

# The Seagull

Lakeside Terrace | 24 Sunrise Lane, Fruitland Park, FL 34731  
[www.lakesideterrace.net](http://www.lakesideterrace.net)



June 2025



The Seagull is published by the Lakeside Terrace Social Club

# SUB-FLOOR & FLOORING EXPERTS!

## Flood Damage???

## We can HELP!!!



### Sub-Floor Repairs



### Laminate Flooring

**FREE**  
ESTIMATES

**30**  
**YRS**  
EXPERIENCE

STATE CERTIFIED  
GENERAL CONTRACTOR  
CGC# 004138

STATE LICENSED  
MOBILE HOME INSTALLER  
IH# 102549/1

**LICENSED**  
**INSURED**  
**BONDED**

**FLORIDA**  
**ANCHOR AND BARRIER**  
**COMPANY**



# 352.398.9286

# 800.681.3772

## Social Club Calendar

Father's Day "Dinner and a Movie"  
June 15, 3 PM

### Recurring Activities (Monthly)

2nd Fri Book Club  
June 13, 2 PM  
3rd Tue Guys 'n Gals Luncheon  
June 17, 1 PM  
3rd Wed Grandma's Bingo + Wine  
June 18, 6:30 PM

### Recurring Activities (Weekly)

Sunday 1 PM Billiards  
Monday 7 AM Exercise with Peg  
Mon 10 AM Pool Aerobics  
Mon 1 PM Wii Bowling  
Mon 5 PM Bingo  
Tuesday 1 PM Billiards  
Wednesday 7 AM Exercise with Peg  
Wed 10 AM Pool Aerobics  
Wed 6:30 PM Not Your Grandma's Bingo  
Thu 1 PM Mahjongg  
Thu 1 PM Shuffleboard  
Friday 7 AM Exercise with Peg  
Fri 10 AM Pool Aerobics  
Fri 1 PM Billiards  
Fri 6:30 PM Not Your Grandma's Bingo

***Published by:***



***For advertising information  
please call 941-375-3699***

**Advertising Policy:** Advertising in this Newsletter is offered at the sole discretion of Community Media. Community Media reserves the right to refuse, limit, and/or reject advertising for any reason. Community Media, at its sole discretion, may restrict the number of advertisers in certain categories or offer exclusive/semi exclusive agreements as it sees fit.

## Social Club News

### Slow Down but Don't Stop Making Our Community a Better Place

*Linda Greer, President*

Over the next few months, things will slow down for us all. Social Club slows down, but not all activities stop. Hopefully everyone enjoyed the Mother's Day Potato Bar and movie, Memorial Day BBQ, Not Your Grandma's Bingo, plus more. In June, we will be showing a movie or two plus hosting a meal for the Dads. Watch for more information. Social Club has several 4th of July events planned at the pool and clubhouse. There will also be a golf cart parade.

During the months of June and July, the newly created Emergency/Help Fund Committee will be meeting to codify guidelines for the collection, awarding, and payback of the funds. These funds were originally spent based on the recommendation of the park management. They are no longer involved, so it is time to create clear, equitable guidelines for our community. Social Club will also be forming an Entertainment Committee to begin offering some different forms of entertainment.

The Social Club is here to support our community in a variety of ways. We always need volunteers to assist with events. Here is a small list of ways to support each other and the Social Club:

- Deliver the Seagull
- Write an article for the Seagull
- Help Setup/Serve/Cleanup at an event
- Bring a new person to an event
- Offer to help shop for a neighbor
- Check on/help a disabled neighbor
- Meet a new resident in the community
- Host a holiday meal event with your own committee

Happy June, make each day better than the day before.





5337 N. Socumloop Rd, Lakeland, FL 38809



Improve your A.C. bill | Keep out mold &amp; pathogens | Protect your floors

**1-800-776-1149***We Specialize In The Following:*

Call Now for a **FREE Underhome**  
**Maintenance Inspection**

**LONGITUDINAL TIEDOWNS****SUPPORT PIERS****SUBFLOOR REPLACEMENT****LEVELING****VAPOR BARRIER INSTALLS****VAPOR BARRIER REPAIRS****HURRICANE TIE DOWNS****SOFT FLOOR REPAIRS**

WE TAKE PICTURES

**Military & Senior Discounts**

Licensed, Bonded, &amp; Insured | Lic # 1H/1126753

# MOBILE HOME ROOFING

**FREE****VIDEO ROOF INSPECTIONS**

- Lifetime Transferable Warranty
- Energy Efficient
- Protects Your Home
- Roof Insurance Certifications
- Financing Available
- FREE Estimates

LICENSED &amp; INSURED #CCC1327406 • CBC1259006



**All Florida**  
**Weatherproofing**  
**& Construction, Inc.**

Family Owned  
& Operated

**1.877.572.1019****AllFloridaRoofs.com**

## Manager's Corner

*Malinda Brown, Community Manager*

Welcome to June! Is it just me or has this year been flying by? Seems like we were just welcoming in the new year. Just another reason to remember to stop and smell the flowers and enjoy every moment we are given.

