



# Tidbits

## Bonfire 55+ Mobile Home Park Newsletter

To view on the Bonfire website go to: [www.bonfiremhp.com/life/newsletters.html](http://www.bonfiremhp.com/life/newsletters.html)

# August, 2025

**Editors-** Charlene Zeunik/Margaret Willis. Please email Tidbits submissions by the 25<sup>th</sup> of the month to: [amw423@gmail.com](mailto:amw423@gmail.com).

### 2024 - 2025 Board of Directors

President: Dave Meyer

Vice President: Larry Dennis

Treasurer: Susan Lorch

Secretary: Dave Niles

Director: Ken Dixon

Director: John Gilson

Director: Paul Shortsleeve

### The Office of the President

Even though the office door is locked for security reasons, the office is open. If you have business with the office, you can buzz the intercom button at the office door and you will be admitted. You may also call (352-787-4891) with questions or make an appointment to meet with office staff. Other means would be to email ([bonfiremhp@aol.com](mailto:bonfiremhp@aol.com)), or use the locked black mailbox to the left of the door for your written communications. The box is secure and checked periodically throughout the day. If you need immediate assistance, you may contact any Board Member.

### *Just a reminder-*

*In accordance with the 12/20/24 rules & regulations #7d and #7o and to keep our park looking its best, please maintain your lawn and the outside of your home. It is especially difficult to keep the yard and weed growth managed in the summer. It seems the weeds grow a foot overnight.*

*Many of the homes in Bonfire currently have weed growth that is OUT OF CONTROL. If you are not here currently, ask someone who is here to check your property. If the weeds exceed the regulated height, you need to hire someone to take care of them. Even if you have someone mowing your lawn, you may need an additional person to take care of the weeds. Check the bulletin board or contact someone in the park for references.*

*Please help us keep Bonfire a beautiful place to live.*

*Please be sure your monthly maintenance fee arrives in the office by the 5th of each month to avoid a late fee of \$25.00. If your bank sends an autopay check monthly, please check with your bank to be sure they send it out on time to reach the office by the 5th of the month.*

Thank you,

David B. Meyer, President

**Note: No Board Meeting is planned for August.**

From the Bonfire Office: Please update your emergency contact form to be sure we have current information and return the completed form to the office. There are new forms in the clubhouse and on our web site (Residents Only/Forms)      **THANK YOU - STAY SAFE!**

**NOTE FOR BOATERS:** The Burrell Lock is closed for planned maintenance until November.

## Health & Safety Committee Report

**NOTE:** Hi again, health and safety Nelson Craig--chair, Susie Lorch and Judy Holmgren. Stay tuned for more info from your new Health and Safety Committee. We are still looking for people interested in joining our team. We are also working on having guest speakers for about 1 hr. talks and informal lunch talks after the Friday lunches. Short topics about 30 minutes in length.

The purpose of the Bonfire Health & Safety Committee is to provide education and information to ensure the health and safety of all the residents of our community.

Vials of Life are now available in the Clubhouse by the AED and forms that are asking for resident interests for health talks and/or Tidbits articles. Once completed just place it in the bottom slot of the Social Club form rack by the main entrance. Thanks from your Health and Safety Team!

During these hot and humid months, please remember to stay COOL and HYDRATED.

*Thank you to one of our own residents, Christi Blanton, for writing the following informative article that was published in the February edition of Orlando Health.*

### Cholesterol Checkups: Why Regular Monitoring Is Essential for Heart Health

by **Christina Blanton, APRN /Primary Care**

As we age, it becomes increasingly important to keep track of what's happening inside our bodies. You should especially watch for arterial plaque, caused when an excess of cholesterol creates fatty deposits that, over time, can block blood vessels, leading to heart disease.

Your healthcare provider can use a simple tool called a lipid panel to see what's going on inside your arteries, the vessels that distribute oxygenated blood throughout your body. This routine blood test measures various fats in your blood, including cholesterol. If your levels are high, you are developing plaque, and while plaque can't be fully reversed, it can be stabilized and even reduced to keep your blood flowing.

This test should be performed at least once a year, typically during your annual physical exam. Patients with high cholesterol may need to be tested more often.

### What Is Cholesterol?

Cholesterol is a naturally occurring substance produced in the liver and delivered via the blood stream to every cell of the body. It is essential to building cell walls and producing certain hormones. Cholesterol is also found in some foods, especially certain oils and animal fats.

