

*Legacy Pointe Independent  
Residents' Newsletter  
November 2023*



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**Our Day Begins – Here comes the sun**



**Sunrise Pic over LP Pond by Jonathan Wahl**



**Sunrise Pic over LP Apartments by Marcia Call**

## **OUR FEATURE ARTICLE** **THE VETERANS' DAY PROGRAM**



Veterans Day has its origins at the end of World War I when at the 11<sup>th</sup> hour of the 11<sup>th</sup> day of the 11<sup>th</sup> month of 1918 the fighting ended with the signing of an armistice. In the U.S. the first Armistice Day was proclaimed in 1919 by President Woodrow Wilson. In 1954 Congress changed its name to Veterans Day.

The Legacy Pointe Veterans Special Interest Group (SIG) invited all residents to the Veterans Day Ceremony held in the auditorium on Friday, November 10 at 11:00 am. The program recognized the military service of 53 families with at least one member residing at Legacy Pointe at UCF. Those in attendance learned some more about their neighbors and several staff who had served in various military services and often in significant positions.

The program started with the ringing of 11 bells. The Master of Ceremonies, Captain Joe Solymossy began the program introductions. Jim Kragh read the Veterans invocation. Followed by the Pledge of Allegiance and National Anthem.

The main feature was the recognition of the 53+ Veterans, their spouses, children, and grandchildren. Veterans' pictures and family photos were displayed on the screen as each veteran was introduced. Spouses of residents who are no longer among us were also recognized.

Closing remarks were given by Captain Joe.

Niall Donoghue closed the event leading the singing of "America the Beautiful"

### **FLAGS AT L.P.**



One ingredient of Veterans' Day is to blanket the property with Flags. And, the Flag crew was out in force on Thursday, November 9<sup>th</sup>. Distances between flags were measured 'precisely'. But pushing them into the ground proved challenging. Volunteers hit the L.P. 'clay', made more 'cement-like,' due to our lack of rain. Some sore muscles and blistered hands were a common experience. But the task was accomplished and everything was ready.



## ST. JOHN'S RIVER CRUISE



Forty-four Legacy residents and guests enjoyed our first St. Johns Rivership cruise on October 25. It was the largest-ever gathering of our intrepid travelers. Other trips of note, sponsored by your Lifestyles Committee, are three Orlando Wetlands tours totaling over seventy residents and the continuing UCF Theater series attended by 30-plus ticketholders at most plays. The Legacy Bus has provided transportation for up to 13 at all these events and others.

The Rivership departed from Sanford and cruised up the St. Johns River for a few miles. Bald eagles and other creatures were spotted along the way as we ate hot cinnamon buns, a veggie appetizer, hot lunch, and dessert. Some even imbibed the special gravedigger cocktail! Guest comments included: "Let's make this an annual event" and "The lunch pleasantly exceeded my expectations."

Thanks go out to Susan Pantelias for suggesting this trip and also to Sharon Lovell for bringing the Wetlands tour to our attention. Would you like to go to a special place? Just bring it up for consideration to your Lifestyles Committee.

Respectfully submitted, Tom Nixon. 11-4-2023

## OUR LOCAL TRIPS



### **Black Hammock Oviedo FL Bee Farm**

Dennis The Bee Guy is your host. His knowledge will inform and fascinate you. His stories will entertain you. Black Hammock Oviedo FL Bee Farm is located in the Black Hammock wilderness area of Oviedo, Florida. We are a second-generation farm raising bees for honey production and pollination.

Our farm rescues approximately 500+ honey bee colonies each year from extermination. Once rescued, we bring these bees back to our rescue yard where they are given extra care and attention to make sure they survive the relocation. Afterward, these bees are put into honey production or used for pollination.

I am a registered beekeeper with the state of Florida, approved by the state to perform live bee removal and relocations. As a beekeeper, we look at Bee Removal Orlando from a completely different perspective than a pest control company does. No-kill Bee Removal. We frequently donate these colonies to local beekeepers.

***Black Hammock Bee Farms***

[www.blackhammockbeefarms.com](http://www.blackhammockbeefarms.com)

2385 Howard Ave, Oviedo, FL 32765 · ~6.1 mi

(407) 330-8542

Open 9 · Closes 5 PM

## **EDGEWOOD CHILDREN'S RANCH HERE AT LEGACY POINTE**



The joy filled day began as the 34 guests from the Ranch arrived at 10:30 am in 5 vans into the Parking Lot of the Econ Wildness Trail across the street from Legacy Pointe. Joining the 7 Residents from Legacy Pointe, we began the Trail Walk on a sunny Saturday morning.