We have reached the end of time for the 360 inspections. So, everyone should have all the tasks completed on those inspection forms. If not, we have sent out notices and hope you are working on becoming compliant. This does include any damage caused by Hurricane Milton. All hurricane damage deadline is JUNE 1. On that note, let us pray over this upcoming hurricane season to keep all of us and every home here safe and protected. Let's also remember that the standards of the 360 are expected all year long, so do your very best to keep your homes and your lots nice and clean. I'm noticing more and more clutter building under our carports and complaints are coming in. Let's put some effort into them before I must come by and visit.

I want to explain to everyone that all visitors can only stay for 14 days at a time or need to be made occupants and have a background check run. All guests of yours need to check in with the office when arriving. There is a guestbook they can sign in on in the clubhouse. That is fine with me. We just need to ensure that we know all persons on property and are running background checks on those here more than fourteen consecutive days. Come see us in the office with any questions you may have.

As we move through the hot summer months, please stay hydrated and limit long exposure to the sun and heat during dangerous temps. Do what you need to do to stay cool and healthy. This is just the beginning of dangerous temperatures. Remember that our streets are public, and we must all adhere to the traffic rules. This includes but is not limited to stopping fully at all stop signs and obeying the speed limit. We are not exempt to having to obey the law. Please, please, please slow down and be cautious of pedestrians.

On a lighter note, I hope everyone is enjoying the new look of the pool. I personally love the upgrade. Hopefully this has also been beneficial

in deterring the snakes, bees, and erosion from interfering with the enjoyment of this wonderful amenity. We have revised the retention pond area plan, and we hope you all are pleased with the result when finished.

We have started some of the work on the marina area and can't wait to see all the upgrades come to fruition there also. We have ideas for the entrance on Picciola Road and the front of the clubhouse too. They both need a facelift, and I am excited to see those areas blossom with some new improvements as well. This is the month of entering our Cap-X projects for the upcoming years and, as always, I'm open to the suggestions of the community to give me ideas of what your priorities are and your wish list items. I take them all into consideration.

Jaynie and Allen have both been great additions to our team and I believe we have found our rhythm and are working great together. With a great team, great things happen. So, share your ideas, keep your eyes open, and anticipate improvements and upgrades throughout the remainder of the year. Cheers to the beginning of our SUMMER! Let's enjoy the blessings it brings!!

## Greetings from the HOA & FMO

*Randy Ellis*

Welcome to June, and let the rainy season begin. I want to thank everyone that came to the May 10th meeting. There was certainly plenty of discussion especially about the Clubhouse Renovation and Retention Pond Projects. At the April 12th meeting there was some lengthy discussion about the letter sent to ELS regarding the Clubhouse Renovation Project. Senior Regional Manager Jonathan Merkle was the main recipient of the letter regarding its progress.

1st VP Carol Hetherington and I met with Park Manager Malinda Brown, and we filed the following at our May 10th meeting regarding the Clubhouse and Retention Ponds Project.

**Clubhouse Renovation Project:** Randy did receive an email response from Mr. Merkle explaining that he was working on this and

*Continued on page 6*

that he would get back to him in a few days. Randy said to Malinda that we have not heard anything since, and we are being patient with his response. Malinda gave us an update on the project and stated that a contractor has been awarded and has been on site, and that the contractor is currently in the permitting process, but no timetable was given on when the permit would be issued or when work would begin. Randy told Malinda he appreciated her updates, but he made it clear we still want to hear from Mr. Merkle. Randy further explained to Malinda that we are not side stepping her, but we have initiated contact with Mr. Merkle and would like to keep the communication open with him.

**Retention Walls:** As most have noticed, and this was brought up at last month's HOA meeting, work had started on this project, but has now been halted. The ELS Project Manager has found out that the wall being constructed on both ponds requires proper engineering design. Once the design is completed and accepted, work will resume. Randy brought up concerns about the 2 big piles of dirt adjacent to the home located at 66 Terrace Drive, citing possible dangers from air pockets inside the piles and maybe someone falling in should they climb on it, in addition to erosion of both water and wind. Malinda stated that she may have to block it off until work is resumed.

Recently, the FMO & FMHA supported a bill that would help with rental assistance in mobile home parks. This bill would amend Chapter 420 part VII of Florida Law which covers rental assistance for those that rent apartments. I want to thank everyone the sent emails to the appropriate committees as the bill was making its way through both houses. 1034 bills were filed in Tallahassee this past fiscal year, and only 255 were passed. Unfortunately, HB #701 & SB 1714 had to be set aside; FMO feels that the bills may have been filed too late in the fiscal year to bring it to fruition. Both FMO & FMHA will be working to try to make this happen in the next fiscal year. During the FMO presidents' meeting on May 12th, I was appointed to the FMO PAC Committee. The committee meets once a month via zoom.

There are many reasons to join the FMO.

The FMO was instrumental in eliminating the attachment tax in 2012 where homeowners were paying an additional tax on carports, sheds, and lanais. Three separate times the FMO has helped defeat any sales tax proposals to our rent, that could amount to an additional 35-40 dollars to our rent payment. Isn't a simple annual dues much cheaper? Please consider joining **FMO**, whose purpose is to protect us as **Florida Mobile Homeowners**. Dues are only \$40 per year or \$120 for three years. If you need assistance in joining, please contact me.

