



March

Orange Harbor

"Island News"

5749 Palm Beach Blvd.

Ft. Myers, FL 33905

(239)694-3707

Orangeharbormhc.com

After hours Community Related Emergencies, please call 844-285-2099.

Orange Harbor office is open Monday-Friday from 8 a.m. to 4:30 p.m.

Nate Campbell, Regional Manager

NateCampbell@newbymanagement.com

Marina Colman, CAM

office@newbymanagement.com

Carla Walsh, Administrative Assistant

office@orangeharbor.net

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Butch.Chambers@orangeharbor.net

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Bill.Michals@orangeharbor.net

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Donna.Albert@orangeharbor.net

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Mike.Hamilton@orangeharbor.net

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Sharon.Mcguire-will@orangeharbor.net

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hjones5206@aol.com

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yostjerry@gmail.com

Director

Don Vittitow

Don.Vittitow@orangeharbor.net

Director

Jeannie Jeffery

jem1931823@gmail.com

"Island News"

Editor: Jennifer Krogulski

Published monthly January, February, March, April, May, October, November, December and bi-monthly June/July, August/September

Send photos and articles to ohnewsletter@aol.com

Deadline the 15th of each month.

All advertising contained in this newsletter supports the publication costs but does not constitute an endorsement by the Orange Harbor Co-op nor any clubs and activities.



"March: where winter whispers and spring shouts."

Letter from the Editor



Hello fellow Orange Harbor residents! My name is Jennifer Krogulski at 78 Sun Circle, and I am your newsletter editor. If you have anything you would like to see added to the newsletter, please reach out to me at ohnewsletter@aol.com.

Newsletters will not be delivered. Copies are available in the clubhouse and RV washrooms.

**After hours Community Related
Emergencies, please call 844-285-2099.**



Join us for the much-anticipated St. Patrick's Day Block Party! This joyous celebration will take place on **March 16, 2025**, from noon to 8 pm, at the intersection of First and Hendry in Fort Myers, FL 33901. Known as the biggest and best St. Patrick's Day event in Southwest Florida, the festivities will cater to everyone, from the youngest to the oldest in the family.

Kick off the day with a delightful Petting Zoo and Kids Activities from 12-3 pm. Experience the charm of live Irish bands and dancers throughout the day, while Downtown Restaurants serve up a tantalizing array of traditional Irish and non-traditional foods. Do not miss the main stage performance by Deb and the Dynamics, rocking from 4 to 8 pm. Best of

all, this event is FREE to the public! Mark your calendars and join in the fun!

Main Stage Band – Deb and the Dynamics (4 – 8 pm). Event is FREE to the public.

Save the Date

March

- 1 All Park Breakfast
Boat Club/First Mates Meeting
Town Hall (pavilion)
Coast Guard Safety Class (clubhouse)
Barefoot Open House
Wine & Cheese and Trivia
PJ Party**
- 3 Social Club Meeting
Bingo**
- 4 Mardi Gras Party and Parade**
- 8 Coffee and Donuts
Block Party on 5th St.**
- 9 Art Show**
- 11 Dingo**
- 13 Denver Sings at the Pavilion and Cajun
Gringo Food Truck**
- 14 Blood Drive
Country/Western Dance**
- 15 All Park Breakfast
Community Wide Yard Sale**
- 16 Pool Party**
- 17 St. Patty's Day Poker Run and Reuben
Sandwiches**
- 18 Bingo**
- 22 Coffee and Donuts**
- 24 Annual Shareholder Meeting
Boat Club Trip**
- 25 Dingo**
- 28 CO-OP Meeting**
- 29 All Park Breakfast
Town Hall**

Thought for the Day

*You only live once, but if you
do it right, once is enough!*



Open House!
March 1, 2025; 11 a.m. to 1 p.m.
Bring your Friends & Family!



You're In Luck!

Don't Miss These Charming Deals!



Prices are for homes only.
You will pay a rental fee for lot.



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Orange Harbor History Part III

On February 15, 1972, our new management team, Harold and Nancy Gravis came our way. They came to us from another large deluxe park on Florida's east coast, Jamaica Bay Mobile Park.

They arrived via the intracoastal waterway in their lovely houseboat. Living aboard for a few days while their new double-wide mobile home was made ready for them just across the street from the office.

In just a short while they became acquainted with our residents and won the friendship and goodwill of all, being heartily welcomed aboard.

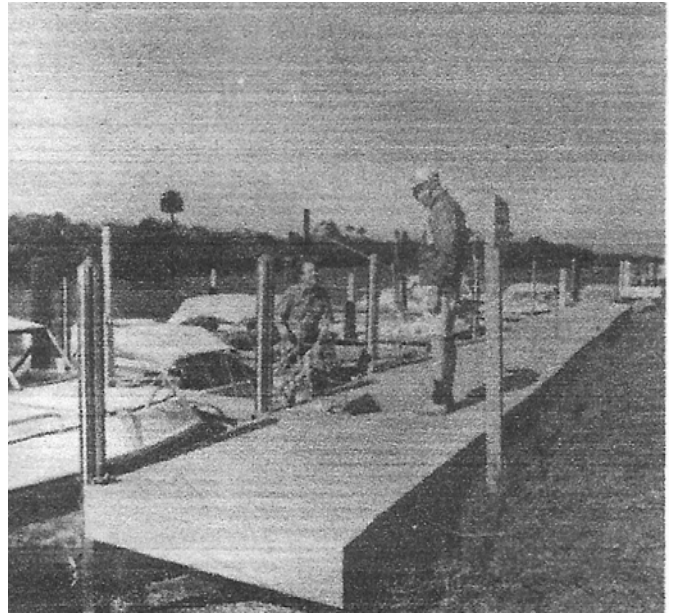
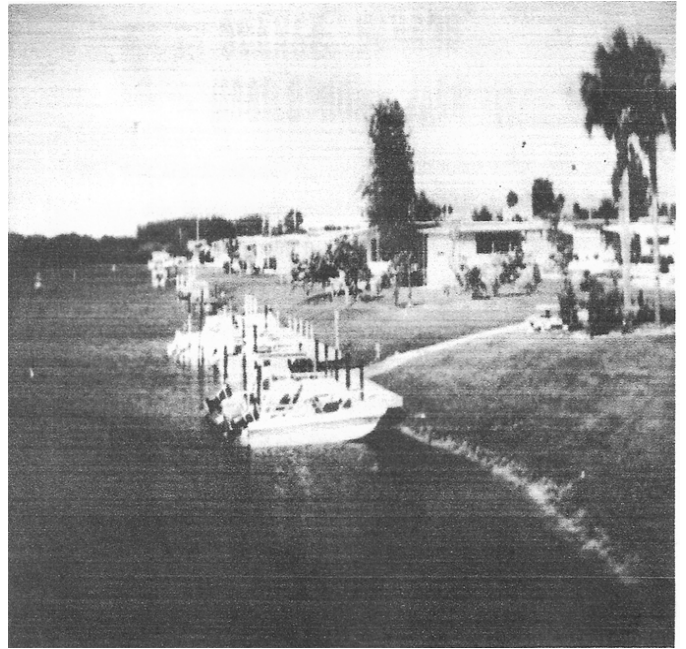
Their many years of experience in park management has brought new innovations to make our park a more delightful place to live in and enjoy life and good healthy fun.

The residents elect a Board of Directors each year, who in turn elect the officers for the purpose of setting up rules and regulations and coordinating the many activities.

Orange Harbor is known all over the state as a "beautiful" park. It is an adult park whose residents are mature people, taking pride in their surroundings. Every mobile home has a planter, and many have flowers and shrubs that receive tender, loving care. There is a spirit of cooperation and togetherness that gives each of us a spiritual uplift not usually found in many groups, truly a community of congenial people who live each day by the Golden Rule.

Let's continue to live the "Island Life"
here at Orange Harbor and for many
years to come!

Orange Harbor Mobile Home & RV



Let's Get Social

The next Social Committee meeting will be on Mar 2nd at 4:00pm in the clubhouse. If you are a leader of a Club or Activity you should take time to join us. This is your opportunity to promote your events and discuss your needs for your club or activity. We will be working on next year's calendar events.

I thought I would share the drama surrounding our Orange Sunset Dance. 1st I was worried that we would not have enough participants for our dance. It was a week away and we had only sold 40 tickets. I started spreading the word that if we did not have enough people that we might not have another dance with a Band – the word got around and we sold 85 tickets. 2nd At the same time the band (Rewind) canceled on us 1 week before the dance. They gave Butch a couple of band names to call. I must say that Butch picked the right band for OH – what a great time. I want to **Thank Butch** for always trying to get great entertainment for Orange Harbor. Please try to attend the events if you can.

I can't believe that it is March already and there are many fun things to do.

If you have an event you want to schedule for Clubhouse, Pavilion or RV Gypsy Haul, please contact myself and Jennifer so we can be on the same page with newsletter and Google Calendar. Also, if you want something to be put on the Signage Monitors, please reach out to me or Sheren Little, who is doing a wonderful job.

Reminder: Residents need to sign up in Clubhouse for any event that involves food in advance in order to purchase the correct amount.

- Exception is Bingo Night – no sign up required for food purchase.

Calendars and Newsletters will be at Clubhouse. We will not be delivering to each household. We will also put some at the RV Bathhouse.

Thank you, Denise Miller, OH Social Chair

603-493-1719 dmillernh@comcast.net



Mardi Gras Celebration and Golf Cart Parade

Laissez les bons temps rouler!

(Let the good times roll!)

Time for fun in the big Orange Harbor! Join us on March 4, 2025, at 4:30pm for a festive gathering filled with delicious Jambalaya that will be provided. Please bring your favorite drinks and a snack to share.

The excitement continues with a vibrant golf cart parade starting at 6pm. We encourage everyone to get creative and decorate your golf carts. And don't forget to dress up yourself in your snazziest, jazziest attire!

The celebration doesn't stop there. From 7-9pm, DJ Doug will keep the good times rolling with lively music, ensuring that our Mardi Gras festivities are filled with joy and dancing.

Let's get looking snazzy, feeling jazzy, and get this Mardi started!

Country/Western Dance



Yeehaw! Get out your cowboy boots and hats! The Orange Harbor Art Club is throwing a rootin'-tootin' Country/Western dance on

Friday, March 14, with dancing kicking off at 7 PM. We're going to boot scoot and boogie to the fabulous tunes of our very own DJ Doug Eskew. Tickets are just \$10 each and can be snagged starting February 24 from any Art Club member. And if you miss out, don't worry—tickets will also be available at the door from 6-7 PM. So, saddle up and join us for a night of fun and dancing you won't want to miss!