It's carried through the blood on two types of proteins called lipoproteins. The predominant is low-density lipoprotein, or LDL. Its job is to transport cholesterol from your liver through your bloodstream to all your cells. After your cells take what they need, a second type cholesterol called high-density lipoprotein, or HDL, absorbs excess cholesterol in your blood before returning it to your liver, where it is broken down and then flushed from your body.

When the two types of cholesterol are in sync, your cells get what they need and the excess is eliminated. But when the body has more LDL than the HDL can handle, the excess drops out of the bloodstream, forming arterial plaque that can grow over time to narrow your arteries, a condition called *atherosclerosis* that can lead to heart attack or stroke.

### Good and Bad Cholesterol

Because too much LDL causes plaque, it is often called "bad" cholesterol (although lethal may be an easier way to remember which is which). Ideally, you will have no more than 100 milligrams per deciliter of LDL cholesterol as measured by the lipid panel.

HDL is often called "good" cholesterol because it clears out LDL, and an ideal lipid panel will show a measurement at or above 40 mg/dL for men and 50 mg/dL for women.

If your LDL is high or your HDL is low, your healthcare provider will consider the most likely causes, including:

- Unhealthy diet
- Inactivity
- Obesity
- Genetics
- Smoking
- Alcohol consumption

### **Lifestyle Changes**

Unless genetics or an underlying health condition is the cause of your problem cholesterol, your provider will likely begin treatment by encouraging certain lifestyle changes, which are often enough to manage your cholesterol.

On the dietary side, you will be urged to eliminate artificial trans fats and reduce consumption of saturated fats because both raise LDL cholesterol. Trans fats are created in an industrial process that adds hydrogen to liquid vegetable oils to change their texture. Look for “partially hydrogenated oils” on food labels to identify products with trans fats. Saturated fats occur naturally in meat and dairy products and in some plant-based foods made with coconut, cocoa and palm.

Instead of trans and saturated fats, use olive and avocado oils for cooking, and consider adding more of these heart-healthy foods to your diet:

- Oats and whole grains
- Foods rich in Omega-3 fatty acids (salmon, for example)
- Nuts
- Avocados
- Beans and legumes
- Leafy greens
- Other vegetables – the brighter the color, the better

You will also be encouraged to stop smoking, reduce alcohol consumption and increase your activity level, since regular physical activity has been shown to increase HDL cholesterol. Weight loss is another way to reduce cholesterol levels.

While these lifestyle changes are your first line of defense, they may have no effect if you are genetically predisposed to high cholesterol, or if you are already suffering from diabetes, kidney disease or certain other conditions.

### **When Medication Is Needed**

When lifestyle changes alone don't work, medicine can help. A class of drugs called statins, approved for use in 1987, reduce your chances of having a heart attack or stroke; needing surgery, angioplasty, or stenting to improve blood flow in an artery; and dying from a heart attack.

While statins have been around for decades and remain the go-to treatment in most cases, a newer class of drugs is emerging to lower LDL cholesterol in patients who can't take statins. The breakthrough came in 2020, when the U.S. Food and Drug Administration approved two new medications for treating stubborn cases of high cholesterol in individuals with a genetic predisposition or a heart condition.

<https://www.orlandohealth.com/content-hub/cholesterol-checkups-why-regular-monitoring-is-essential-for-heart-health>



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**2024 - 2025 Social Club Board**

President: Charlene Zeunik

1<sup>st</sup> Vice-President: Karen Heid  
(Tidbits, Calendar)

2<sup>nd</sup> Vice-President: Brenda Flint  
(Flea Market, Fundraising Meals)

Secretary: Jamie Anderson

Treasurer: Margaret Willis

The duties of each of these board members are detailed in the Social Club By-Laws. A copy of these can be found on the Bonfire Website: [www.bonfireMHP.com](http://www.bonfireMHP.com). Login and password are found in the Bonfire Village directory.

*"The purpose of this Social Club shall be to promote social activities and friendship among residents of Bonfire Mobile Home Village."*

1<sup>st</sup> Director: Connie Leeseberg  
(Karaoke, Entertainment, Spring Fling)

2<sup>nd</sup> Director : DeAnna Barnhill  
(Kitchen; non-fundraising meals)

**Notes from Social Club President, Charlene Zeunik:**

All is quiet in the Bonfire neighborhood and HOT! Thank goodness we have a pool and air conditioning. We had a good turnout for our men's and Ladies' luncheon at Coney Island. I don't know about you, but I love a good coney dog!