*The HOA Board meets on the 2nd Saturday of each month October-May, and July+September. HOA communicates using Facebook, Email, and the Seagull. HOA communicates using Facebook, Email, and the Seagull. If you are not on Facebook, and do not have an email address and would like to receive a hard copy of my communications, please get a message to me. I will do the best I can to provide you with such. If you are not receiving emails from the HOA, please contact us so that you can be added to our emailing list. Any personal information that the HOA receives from a resident is not shared with any outside groups. With your consent, it can be shared with the Social Club and our in-park directory. There are Resident Information Forms at the Clubhouse for anyone that needs to update their personal information with the HOA. We also have a new Comment/Wish List slip at the Clubhouse and a locked box in which anyone can submit these forms or slips.*

If anyone has any concerns or questions, please feel free to contact me anytime.

Lakeside Terrace Homeowners Association Inc.

Randyellis01@gmail.com

Lakesideterracehoa@gmail.com

Telephone: 508-697-8745

### **In Memoriam**

**Hazel Cotzin**

**February 21, 1938 – May 9, 2025**

**Aged 86 years**



## Infrastructure Committee

*Rich McFadden, Chair*

### 2nd Quarter Report

April, 2025 meeting with Park Manager Malinda Brown.

HOA Liaison Jim Filbert in attendance.

#### Discussion Points:

- Pool/Hot Tub—request second handrail at entry/exit point
- Clubhouse—request professional cleaning for carpet
  - enhance/repair lighting in parking areas
  - restrict overnight parking of extra vehicles
- Streets—enhance lighting at street corners and park entrance
  - repair potholes and road damage
- Marina—pier, walkway, and boat docks continue to need repair
- Park Appearance—request attention to carports and lawns
- Park Security—new fence lines on Picciola and Grove planned for 2026
  - reinstate nightly sheriff patrol
  - assist residents who would like solar motion detector/lights installed
  - remind residents: -register overnight guests at office
  - notify office of contractors on property
  - report suspicious/unsolicited visitors to office/police
- Comments—maintenance person hired in April: Allen Drake
  - new regional manager in place:
  - ELS construction manager, Kevin Boudreau, visited park
  - construction/remodel of clubhouse promised to move forward soon
  - possibility of library abated/sealed and remodeled for use ASAP

### Father's Day Dinner & Movie

*Date:* June 15th, 3:00 pm at the clubhouse.

*Menu:* Chicken Cheese Quesadillas

Desserts

*Movie:* *Gran Torino* with Clint Eastwood

**All are welcome to attend!**

### Golf Cart Parades Celebrate Special Birthdays

LST wants to celebrate all 85+ birthdays.

If you, your friend, or your neighbor has a big birthday coming up, let us know.

**You can have a parade every year!**

**Contact Carol Hetherington: 810-964-5606  
or Linda Greer: 916-541-7305**

## Happy Birthday!

Ruth Bernier, Jim Filbert, Jim Graham, Nancy Hoover, Tina Kickery, Rich & Sue McFadden, Sandye & Terry Miles, Doug Rice, Jody Ross, Carolyn St. Jean, & Kim Thurman

**HAPPY BIRTHDAY**

## Happy Anniversary!

Nancy & Richard Byrd, & Lance & Sandi Jischke

HAPPY  
**Anniversary!**



## **Protect Yourself from Heat and Storms**

### **Just a Reminder**

If you are a new full-time resident in Lakeside Terrace—or even if you're not—you should be aware of two cautions this time of year. June marks the official beginning of hurricane season for Florida. Although we do not live on the sea coast, Florida is a rather narrow peninsula, at most 140 miles wide, while tropical storm force winds can reach up to 150 miles. It's best to be alert to warnings and prepared to evacuate your home if it's a big storm. Many residents will source rooms in local hotels/motels, but emergency shelters are available when the need arises. In the event of a hurricane warning, stay in contact with the “old timers;” they know what to do and when to do it!

*for more information on hurricane preparedness:*

<https://www.stateofflorida.com/articles/hurricane-preparedness-guide/>

### **Closest Hurricane Shelters**

#### **Primary:**

Leesburg HS, 1401 Yellow Jacket Way

#### **Special Needs AND Pet Friendly:**

Leesburg Elementary Sch., 2229 South St.

June also marks the beginning of Central Florida's hottest and most humid weather, and the high amount of water vapor in the air makes sweating inefficient at cooling the body. Just a short half hour in the summer heat can lead to dehydration and heat exhaustion or heat stroke. Keep the AC on; drink water; and take breaks. AND please be aware the Social Club owns a portable A/C-Heater available for use if your unit fails. You will be asked to sign a consent form accepting responsibility for the emergency unit.

