



A MONTHLY PUBLICATION OF MWFPOA , PO Box 77-1896—OCALA, FL 34477

## Walk to End Alzheimer's

The **Meadow Wood Memory Walkers**, a group of neighborhood volunteers (along with friends and family), will be participating in our seventh consecutive "Walk to end Alzheimer's." Our team of Walkers, with strong support from our MWF neighbors, has been one of the top teams for the last 6 years. We are looking for new team members to join us and help raise funds to support the objectives of the Alzheimer's Association.



Again this year, we will be walking within our own neighborhood. Dogs, cats, children, and well-behaved adults are invited to attend. The plan is to meet at Friendship Park on Lake View Drive E. at 8:30 am on **Saturday, Oct. 16**. The route is less than 2 miles. Team members who raise \$100 or more will receive a special commemorative t-shirt (mailed to your address). There will be a volunteer supporting us with cold water and transportation, if needed. The event will be outdoors with ample room for social distancing.

Facts from the August 2019 Newsletter: "Alzheimer's is a disease that is guaranteed to eventually affect almost all of us on a very personal level. One in ten people currently 65 or older has some form of Alzheimer's, and one in three seniors will die of it. Deaths attributed to Alzheimer's have risen 145% since 2000, and it kills more people than breast cancer and prostate cancer combined. It robs us of our memories, our independence, our confidence, even of our families and friends. It carries a huge price tag in terms of finances and the emotional and physical toll it takes on caregivers. And, worst of all, it is the only major disease for which we have NO preventive measures, NO effective treatment, and NO cure."

Please consider joining our team this year and/or financially supporting our cause toward a world without Alzheimer's. Go to <http://act.alz.org>. Click on **Walk to End Alzheimer's**, then **Find a Team**, and type in "Meadow Wood Memory Walkers." From there, click on **Meadow Wood Memory Walkers**, and either join the team or select a team member you wish to support.

Thanks again for supporting your neighborhood team. For more information, contact acting team captain Robert Coveney at 352 229-4243 or [rwcoveney@yahoo.com](mailto:rwcoveney@yahoo.com). View my page at:

[https://act.alz.org/site/TR?pg=personal&px=11115300&fr\\_id=14372](https://act.alz.org/site/TR?pg=personal&px=11115300&fr_id=14372)

*Robert Coveney*

### Upcoming Events 2021

(subject to change)

#### Board Meetings

Sep 14, Oct 12

#### General Association

Sep 21, Nov 16

**Association meetings are being held at Friendship Park until further notice.**

Minutes are posted on the website after all Board and Association meetings:  
[www.mwfpoa.com](http://www.mwfpoa.com)

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## **Back to School**

Well, it looks like summer is coming to an end. The school buses are making their way through the neighborhood. It's good to see some things return to normal. We need to remember to be careful around the school buses and stop when the red lights are blinking. I know many of you are concerned about traffic safety in our neighborhood, because I received several communications about the logging trucks using the roads on the East side. We made some calls, and I think we were able to get the trucks out of the neighborhood. We certainly didn't want any of those big trucks endangering the children waiting for buses!! Not to mention the damage to our roads.

This time of year, after the lazy days of summer, some of us take stock of what lies ahead. Your Association is no different. We need some help. We still face the need for some help with our website. Also, Sandy Molberg, our Secretary, has decided to resign. We certainly understand the issues she is facing in this time of transition after the loss of her beloved husband, Lene. So, we will need to elect a new Secretary at the September General Membership Meeting.

If you are interested in helping out with the website or running for Secretary, please... please... please, let me or Karen Reade know.

Thanks to all those who have sent in your membership dues and updated your directory information. Your dues support this newsletter, keeping our park and entrances tidy, publishing the directory, and paying our insurance. If you have not yet paid bring your check book to the membership meeting at Friendship Park on Tuesday, September 21, at 7 p.m. We are planning to have a guest speaker, although *who* is still to be determined.

I'll see you around the neighborhood.

