s) can sign up for the trip and put their guest(s) on the wait list, or choose to be placed on the wait list with their guest. The wait list will be first-come, first-served. Sign up for any of the below at the Clubhouse Activities Desk with a check payable to Small World Tours.



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### OCTOBER 26 - MT. DORA CRAFT FAIR

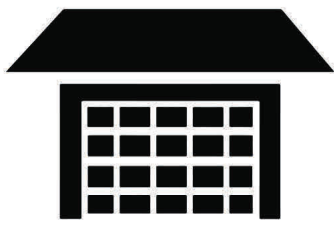
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### NOVEMBER 13 - MILITARY HERITAGE MUSEUM & FISHERMAN'S VILLAGE

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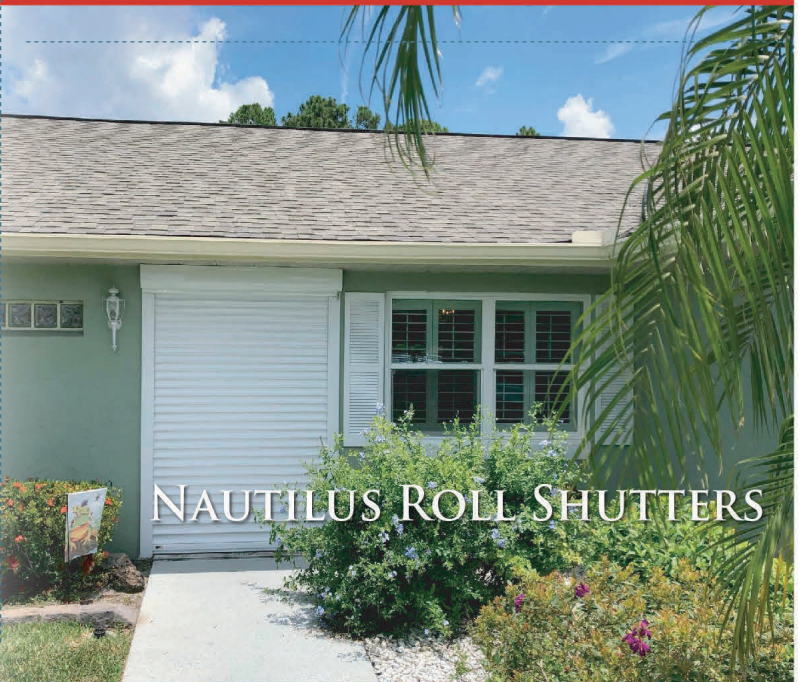
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# GAMES

## Monday Duplicate Bridge

**July 1**

North/South: Mary Lois Teyssier & Nancy Martins, Dana Cunningham & Sue Maher, Margot & Keith Stevens

East/West: Sue Agre & Bob Wendin, Geri Duffy & Judy Marine, Marge Kniat & Dana Griffiths

**July 8**

Judy Marine & Geri Duffy, Linda & Jim Ford, Sue Agre & Judy Robertson, Pat Foster & Bob Wendin

**July 15**

North/South: Judy Robertson & Pat Foster, Sue Maher & Dana Cunningham, Marion & Roger Nelson

East/West: Dana Griffiths & Carl Boats, Sue Agre & Judy Robertson, Geri Duffy & Judy Marine

**July 22**

Mike Holden & Jim Ford, Dana Cunningham & Sue Maher, George Lewis & Bob Wendin, Cindy Holden & Linda Ford

**July 29**

North/South: Jim Ford & Mike Holden, Pat Foster & Sonny Robertson, Nelda Sedlacek & Dana Cunningham

East/West: Judy Marine & George Rogers, Connie Strassburg & Lee Duby, Pat & Jim Mark

## Tuesday Bridge

**July 16:** Jim Mark, Geri Duffy, Carl Boast, Judy Marine

**July 23:** Bob Wendin, Ken Ross, Dana Griffiths, Geri Duffy

**July 30:** Ken Ross, Judy Marine, Geri Duffy

**August 6:** Ken Ross, Sil Wells, Geri Duffy, Judy Marine

**August 13:** Judy Marine, Jack Maxwelll, Ken Ross

## Friday Bridge

**July 12:** Pat Mark, Connie Strasberg, Dana Griffiths

**July 19:** Dana Griffiths, Margot Stevens, Pat Mark

**July 26:** Jim Mark, Judy Marine, Geri Duffy

**August 2:** Jim Mark, Connie Ross, Judy Marine

**August 9:** Nancy Gray, Judy Marine, Jim Mark

**Slam Bonus:** Geri Duffy/Nancy Gray

## Intermediate Bridge

All are welcome to join Tuesdays from 3 to 5 pm in the HFC Billiards Room and/or Thursdays from 10 am to noon in the Clubhouse. Contact: Liz Leigh at [leigh.elizabeth@gmail.com](mailto:leigh.elizabeth@gmail.com) or **813.288.0809** for more information.

## Euchre Winners

**July 27:** Nancy Martins, Norma Harig, Chuck Teyssier & Orlando Martins (tie)

**August 10:** Orlando Martins, Monty Ault, Lois Teyssier

## GOLF NEWS

**LALGA**

By Lydia Fichtman

As the summer comes to a close, the fall accompanied by cooler weather lurks in the very near future. Hopefully, the rainy days are over and everyone can look ahead to beautifully sunny days. The LALGA is anticipating a golf season full of fun tournaments, friendly competitions and great luncheons. With a membership of over 115 women, the LALGA 2019-2020 season looks to be a rewarding experience. Many members will soon be returning to Lake Ashton after escaping the scorching heat and torrential rains of Florida and are eagerly awaiting the new season. Mark your calendars for the opening day luncheon on November 12 so as not to miss out on any events this year.



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# DINNERS

## Community Potluck By Louise Crespin

A fun time was had at the August Community Potluck Dinner. There were so many delicious 'covered' dishes available, along with having a cool and delicious ice-cream bar. The personal trivia activity had everyone laughing aloud at times. Pictured below are some of the attendees wearing their 'zany' clothing, adding to the fun had by all. LA residents are reminded the Community potluck dinner is open to all, regardless of where you live in Lake Ashton, and



at \$2 a person it is the best bargain around. September's potluck, taking place on **the 8th at 5 pm** will be a fun time as well. Bring a dish to share with eight. Sign up at either Activities Desk or email facilitators at [louise.crespin@yahoo.com](mailto:louise.crespin@yahoo.com) or [dianeklikas@gmail.com](mailto:dianeklikas@gmail.com).

## LA ROCS & Pebbles Potluck

By Lori Harben

Everyone, please mark your calendars. The next ROCS (Riviera, Oakmont, Colonial and Sawgrass) and Pebble Beach Potluck Dinner will be held on **Wednesday, September 11, at 6 pm** in the HFC Community Room. NOTE the temporary day of the week change! Please bring your own plates, utensils, napkins and beverages, along with a dish to share with 6 to 8 people. Also, a \$2/couple donation for supplies will be greatly appreciated. Please RSVP by September 9 on the sign-up sheet located in the HFC Hallway, or by contacting Carolyn Bishop at [cbbishop61@gmail.com](mailto:cbbishop61@gmail.com) or 919.606.8844. Volunteers are always needed and appreciated to help with set-up and clean up.

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# CLUBS

## LA Singles

By Hazel McCord

The Lake Ashton Singles Group will

meet **September 1 at 3 pm** in the Clubhouse Card Room to plan events and socialize. All Lake Ashton singles are welcome to join.

## LA Belles

By Rose Crognale

The LA Belles Luncheon will be held **September 25 at 11:30 a.m.** at Arabella's Italian Restaurant at 346 West Central Avenue in Winter Haven. It will be hosted by Annabelle Pritchett, Brenda Van Sickel and Pat Bergstrom. Sign up at the Clubhouse Activities Desk with your deposit check of \$10 to secure your reservation. Please make undated checks payable to LA Belles. Your check will be returned to you when you have checked in at the luncheon. You can use your undated check to hold your reservation each month. In order to cancel your reservation, you will need to contact one of the hostesses no later than 48 hours prior to the event to ensure that your deposit is returned. Any cancellations after that time period will forfeit their deposit unless someone from the wait list fills the vacancy.