*for more advice on surviving the heat:*

<https://www.floridahealth.gov/programs-and-services/emergency-preparedness-and-response/prepare-yourself/current-hazards/extreme-heat.html>

### **Heater and Air Conditioning Emergency Unit**

***Social Club and HOA can supply a portable Heating - A/C unit to be used if yours fails.***

#### **Emergency Portable Air Conditioner and Heater**

A/C-Heater Unit is housed at :  
56 Terrace Drive

**To use**, please CONTACT:

Randy Ellis 508 - 697 – 8745  
Linda Greer 352 - 973 – 9731

#### **Volunteers who can **assist** in the pickup and setup of the unit:**

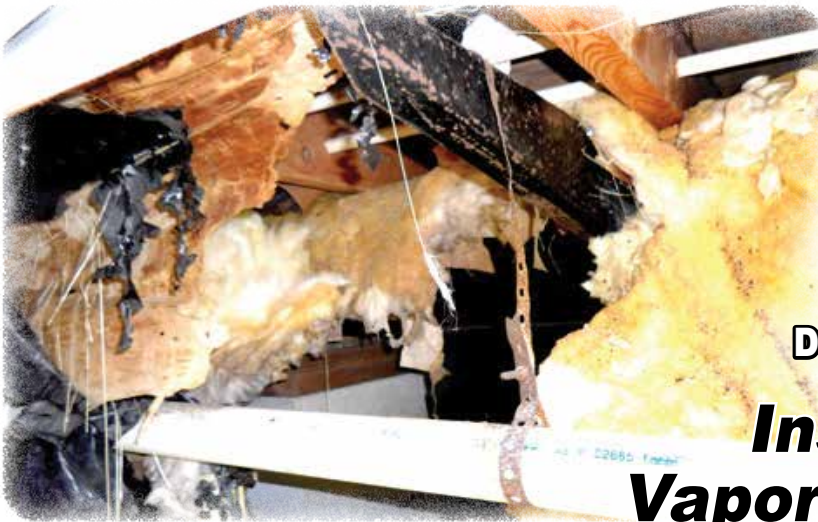
Rich McFadden	330 - 507 - 3674
Jim Filbert	330 - 207 - 0998
Alan Drake	352 - 326 - 9455
Park Maintenance	M-F 8 am – 4 pm



# Flood Damage??? We can HELP!!!

## LOOKED UNDER YOUR MOBILE HOME LATELY?

**Insulation Under Your Home Falling Down?  
Holes and Tears in Your  
Vapor /Moisture Barrier?**



**FREE**  
**UNDER HOME  
INSPECTION**

Only with this COUPON



Photographs  
Taken of  
Damaged Areas



## Insulation and Vapor Barrier Repairs



- **Lifetime Vapor Barrier** • Guaranteed for Life
- Prevent Soft Floors • Keep Mold, Mildew, Rats, Snakes, Spiders, Ants, Roaches and Moisture OUT of Your House! • Lower Your Electric Bills

**FREE ESTIMATES**

Licensed by the  
State of Florida  
#IH/102549/1

**352-398-9286**  
Toll Free - 800-681-3772

**MILITARY  
& SENIOR  
DISCOUNTS**

**Family Owned  
& Operated**



- Insured • Bonded • Workman's Compensation Insurance
- Member: National Association of Mold Professionals

# FLORIDA ANCHOR AND BARRIER COMPANY

MAY						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JUNE

Sunday	Monday	Tuesday	Wednesday
<div>1</div> <div>1 PM Billiards</div>	<div>2</div> <div>7 AM Exercise with Peg 10 AM Pool Aerobics 1 PM Wii Bowling 5 PM Bingo</div>	<div>3</div> <div>1 PM Billiards</div>	<div></div> <div>7 AM Exercise with Peg 10 AM Pool Aerobics 6:30 PM No Grandma's I</div>
<div>8</div> <div>1 PM Billiards</div> <div>Pentecost</div>	<div>9</div> <div>7 AM Exercise with Peg 10 AM Pool Aerobics 1 PM Wii Bowling 5 PM Bingo</div>	<div>10</div> <div>1 PM Billiards</div>	<div></div> <div>7 AM Exercise with Peg 10 AM Pool Aerobics 6:30 PM No Grandma's I</div>
<div>15</div> <div>1 PM Billiards Father's Day Meal and Movie</div> <div>Father's Day</div>	<div>16</div> <div>7 AM Exercise with Peg 10 AM Pool Aerobics 1 PM Wii Bowling 5 PM Bingo</div>	<div>17</div> <div>1 PM Billiards 1 PM Guys 'n Gals Luncheon</div>	<div></div> <div>7 AM Exercise with Peg 10 AM Pool Aerobics 6:30 PM Gr Bingo + Win</div>
<div>22</div> <div>1 PM Billiards</div>	<div>23</div> <div>7 AM Exercise with Peg 10 AM Pool Aerobics 1 PM Wii Bowling 5 PM Bingo</div>	<div>24</div> <div>1 PM Billiards</div>	<div></div> <div>7 AM Exercise with Peg 10 AM Pool Aerobics 6:30 PM No Grandma's I</div>
<div>29</div> <div>1 PM Billiards</div>	<div>30</div> <div>7 AM Exercise with Peg 10 AM Pool Aerobics 1 PM Wii Bowling 5 PM Bingo</div>		

		JULY					
S	M	T	W	T	F	S	
		1	2	3	4	5	
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	31			

Wednesday	Thursday	Friday	Saturday
Exercise with Peg Pool Aerobics Not Your Grandma's Bingo	1 PM Mahjongg 1 PM Shuffleboard	7 AM Exercise with Peg 10 AM Pool Aerobics 1 PM Billiards 6:30 PM Not Your Grandma's Bingo	
Exercise with Peg Pool Aerobics Not Your Bingo	1 PM Mahjongg 1 PM Shuffleboard	7 AM Exercise with Peg 10 AM Pool Aerobics 1 PM Billiards 2 PM Book Club 6:30 PM Not Your Grandma's Bingo	
Exercise with Peg Pool Aerobics Grandma's Bingo	1 PM Mahjongg 1 PM Shuffleboard	7 AM Exercise with Peg 10 AM Pool Aerobics 1 PM Billiards 6:30 PM Not Your Grandma's Bingo	First Day of Summer
Exercise with Peg Pool Aerobics Not Your Bingo	1 PM Mahjongg 1 PM Shuffleboard	7 AM Exercise with Peg 10 AM Pool Aerobics 1 PM Billiards 6:30 PM Not Your Grandma's Bingo	