Have You Read Your Rules & Regulations Lately?

This is a reminder that the Rules and Regulations are in effect and being enforced. All Residents and their guests are expected to know and abide by these rules. New Rules and Regulations Update-

The new rules and regulations were voted on and adopted by the Board of Directors on May 27, 2022. You can access the Rules and Regulations by going to our website at orangeharbormhc.com, click on the documents tab, click on community rules, and click on the pdf file.

VIII. LAUNDROMAT

1. The laundromat is open daily from 7:00 a.m. until 10:00 p.m. The laundromat is primarily for the use of the residents.
2. All guests less than the age of 14 must be accompanied by the host resident or an adult guest at all times when using the facility.
3. Any person using the facility should report any maintenance issue with management as soon as possible.
4. The laundromat should be kept neat and clean during and following use.

IX. OTHER RECREATION FACILITIES

1. All community recreational courts, i.e.: horseshoe, shuffleboard, etc. are available to residents and their guests seven days per week unless interfering with league schedule. The courts are open from 7:00 a.m. until 10:00 p.m.
2. The community facilities are primarily for the use and enjoyment of the residents. All guests less than the age of 14 must be accompanied by the host Resident or adult guest at all times when using any community facilities.
3. The Co-op is not liable for accident or injury to life or property through resident's use of

recreational facilities. Residents and guests may avail themselves of these facilities at their own risk.

X. GUESTS

1. Residents are permitted to have a guest for up to fifteen (15) days in one stay with a total of thirty (30) days in a twelve (12) month period. Caregivers as defined in the over age 55 exemption to the Federal Fair Housing law are not considered guests.
2. Guests staying more than 48 hours must register with management. It is the responsibility of residents to ensure their guests are registered.
3. Guests are entirely (financially and legally) the responsibility of their host resident and must comply with all Community Rules and Regulations. The community facilities are primarily for the use and enjoyment of the residents. All guests less than the age of 14 must be accompanied by the host resident or adult guest when using any community facilities.
4. Residents of the community will be held directly responsible for the actions of their guest(s), regardless of the guests' age. The rules of each recreation activity are plainly posted, when required, at the site.

XI. RENTERS

1. Residents shall not allow any other person or persons to occupy, use, rent, sublet, lease or sublease the home, or any portion thereof, or any portion of the unit, for fee or gratis, for less than thirty (30) days in a twelve-month period.
2. All applicants must first go through the application and screening process and be approved by management prior to moving into the home.
3. All residents who rent their homes for less than six months must remit the Lee County Resort Tax to the Tax Collector's office.
4. Renter must meet the age requirements of the community and comply with all Rules and Regulations. Renters are the responsibility of the resident. If renter violates any rule or regulation of the community, renter's lease may be terminated by management.



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Swimming Pool

The pool is open from sunrise to sunset. All guests 14 and under must be accompanied by an adult. If you remove the pool rope that is across the pool separating the deep end to the shallow end, **PLEASE PUT IT BACK.** We will be fined if safety protocol is not followed.

Library

The library is full of books, puzzles, and games in the clubhouse. Please return them when you are finished.

Billiards

Be sure to use our new billiards table in the clubhouse. Please respect the rules pertaining to them.

Ice Machine

The ice cube machine is in the clubhouse. Please use the scooper provided, take maximum 3 scoops, and please close the lid.

Bocce Ball

Enjoy our bocce ball courts with all the equipment you need near the court located next to the clubhouse parking lot.

Shuffleboard

Shuffleboard equipment is for everyone's use and can be found in the shed next to the court.

Storage and Boat Slips

There 41 storage spaces on the premises and 17 Boat slips. All spaces are rented annually and are rented first come, first served. Please contact the office for prices.

Clubhouse

The clubhouse is in the heart of the community. It is where we host a lot of our activities. It is available to rent for special occasions. Please contact Denise Miller at 603-493-1719.

Garbage Disposal and Plant Cuttings

There is a dumpster and plant cutting trailer available 24 hours a day, 7 days a week. Please do not put large items in the trash compactor. All large items need to be paid for with the proper sticker from the office. Please place the appropriate items in the correct trailer.

Boat Ramps

We have two boats ramps in the park. One is located near the office and the other is next to gypsy hall near the RV section. Please do not park trucks or trailers where they will be towed when launching your boat.

Horseshoe Pits

There are horseshoe courts near the pavilion and pool. Please replace the equipment when done using.

Fishing Pier & Fish Cleaning Station

There is a fishing pier available to all residents on the NW side of the park. Please obey all fishing regulations and dispose of your used fishing line in the proper waste bin that is available at the pier. There is a fish cleaning station in the RV park that has a cutting surface and running water. Please dispose of your fish carcasses appropriately.

Dog Park

For your convenience there is a fenced in dog park open 24 hours a day, 7 days a week for your pets. There are dog waste bags and bins. **PLEASE** clean up after your pet.

Pavilions

There are two pavilions on the premises. One is located near the pool and the other is located in the RV section. They are available for rent for special occasions. Please contact Denise Miller at 603-493-1719 to make a reservation.



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Do Not Put FROG Into the Drain!

Help us prevent fats, rags, oils and grease clog/blockages in the sewer system. Raw or partially treated sewage can back up into homes or flow into the streets, rivers, and bay. Do not put the following items down the drain:

Food scraps, butter, margarine, cooking oils, sauces, dairy products, greasy leftovers. Facial tissues, baby wipes, disinfectant wipes, moist wipes, toilet bowl scrub pads, napkins, paper towels, dental floss, eggshells, nutshells, bones and coffee grounds, hair, sanitary napkins, tampons, condoms. Vitamins, medicines, sheet plastic, or plastic of any kind, diapers. **The best recommendation for toilet paper is that it is made from 100% recycled materials.**



We Recycle on Fridays

Please place your handle towards your house and the open side toward the street for proper pickup!

Recycle Smart-5 For the Cart:

Paper-junk mail, newsprint, magazines, copy paper, phone books, etc. **DO NOT** put in used paper towels, tissues, napkins.

Metal cans-aluminum or steel (tin) cans. No need to remove labels or crush cans.

Cardboard-Any kind of box unless it held a liquid (such as those to hold milk, juice, wine, and broth). Pizza box lids can be recycled, the bottoms can be recycled if they do not have any food residue on them.

Plastic Containers-Look for the number 1-7 within the recycle triangles on the bottom of the container (no Styrofoam, no plastic bags) Lids can be either on or off.

Glass-green, brown, and clear bottles and jars.

Literature provided by Lee County Southwest Florida website leegov.com

Trash Removal and Yard Waste Schedule:

Wednesdays - Brush pick- up. Please keep in maximum 3 foot bundles.

Tuesdays & Fridays - Garbage pick-up Please put your garbage out first thing in the morning, so animals won't get into it.



Mosquito Control: It's Up To You

Empty all standing water you have around your house to avoid breeding mosquitoes!



Maintenance Crew News

We start our days with Orange Harbor to be the very best!

1. Dog owners, please pick up and dispose properly of your dog's mess, this includes dog park area.
2. **Yard wastes, trimmings and weeds, etc. are to be cut and bundled in 3ft sections and weeds bagged.**
3. Anything you place in K-mart or we pick-up MUST have a sticker. This is to cover the costs of hauling to scrap yard or the added costs of the extra weight in compactor. Stickers are available in the office.
4. If you can't pick it up, we can't pick it up! Put your garbage in a couple of bags instead of stuffing it all in one!
5. We don't do maggots! Please clean out your bins!

Thank you all for complying and making our jobs more efficient.



BULK TRASH

Please see the prices of bulk trash below for dumping

\$25.00 - Mattress, box spring, armoire, sofa, refrigerator, washing machine, dryer, freezer, stove, shower stall,

\$25.00 - TV antennas (Satellite dish type) **ALL LARGE APPLIANCES.**

\$20.00 - Over-sized chairs, dining tables, dish washer, rear projection TV, door, entry size rug.

\$10.00 - Dining chair, barstool, end table, computer, monitor, small flat screen T.V., printer, battery, tire.

\$ 5.00 - Golf cart tires, small items in this size range.

No construction materials, paint, oil or hazardous materials allowed.

Lee County Solid Waste Resource Center

10550 Buckingham Road, Fort Myers, FL 239-533-8000

Contact the office if you have questions regarding a specific item not listed.



Hours of Operation:

Daily 7 a.m. to 10 p.m.

Any person using the facility should report any maintenance issues to management immediately.

Please keep our laundromat neat and clean and keep the door closed! **If you have an issue with a dryer or washer, PLEASE write down what the problem is so the repairman can repair it correctly. Either let the office know and place a note on that machine. It will save us a service call!**



Do You Really Want to Retire in Florida?

Considering a relocation to Florida for your retirement years requires a detailed examination of various factors, balancing the benefits against the potential drawbacks. With a growing population and a plethora of attractions, the state offers a unique set of trade-offs that must be carefully weighed. Several aspects should guide your decision, including the housing market, weather conditions, and tax implications. Each of these factors presents its own set of pros and cons, which are essential to consider for making an informed decision about your future residence. If you're considering moving to Florida, you're not alone. The third most-populated state was also the second-fastest growing state in 2023—and *the* fastest-growing in the two years before that. The Sunshine State also saw its largest tourism bump ever last year, with 140.6 million visitors.

Housing

Pros Florida's median home price is just a little above the national average, so retirees coming from more expensive states like New Jersey and California will feel some relief. Plus, property taxes are lower than in most other states, and Florida incentivizes year-round residency with homestead exemptions.

Cons Florida has many beautiful condo communities to choose from, but the cost of living in them is rising, fast. In 2021, when a condo collapsed in Surfside, Florida, killing 98 people, state legislators started calling for more frequent building inspections. A law passed will likely make condos safer but could also send homeowner association fees skyrocketing. A contributing factor is the rapid rise in insurance premiums in the state, especially for older buildings and homes and condos in flood-prone areas.

The Weather

Pros No surprises here... Florida's balmy winters are a huge selling point. Scraping ice off the windshield at 7am, picking your way down treacherous sidewalks, and shivering through another polar vortex—plenty of retirees are ready to leave all that behind.

Cons As the climate warms, Florida is experiencing some unwelcome changes. The number of extremely hot days

each year continues to rise. Heat is an important consideration for older adults, who are at higher-than-average risk of heat-related illness. More frequent and stronger hurricanes put lives and property at risk in Florida. Even run-of-the-mill thunderstorms can cause serious flooding.

Taxes

Pros Florida doesn't have state income taxes—and that applies to retirement income from 401(k)s, IRAs, Social Security benefits, and pensions. No inheritance or estate tax means that, when you live in Florida, your loved ones avoid a state tax burden on their inheritance. No wonder it's considered one of the most tax-friendly states for retirees. To take advantage of Florida's tax law, you have to prove you live there at least 183 days in a year—more than half the year. To help you establish residency, keep a record of where you spend each day, and take steps that show that Florida is your home base: change your driver's license and car registration, register to vote, and open a bank account. Even shopping locally and getting a library card can show auditors that you're living in Florida.

Cons While the state of Florida won't collect on your income, they will collect at the pump: at 36.5 cents per gallon, the gas tax is higher than the nationwide average.

Wildlife

Pros Florida will always draw people in with its natural beauty. Think of world-class seashell hunting on Sanibel Island and the blue lagoons of the Keys. For gardeners, moving from colder states will mean learning how to grow in the subtropical climate, but the beauty is that, in Florida, the growing season never ends. Birding is booming in popularity these days, and Florida is a birder's paradise. The Everglades, famous for its wildlife, particularly migratory birds, is home to dozens of species, including the American flamingo.

Cons The size of the insects in Florida may be alarming at first, and the alligators in your local waterway will take some getting used to. But in terms of Florida wildlife, there's one word you need to know before locking in your retirement destination: pythons. If you haven't been to Florida lately, you might not be aware that there's a new kid on the block. Burmese pythons. They have been on the rise since the 2000's.

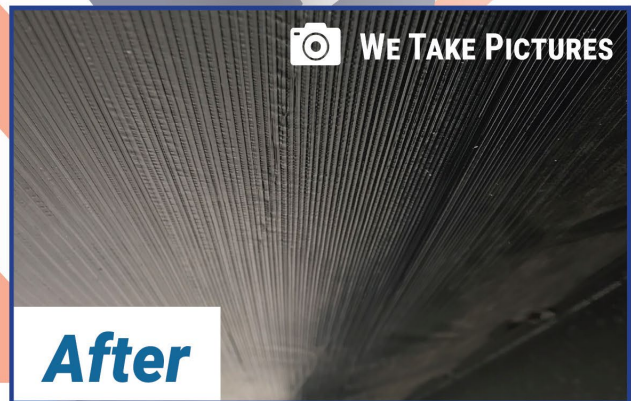


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(New Slab, Duct work, stand, duct cover etc. at additional cost)



Saturday Coffee

Come join Orange Harbor's "Coffee Hour" at 9 a.m. in the clubhouse every 2nd and 4th Saturday of the month. This hour event serves as a local hub and gathering for attendees to visit with other park residents, learn about new items of interest, upcoming park events, club activities are announced, and ticket sales are available for functions. Bring your favorite mug or use one of our cups, but please join us. There are sign-up sheets on the bulletin board. Please don't forget to sign up so the chairperson will know how many to order so we do not run out of donuts! Hosts are needed for ALL SEASON.

Park Sale Donations

Donations to the park sale will be accepted after the Coffee & Donuts social hour. You must sign up at the clubhouse to make your donations, there will be a sign-up sheet with the dates and times. If you have many items to donate you may contact Denise Miller at 603-493-1719, please leave your name and address in the message and a Social Committee member will contact you.

Directory



The e-directory is ongoing. We are working together with the OH office and the Welcome Committee to gather information. If you would like to be included in the directory, please contact Jeannie Jeffery at 317-716-9778

or email jem1931823@gmail.com



Don't miss the **All Park Breakfast** on the 1st and 3rd Saturday of each month at 8:00 a.m. in the clubhouse. This delightful morning gathering provides a hearty meal and an excellent opportunity

to meet with neighbors, discuss community happenings, and start your weekend with a smile.

Orange Harbor Social Committee

The Orange Harbor Social Committee is dedicated to fostering a sense of community and engagement among residents. Their efforts are evident through the various events and activities they organize, aimed at bringing people together and creating lasting memories. From the Saturday Coffee Hour to the all-park breakfasts, the committee ensures there are ample opportunities for residents to connect and enjoy each other's company.

The Orange Harbor Social Club Committee meets once a month on the **first Monday of the month at 4pm**. If you would like to join this amazing group of people, please attend these meetings.

Compliance Policy Reminder

As you are aware, one of the goals of all residents of Orange Harbor is to keep the community looking beautiful. Enforcing the rules plays an important role in that goal. The goal of this policy is NOT to penalize residents or to charge fines. The goal is simply to keep our community attractive and to remind all residents that we all share in this responsibility. If you receive an email or a letter, please do not panic. If you need additional time to address an issue, just reach out to the office Management. Communication is key! We all need to work together to maintain a community atmosphere here at our own little slice of paradise...

OURROC-SWF

WWW.OURROC-SWF.ORG

OURROC-SWF continues a long tradition of maintaining an organization for the benefit of our member communities in SWFL. We offer information and support to our resident owned communities. At the present time, we represent 23 communities with over 6000 residents.

The focus of OURROC-SWF continues to be on meeting the needs of our members through presentations of interest and importance to owners of homes. Our membership consists of both resident owned communities and professional members who provide services and support to the communities in our area. In addition to our board training conferences, presentations have focused on insurance, hurricane preparation, legal issues affecting residents' owned communities, and 'roundtable discussions' focusing on member generated concerns and questions.

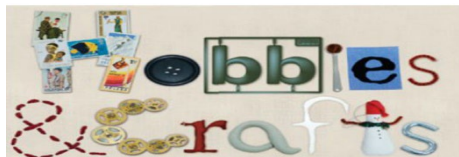
All meetings begin with networking and refreshment at 9:00am, executive meeting at 9:30am and program at 10:00am All close by 11:30-12:00pm except board certification ends at 2pm.

Tuesday March 11, Oak Park Village, 21961 Pearl St, Alva, FL 33920

**<https://oakparkvillage.mycommunitysite.co/>
239 728 2109**

**Program: ROC Financial Questions ANSWERED
Presenter: Jan Provence and Mark Lind, Newbie Management Company**

Hobbies and Crafts meets on Tuesdays from 9 to 11 in the clubhouse.



Watch the Orange Harbor Friends

Facebook page for updates/changes on the weekly hands-on projects. Posters are also put on the bulletin boards in the clubhouse, laundry room, and RV bathhouse. We also have food demonstrations and tastings scheduled for several dates.

Activities planned for March (Dates have not been finalized. Watch Orange Harbor Friends Facebook page and the bulletin boards in the park for details).

Luminaries-Terrariums-Snow Globes

Second session for crushed glass project for those on the waiting list

Luncheon

Egg decorating

Make-up day-projects you missed or wanted to repeat

In addition to the weekly project, you are welcome to join us to work on your individual projects-knitting, crocheting, quilting, sewing, etc. Bring your own sewing machines. Stay as long as you like. There usually isn't anything scheduled when our group is finished.

Water Aerobics



Tuesday & Thursday at 9 a.m. Wednesday & Friday at 10 a.m. There will be no class on Mondays.

Power Walking Exercise Class



8-9 am OH Clubhouse Monday through Friday.

We have approximately 20 Leslie Sansone Power Walking DVDs. Join us for a good upper and lower body workout. Sansone's philosophy is centered around the idea that even the simplest of movements can have a huge impact on a person's fitness level. She believes walking is a sport for life, and that nearly everyone can participate. Her approach is one of encouragement and inspiration. Fitness isn't the only goal for Sansone, however. She also teaches that walking can reduce stress and renew the spirit.

Contact Sue Steiner 920-810-0571 for any questions.

Strong Seniors Strong Bones

You will learn one exercise you should do for the rest of your life!

You will learn balanced exercises that can be done every day.

Open to men and women

Lead by Sue Steiner – Trained Strong Senior Leader in Wisconsin

Sue has also served on the Advisory Board of a pharmaceutical company based on the fact that she has osteoporosis, and she volunteers and advocates for the

Strong Senior – Strong Bones program.

Contact Info: 1281 Third St. 920-810-0571

March 3, 5, 7, 10, 12, 14, 17, 19, 21, 26

9:15-10:15 OH Clubhouse

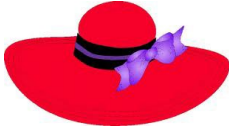
Weights are provided in the clubhouse, or you can bring your own weights.

Floor Mat optional. If you can't get down on the floor, I will show you an alternate exercise to do standing up.

- **Starting in their mid-forties, people start to lose muscle and gain more fat. People also start to lose bone density.**
- **Approximately 10 million Americans have osteoporosis. 80% of them are women. Yes, some men do have osteoporosis.**
- **One in two women will experience an osteoporosis-related fracture.**
- **Arthritis affects more than 20 million Americans.**
- **Arthritis is a major reason why so many older adults are sedentary, which in turn results in an increase in joint stiffness and pain.**
- **Dr. Miriam Nelson, from Tufts University in Boston, conducted a study, looking at the benefits of strength training. When compared to people in the sedentary group, people in the exercise group increased: strength, muscle mass, bone density and balance.**
- **As a result of this study, Dr. Nelson developed a structured strength training program for mid-life and older people. This training improves/increases muscle mass, strength and balance, bone density, arthritis symptoms, metabolic rate, and glucose control and lipid profile.**

Foxy Ladies meet every 2nd Thursday of the month.

Please contact Nancy Shepers 812-613-0846 for more information.



Mimosa Belles meets every second Tuesday of the month. Please contact Gayle Corson at 815-355-4352 for more information. **The March meeting is planned at a very special venue, called Blossom and Brie, a farm to table restaurant located in North Fort Myers. Any questions contact Marcia Vandercook 419-481-5924.**



Art Club

The club meets every Monday from 12-3pm. and is for anyone who paints, draws, stamps, or creates other transportable art.

This season the club will offer mini painting lessons with each lesson focusing on one topic, such as how to paint trees, rocks, clouds, or water.

The club will have an art show this year.

Artists at all levels are welcome to join the Art Club. Club dues are \$10 for the year and cover the costs of art shows and a pizza party at the end of the season. Please contact Linda Trinkle at 812-278-4476 for more information.

Art show is March 9, 2025, from 1-3pm in the clubhouse, please see separate flyer in this issue.

Clubhouse Kitchen Rules

Function Details / Responsibilities

Private Party

Clubhouse must be scheduled – contact SC Chairman
Must meet with Kitchen Staff **2-3 days** prior to event if kitchen is required

Power strips can be available for Electrical needs if Kitchen access is not needed

Need to make sure to distribute power so no overload occurs
Bring own Paper Goods and Silverware

Small Freezer is available if needed

Do Not put food in Drains – NO Garbage Disposal

Kitchen Refrigerator is not available – Back-room Refrigerator is available

Drain sinks slowly to prevent overflow at floor drain

Community Function (Kitchen will be opened by SC Member)

Clubhouse must be scheduled – contact SC Chairman

Must meet with Kitchen Staff **2-3 days** prior to event to discuss needs

SC will supply Paper Goods and Silverware

Small Freezer is available if needed

Do Not put food in Drains – NO Garbage Disposal

Power strips are available for Electrical needs

Need to make sure to distribute power so no overload occurs

Kitchen Refrigerator is not available – Back-room Refrigerator is available

Drain sinks slowly to prevent overflow at floor drain

Social Committee Member - will open Kitchen door prior to event

If Kitchen door is not open – Please contact a SC Members / Phone# list on Kitchen Door

Clean Up:

Tables - All tables in the clubhouse must be left clean and dry, and chairs replaced at the tables. If you have rearranged tables and chairs, please return tables and chairs to their original layout.

Refrigerator-use refrigerator in the back room to keep food fresh, but not for long term storage. No food or drinks may be left overnight in the refrigerator after the function. Must be empty for the next function.

Kitchen - Counter tops, appliances, pots and pans, sinks and floor must be left thoroughly cleaned before leaving. (Leave all dishes on countertop for SC to put away)

Trash - Empty garbage bins, replace liners, haul garbage away.

Cleaning Supplies – Mop, Broom, misc. cleaners, garbage bags and paper towels (Supply Closet by Billiard Tables)

Linens – Dish Cloths and towels - please bring home, wash and return on counter by TV.

******* Pets – No Pets in the Kitchen Area**

80's Birthday Luncheon



Get ready for an awesome celebration! 🎉



Join us for the fabulous 80's Luncheon on March 19, 2025, from 11:30 AM to 1:00 PM. This free luncheon is exclusively for our amazing friends aged 80 and above, and you can even bring PLUS 1 to share in the good times!



Sign-up sheets will be available in the clubhouse from March 1 to March 15. Make sure to grab a spot and join the party!

Come to the clubhouse, enjoy a scrumptious meal, and get pampered by our delightful and friendly hostesses.

It's going to be a blast! 🎈



A Simple but Impactful Habit-Gratitude

Studies have shown that people who are practicing gratitude are more optimistic and felt better about their lives. Other studies have shown that couples who took time to express gratitude for their partner felt more positive toward the other person and more comfortable expressing concerns. In the workforce managers who say “thank you” to employees find those people are motivated to work harder.

Beginning a gratitude practice doesn’t have to be complicated, but it can create deep moments of reflection and joy. Here are some ideas that may help you begin.

Start a gratitude jar-Pick out a special container and each night write a brief note of whatever you are thankful for that day on one side and the date on the other. These quick notes can be an experience, emotion, gift, relationship, an insight or something you did for another, or they did for you. It can be anything that you appreciated during the day. Put the notes into the jar and keep them until the end of the year. Beginning the first of the year in a quiet moment, you open the jar and read about your year that has passed and all the wonderful things that you appreciated.

A Gratitude Journal-Journaling helps solidify positive moments in your memory and is uplifting to revisit later. Just set aside a few minutes each day to write three things you’re grateful for.

Be Mindful of Each Day-Incorporate a routine of taking a moment each day to reflect on what brings you joy. Perhaps as you begin your morning with a cup of coffee or tea in the evening, as you begin to relax, take time to appreciate the beauty that surrounds you.

Express Your Thankfulness-Take time to express gratitude to friends, family, or even neighbors. Whether it’s a phone call, a note, or a simple smile, showing appreciation builds bonds and fosters a sense of community.

Practicing gratitude does not mean you will not have negative emotions, but it will magnify positive feelings and help you see the big picture and become more resilient when faced with adversity.

“I don’t have to chase extraordinary moments to find happiness-it’s right in front of me if I’m paying attention and practice gratitude.” -Brene Brown

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Pajama Party

Hey party people! Get ready for an epic night with the Foxy Ladies' annual Pajama Party! If you think it's wrong to be in your pajamas by 5:30 PM, we don't want to be right! This awesome event will take place in the clubhouse, featuring delicious food, side-splitting games, and, of course, plenty of wine! Did we mention the wine??? Mark your calendars for March 1st at 5:30 PM and join us for an unforgettable evening. function. Don't miss out on the fun – it's going to be a blast!

Live Music at the Pavilion



Dancing is the best cure for a bad mood, so why be moody when you can shake your booty?! So, let's dance to

EXPRESS-not to IMPRESS and join us at the Pavilion for some live music!

March 4

Mardi Gras-DJ Doug

March 13

Denver Sings along with the Cajun Gringos Food Truck from 1-4.

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Orange Harbor St. Patty's Day Golf Cart Poker Run



**Monday, March 17th, 2025 – 1:00
PM EST**

*(Registration begins at 12:30 PM EST-at the
Pavillion)*

**Funds raised will benefit the Orange Harbor
Social Club**



**\$10 Entry Fee per Cart (includes 1 Poker Hand)
\$5 per Additional Poker Hand**

Dress in your favorite St. Patty's Day attire, get on your golf cart (decorations optional), and travel the Orange Harbor neighborhood as a group. Scheduled stops are arranged with time to socialize and draw a playing card.

The winner is the best five-card poker hand.

Winner announced at final stop back at the Pavillion

Questions or Additional Information:

Gary Kirk-765-430-6075 - Pennie Gillock-765-589-8066
213 Sun Circle

Looking for something to eat after the event...Advanced orders are being taken by the Boat Club for Rueben sandwiches that will be available at the clubhouse on Monday evening.

🌟 4th Annual Block Party 🌟

🌮 Save the Date: March 8 at 363 & 364
Shoreland Drive 🌮

🚗 Tailgating & Grooving with DJ Doug from
12:00 to 2:00 🚗

🌭 Delicious hot dogs/hamburgers with chips,
water, and a cookie for just \$10 🌭

🎵 Dance the Afternoon Away with Jumpin'
Fences from 2:00 to 5:00 🎵

💰 The Social Committee is chipping in for the
band, so we're having a "split the pot" to cover
the rest! 💰

Bring your chair, cooler, and party spirit for a
day of fun and camaraderie in Orange
Harbor!

📍 Everyone is Welcome!!! 📍

Before the block party, why not kick off the
festivities with some fun and games?

🎵🍷 **Wine, Cheese, Music, and Trivia** 🍷🎵

Join the fabulous John Gossett and his talented
musician friends for an afternoon of
entertainment! On March 1, head over to the
Pavilion where the music starts at 2pm. Then, at
3pm, it's time to test your knowledge with 10
thrilling music trivia questions. The entry fee is
just \$1, and the winner takes home the pot!

Be sure to bring a bottle of your favorite wine, a
delicious cheese to share, and, most
importantly, your fun-loving spirit! Let's make it
a day to remember!

Meet Your Neighbor...Glenda Pollard and Jimmy Dunlop

Our names are Glenda Pollard and Jimmy Dunlop, and we live at 45A Channel Lane. We have lived here for 7 years.

Now a little about Glenda...My husband, Harold, and I lived in a small town called Carmi, IL. We have 2 daughters, 3 granddaughters, 4 great grandchildren and 1 great-great grandson. We were married for 51 years.

Harold and I owned a TV appliance store in Carmi for 24 years, retiring in 1996. We then raced Standard-bred racehorses all over the country. We then sold the horses and decided to travel, taking us to SW Florida. We came to Orange Harbor for dinner with friends and saw what a lovely place it was and decided to stay, as we did for 7 years on 4th St. After Harold passed away, I bought a mobile home on 3rd St.

Now about Jimmy...Jimmy and his wife Betty lived in Louisville, KY. Jim was a police officer for 42 years and Betty was an assistant bank manager. They have 3 children, 8 grandchildren and 13 great grandchildren. They were married for 58 years. They came to Orange Harbor by way of a relative that was here, and they first lived on 1st St. until Hoffman moved them to 2nd St. Then they bought a mobile home on 4th St. Betty passed away in 2013.

Now about Jimmy and I (Glenda)...Jimmy and Betty never my husband and I, even though we lived only 7 spots away on 4th St. After Betty passed away, Jimmy decided to sell his mobile home and his kids talked him out of it, so he came down and stayed in the winter of 2014. Before Betty passed away, Doug Allen and I, Jimmy and Betty took the Mystery Train trip. We would all meet at Doug's house for happy hour. Jimmy says that was when he started looking at me. He asked me on a breakfast date with friends. We got along so well; we both sold our mobile homes and the mobile home on Channel Lane.

We spend 6 months in the summer in Louisville, KY and 6 months here in paradise. We hope to stay as long as we can. Jimmy just turned 89 and Glend is 85. We love it here and will always call this our little slice of heaven.

What better way to foster a sense of community than by getting to know the wonderful people who make Orange Harbor such a vibrant place to live? If you would like to submit a photo and bio of

yourself/partner, please send it to:
ohnewsletter@aol.com



Barefoot Realty Open House

Please mark your calendars. We cordially invite you to the Barefoot

Realty Open House on March 1 from 11:00 AM to 1:00 PM. This event presents a wonderful opportunity to explore available properties and meet our team. Do not miss this chance to find your ideal home within our esteemed community.



Art Club Show

The annual Orange Harbor Art Club Art Show will be held on Sunday, March 9, from 1:00 to 3:00 PM. Guests are invited to enjoy a glass of wine and light hors d'oeuvres while admiring the artworks created by Art Club members this year. Attendees will also have the opportunity to win a painting by former Art Club president Jane Calder. This event is free and open to all.

"Jungle Macaw," painted by Art Club member Linda Trinkle, is one of many works that will be featured at the Art Show.





Cornhole is every
Wednesday at 1:30 for sign—
ups and tossing at 2:00pm.

MAHJONG Join us every

Wednesday at 11am. Mahjong is a tile-based game that was developed in the 19th century in China. It is played with four players. It is a game of skill, strategy, and luck. Contact Kay Evans at 303-859-5566 for any help.