*Jim Thomas*

President MWFPOA

## **Officers of MWFPOA**

<b>President</b>	Jim Thomas	785-691-5886	<a href="mailto:foxdadt@yahoo.com">foxdadt@yahoo.com</a>
<b>Vice-President</b>	Marilee McGinnis	561-723-3615	<a href="mailto:marymcginnis@hotmail.com">marymcginnis@hotmail.com</a>
<b>Secretary</b>	Vacant		
<b>Treasurer</b>	Karen Reade	352-622-2030	<a href="mailto:springlilacs@yahoo.com">springlilacs@yahoo.com</a>

## **Committees**

<b>Activities</b>	Interim Chair: Carolyn Camp	352 304-8506, <a href="mailto:leoarabs@aol.com">leoarabs@aol.com</a>
<b>Beautification</b>	Chair: Chris Banks	706-889-8310
<b>Control</b>	Chair: Dale Kennedy Robert Zachary, Judy Perez	352-291-1799
<b>Directory</b>	Chair: Carolyn Camp	352-304-8506
<b>Membership</b>	Chair: Heidi Boynton	253-347-3573
<b>Newsletter</b>	Chair: Sydney Smith Dorothy Henry	<a href="mailto:MWFPOAnewsletter@gmail.com">MWFPOAnewsletter@gmail.com</a>
<b>Sunshine</b>	Chair: Jennie Adams	352-854-1914
<b>Welcome</b>	Co-chairs: Allison Carnell Sandy Mollberg	352-857-8146 352-861-9622

## Meadow Wood Farms Equestrian Club



The Equestrian Club took a brief hiatus for the month of July, but they're back in action, kicking things off in August with a wonderful guest speaker. Karen Eagle, a Toxicity & Detox Specialist, spoke on BEMER (bio-electromagnetic energy regulation) technology. It works by signaling the body's microcirculatory system to optimize blood flow. For both horses and humans, it is non-invasive and helps with blood recovery, muscle conditioning, and strength. The horse set is known throughout the equestrian industry for helping horses to perform their best. For more on the BEMER system or to get on Karen's schedule, contact her at 352-812-1142.

The Club is busy lining up additional speakers for upcoming meetings. We're also planning various activities and events that the group can host or join, especially as the weather cools off and as part-time residents and members begin returning to Ocala. Mark your calendars and watch for more information:

- ◆ Sat-Sun., Oct. 9 & 10: Join "Sun Country Trail Blazers" for a Ride for the Cure (campout, poker ride, raffle and auction, and Cowboy Church)! Contact Marilee McGinnis for details.
- ◆ Saturday, Oct. 23: Clinic on horse chiropractics, with Dr. Madison Burger-Reed from Ocala Equine (10 am to 12 noon), hosted by Vickie Forget (at 7 Wintergreen Way). Bring a chair, a signed waiver, and a snack to share. Maybe win a free adjustment! Watch your email for more info.
- ◆ Saturday, Nov. 13: Club trail ride at the Florida Horse Park, with host and guide Frenchie Bisiaux
- ◆ December possibilities *-planning in progress:* Tack Sale at the Park, Christmas Cavalcade, and the Equestrian Club Christmas Party

Have other ideas? Bring them to the next meeting on **Thursday, Sep. 16**, at 7:00 in Friendship Park. We would love to have you join in the fun!

## Meadow Wood Farms Communications

Website: [www.mwfpoa.com](http://www.mwfpoa.com)

The newsletter is available in **color** on our website:

- ◆ From the main page, click on **Newsletter**, and then select the month.

### eMail

To join the Meadow Wood Farms email blasts and conversation, send a note to [Meadowwoodfarms1@aol.com](mailto:Meadowwoodfarms1@aol.com) and ask the site master to add your email address. Please respect the rules... no politics, or religion, or any attachments or offensive material. This service is offered by a private member of the association. It is extremely useful, and we are grateful to them.

### Facebook

Ask to join our private groups on Facebook:

- ◆ **Meadow Wood Farms**
- ◆ **Meadow Wood Farms Equestrian Club**
- ◆ **Meadow Wood Farms Garden Exchange**

## Neighborhood Sunshine

*If you are aware of someone who could benefit from receiving a card, please notify Jennie Adams at 352-854-1914.*



Do you know of a Meadow Wood Farms neighbor in need? The Meadow Wood Farms Angels is a group of anonymous volunteers who are ready to help with those small, one-time projects that our neighbors cannot do by themselves by reason of age, illness, disability, or lack of funds.

To submit a request for assistance, email: [MWFAngels@gmail.com](mailto:MWFAngels@gmail.com) or call Jim Bain (352) 615-2572. The Angels will contact you and obtain additional information in order to evaluate the request.