Highlights of the approximately 40 minute walk:

....No one got lost. .Only one trip and fall, fortunately without injury.

....With the fast pace set by these young Ranchers, we all burned up more calories than anticipated.

....And, Vicki Tindall, our gifted photographer was able to captured the spirit of the day in her photos.

### **WHAT WOULD YOU DO? IF YOUR CHICKEN SANDWICH HAD NO CHICKEN IN IT?**

This was what one Edgewood Rancher experienced at our Legacy Pointe @ucf lunch event. We were on our Legacy Pointe patio with the 15 residents who signed-up to host the 25 Ranchers, 7 Cottage Parents and the Edgewood Ranch Director and his wife for a lunch donated by a Chick-fil-a flowing a walk on the Econ Wilderness Trail.

I happened to be standing at the table where four Ranchers were opening boxes which contained a sandwich, a bag of potato chips and a cookie. I saw one open her box, pickup the sandwich and then show me, with disbelief, that there was no chicken in the sandwich, only an empty bun. Our discussion began:

“Mr. Bill, I have no chicken in my sandwich” I could not think of an immediate response so out came, “Maybe the chicken ran away.”

Not laughing at my response, she said, “But, all the other girls at the table are eating their sandwiches with chicken in them.”



Again, without a well thought out response, I asked, “Have you been good all week.” This was based upon my understanding that Ranchers have to earn the privilege to go on trips like today. They must do well in their studies and work assignments in order to qualify. Her response, with a smile that would melt you, “Yes, I did very well this week.”

I then realized that she had mistakenly been given the one box ordered by one of our residents who had requested a special diet meal and that the grilled chicken was in a separate container.

I told her that we could fix this. I located an extra boxed meal that we had ordered. I brought it to her with a promise to find an extra cookie to make up for the mistake.

Her smile made my day. And this is what it is like when you are around the Ranchers from Edgewood Children Ranch. They are on a transformational journey in their lives which you can evidence by their respectful, polite demeanors. They are a joy to be around.



In closing our day together, we were able to surprise our Ranch guests with three gifts.

1. A cart full of Treasurers previously collected for the Ranch during our Resident's Sharing Day.....
2. Thirty-five (35) additional Laundry Detergent containers to help the Ranchers who are responsible for laundering their own clothes. To date, Legacy Residents have donated 60 containers of Laundry Detergent as we seek to provide a total of 120 for their needs. ....

3. An additional twenty-five (25) of the plastic carry out dining containers which they use in the food service at the Ranch. This brought our total donation to the Ranch of 477. containers.....

As residents, we were blessed to have this time together with the Ranchers and staff from the Edgewood Ranch. The Rancher's are a group of respectful, polite young boys and girls. The staff are very special, talented and committed to making a difference in the lives of the Ranchers.



Look for an announcement as we set up our 3<sup>rd</sup> Legacy Resident's visit to the Ranch.

**A Name for our Newsletter - Our newsletter still is nameless.**

We have had a few suggestions emailed to us over the last few months. Here is a sample:

—  
**"The Unofficial Newsletter of Legacy Pointe"**

**"The Underground News at LP."**

**"The Uncensored News of LP."**

**"The LP Post."**

**"The LP Independent Post"**

**"The LP Residents Post"**

**"The LP Residents News"**

**"The Real News at LP."**

**"The LP Independent Sentinel"**

**"The LP Independent Times"**

**"The LP Residents' Monthly"**

**"The Inside Scoop at LP"**

**"Legacy Revealed" "L.P. Our Home" "L.P. Our Legacy"**

**"Sand Hill Crane News"**

Submit your name for the Newsletter. We will call a vote for the best name in our December Issues and will start the New Year with our new name.



## **YOU CAN BE A STUDENT AT UCF**

If you are a member of LIFE or have your new Legacy Point-UCF ID card you can audit courses at many UCF classes. The UCF course catalog is large and rather complicated but several of our residents have braved the process and have taken classes. You are auditing the course classes. No credit will be given. It is FREE. But class size can limit our participation. