

Vol II - May 1980 *Bee Diana 1*
Orange Blossom Gardens

**PROPERTY OWNERS
ASSOCIATION, INC.**

To Further the Good Will and Friendship of All Residents

NEWS



The Association asks its members to patronize
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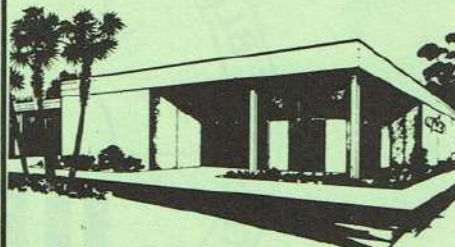


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VICE-PRES.:	Rosemary Kurtz	Arthur Kurtz
TREASURER:	Everett Fannin	Shirley Shook
REC. SECY.:	Edna Scheckells	Derald Windnagle
CORR. SECY.:	Marge Slinkman	

CHAPLAIN: Daniel Thomas

SPECIAL COMMITTEES CHAIRMAN: Fred Diana

WELCOME COMMITTEE: William Souza (Units 1 and 2)
Gabriel Mondor (Unit 3)

NOTE: Please contact any of the above for any assistance
or information regarding our Association.

PRESIDENT'S MESSAGE

The summer season is just around the corner and many of us will be away from the Park for a while. I would like to thank the Officers and members, together with Management and non-members, who have cooperated so well to get our new programs under way.

FIRE DEPARTMENT COMMITTEE

We are now aware that a Volunteer Fire Department Committee has been formed with approximately seventeen volunteers. These volunteers will join the Lady Lake Fire Department Volunteers in attending a Fire School starting May 12 through May 15 in Ocala. This Fire School is Federally funded so that there will be no cost to our volunteers.

We commend our Fire Department Committee for giving their time and effort to make this a safer park to live in. They deserve all the cooperation we can give them in any way.

WELCOME NEW MEMBERS

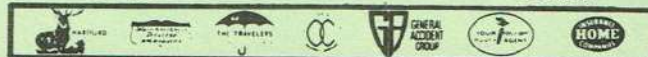
Ellis & Eleanor Johnson, 101 Vermont Ave., - Unit 1
Cy & Helen McDougall, 98 Lester Dr., - Unit 2
Robert & Goldie Rumora, 97 Lester Dr., - Unit 2
Sarah Schwagler, 79 Aloha Way, - Unit 1
Louis K. Vollenweider, 99 Teakwood Lane, - Unit 1

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APRIL MEETING

As we all experienced, our April 8th meeting held at the Clubhouse was very well organized in that it was held in two parts so that the business concerning all residents could be held first. A short recess was announced so that non-members of the Property Owners' Association were free to leave if they did not wish to stay for our regular membership meeting.

LEASING OR RENTING OF CLUBHOUSE

A Committee has been formed to oversee the leasing or renting of the Clubhouse according to rules as presented by the Committee and accepted by the residents. The Committee members are as follows:

UNIT 1

Virgil Coburn
John Metz
Edgar Sumner (Alternate)

UNIT 2

John Baker
Rose Key
Mitzi Baker (Alternate)

UNIT 3

Mary Grant
James Spillman
Gabriel Mondor (Alternate)
Alice Pusey (Recreation Director)

HOSPITAL COURTESY CARDS

For those residents who are not aware of the use of a Hospital Courtesy Card, it is a card supplied by our two hospitals upon request of a resident. Presentation of this card to the Admitting Clerk simplifies the financial arrangement upon entering the hospital whether for an emergency or otherwise. The following is the procedure to obtain a Courtesy Card from each hospital:

Lake Community Hospital -- Request a Courtesy Card by telephone. The clerk will fill out a form with your answers to her questions and a Courtesy Card will be mailed to you.



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Leesburg General Hospital -- Harold Jenkinson of 37 Nell Way (Tel. 753-3216) has application forms which you may obtain and fill out and then mail or take them to the hospital. A Courtesy Card will be mailed or given to you.

SPRING DINNER DANCE

The Association Dinner Dance was held at the A.C.A. Dining Hall on April 17th. Dinner was catered by Club Rudo of Mount Dora and was delicious and plentiful. Dancing to the Knight Owls followed dinner. We have many good dancers who enjoyed the music and fun. Door prizes donated by Esther Jarvis, the Art Kurtz' and Peggy Thomas were awarded. A basket of cheer was raffled off and won by "Scotty" M. Scott and the tablecloth embroidered and donated by Rosemary Kurtz was won by the Morris Smiths of Paradise Drive.

Everyone who attended enjoyed their night out. The Association would like to thank the people who contributed their time and effort to make our Spring Dance a success.

IMPORTANT NOTICE

Anyone selling a home in Orange Blossom Gardens which does not have a restrictive covenant in their contract that prohibits it should comply with "Paragraph 6.1" to avoid the type of problem that Spear and Meoli had.

HOTLINE ESTABLISHED FOR COMPLAINTS ON PROFESSIONALS

Consumers with complaints against professional practitioners now have a hotline they can call, toll-free: Floride Department of Professional Regulation -
Tel. No. 1-800-342-7940

DATES TO REMEMBER

Mother's Day May 11
Armed Forces Parade - Fruitland Park .. May 17

ANOTHER SIGN OF PROGRESS

We will be obtaining our own mimeograph machine. Management is allowing us a place to store it under lock and key and only authorized personnel in the Association will be allowed to operate it.

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YOUR DIET - LOW SODIUM, SALT POOR, OR SALT FREE

Are you one of those people who have been told that you must restrict the amount of salt you use each day or that you must eliminate salt from your food entirely? Many of us are in this predicament and feel that we just "can't do without it".

Sodium is an element found in most of our common foods and table salt is a form familiar to everyone. While the body needs a certain amount of sodium daily, most people consume far more than is necessary. This can create a problem for people with heart disease or kidney disorders. With the ingestion of large quantities of salt, the body holds water instead of allowing it to be excreted in sufficient quantities. This places a strain on important body functions.

In general, when the diet is "low in salt", certain restrictions are placed on food intake and cooking procedures. This requires that foods be cooked in a minimum of salt or no salt at all. Meat, broth, soups, and butter without salt are allowed; however, ham, bacon, frankfurters, and cold cuts are a "no-no". Milk and milk products are high in sodium and should only be used sparingly. Most canned vegetables and soups are also high in sodium content and should be avoided. Baked beans, canned mushrooms, sauerkraut, spinach, raw celery, and many frozen vegetables should not be used without first checking with the doctor.

Many spices, herb, and seasonings may be used to enhance the flavor of low sodium diets, and the following flavoring agents may be used as desired: allspice, anise, basil, bay leaf, caraway, chives, cinnamon, cloves, curry, etc., to mention a few. Low sodium diets do not need to be "deadly"; they CAN be delicious.

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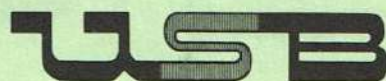
515 West Main Street - Leesburg • 815 N. 14th Street
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