Reminder! Regular Bingo starts September 8th. To continue having bingo every Monday night, we need more callers! If you are interested, please let us know and we will schedule training at your convenience.

The Fabulous Firebirds band we had booked for our Halloween Party has decided to no longer play due to personal issues. I am currently looking for a replacement. Stay Cool!

**NOTICE: Tidbits will NOT be printed in August. A copy of the Tidbits will be posted on the Social Club bulletin board. Please do not remove from clubhouse.**

*After many years of amazing service, Renee Licht has stepped back from editing the Tidbits. We are excited to announce that Shelley Divall will be assuming this important responsibility when she returns. Meanwhile, please contact Charlene Zeunik or Margaret Willis, for any submissions.*

**Note: Next Social Club Membership Meeting: Saturday, November 8, 2025 @ 10:00 AM**

Many regular activities are suspended for the summer. Check the calendar or activity contact person for each activity for more information.

Watch the Social Club Facebook page for last-minute updates and pop-up events.

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**AUGUST EVENTS**

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*It is important to sign up for activities in advance as it helps the committee members to better plan for the programming and obtain the supplies that are needed to have a successful activity.*

**Check Bonfire Social Club Event Group Facebook Page for any changes or spontaneous pop-up events.**

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**KARAOKE**

**Contact Person:** Bert Zeunik

**Dates:** Saturday August 9 and Saturday August 23, 7:00 - 10:00 PM

Practice at 1:00 PM

Come and sing or sing along or just enjoy. No judgments!



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**BONFIRE COMMUNITY LUNCHEONS**

Suspended until September.

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**TUESDAY, AUGUST 12, 2025 @ 2PM**

**TACOS, NACHOS, RICE, BEANS AND ICE CREAM**

**\$5 per person.** Also, bring money for 50/50 drawing.

Contact persons: Margaret Willis and DeAnna Barnhill

Please sign up on sheet in clubhouse before Friday, August 8<sup>th</sup>, so we can prepare enough food.

### LADIES' LUNCH

**Date:** Thursday August 21 @ 11:30 AM

**Contact Person:** Charlene Zeunik

**Sign-Up Deadline:** Monday, August 18

**Details:** Meet at The Florida Porch Café, 706 W Main St, Leesburg

**Special Menu is on bulletin board and on Bonfire Social Club Event Group Facebook**

**Page. Cost \$20.**

Signup sheet in clubhouse for a count, very important.



### MEN'S LUNCH

**Date:** Thursday, August 21 @ 11:30 AM

**Contact Person:** Bert Zeunik

**Sign-Up Deadline:** Monday, August 18

**Details:** Meet at Fish Camp Lake Eustis, 901 Lakeshore Blvd, Tavares

Signup sheet in clubhouse for a count, very important.



**Sunshine Report- ❤️❤️** Please contact **Rosa Sherwood** via text with your requests for cards to be mailed out.

### Get Well Cards were sent to:

Russell Porwitzky, Wayne Matheny, Jamie Anderson, Maria Duvall, Julie Pudenz, Rose Gibbings

### Sympathy Cards were sent to:

JoAnn Hathaway (husband, Bob), Ellie Porwitzky and family (husband, Russell), Brenda Flint (daughter, Angie)

### Thinking About You Cards were sent to:

John Gilson

## AUGUST BIRTHDAYS

Happy birthday wishes to all those celebrating a birthday in August!

*Happy  
Birthday !*

<i>Date</i>	<i>Name</i>	<i>Date</i>	<i>Name</i>	<i>Date</i>	<i>Name</i>
3	Diane Hills	11	Nancy Sage	18	Sandy Johnson
6	Dale Hunt	11	Shirley Byrd	19	Marlene Ulloa
8	J. D. Lawson	12	Steve Shampang	23	Terrie Cervellera
9	DeDe Bafia	13	Karl Decker	26	Boyd Waddell
9	Becky Clough	16	Ron Wirtz	29	Scott Siegel
10	Cheryl James	18	George Elder	30	Gregory Pierce
		18	Gail Graham		

Please notify Margaret Willis (amw423@gmail.com) if you would like your name added or removed from this Birthday List.





## UPCOMING SEPTEMBER EVENTS

### LABOR DAY MEAL @ Golden Corral

**Contact Person:** Margaret Willis

**Date:** Monday, September 1, 2026 @ 12noon

Join us at the Golden Corral on Highway 441 in Eustis.