# CANDID CORNER: *S M I L E, You're On*

**In attendance at the final Ladies of Leisure Luncheon**

are (l-r) Carol Hetherington,  
Sue Furry, Karen Keenan, Shirl Schmelzer,  
Betty Fleming, Grace Hetherington, Mary Bludnikas,  
Dianne Henry DiLuzio, Deb Ludwig, Debbie Nosler,  
Tina Kickery, Sue McFadden, Sherry Shaw,  
and Donna Johnson.

(front) Tonya Lawhorn and granddaughter.

*Sue Furry organizes Ladies of Leisure Luncheons from October through May. Watch the Facebook pages and the Seagull for more information.*



**Helping out in the kitchen,**

Liz Dziedzic and Kelly Veilleux (top) Peg Aniol and Martha Grove (below) prepare sandwiches for distribution to the homeless population.

*Liz helps Kelly run the local SALT shower truck.*

*Peg and Martha are two residents always first to help with events.*



**Buck Ross is taking on a major**

**threat to our tiny inlet**, by devoting his time to spearing this invasive species called plecostomus. Sold as aquarium algae eaters, these fish are often released into local waterways where they multiply and eat the eggs of the native fish populations.



**Enjoying Mother's Day**

*top- Jane Belanger, Joanne Speas, and Martha Grove  
middle- Rich & Peg Aniol, Dee Serdar  
right- Jeanne Sullivan*



**Kitchen Crew for Easter**

*top-Sue McFadden, Liz Diezdzic, Martha Grove, Kim Thurman, Lorri Rowe, Linda Greer*

**Helping to serve Easter brunch** are Debbie Nosler and Deb Ludwig.

*Deb created the centerpieces for the tables.*

**Sharing a Volunteer Moment**, sisters Jean Cherovsky and Doris Buyarski support Social Club's Easter event.

*Jean and Doris are regular Social Club volunteers.*



**Happy April Birthday to**

*l-r: Paul Thurman, Jean Cherovsky, Linda Wolosyn, Darrell DiLuzio, George Stodola, Barb Stodola, Linda Greer*



## Celebrating One Year

Darrell DiLuzio and Dianne Henry DiLuzio hosted their own first anniversary party on May 5. Friends, family, and neighbors overflowed the clubhouse to celebrate the couple recognized in the community for their willingness to help with everything from repairs for neighbors, meals and cakes for any event, hosting annual parties, and cleverly creative surprises like scavenger hunts, the Poker Run, and the water gun drive-by. Well-known for his cooking, Darrell did not disappoint with the Cinco de Mayo Tex-Mex menu. Coupled with Dianne's famously fabulous jello shots, their assembled friends and neighbors enjoyed an party capped off by a pinata smashing, an evening sure to be remembered.



**Members of the Wedding Party reunited for Big D and Little D's anniversary.**  
(l-r) Nancy Camden, Linda Steppenbacher, Rick Johnson, Dianne Henry Diluzio, Darrell DiLuzio, April Steppenbacher



**Crushing It,**  
Dawn Reed (l.)  
and Ellen  
Hoagland  
(l, below) attack  
the pinata.



**Tex-Mex in the House**  
above: Dianne and  
Darrell prepare their  
specialities.



**More Congrats**  
below: Sue McFadden,  
Donny & Sherry Shaw,  
Regina & Jim Filbert,  
Rich McFadden

### **Happy Anniversary from All of Us!**

*top, l-r:* Kim Thurman, Debbie & Dave Nosler, Dianne with Todd Shields, Jeff & Jenny Barstow, Susan Jansen, and Sue Furry.

*bottom, l-r:* Dee Walker, Ann Reeves, Grace & Pat Hetherington, Dianne with Roxanne Shields, Shirl & Mike Schmelzer, Karen Keenan





**Quality Workmanship  
Honest Pricing**

**10 Yrs Experience**

## Vapor / Moisture Barrier

- Underhome Encapsulated Insulation
- Hurricane Tie-Down Anchors

**BEFORE**



**AFTER**



## Are your Floors Soft?

- Sub-Floor Repair/Replace
- New Laminate Flooring Install

**BEFORE**



**AFTER**



**(352) 474-5644 or (800) 377-7885**

**FAMILY OPERATED  
ESTIMATES & SMILES ALWAYS FREE**

**FL State Licensed Mobile Home Installer # IH-1110636  
FL State General Contractor License #1531303**

**Mobile Home  
2<sup>nd</sup>  
Generation  
Specialist**





# Energetic Frequencies for Health

Mary Burel

As we move into the spring season, the time of new growth, rebirth, and the celebration of the resurrection, are we feeling as young and alive as the newly hatched Ibis on our island? Are we as full of life and energy as the promise of spring in the air? So many are feeling vibrationally low. Years ago, when the beautiful cathedrals and the great pyramids were built, the harmonics of life would ring out joyously every day giving everyone a lift. Technology today is taking us back to those harmonic frequencies.