Hand/Knee/Foot is every Sunday and Wednesday at 5:30pm. Hand/Knee/Foot is a card game similar to Canasta for four players.

Texas Hold-Em is held every Friday at 1pm. Two cards are dealt face down to each player, then five community cards are dealt face up. The goal is to get the best poker hand.

Dingo is every other Tuesday at 6:30. Please consult your calendar for actual dates.

Happiness is yelling, “BINGO”!

Play is every other Tuesday, please consult your calendar!

Bingo caller & Validator Volunteers Needed!

If you are interested in being the caller or validator sign-ups will be in the clubhouse.

Caller: Will use the OH computer that will auto select the numbers and then announce the number through the sound system. New callers will be instructed on how to use the Bingo Software.

Validator: Will call back the numbers of a potential Bingo, collect and dispose of the used bingo sheets.

BINGO RULES

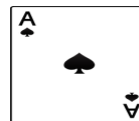
- DOORS OPEN AT 5:00 P.M.
- NO CARDS CAN BE PURCHASED AFTER 6:15 P.M.
- CALLING STARTS PROMPTLY AT 6:30 P.M.
- NO ONE UNDER 18 IS ALLOWED TO PLAY
- NO ONE BUT PLAYERS WHO PURCHASED A BINGO PACK ALLOWED I.E. NO WATCHERS
- YOU MUST CALL “BINGO” ON THE LAST NUMBER CALLED

- YOU MUST YELL “BINGO” LOUD ENOUGH FOR THE CALLER TO HEAR YOU.
- IF MORE THAN ONE PLAYER BINGO’S ON THE LAST NUMBER CALLED, THE POT WILL BE SPLIT AMONG THOSE WITH VALID BINGO’S



Pickleball, it’s the real dill!

Play starts on Tuesday, Thursday and Saturday at 10 a.m. in the clubhouse parking lot until the new courts are finished. We have a new app called “Team Reach” which enables us to invite people to play, notifies of cancellations, or need additional players. You can provide your phone number and be invited. See Midge Hennig for any details. Bring sneakers and water for hydration! Watch for the brand spankin’ new court coming soon!



Thursdays in the clubhouse are card night extravaganza!

Play begins at 6 p.m. and these are the games being played weekly!

Euchre
Pinochle
Cribbage
Dominoes/Mexican Train

Shuffleboard enthusiasts! Meet your team members on Tuesday mornings at 11:00am. Equipment is provided.

Men’s Golf League



Join the men as they start their league play on Mondays at noon. Tee off is at Cape Royal Golf Club located at 11460 Royal Tee Cir. Cape Coral. Contact Kim Franks at 413-834-0699 for more information.

Are you interested in playing **Bridge**? At this time there is no set date or time for bridge, however, if you want to play, please contact Sandy Gagnon at 765-714-1584 to get a group together and get this card game started again!



Golf Carts vs Bicycles and Pedestrians

Please remember that golf carts and bikes must follow the same “rules of the road” as cars and other motor vehicles. Golf carts need to stay on their side of the street, stop at all corners, and proceed into an intersection after carefully looking both ways. There have been way too many “near misses” on our streets involving cars, bicycles, and pedestrians, with drivers not following the “rules of the road”. Please follow the speed limit of 15 mph on our streets and stop at all **STOP** signs for the safety of our residents.

Pedestrians, please use a flashlight at night on your evening walks for your safety and others.

NEED TO KNOW! PLEASE READ!

THE NON-EMERGENCY NUMBER FOR THE LEE COUNTY SHERIFF’S DEPARTMENT IS 239-477-1000. IF IT IS AN EMERGENCY, PLEASE DIAL 911.

NO SMOKING IN THE PAVILION AND GYPSY HAUL!

SMOKING IS PROHIBITED WITHIN 30’ OF THE EXTERIOR OF THE CLUBHOUSE! PLEASE DISPOSE CIGARETTE BUTTS IN THE PROPER PLACE, NOT ON THE GROUND!

QUIET TIME IS FROM 10PM-7AM.

AFTER HOURS COMMUNITY RELATED EMERGENCIES CALL 844-285-2099.

BroadStar

Residents: You must call Broadstar before you dig in your yards. Let’s avoid any interruptions of our internet service. Call Dana Miller, Director of Operations at 561-472-5022 ext. 139.

Facebook

If you are a resident of Orange Harbor, please join “**Orange Harbor Friends**” on Facebook for another source of information of the activities, meetings, events, etc. going on in our community. While the **Friends** page is not affiliated with the office it does have rules of conduct that are strictly adhered to.

“ARC” Architectural Review Committee

Applications are required for **ANY** changes affecting the exterior of the residence, **including Air Conditioning Units, check the “other” box. Applications must be submitted 30 days prior to the start of the work.** Work cannot commence without ARC approval. All work shall commence within 90 days of approval. Any changes or modifications must be submitted to the Arc committee for review and consideration. **Homeowners must comply with all local and state building codes and obtain permits as required.** When using a contractor, the homeowner must obtain the business license, Certificate of Insurance (COI) showing coverage for Liability and Workman’s Compensation (Certificate Holder must show Orange Harbor Co-Op Inc. on the COI) Any unapproved or non-complying improvements may be subject to enforcement procedures, including but not limited to the demand of removal, imposition of fines, and/or legal injunctions at the homeowner’s expense. You can find the form on the website at orangeharbormhc.com under the “Documents” tab or at the office.



Please visit our websites at:

Orangeharbormhc.com

Here you can find lots of information regarding our park and what it has to offer. Once there you can click on different tabs which will take you to our RV resort page that website is:

Ohrvresort.com

You can also click on the tab for homes for sale from Barefoot Realtors, that website is:

Orangeharborhomes.com

Front Gate Security

When entering the park through the gate, please be sure to wait until the gate closes before proceeding to keep people out of the community who do not have authorized access.

DON’T GIVE OUT YOUR GATE CODE! Use the pin pad/kiosk at the front gate to allow guests into the community!

AT THIS TIME THE GATE IS NO LONGER ACTIVE AND HAS BEEN REMOVED. PLEASE WAIT FOR FUTURE INSTRUCTIONS ON THE NEW ENTRANCE.



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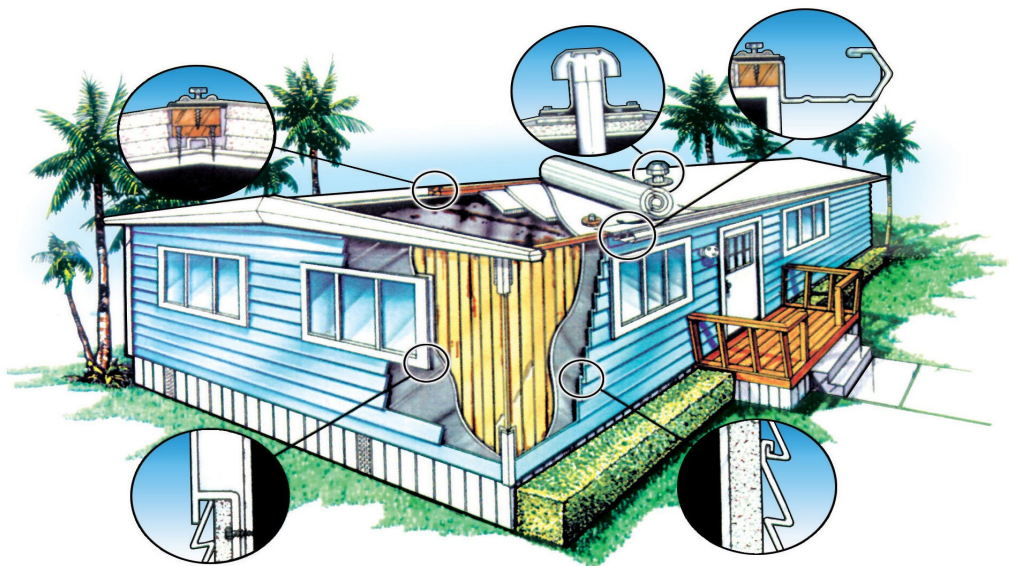
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Tips for Memory Loss

Memory loss can be a challenging experience, impacting daily life and the ability to retain important information. However, there are

several strategies that can help improve memory and cognitive function. Here are some effective tips:

Become a Monotasker - Multitasking may seem efficient, but it often leads to reduced memory retention. Focusing on one task at a time allows the brain to process information more effectively. By becoming a monotasker, you can enhance your ability to concentrate and remember details.

Reverse the 'Doorway Effect' - Have you ever walked into a room and forgotten why you went there? This phenomenon is known as the 'doorway effect,' where crossing a threshold disrupts memory. To mitigate this effect, try visualizing the task you need to accomplish before entering the room. Mentally rehearsing the action can help reinforce your memory.

Employ the Pink Post-It Technique - Utilizing visual aids can significantly enhance memory. The pink post-it technique involves writing important reminders on pink sticky notes and placing them in prominent locations. The vivid color catches your attention and serves as a visual cue for essential tasks or information.

Engage in Novel Reading - Reading novels can considerably boost memory and cognitive function. Immersing yourself in a story requires you to remember characters, plotlines, and details, thereby exercising your memory. Additionally, reading enhances concentration and critical thinking skills.

Take Mental Pictures - Instead of relying solely on digital photos, practice taking mental snapshots of significant moments. This technique involves observing details closely and creating vivid mental images. By actively engaging with your surroundings, you improve your ability to recall information.

Use Mnemonics - Mnemonics are memory aids that facilitate easier information recall. They can include acronyms, rhymes, or visual associations. For example,

to remember the order of the planets, you can use the acronym "My Very Educated Mother Just Served Us Noodles" (Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune). Mnemonics make information more memorable by creating mental shortcuts.

Stay Physically Active - Physical exercise is not only beneficial for your body but also for your brain. Regular physical activity increases blood flow to the brain, promoting neural growth and enhancing memory. Activities such as walking, jogging, and yoga can improve cognitive function and boost overall brain health.

Maintain a Healthy Diet - A balanced diet rich in fruits, vegetables, whole grains, and lean proteins supports brain health. Foods high in antioxidants, omega-3 fatty acids, and vitamins such as B12 and E are particularly beneficial for memory. Staying hydrated and reducing sugar and processed food intake also contribute to better cognitive function.

Ensure Sufficient Sleep - Adequate sleep is crucial for memory consolidation. During sleep, the brain processes and stores information gathered during the day. Aim for 7-9 hours of quality sleep each night to ensure optimal memory retention and cognitive performance.