## Lake Ashton Democratic Club

By Lyn Rogers

The Lake Ashton Democratic Club is pleased to have Democratic State Committeeman David Jones as the speaker on **September 5 at 4 pm** at the HFC. Mr. Jones is also the Florida LGBTQA Regional Director serving six counties including Polk County. His focus is on securing all-inclusive Human Rights Ordinances. The meeting will begin with a potluck. The club will provide paper products, utensils and beverages. Please bring a dish to serve 8 people.

## Magic Years Club

By Rose Crognale

The Magic Years Club will resume meetings on **September 3 at 7 pm** in the HFC Craft Room. There will also be an upcoming movie showing of *Hocus Pocus* - date TBA. The Magic Years Club is open to all Lake Ashton residents who enjoy learning about and going to Disney luncheons and special events. Not all activities require a park ticket. Be sure to sign up with Magic Years Club as one of your preferences in the Resident Directory on [ashtonliving.net](http://ashtonliving.net).

## Widows and Widowers Connection

By Jane Milner

If you are a widow or widower living in Lake Ashton, this is a great time to meet new friends who have also experienced the life changing event of losing a spouse. Gather for drinks and dinner at the NiNi's at Lake Ashton on **September 17** — cocktails at **5 pm** in the Clubhouse Card Room, followed by dinner at **6**. Please email Jane Milner at [janem1950@gmail.com](mailto:janem1950@gmail.com) to be added to the group email notification. You will be notified of dinner menu and RSVP details about 10 days prior to the dinner. Signing up for the email notifications does not obligate you to attend. Your RSVP, however, is important for planning and food ordering.



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# CLUBS

## LA Travelers and RVers

By Maureen Sim

The Lake Ashton Travelers and RVers will continue to meet Tuesdays through the summer. The group will go into the bar at NiNi's to pick up drinks and then assemble in the Clubhouse Ballroom as usual. If you are in town, please join the group between 3 and 5 pm. If you have questions, please contact Maureen Sim at [rsimcpa@verizon.net](mailto:rsimcpa@verizon.net) or Ann Boogher at [btboogher@aol.com](mailto:btboogher@aol.com).

## Lake Ashton Republican Club

By Brenda Bush-Sayre

The Lake Ashton Republican Club will meet at the HFC on **September 25 at 4 pm**. Social time will begin at 3:30. Guest speaker will be Karen Schoen who is an educator, patriot and advocate. She is a talk radio host, marketing consultant, journalist, citizen lobbyist, and public speaker. She will educate and entertain. All club members, their guests and

Lake Ashton residents are invited. Questions? Contact Brenda Bush-Sayre, [bbs1954@icloud.com](mailto:bbs1954@icloud.com), 813.313. 9911.

## Winged Foot Lane Pet Play Park

By Cheryl Hedstrom, Vice President

Rain, rain go away — all the doggies want to play. Visiting the dog park the last two weeks has been a soggy experience thanks to Mother Nature. Fortunately, Yellowstone (mowing, etc.) was able to make an appearance and not only mow but also do some trimming of the bushes. Plants donated by Chris were potted adding a colorful touch to these otherwise dreary days. Thank you, Chris.

Out with the old and in with the new message board thanks to Lou and Don. Please take notice from time to time as there may be important announcements. Efforts to obtain more trees for the park are continuing. Any and all donations will be greatly appreciated, and thanks for the donations received. Looking forward to seeing everyone again when the sun reappears.

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# CLUBS

Are you from Illinois?

By Pat Bergstrom

Anyone from Illinois interested in connected with other Illinoisans? If you are interested in connecting for dinner or other fun activity, please contact Pat Bergstrom by text at **740.624.6903** or email [ranpat4@yahoo.com](mailto:ranpat4@yahoo.com).