### Calendar of Activities — Sep 2021

- ◆ Monday, Sep 6: **Have a safe and happy Labor Day**
- ◆ Tuesday, Sep 14 (7:00 pm): **MWFPOA Board Meeting** (via Zoom)
- ◆ Thursday, Sep 16 (7:00 pm): **Meadow Wood Farms Equestrian Club** (Friendship Park)
- ◆ Saturday, Sep 18 (6:00 pm): **MWFPOA Meet & Greet**
- ◆ Tuesday, Sep 21 (7:00 pm): **MWFPOA Association Meeting**

# LABOR DAY



### **MWFPOA Meet-n-Greet**

### **A FREE Family Event**

*Everyone brings something to the table.*

**Saturday, September 18, 2021 (6:00—8:00 pm)**  
**Friendship Park, 73 Lake View Drive East**

Please come and join your neighbors at our upcoming Meet-n-Greet event. We have many new faces in the neighborhood, and we enjoy getting together and sharing our knowledge and experiences at Meadow Wood Farms!

The MWFPOA will supply the main dish, but we ask that you sign up to bring a side dish or dessert of your choice at [www.perfectpotluck.com](http://www.perfectpotluck.com). To Find our group meal, enter **MWFPOA**, and **Sept2021** as the password. If you have any questions or need help accessing the event, please call Carolyn Camp at 352-304-8506.

This event is one that offers a good time, great food, and wonderful company! Be sure to save the date, and bring the kids and your new next door neighbors!

Updates will be posted on the Meadow Wood Farms Facebook page, as well as sent out through email blasts.



## Our Community Needs YOU!

A recent article by *HelpGuide.org* described some surprising benefits that come from volunteering. To summarize, they stated that volunteering can help you learn new skills, advance your career, and even help you to feel happier and healthier.

One of the more well-known benefits of volunteering is that it allows you to connect to your community and make it a better place. Even helping out with small tasks can make a real positive difference in the lives of your neighbors. And volunteering is a two-way street: dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills. Volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day.

Giving in even simple ways can help Meadow Wood Farms, while also helping to improve your health and happiness.

We are very fortunate to have many people who volunteer their time to benefit the neighborhood—those who serve on the Board, who support one or more committees, who distribute the newsletter, and who support ongoing and impromptu tasks that need to be done. But, as you might have guessed, we can always use more help—your help! Won't you please consider serving the community? Below are two urgent needs, but you are always welcome to join a committee or help in new ways that we may not have even thought about.



- ◆ We thank *Sandy Mollberg* for volunteering to serve as **Secretary** for the 2021-2022 term, but she is unable to continue in this role and has submitted her resignation. This position needs to be voted in, and the Board would like to be able to vote in a replacement for Secretary at the September general meeting.

The Secretary is a voting member of the Executive Board. One of the most important duties is to record, prepare, and maintain the minutes of each Board and General Association meeting. (Board meetings are held once per month; General Association meetings are held every other month.) Additional duties include maintaining all official documents and conducting correspondence of the association.



- ◆ *Wayne Hebert* has done a stellar job for many years in serving as the **Webmaster** for our community webpage: [MeadowWoodFarmsOcala.com](http://MeadowWoodFarmsOcala.com). He is now ready to hand over the reins and help a new volunteer (or volunteers) to get up to speed in maintaining this great source of information for and about our neighborhood.

Please consider stepping into one of these important roles. As you consider how you might like to volunteer, there's one more benefit for volunteering! At the August Board meeting, our officers voted to give FREE advertising to any neighbor who volunteers on a committee or who serves on the Board. We invite you to post a free business card size ad in our monthly newsletter for the duration of your service.

*Sydney Smith*

### Yummy (End of) Summer Recipes

#### TEQUILA LIME SHRIMP

1 Tbsp butter and 1 Tbsp olive oil  
12 to 15 jumbo shrimp, raw, peeled, deveined  
1/2 tsp Kosher salt  
1/8 tsp black pepper  
Juice of 1/2 lime  
1 oz tequila  
Cilantro, chopped, to taste



In a very hot pan, sauté shrimp until 3/4 done. Add salt, pepper, and tequila. Flame the tequila, then add lime juice and cilantro. Serve immediately with rice.

*Chris Banks*



#### NO BAKE SUMMER BERRY ICEBOX CAKE

19 oz graham crackers (or vanilla wafers)  
8 oz cream cheese, softened  
2 (3.4 oz) packages vanilla instant pudding  
2-1/2 cups cold milk  
12 oz whipped cream topping (or homemade whipped cream)  
3 cups fresh strawberries, sliced  
1-1/2 cups fresh blueberries  
2 oz white chocolate chips

Beat cream cheese and dry pudding mix in a large bowl until blended. Gradually beat in milk. Gently stir in whipped cream, reserving 1/2 cup.

Coat the bottom of a 9x13 pan, spreading the 1/2 cup of whipped cream in a thin layer. Layer graham crackers over the whipped cream, breaking them as needed to fit around the edges.

Spread a layer of pudding mixture over the grahams and top with a layer of berries. Repeat the graham-pudding-berries layers about 3 times total, until you reach the top of the pan. Refrigerate for at least 4 hours or overnight, until the graham crackers have softened completely.

Before serving, melt white chocolate chips in a bowl as directed on package and drizzle over the cake.

## Count Fleet (March 24, 1940 – December 3, 1973) Raleigh Count (USA) x Quickly (USA), by Haste (USA)

This “all-American” stallion was not considered a beauty in either confirmation or disposition. Experts judged him as being too leggy and light on bone. He was also extremely rambunctious, so much so that owner John D. Hertz feared for his jockey, John Longden. Hertz actually tried to sell Count Fleet as a 2-year-old for only \$4,500. (There were no takers at the price, although one trainer offered \$3,500.) Hertz agreed to keep the colt after Longden pleaded with him to do so. Ironically, Count Fleet’s earnings exceeded \$250,000, and his \$550,000 insurance policy that was written 9 years later was the largest ever issued on a Thoroughbred stallion to that time.



Fortunately, Count Fleet “could run a hole in the wind.” He was the sixth Triple Crown winner and ended his career as an unbeaten 3-year-old, with a 25-length blowout in the Belmont Stakes. No horse came close to that record until the great Secretariat, who won with a 31-length lead in 1973. Following Count Fleet’s historic win, his silks were auctioned off in the unsaddling enclosure for \$50,000 in U.S. war bonds. After this win, however, an ankle injury caused during the race and splint trouble afterward prevented further racing, and Count Fleet entered stud at Stoner Creek Stud in Kentucky in 1944.

Known as the “Count of Stoner Creek,” he was quite successful as a sire. According to Jockey Club records, he sired 267 winners and 39 stakes winners, out of 434 named foals. He led the American general sire list in 1951, was runner-up in 1952, fifth in 1953, and seventh in 1954. He was also the leading American broodmare sire of 1963.

As a stallion, Count Fleet was said to have a “kindly disposition” but was never very sociable. He also had a quirk of demanding to be brought into the barn at sunset, irrespective of the weather or what the other horses were doing. According to one writer, he was apparently afraid of the dark.

Count Fleet was pensioned in 1966 and, in 1973, he died at the age of 33 years, 8 months, 9 days, at that time the longest-lived Kentucky Derby winner on record.

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*Sydney Smith*

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### LINE DANCING!

We took a break in August, but line dancing is back on **September 4!** Join us at Friendship Park every Tuesday and Saturday, from 10 to 11 a.m. New dancers are always welcomed. Instructions and walk-throughs are available.

Questions -- Contact Sandy at [lenelew@aol.com](mailto:lenelew@aol.com) or 352-861-9622.





# Dorothy Henry

352 817-7494

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Community*



These are challenging times. If you are struggling to navigate these times, we invite you to worship with us Sundays at 10:25 am. Please check website for In-Person service attendance guidelines.

**We invite all women interested in serving our local community to join our United Methodist Women's group on the second Wednesday of every month at 5 PM.**

We invite all children fourth grade and up to join SWAG (Saved With Amazing Grace) youth group every Wednesday evening starting September 1st. Worship is at 6 PM, dinner at 6:15 and studies from 6:45 to 7:30.