Challenge Your Brain - Regularly challenging your brain with new activities can enhance memory and cognitive function. Puzzles, brain games, learning a new language, or taking up a new hobby can keep your brain active and improve memory.





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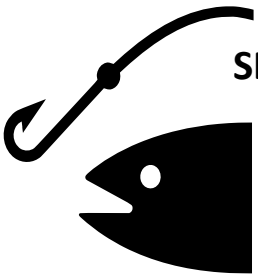


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CATCH OF THE SEASON



Our 2024-25 Orange Harbor Catch of the Season fishing tournament is off and running, or really, off and fishing!

There have been no new reported catches as of the press deadline. Our current leaderboard stands as:

Jamie Caldwell, 60" Sawfish

John Gossett, 39" Bull shark

John Gossett, 35.5" Blacktip shark

Please report your catches, from our beautiful Orange Harbor shores, of any size and species of fish. Include a photo and we will attempt to publish ALL catches, their species and length, and the name of their successful angler in the next issue of Island News. The tournament winner must be a resident, but we welcome all catches for pride and publication. Report your catches to the Commissioner via text or email information below, include a photo and we'll see you in the News!! And the next time you're in the clubhouse, check out our Catch of the Season plaques with the engraved names and catches of past years' tournament winners going back to 1998.

Jerry Yost, Commissioner

cell: 612.910.9097

email: yostjerry@gmail.com

Wake Zones

The Orange River is an "Idle" zone river all season long. "Idle Speed, No Wake" Zone: A designated area where vessels must be operated at a speed no greater than that which is necessary to maintain steerage and headway. The vessel should not produce a wake at this speed.

The Caloosahatchee River has a "slow wake" from November 15 to March 31. Slow-No Wake means operating a boat at the slowest speed necessary to maintain steerage and reduces or eliminates waves that appear as white water behind the boat. the same location frequently.

Resume normal operating speed from April 1- November 14.



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Christian Christy



Pool Party

Sun's shining and the floats are gliding! No shirt, no shoes, no problem—

join us for the splashiest pool party of the season on March 16 from 2-4 PM! Let's make some waves!

Cook's Corner



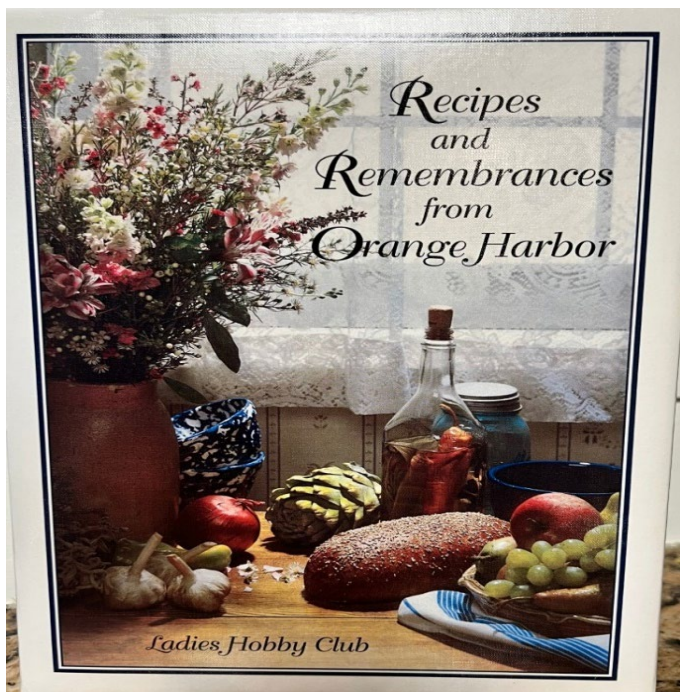
Taco Casserole by Carolyn Fultz

Ingredients:

- 1 lb. ground chuck
- ½ cup onion, chopped
- 1 can red beans, drained
- 1 8oz. can tomato sauce
- 1/3 cup water
- 1 envelope taco seasoning mix
- 2 eggs, beaten
- 1 cup milk
- 2 ½ cup (10) crushed taco shells or tostada shells
- 1 cup lettuce, shredded
- ½ cup shredded cheese
- 1 small tomato, choppen
- ¼ cup pitted olives

Directions:

Brown meat and onion, drain off excess fat. Add beans, tomato sauce, water and taco seasoning. Heat thoroughly. Remove from heat. Mix together eggs and milk. Stir into meat mixture. Put crushed shells in a 7 ½ x 12 inch baking dish. Pour on taco mixture. Bake at 350 degrees about 30 minutes. Top with lettuce, cheese, tomato and olives. Let stand for 5 minutes and serve.



If you have a favorite recipe you would like to feature, please email to ohnewsletter@aol.com

Co-Op Board of Directors Meetings

The Orange Harbor Board of Directors meet every fourth Friday of the month at 9:00 am in the clubhouse and via Zoom. Shareholders will be notified of the meeting via email. All shareholders are welcome to attend. **Next meeting is March 28, 2025.**

Election and Annual Shareholders Meeting is March 24, 2025.

Town Hall Meetings

Town Hall meetings are held every Wednesday after the Board of Director meetings from the previous Friday. All residents of Orange Harbor are invited to attend. Whether you lease the land or are a shareholder all are encouraged to attend. Meetings are held at 10 am in the clubhouse. **The next meeting is March 1, 2025 AT 10am IN THE PAVILION. There will be a second meeting on March 29, 2025.**



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ORANGE HARBOR SOCIAL COMMITTEE Effective 7/1/23

CHAIRMAN	Denise Miller	603-493-1719
VICE CHAIR	Tracy Chambers	815-560-2104
TREASURER	Debbie McNeal	812-325-8732
SECRETARY	Tammy Crum	513-532-4198
COMMUNICATIONS	Sheran Little	401-787-2725
NEWS EDITOR	Jennifer Krogulski	570-237-5409
ADVERTISING	Jennifer Krogulski	570-237-5409
NAME BADGES	Dolly Tye	708-542-1978

CALENDAR AND RESERVATIONS

TO HOLD AN ACTIVITY OR EVENT IN THE:

- CLUBHOUSE
- PARADISE PAVILION
- GYPSY HAUL

Contact Denise Miller 603-493-1719

SATURDAY COFFEE & DONUTS

Social Committee Rotating Volunteers

Kitchen Supplies

Roger McNeal 812-327-0685

Debbie McNeal 812-325-8732

COMMITTEES, CLUBS & ACTIVITIES

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AED DEFIB/CPR Sharon M. Will 219-898-3465

ART & CLUB Linda Trinkle 812-278-4476

BOAT CLUB Jim Robinson 815-353-7280

Michael Kerr 937-681-4397

COMMUNITY GARDEN

Co-Chair Jenn Krogulski 570-237-5409

Co-Chair Caryn Noonkester 765-427-6181

ENTERTAINMENT Butch Chambers 708-204-6053

FIRST MATES

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LIBRARIAN Dolly Tye 708-542-1978

MIMOSA BELLES Gayle Corson 815-355-4352

OH DIRECTORY Jeannie Jeffery 317-716-9778

PARK SALE Denise Miller 603-493-1719

& AUCTION Sandy M Gagnon 765-714-1584

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POOL PARTY Barb Hayden 585-610-0213

BLOCK PARTIES Lori Johnson 906-280-1385

MARDI GRAS Tim, Nancy Perry 513-460-8921

RED HATS FOXY LADY Nancy Shepers 812-613-0846

TRAVEL Butch Chambers 708-204-6053

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PINOCHLE Mary A Kriesen 440-354-6898

TEXAS HOLD'EM Debbie McNeil 812-325-8732

SPORTS

BILLIARDS Bob Coates 207-620-0912

BOCCE BALL Marlene Hanke 920-921-1807

CORNHOLE Sue Pierson 612-298-7526

EXERCISE DVD Sue Steiner 920-810-0571

HORSESHOES Richard Jeffery 612-850-4149

LADIES GOLF Sharon Milliken 317-362-5040

LINE DANCING Caryn Noonkester 765-427-6181

MEN'S GOLF Kim Franks 413-834-0699

MOVIE NIGHT Karl Merz 603-738-3792

PICKLEBALL Midge Hennig 248-343-4031

PING PONG Linda Trinkle 812-278-4476

SHUFFLEBOARD Pattie Porter 603-315-0488

STRONG BONES Sue Steiner 920-810-0571

WATER AEROBIC Sharon Milliken 317-362-5040

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Picture Perfect Pets of OH!

Orange Harbor is a pet-friendly park. Our pets are a part of our family and bring so much

comfort and joy to our lives. We have so many pets in the park, and we'd like to get to know them better. Please send me a picture of your pet for a future issue. Send your pictures to ohnewsletter@aol.com or text it to me at 570-237-5409 with your pet's name, breed, age, and any other interesting tidbits that you'd like to share (quirky habit, etc.)



Unless your dog can do this, please remember to pick up after your pet!

***Reminder- pet owners to observe the park rules regarding dogs, as failure to comply will result in a violation letter!**

- Pick up and dispose of dog waste in YOUR trash or in the dog waste receptacles at the dog park.
- Always keep your dog on a leash and walk them on the road. **8' lead is the maximum allowed.**
- Do not allow your dog to walk, defecate, or urinate in other residents' yards or RV sites.
- Dogs must always be accompanied by an owner, when outside a residence or RV.
- You must keep your dog under control, especially around other dogs and pedestrians.
- Under the noise ordinance, excessive barking is considered a nuisance to other residents; inside or outside a residence.
- ALL PETS must be registered in the office. 8. Please keep cats on leash and do not let them out of your home unsupervised.

Don't forget to send in your dog and/or cat vaccinations to the office.

Concerns/Complaints About Animals
For all concerns/complaints about animals in or around the park please call:
Lee County Domestic Animal Services at 239-533-7387

Residents for Hire and Services

Janell Durr, at 1298 5th St. and I am available for petsitting and I am able to drive you to the airport/doctor appointments. Please contact Janell at 567-204-3492.

Kay Evans, at 304 Shoreland, I make 3D Pop-Up cards for special occasions. I have over 600 different designs that will make your friends and family awe with appreciation when they receive them! You can see all my designs at www.koriannndesigns.com, if you want to pre-shop and I can have your cards ready for you. I make all my cards. (Think of scrapbooking on steroids). You get a card, and an envelope all in a clear plastic bag. If there is something special you are looking for, let me know as well. You can reach me at koriannndesigns@gmail.com or 303-859-5566

Brett Kesler at 226 Temple. I am available to power wash your home, driveway, etc. and any odd jobs you may need done. Please call me at 660-414-7407.

Heather Elliot & Tim Carr at 157 Sun Circle are available to pressure wash, house clean, boat cleaning, landscaping, weeding, house check-ups, drive to appointments, grocery shopping, meal plan/preparation, organizing and light carpentry. You can reach Heather at 269-568-1501 and Tim at 269-986-6371.



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Healthy Living for a Healthy Liver

The human liver weighs about three pounds and is the largest internal organ. It's spongy, wedge-shaped, reddish-brown in color and can be up to the size of a football. It's located on the right side of the body, under the ribs. Issues related to the liver are called "hepatic" conditions. According to the American Liver Foundation (ALF), approximately 100 million Americans are affected by non-alcoholic fatty liver disease, which is the buildup of extra fat in liver cells. If more than 10% of a liver's weight is fat, it is considered a fatty liver.

How Does the Liver Help the Body Detox?

As blood travels through the liver, it filters out harmful toxins out of the blood, and then releases them in a fluid called "bile". The bile eventually ends up in the intestines and leaves the body through urine and feces.

What Happens if Your Liver Isn't Functioning Properly?

The first stage of liver disease is referred to as "hepatitis" ("heap" for liver and "itis" for inflammation). The next stage includes the formation of scars or fibroids. The fibroids increase and then start taking over the healthy cells. If ignored, the hepatitis finally progresses to cirrhosis (you have more scar tissue than healthy cells).

What are the Signs of an Unhealthy Liver?

- Fatigue
- Easily bleeding or bruising
- Loss of appetite and/or weight loss
- Nausea
- Swelling in your legs, feet or ankles (edema)
- Itchy skin
- Yellow discoloration in the skin and eyes (jaundice)
- Fluid accumulation in your abdomen spiderlike blood vessels on your skin.
- Redness in the palms of the hands
- For women, absent or loss of periods not related to menopause
- For men, loss of sex drive, breast enlargement (gynecomastia) or testicular atrophy
- Confusion, drowsiness and slurred speech (hepatic encephalopathy)

What is Glutathione and How Does it Help the Detoxification Process?

Glutathione is a tripeptide molecule and is considered the "master antioxidant"! It is produced naturally in the body, and present in every cell of the body, but 7-10 times higher in the liver. Most glutathione in the body is produced intracellularly in the liver from amino acids.

But what interrupts the production and free flow of glutathione? The finger gets pointed once again at stress, infection or inflammation. When you are deficient in glutathione, your oxidative stress increases and you are more susceptible to diseases like accelerated aging, Alzheimer's, Parkinson's, diabetes, cancer, macular degeneration, glaucoma, and liver disease. Glutathione gets depleted from poor diet, pollution, toxins, medications, stress, trauma, aging, infections and radiation.

What Food Sources and Supplements will Help your Liver?

It's difficult to get appreciable levels of glutathione from foods, but the ones which will help with the detoxification process are those cruciferous vegetables, and the ones higher in sulfur such as the following: garlic, onions, broccoli, kale, collards, cabbage, cauliflower, and watercress.

In addition, foods which support liver enzymes include green tea, pomegranate, grapefruit, wild-caught cold-water fish, and organic meats.

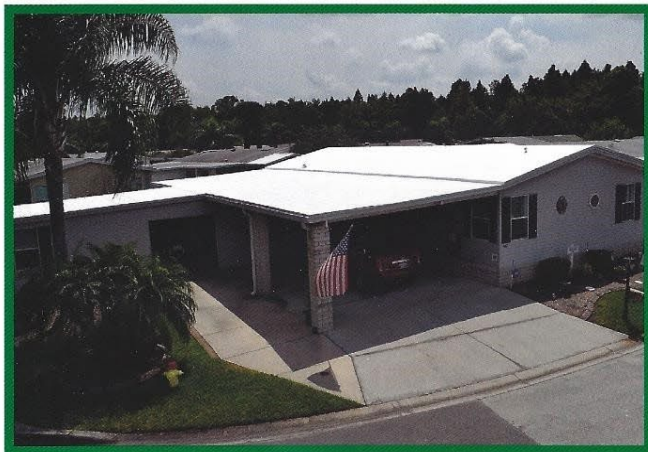
Foods which will help neutralize toxins include garlic, radishes, asparagus, onion, apples, nuts, sesame, pumpkin, mustard seeds, and ginger. To help with gut elimination, or to get rid of the toxins, include around 40grams of fiber, and add cilantro, matcha green tea, oregano, rosemary, dandelion and peppermint. Supplements to include are Glyteine, B2, B3, B6, magnesium, selenium, taurine, and zinc.

So, give yourself a present this year-a Healthy Liver!



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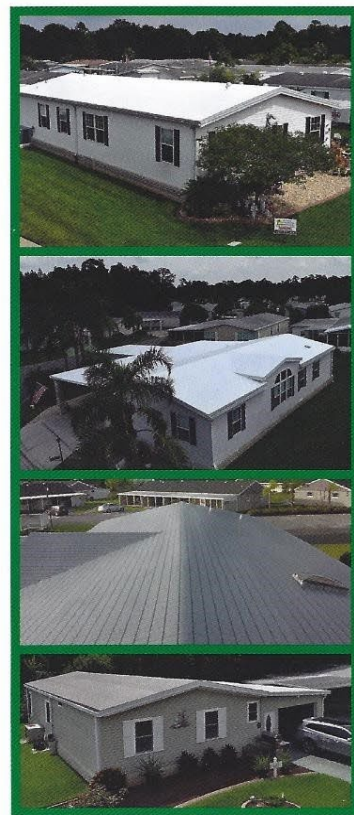


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Zoom Etiquette

Zoom meetings are now a staple in our day-to-day lives and show no signs of going away. Reliable, easy-to-use video platforms like Zoom have helped to restore the ability to hold meetings during difficult times. The challenges and benefits of Zoom meetings can be much different than in-person meetings. The advantage of virtual meetings is the ability to hold them almost anywhere and have more people participate from anywhere, but there are dos and don'ts associated with participating in a Zoom meeting.

✓ Zoom "Best Practices"

- ✓ You should try to attend the meeting from a quiet area that has a neutral background.
- ✓ Eliminate distractions-noises (dog barking, dishwasher, voices in the background, TV, etc.) and movement going on around you.
- ✓ Wear proper attire-not your pajamas or go shirtless.
- ✓ Avoid distracting behaviors-ironing, eating, moving around, etc.
- ✓ Don't do private things-brush or floss your teeth, shave, etc.

REMEMBER: THE CAMERA SEES EVERYTHING & EVERYONE ON ZOOM CAN SEE YOU. While we like to see everyone, you do not have to participate using video to attend a Zoom meeting. You do not have to have your camera on to see what is going on at the meeting either. Another option is to just cover up your camera lens at the top of the screen with a post-it note. If you choose to have your camera on, aim the camera 'straight' at your face (not from a position that looks up your nose) and try to follow the Zoom "best practices".

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Downtown Ft. Myers

There are many exciting events monthly in the heart of Ft. Myers. Some of the area streets are shut down to traffic for the safety of its patrons.

Art Walk is every 1st Friday of the month which features local artists. You'll find local vendors, crafters, and artists demonstrating and selling their unique works-of-art from a wide variety of mediums.

Music Walk is every 3rd Friday of the month, the streets will come alive for a one night only concert showcasing musicians of all talent levels and a variety of styles. All events are free to attend and fun for all ages. Visit myriverdistrict.com for more information.

Guest Parking

When Orange Harbor is in full season, guest parking is always a challenge. If you have overnight guests and you do not have sufficient parking space for them at your home, Orange Harbor has several areas for temporary guest parking. If you have a need for temporary overnight parking for your guests, please come into the office to get a parking permit. **Do not park in empty lots, in other people's driveways or on the streets overnight.**

Activity	Off Schedule	On Schedule
Men's Golf	April-December	January-March
Exercise DVD	April 1-October 14	October 15-March
Water Aerobics	Year Round	Year Round
Pool/Billiards	May-October	November-April
Hobbie & Crafts	April-October	November-March
Line Dancing	April-December	January-March
Horseshoes	May-December	January-April
Pickle Ball	May-October	November-April
Bocce Ball	April-December	January-March
Shuffleboard	May-October	November-April
Ladies Golf	May-December	January-April
Bible Reading	July-October	November-June
Mahjong	Year Round	Year Round
Art Club	May-October	November-April
Corn Hole	May-October	November-April
Hand, Knee, Foot	Year Round	Year Round
Mexican Train/Dominoes	Year Round	Year Round
Euchre	Year Round	Year Round
Pinochle	May-October	November-April
Cribbage	April-December	January-March

*Dates subject to change

Please consider our advertisers for your future needs. These companies pay a fee to be featured in the newsletter and contribute to our social club. Be sure to mention you saw their advertisement in our newsletter!

Shareholders a new portal has been created for use. Please follow the steps below to create your account:

- Open www.orangeharbormhc.com website.
- Find tab at top of page listed Resident Portal
- Scroll down to Shareholder Portal
- Hover over box that reads: Shareholders: Keep informed! Log in to view co-op information. Click here and click.
- Type in your email address.
- Hover over FORGOT PASSWORD and SUBMIT.
- An email message will be sent to you.
- Open that email, and type in a password to be saved.
- That will be your password and how you will enter the site in the future.
- When you are in the portal, you will see postings there that you can view.



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Ladies Golf begins January 6, 2025, and ends April 28, 2025. Play begins at 10:30am every Monday. Contact Sharon Milliken for more details.



Bible Study group gathers on Monday mornings at 10:30am in the clubhouse. Share your knowledge of the bible with other fellow worshippers.



Line Dancing with Caryn Noonkester on Thursday mornings from 9-10am starting January 9



Horseshoes on Tuesday mornings at 9:00 a.m. All are welcome!



Bocce Ball Mondays at 11:00am. Everyone is invited to join, and we will teach you too!