As humans we resonate to eleven harmonics, but like a pebble dropped into a lake each one creates a ripple effect, a vibration. But what are your vibrations? Has your “check engine” light come on? Are you struggling to have the energy to get things done because you’re at an energy deficit? We know premium gas and supplements aren’t going to fix a broken engine, and premium food and supplements won’t fix the inflammation that is the red light warning in our bodies. Our harmonic frequencies need to be reset. We have to follow nature’s way, the first order principle of how we are designed to live our best energetic lives.

Our cells need to replace themselves, but some only have so many times to replicate. When we are young and in nature and sunlight, getting the good frequencies, cells build and replicate slowly creating energy efficiently. As we are bombarded in life with poor frequencies in food, nature, and our environment, our cells are dying and regenerating too quickly, and not creating the energy needed for our bodies to function well.

How we get and keep ourselves well is not a subject taught. We were once very physically fit beings. Challenges in our present state can be fixed, but at the cellular level, the mitochondria. I heard a doctor state a statistic that 80% of the diseases today, over 300 diseases, are linked now to mitochondrial health. Disease means that we do not generate enough energy for all our systems of daily living. We are not taking time in a stress filled environment to recharge ourselves like we do our phone every night. The

powerhouse in our bodies, the mitochondria, needs to be plugged in, as it were, to create energy.

We were designed for frequencies to have an effect on us. Frequency is all around us, and we use it constantly, from our phone, to remote, to our car key fob. The sunlight, grounding, the peal of cathedral bells, a smile, are core and central to our very survival. These frequencies imprint directly on us. This is the physics, along with the chemistry of foods and nutrition, that affects our bodies. Food, without these frequencies harmonizing in our body, won’t help us thrive in the energetic way we are designed to do. The first order principle is to allow our bodies to do what it needs to when it needs to in a coordinated way. Everyone needs to be exposed to these frequencies as we were designed to. The more charge the body has, measured in pH, the more energy it will have, and the more performance we will get for our daily lives.

What can we easily do? Firstly, we must protect our sleep diligently; to start, the body needs eight hours of sleep to be restorative sleep. Secondly, is your food pure, nutritious? Start with unmodified food, avoid “the dirty dozen,” choose organic, know how it’s grown or raised. And, thirdly, drink pure water that’s not full of chemicals. Consider your stress levels and emotions to optimize health. Also getting early sunlight and grounding from earth’s frequencies is vital.

Energy is our greatest commodity; it is what makes us alive, and it’s what our bodies run on. We only have one body, and we want it to last and function well. Give it what it needs. We are a frequency based human existence. Frequency first, proper nutrition second, and in combination they are pure power for the body.

Article based on a lecture by Dr. Rob DeMartino

Dr. Robert Demartino, DC, is a functional medicine specialist in Henderson, NV.



## Be Yourself

*Jeanne Sullivan*

Mr. Drum, the owner of a toy store, was looking out the window. It was a beautiful day. The sun was shining and there was a slight breeze. Sales had been very slow lately. It was not Christmas. The children were in school. No one was buying many new toys. However, today was Saturday and children were playing outside.

Mr. Drum thought to himself, It's a great day to fly a kite. Maybe if I put one together and display it outside, someone will come in and buy one. He hurriedly put one together and tied it to a post just outside his shop door. It fluttered a bit in the wind. Look at that, he thought, that kite is ready for someone to buy it and go kite flying. Mr. Drum heard his phone ringing and ran back inside to answer it.

This is wonderful, thought the kite. If I could just untie my string, I could fly high like the birds. He strained against the string but could not get loose. He saw a dog coming down the sidewalk.

"Mr. Dog," he said, "would you please untie me so I can go fly like the birds?" The dog just looked at him and sniffed at the kite string. I don't think he heard me, thought the kite. Perhaps he did not understand me. Soon an old woman came along. She was walking with a cane and carrying a shopping bag.

"Please, Mrs.," said the kite. "Would you please untie me so I can go fly with the birds?" The old woman just walked on past the kite. Perhaps she didn't see me, thought the kite. The kite saw a kitten watching him. The kite was fluttering in the breeze and the string seemed to interest the kitten very much. The kitten sneaked up slowly and pounced on the end of the string.

"Please, Miss Kitty," asked the kite. "Won't you untie my string so I can go fly with the birds?" The kitten ignored him and continued to play with the string. Suddenly, the kite felt the string loosen. The kitten swiped at the string with her sharp claws.

"I'm free! I'm free!" shouted the kite as he felt himself slowly lifted into the air by the breeze. He drifted along the sidewalk just out of reach. Several people tried to catch him, but he was

too high. He drifted along until he was in the park.

"Oh No, Oh No," shouted the kite as he felt the breezes blowing him toward some tall trees. THUMP. He landed in the top of a very tall tree.

"Help me," he pleaded. "I am caught in this tree." But no one heard him. He began to sob uncontrollably. "I will be stuck in this tree until I rot away," said the kite. "Someone, please help me." He felt a much stronger breeze tugging at him.

"Mr. Breeze, please help me."