We have the private room reserved. Sign up as soon as possible for a headcount.

**golden  
corral**

### BINGO RETURNS!!!!

**Date:** Monday, September 8, 15, 22, 29 @ 6 PM

**Contact Persons:** Margaret Willis and Charlene Zeunik

**WE NEED CALLERS.** If you would like to give it a try, please contact us for training. You will be very much appreciated.

### KARAOKE

**Date:** Saturday, September 13 & 27 @ 7-10 PM (Practice @1pm)

**Contact Person:** Bert Zeunik

### COMMUNITY LUNCHEONS

**Dates:** Friday, Sep 12, 19 @ 12noon

**Contact Persons:** DeAnna Barnhill & Gary Poley

### LADIES' LUNCH

**Date:** Friday September 26 @ 11:30 Oakwood BBQ, Eustis

**Contact Person:** Sara Sladen

### MEN'S LUNCH

**Date:** Friday September 26 @ 11:30 Jeremiah's, Mt Dora

**Contact Person:** Lee Semon

## FUTURE EVENTS

Your entertainment committee is working on many fun and exciting activities for the coming season. Here are just a few. A full schedule is posted to the Bonfire Social Club Events Facebook Page:

<https://www.facebook.com/groups/472988439067296>

Details will be provided as plans are confirmed. This information will allow you to save the date on your calendar and start thinking of how you want to participate.

*Fall Festival, October 11, 2025 A NEW EVENT! Join us for fun, games, music and food.  
More details to come.*

*Halloween Party and Costume Contest, October 25, 2025 Live Music by TBD*

*DJ and/or Trivia Night, November 22, 2025 Planning in progress*

*New Years' Eve Party, December 31, 2025 Live Music by Smooth Sentiment Band*

*Casino Night, January 13, 2026 Theme: the Roaring 20's*

*Valentines' Day Party, February 14, 2026 Live Music by Avalanche Band*

*SPRING FLING, March 15, 2026 Theme: the 60's (Hippies)*

*Many, many more events are being planned—live entertainment, dinners, trips, fun for all.*

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# August 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> 9:00am Water Aerobics 6:00pm Euchre	<b>2</b> 9:00am Water Aerobics
<b>3</b>	<b>4</b> 9:00am Water Aerobics 6:00pm Card Bingo	<b>5</b> 9:00am Water Aerobics 6:30pm Jam Session	<b>6</b> 9:00am Water Aerobics 6:00pm Nickel Nickel	<b>7</b> 9:00am Water Aerobics 6:00pm Poker	<b>8</b> 9:00am Water Aerobics 6:00pm Euchre	<b>9</b> 9:00am Water Aerobics 1:00pm Karaoke Practice 7:00-10:00pm Karaoke
<b>10</b>	<b>11</b> 9:00am Water Aerobics 6:00pm Card Bingo	<b>12</b> 9:00am Water Aerobics 2:00pm Taco Tuesday Meal 6:30pm Jam Session	<b>13</b> 9:00am Water Aerobics 6:00pm Nickel Nickel	<b>14</b> 9:00am Water Aerobics 6:00pm Poker	<b>15</b> 9:00am Water Aerobics 6:00pm Euchre	<b>16</b> 9:00am Water Aerobics
<b>17</b>	<b>18</b> 9:00am Water Aerobics 6:00pm Card Bingo	<b>19</b> 9:00am Water Aerobics 6:30pm Jam Session	<b>20</b> 9:00am Water Aerobics 6:00pm Nickel Nickel	<b>21</b> 9:00am Water Aerobics 11:30am Ladies' Lunch 11:30am Men's Lunch 6:00pm Poker	<b>22</b> 9:00am Water Aerobics 6:00pm Euchre	<b>23</b> 9:00am Water Aerobics 1:00pm Karaoke Practice 7:00-10:00pm Karaoke
<b>24</b>	<b>25</b> 9:00am Water Aerobics 6:00pm Card Bingo	<b>26</b> 9:00am Water Aerobics 6:30pm Jam Session	<b>27</b> 9:00am Water Aerobics 6:00pm Nickel Nickel	<b>28</b> 9:00am Water Aerobics 6:00pm Poker	<b>29</b> 9:00am Water Aerobics 6:00pm Euchre	<b>30</b> 9:00am Water Aerobics
<b>31</b>						