## Cruisin' 2 Travel Club

By Dottie & Terry Dernbach

The group will be going on a cruise **November 2** sailing from Miami on the new Symphony of the Seas for seven nights celebrating Royal Caribbean's 50th Birthday at Perfect Day at Coco Cay. There will be a bus round/trip from Lake Ashton. Staterooms are still available for this sailing. For more information, call **863.324.2700**. In October, there will hopefully be a representative from Royal Caribbean put on an informational presentation regarding this new ship and the new Perfect Day at Coco Cay (no sales will be conducted). This will give you idea of what to

expect at the new terminal in Miami, boarding procedures , and what to expect on the ship. All are invited to this presentation.

## LA Swim Club

By Sandy White

This recently formed club is open to swim enthusiasts of all skill levels. The club has several goals:

1. To promote swimming as the best and safest way to get fit.
2. To provide a network of swimmers so no one has to swim alone.
3. To create a 50 & over age group swim team to compete in the annual Polk County Senior Games in Lakeland in March.
4. To improve swimmer safety. For example, requesting dark guide lines on the bottom of each lane and the installation of the donated backstroke flags. These modifications will help swimmers stay straight and better judge their turns and finishes, thus preventing injury.

For more information or to join the club email list, contact Sandy at [sandyw1994@aol.com](mailto:sandyw1994@aol.com).

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## Pebble Beach Dog Park

By Rhonnie Thrower

Hello friends and neighbors. It's been raining cats and dogs! The park has been unusually wet. Also, the yellow flies are abundant this year. The traps at the dog park are stinky. Just take a look at how many flies are in there — they work! Yellow fly bites can be hazardous to you and your dogs health. Please check your dog regularly — they may be vulnerable outside the dog parks. The sign posted at the park says the Pebble Beach Dog Park will be mowed every Tuesday between 12:30 and 2:30 pm. You can use the Winged Foot Dog Park during this time period. As always, Sharon, Cheryl and Karen will be very happy to accommodate you and your pets. As always, Pebble Beach Dog Park will also accommodate the patrons from Winged Foot Dog Park on their mowing day or any other day. Residents are always welcome at both Dog Parks. During the "Dog Days of Summer," please make sure your dog stays hydrated. It's been very hot and muggy lately. It won't be long until the snowdogs come back, which means the parks will be a lot more active. If you would like to introduce your

dog to the Dog Parks, now would be the time to get them aquatinted. They might be less intimidated with fewer dogs. Thank you to all who donated their time and money to the Dog Parks to make them a happy place for dogs and their owners. There are more improvements to come in the future. Please excuse the mess while they are being done. The rain has played a big factor in the delay of projects. Thank you for closing the umbrellas before you leave the park. Pebble Beach Dog Park is where the happy dogs play.

### LOOKING FOR NETWORKING OPPORTUNITIES

New residents with an adult disabled son are looking to network with other parents with disabled adult children living at Lake Ashton. Perhaps a weekly gathering to play cards, board games, or other activities could be considered. Open to suggestions. Contact Christine at the Lake Ashton Clubhouse if interested at 863.324.5457 or [cwells@lakeashtoncdd.com](mailto:cwells@lakeashtoncdd.com).



Lisa Peto, APRN

## Breast Care Seminar

Join us for a free and informative seminar on Breast Care and the need for mammograms. Lisa Peto, a family medicine provider, will be talking about breast health. She will also be available to answer any questions you have on the topic.

Oct. 10, 2019

Noon to 1 pm

Lake Ashton Health & Fitness Center

6052 Pebble Beach Blvd.

**R.S.V.P. to Health & Fitness Center**



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# MIND & BODY

## Florida's River Otters — a Webinar

Florida's otters are a delight to watch, but did you ever want to know more? At the September session of 2019's Wildlife Wednesday Webinar series, you'll learn about Florida's river otter behavior, what role they play in the ecosystem, and some basic biology. This webinar will be an introduction to these fascinating creatures and no previous knowledge is needed to participate. Come to the Clubhouse Ballroom **September 4 at 12:15 pm** to learn all about Florida's river otters. This webinar is last session of 2019's Wildlife Wednesday Webinar Series, hosted by UF/IFAS Extension Pinellas and Polk Counties.

## Inexpensive Ways to Eat Healthier

Host Kay Kasser will demonstrate how easy it is to eat healthy on a budget **September 5 at 11:30 am** in the Clubhouse Ballroom. There will be a cooking demonstration and a food tasting, as well as giveaways. There is no cost. Please sign up at the Clubhouse Activities Desk.