"I am not a breeze," answered the wind. "I am March Wind. I am much bigger and stronger than a breeze."

"Please Mr. Wind, help me out of this tree. I want to fly like the birds." March Wind blew as hard as he could and lifted the kite out of the tree.

"I'm afraid you can't fly like the birds," said March Wind. "You have no wings."

"Oh dear," said the kite. "I so wanted to fly like the birds."

"Perhaps I could take you with me," said March Wind. "I can keep you high in the air and you will feel like you are flying."

"That would be wonderful," said the kite. March Wind puffed up his cheeks and blew until he had enough wind to carry the kite along with him. Together, they flew across a meadow, over a small town and over a church steeple. They flew higher and higher. The kite bounced in the wind and was so very happy.

"Look out!" Mr. Wind shouted at the kite.

"What is that ahead of us?" the kite asked.

"That's a mountain," said March Wind.

"It looks too high," said the kite. March Wind did not answer. He just blew and blew in an effort to get them both over the mountain. It was too late and too high. The kite fell to the ground torn and broken. March Wind tried to help, but the kite was no longer able to fly. He lay there on the hard ground between two rocks for what seemed like a very long time. He was very sad.

"Look, Daddy," said a little boy, "it's a kite. I always wanted a kite."

"I think it's too broken to fly," said Daddy, "but I'll see what I can do." The next morning, they took the mended kite to a nearby meadow with no trees. The kite rose in the March Wind.

"I am happy to see you can fly," said March Wind. "I have to leave now; my time here is over. Goodbye, good luck, and remember—be what you were meant to be. Even if you can't fly like a bird, be the best kite you can be."

## Under the Strawberry Moon

Staff



June's moon is often called the Strawberry Moon, even though in CenFlo, strawberry season is pretty much over, as the plants prefer cooler weather. Instead, the solstice is approaching, and while it's not officially summer until June 20<sup>th</sup> here along our stretch of Lake Griffin, June is fairly H-O-T. Our nighttime temps seldom fall below 70 degrees, and the humidity reminds us of our close-to-tropical location. And as we move into full summer weather, it's tempting to stay inside where the AC can keep us comfortable, but early morning and later evening forays remind us that Florida life continues to thrive. I have to say that our spring drought has stressed every growing thing in my yard, and I've had to add a day to my irrigation plan. According to records, we have not been this dry since 2017, and Lake County, experiencing a D2 or "Extreme" drought level, has enacted a burn ban.

If you're lucky enough to have Florida native perennials in your yard, coreopsis, hibiscus, and coneflower should be in bloom. Many of us, like Steve Riley, Roger Murray, and I, have evergreen liriope growing in borders and just beginning to show its small purple or white blooms. Take a walk down Eden to Lake Griffin where you're sure to notice the charming and



cheerful yellow flowers of perennial peanut in both Cathy Craft's and Donna and Will Johnson's yards. I've tried several times to start it in my barren spots, so I'm elated to notice that it has also spread next

door to Gail and Jim Roth's yard. I don't do much with roses—they are just too finicky—but Rusty Snyder's are beautiful. In my yards, it's time to re-plant the annuals that will begin to die off in the heat. I want



to keep 'em coming. I'm deadheading flowers religiously to keep them blooming, too.

According to my sources, fishing is still pretty good early in the morning. Harry Salmon says you can still get crappies, but not enough for a fish fry. Dave Ratcliff is taking his buddies out, even if he's not landing much himself. By now, our resident fox kits are several months old and out of the den. They should stay close



to mom for a few more months, but they are starting to venture out on their own. In Gillian and Doug Irish's yard, they stop to play every morning. It drives my Theo crazy, but after a quick dash across the road, they visit in the back of Gil's yard, out of our sight.

I've heard one or two reports of lubbers already, but we haven't had a new swarm of midges in a while. Also be on the lookout for dragonflies as the weather warms; they love our location close to the lake. They will eat midges, mosquitos, gnats, and other small flying bugs. Although they are aquatic insects, you can lure them into your yard with the land plants they love: Black-Eyed Susan and Joe-Pye



Weed are easy to grow. The lake critters may be on the move, too. Linda and Scott Greer encountered a wandering turtle,



while Nancy Cochran was greeted one morning by an alligator in the shade under her car. Most exciting of all is the bear Peg and Rich Aniol caught on video ambling

along Wintergreen. Don't bother them; they know where they are heading. Instinct is strong.



I like to be outside, but this time of year, I don't want any chores, just quiet and still, maybe "baking" a little, listening to the birds and watching the bees and butterflies. I do keep binoculars close at hand, but often they are not necessary. I've seen hawks, owls, and even a young eagle having lunch on the light pole across the street. With the "bird island" sanctuary in our backyard, native birds provide entertainment and interest for hours. All you want are binoculars, but they are not necessarily required—and they might get in the way of a nap.



**The Seagull**

Carol Roberts, Editor  
 carolbroberts43@gmail.com  
 937- 409 - 2844  
 Editions are year-round  
 Contribution Deadline:

15th of the prior month

Electronic *Seagulls* available via email  
*To be added to or removed from the  
 Seagull email list, please send your  
 name + email address to Rich Aniol  
 at LTSeagull@aol.com.*

Extra *Seagulls* available at the Clubhouse



**www.LakesideTerrace.net**

Check out Lakeside Terrace activities and read the **full-color** *Seagull* newsletter online at [www.lakesideterrace.net](http://www.lakesideterrace.net). Sponsored by the Lakeside Terrace Social Club, maintained by Rich Aniol. Contact: LTSeagull@aol.com.