**Please join us at our Church Sale on Sept 17-18 from 8 AM-2 PM. All money raised will be used for missions. Masks Required.**

For details on any of our events at the church contact  
Pastor Shannon @ 352-727-3331

We invite you to join Facebook LIVE Sundays 10:25 AM at St. John's UMC Cotton Plant page or stjohncp.com & choose YouTube link to worship service

Hope to see you soon! [www.stjohncp.com](http://www.stjohncp.com) 352-237-5777



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1/4 page	\$20/ month	\$30/ month	\$100	\$150
1/2 page	\$30/ month	\$45/ month	\$150	\$225
Full page	\$70/ month	\$80/ month	\$350	\$400

### *Summer*

Hello again. It feels great to be back to writing for our terrific MWF newsletter after a brief *summer* hiatus. While it's been a busy *summer*, the first things that came to my mind to share with you about this *summer* are heat and rain. But then you've been dealing with both of those at the same time that we have. So, let's talk about something much more entertaining. Let's talk about, oh, I don't know, horses.

As I've mentioned more than once in this column, I am not a true horse person. I enjoy them. I appreciate them. I even have one that I ride very occasionally. But I'm not passionate about them. My wife, Merry Lee, is. So are many of our friends and neighbors. So as a guy who understands that to get along we sometimes need to go along, I was happy to tag along with Merry Lee and Deb Kane to see the horses that were being offered for sale at the *summer* Ocala Horse Sale in late August. Deb's husband, Dave, is of a similar mind to mine when it comes to horses. He said he'd go if I'd go. I think we both figured that, at the worst, we'd end up with lunch and a beer after. Friday was the check-in day for the horses, all 225 head of them. They were mostly cowboy horses – quarter horses bred and trained for rodeo style competitions and genuine cattle ranch work. There were some ponies and draft horses, but for the most part, these were impeccably trained and well-bred working horses.

Have you ever gone looking at puppies and not fallen in love with one? I suppose that if you are a horse person, the same holds true at a horse sale. You may already know where I'm going with this but yes, Merry Lee (having done a little research in advance) quickly zeroed in on a 10 year old AQHA mare. The four of us wandered the stalls admiring the animals. As usual, we joked a little, laughed a lot, and had a genuinely good time.



The next day, Saturday, was the sale. By this time, Deb had a couple she was curious about, and Merry Lee had one target horse. We showed up at the Livestock Pavilion early enough to revisit the horses of interest and settled into our seats in the auction arena to watch, learn, and wait. After about an hour of entertaining auction action, hip number 28 was brought into the arena. While visibly nervous about the whole experience, Merry Lee was all business. The bidding began. The bid price went up, although not too fast. There were several bidders at the beginning and then it was down to two. Merry Lee had her maximum bid firmly in mind but wanted the horse. When the gavel landed, she owned a beautiful new buckskin mare at less than half of what she might have paid for her. Shaking like a leaf, she signed the sales ticket, walked (hurriedly) to the stall, and made delivery arrangements with the agent. We left the grounds with smiles all around, headed to the required lunch and a beer, and celebrated a new addition to SeaHorse Farm.

The first few days in these waning days of *summer* have been wonderful. Merry Lee is bonding with the horse. Our new mare gets along great with our two long-time equine residents. The horse is very sweet, well-mannered, and a pleasure to ride. It was a wonderful *summer* weekend **Out & About** and bodes well for another season of trail rides and horse camping. We could not be more thrilled with the results. Oh, yeah... and the horse's name?

*Summer*, of course.

*Jim Bain*



## Membership Information

If you aren't a member, we would love for you to join us. The MWFPOA provides all kinds of services for your neighborhood (including this newsletter). Please use the form below to accompany your check.

**Need to find out if you've paid?** Contact Karen Reade at 352-622-2030 or email her at [springlilacs@yahoo.com](mailto:springlilacs@yahoo.com).

*Your MWFPOA thanks you!*

## Please Join

**MEADOW WOOD FARMS PROPERTY OWNERS ASSOCIATION, INC.**

(Annual Dues Effective June 1, 2021, through May 2022)

Please send your check for \$55.00 with this form to:  
Meadow Wood Farms Property Assoc., Inc., P.O. Box 77-1896, Ocala FL 34477

Please *print* to provide the information below :

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**YES**     **NO**    Put my/our information in the directory.

**YES**     **NO**    Deliver my/our newsletter to my/our address.

(Otherwise, it is available on the website, which saves the Association printing and mailing costs.)

A directory is distributed to MWFPOA members at no charge. It may be purchased by non-members for \$5.00. Additional copies for members = \$2.00.

[mwfpoa.com](http://mwfpoa.com)

Photos always look  
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