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Summer Preparation Checklist for Your Residence

1. Make the outside mower friendly, and spray weeds before leaving.
2. Have a local summer caregiver and give the name/number of the person to the office.
3. Spray for ants before leaving.
4. Put away ALL outside lawn furniture, hoses, barbeque grills, statues, fountains, etc.
5. Unplug all electrical appliances and computers.
6. Make sure RV sheds are hurricane tied down and security locked.
7. Discard all perishable food items.
8. Make sure all smoke alarms are working and have fresh batteries.
9. Turn the refrigerator and freezer off. Prop doors open.
10. Put plastic wrap over the toilet and tank to prevent water from evaporating.
11. If you leave the air on, set the thermostat at 80-90 degrees (set it to cool and auto).
12. Put fresh batteries in thermostats.
13. If you have a humidistat, set to 65.
14. Clean or replace your air conditioner filter.
15. Turn water OFF.
16. Turn off hot water heaters.
17. Close and lock windows and doors before you leave.
18. Forward your mail and put a note in your mailbox.
19. Make sure the office has your correct address, phone number, email, and a set of keys.
20. Put phone and cable "on vacation."
21. Return all books, puzzles, videos, and DVDs to the Community Library.
22. Call the Electric Company and give them your summer address.
23. Put all awnings down and secure.



**LATE FEE PAYMENTS ON RENT
PAYMENTS AND MAINTENANCE FEE
PAYMENTS WILL OCCUR AFTER THE 10TH OF
THE MONTH. BE SURE TO MAKE YOUR
PAYMENTS ON TIME.**

**DID YOU KNOW THAT IF YOU HAVE AN
ISSUE/QUESTION/RECOMMENDATION IN OUR
COMMUNITY THAT NEEDS TO BE RESOLVED BESIDES
CONTACTING THE OFFICE, YOU HAVE THREE OTHER
ALTERNATIVES TO HAVE YOUR VOICE HEARD?**

1. **PUT YOUR NAME IN THE SUGGESTION BOX WHICH IS LOCATED IN THE CLUBHOUSE NEAR THE FRONT DOOR. BE SURE TO FILL IT OUT COMPLETELY WITH YOUR NAME AND PHONE NUMBER. IF YOU DO NOT ADD YOUR NAME AND PHONE NUMBER ON IT, IT WILL BE VOID.**
2. **FILL OUT A WORK ORDER LOCATED IN THE OFFICE FOR OUR MAINTENANCE STAFF.**
3. **PARTICIPATE AT THE TOWN HALL MEETINGS.**
4. **FILL OUT A REQUEST FOR ACTION FORM AND DROP IT OFF AT THE OFFICE. FORMS MUST BE SIGNED.**



Orange Harbor Boat Club

If you own a boat or just like being on the water and want to enjoy all our activities!

The object of this club is to promote, protect and encourage the sport of boating. To encourage the members to become familiar with, to adhere to the Rules of the Road and laws of navigation and seamanship, and to promote and encourage sociability and friendships among its members.

As a member we have monthly group boat trips to local restaurants, an OH Christmas Boat Parade and a Commodores Ball amongst other fun activities! Ideas and leaders are always welcome. Our meetings are on the first Saturday of the month. Please contact Jim -Robinson at 815-353-7280.

Boat club meetings begin in November and run through April. Boat outings are the 4th Monday of those months.

For more information:

Boat Club- Jim Robinson – Commodore
815-353-7280 litehouse@pga.com

Boat Club Events March 2025

- 3/1 All Park Breakfast, Meeting
- 3/1 Coast Guard Seminar- "Suddenly in Command"
- 3/15 All Park Breakfast
- 3/24 Boat Trip
- 3/29 All Park Breakfast

April 2025

- 4/5 All Park Breakfast, Meeting
- 4/14 Boat Trip
- 4/19 All Park Breakfast

First Mates


The objective of our organization is to encourage the sport of boating: To encourage members to become familiar with and adhere to the rules and laws of navigation and seamanship and to promote and encourage sociability and friendship amongst its members (husband or significant other does not have to be a member of the Boat Club).

Dues are \$10 annually.

Our meetings are on the first Saturday of each month and start immediately after breakfast social hour.

Applications are in the clubhouse in the Boat Club/First Mates area on the bulletin board. We welcome you!

If interested, grab an application, fill it out and drop it off at 195 Sun Circle or to Gayle Argenzio. **All First Mates are encouraged to attend the next meeting on March 1, 2025. On March 11 at Dingo we will be serving a Baked Potato Bar from 5-6pm.**



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- PLUS -

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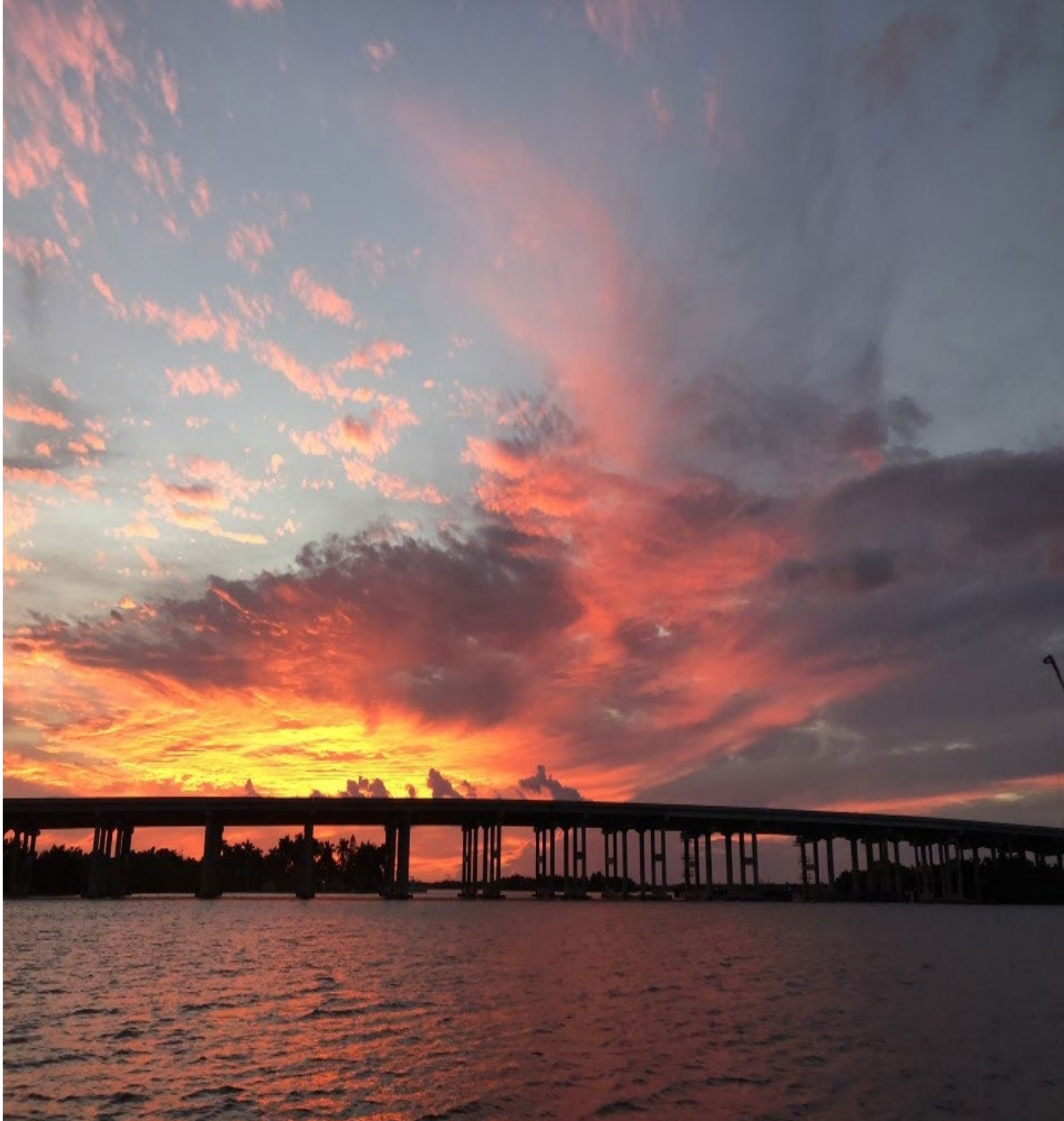
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“May every sunrise hold more promise and every sunset hold more peace.”

Please submit your photos to me through email at ohnewsletter@aol.com or text to 570-237-5409. I know there are a lot of great photographers here, so let's share your talent with everyone!

Photo by Tony Krogulski



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>March 2025</div>						1 8-9am All Park Breakfast 9-10am BC-FM Meeting 10-1 Coast Guard Safety Class 10am Town Hall (pavilion) 11-1 Barefoot Open House 2pm Wine, Cheese and Trivia 5:30pm PJ Party
2	3 4pm OHSC Meeting 6:30 Bingo	4 4pm Mardi Gras Party	5	6	7	8 9am Coffee & Donuts 12-5pm Block Party
9 1-3pm Art Show	10	11 11:30am Mimosa Belles 6:30 Dingo with Potato Bar	12	13 11:30am Foxy Ladies 1-4pm Denver Sings Cajun Gringo Food Truck (pavilion)	14 8am Blood Drive 7-9pm Country Dance	15 8-9am All Park Breakfast 9am Community Wide Yard Sale
16 2-4pm Pool Party	17 Happy St. Patrick's Day 1-5pm Poker Run 5-6:30 Reuben Sandwiches	18 6:30 Bingo	19	20	21	22 9am Coffee & Donuts
23	24 9am Shareholder Annual Meeting 9:30 Boat Club Trip	25 6:30 Dingo	26	27	28 9am CO-OP Meeting	29 8-9am All Park Breakfast 10am Town Hall
30	31					

Weekly Activities-Dates & Activities subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30pm Hand, Knee, Foot	8am Exercise DVD 9:15-10:15am Strong Bones 9am Pool/Billiards 10:30am Bible Reading 10:30am Ladies Golf 11am Bocce Ball 12pm Art Club 12pm Men's Golf	8am Exercise DVD 9am Water Aerobics 9am Hobbies & Crafts 9am Horseshoes 10am Pickle Ball 11am Shuffleboard	8am Exercise DVD 9am Pool/Billiards 9:15-10:15am Strong Bones 10am Water Aerobics 11am Mahjong 1:30pm Cornhole 5:30pm Hand, Knee, Foot 6:00pm Nickel Dime Billiards	8am Exercise DVD 9am Water Aerobics 9am Line Dancing 10am Pickle Ball 4pm Bocce Happy Hour/Gypsy Haul 6pm Pinochle 6pm Euchre 6pm Mexican Train 6pm Cribbage	8am Exercise DVD 9:15-10:15am Strong Bones 10am Water Aerobics 1pm Texas Hold'Em	10am Pickle Ball