**Social Club Board**

**Linda Greer**

President.....916-541-7305

**Kim Thurman**

Vice President.....937-581-0089

**Sue McFadden**

Secretary.....352 - 874 - 1318

**Lorri Rowe**

Treasurer.....203 - 297 - 1342

**Lakeside Terrace Office**

Property Manager: Malinda Brown  
 Office Hours...M – F... 352 - 326 - 9455  
 Emergency ONLY..... 352-932-3373  
 Lakeside Terrace is in an unincorporated  
 area of Lake County  
 Mail Delivery: Fruitland Park, FL 34731

**DISCLAIMER**--*The Seagull* is for the purpose of information and is provided to residents of Lakeside Terrace MHP, Fruitland Park, FL. Any views or opinions are those of the author(s) and do not represent those of the Lakeside Terrace Social Club, Lakeside Terrace HOA, or any of their membership, or of Equity Lifestyle Properties, Inc. (ELS), or any of their employees. Ads are provided by Community Media in Venice, Florida. ELS, Lakeside Terrace Social Club, and Lakeside Terrace HOA do not endorse or evaluate any advertised product, service, or company, nor any claims made by any ads. This newsletter publishes photos of Lakeside Terrace MHP residents. If you do not want your photo(s) to appear in the newsletter, please notify Carol Roberts (937-409-2844 ) [carolbroberts43@gmail.com](mailto:carolbroberts43@gmail.com)

**HOA BOARD**

**Randy Ellis**

President.....508 - 697 - 8745

**Carol Hetherington**

1st Vice President.....810 – 964 - 5606

**Will Johnson**

2<sup>nd</sup> Vice President.....802 – 258 - 1865

**Carol Roberts**

Secretary.....937 – 409 - 2844

**Jim Filbert**

Treasurer.....330 - 207 - 0998

**Utilities**

Water / Sewer....M – F...8 AM – 5 PM  
[www.fgua.com](http://www.fgua.com).....352 - 633 - 9700  
 Leesburg Electric Dept.  
 Customer Service.....352 - 728 – 9800

**Closest Hurricane Shelters**

**Primary:**

Leesburg HS 1401 Yellow Jacket Way  
**Special Needs AND Pet Friendly:**  
 Leesburg Elementary Sch. 2229 South St.

**Non - Emergency Law Enforcement**

Lake County Sheriff ..... 352 - 343 – 2101  
 Senior Watch: Daily Check-ins  
 Sheriff ..... 352 - 343 – 2101  
 Sheriff's Info Desk ..... 352 - 343 - 9500

# COMMUNITY ROOFING OF FLORIDA, INC.

*Free Estimates*



Lic# CCC1330642

*"Proudly Serving Your Community"*

**100%**  
**Maintenance Free Roofs!**

**We Do All**  
**Roof Overs, Roof Coatings**  
**Roof Repairs & Inspections**  
**on all Manufactured Homes**

**800-511-2517**

**727-536-9999**

**www.CommunityRoof.com**

**Lifetime Warranty on Labor & Materials!**



# Carports



## Benefits of Having a Carport:

- Easy to Maintain
- Better Protection from the Elements
- More Cost-Effective than a Garage



**FREE ESTIMATES**



**352-398-9286**



Licensed by the State of Florida CGC# 004138

Insured • Bonded • Workman's Compensation Insurance

**FLORIDA ANCHOR AND BARRIER COMPANY**



# WINDOWS

GEORGE  
WATKINS

- Lanai/Patio Enclosures
- Window Replacements
- Acrylic Windows

☎ 352-205-2631

☎ 386-871-4907

CRC #1330701

CALL TO SCHEDULE A FREE ESTIMATE



## MOBILE HOME DEPOT

YOUR MOBILE HOME PARTS WAREHOUSE!

Doors • Low-E Windows • A/C Units

Screen Rooms • 54"x27" Tubs & Showers

9917 US Hwy 441, Leesburg, FL 34788

352.435.7255

[www.mobilehomedepot.net](http://www.mobilehomedepot.net)

## COMFORT COVERSYSTEMS™

Proudly roofing since 1985



### Mobile/Manufactured Home Roofing System

- Insulated Energy Star Rated Roof
- Manufacturer's Backed **Lifetime Warranty**
- Financing Available
- **STOP** Roof Leaks

*Single-ply roofing membrane toughened with Elvaloy resin modifiers from Du Pont.*

Visit our website at [comfortcover.org](http://comfortcover.org)

**FREE ESTIMATES**

1-800-226-0955

FL LIC. #CCC 057091

# AllWeatherRoofing

*Your #1 Mobile Home Roofing Company Since 1984*



**We Offer  
Financing!**

- A+ Better Business Bureau Rating
- People's Choice Award Winner
- Celebrating 40 years in business

**1-800-297-3758**

**[www.yourbestroof.com](http://www.yourbestroof.com)**

CCC-058045 CCC-1330500

**FREE  
Estimates**

*Free video roof inspection*

- Energy Efficient
- Hurricane Rated
- Lifetime Warranty