## Alzheimer's Association Presentation — Healthy Living for Your Brain and Body

It's been known for centuries that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy.

Join an informative presentation **September 13 at 1 pm** in the Clubhouse Ballroom to learn about research in diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Sign up at the Clubhouse Activities Desk.

## Flu Shots at Monday Coffee

Flu season is nearly here. If you're interested in receiving a flu shot, stop by the Clubhouse during Monday Coffee on **September 23 from 8 to 10 am**. Pharmacist Cheryl Nicolay from the local Walgreen's Pharmacy will be here to assist residents on a first-come, first-served basis. Please bring your Medicare and prescription card.



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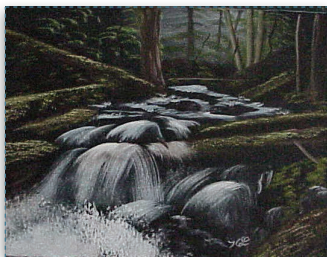


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# MIND & BODY



## Bob Ross Oil Painting

*Instructor: Kay Lenherr*

*Soothing Sound*

September 14, 1 to 4 pm

Clubhouse Craft Room

\$35/person, pay at class

Sign up at the Clubhouse

Activities Desk

## LA Ceramic Chicks

*Certified Duncan Instructor: Mary Bosman*

Wednesdays at 9 am in the HFC Craft Room

\$25/year, plus paint supplies

## Circuit Training

*Instructor: Laurie Heverly, Certified Personal Trainer*

First and third Mondays of each month at 2 pm

Call **863.595.1562** to reserve your space. Free!

## Fitness Equipment Orientation

*Instructor: Laurie Heverly, Certified Personal Trainer*

Second Monday in the HFC Fitness Center at 2 pm

## Yoga Share

*Instructor: Sally Winfrey (316.516.2815)*

Wednesdays at 8:45 am in the Clubhouse Ballroom

All levels of experience welcome. Yoga helps stretch and strengthen your body while calming the mind. Free!

## Line Dance Review Class

*Facilitator: Pam Interlante (pinterlante@hotmail.com)*

Thursdays, 1 to 2:15 pm, through October 10 in the Clubhouse Ballroom

Concentrates on reviewing beginner and improver line dances. Participants must have basic knowledge of line dance terminology and previous beginner line dance experience.

## Lake Ashton Dance Class — Cha Cha

*Connie Wilkinson, certified DVIDA instructor —*

**863.875.6728**

Mondays in September, 4:30 to 5:30 pm in the HFC Community Room

FREE! No Partner needed!

## Swim Improvement Classes

*Instructor/Coach: Sandy White*

**(sandyw1994@aol.com)**

Classes are offered on Wednesdays and Fridays at the HFC pool in 4 basic skill levels:

Beginner & Advanced Beginner: 2 - 2:45pm.

Intermediate & Advanced (Competitive Skills):

3 - 3:45pm

Each group of classes begin the first week of each month and meet twice a week for 4 weeks. Sign up at the HFC.

## Women's Bible Study Begins in October

All Lake Ashton women are invited to attend the opening of the fall Bible Study on Wednesday, October 9. The weekly study takes place in the Community Center room of the HFC. Doors open at 9:45am for fellowship, and the study begins at 10. Here is your chance to meet new women, enjoy fellowship, singing, and an in-depth study of the Bible. This year's study is the New Testament, Letter to the Hebrews. This is the 13th. year of the Bible study for women at Lake Ashton. All levels of Bible knowledge are welcome. Make this the year you make that decision to join — you will be glad you did. For more information, email leader Louise Gilla — **lgilla4071@yahoo.com** for workbook order or with any questions.

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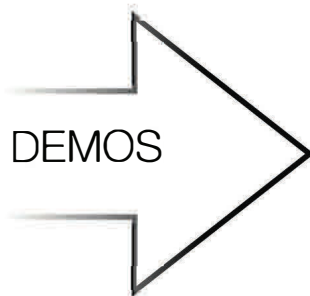


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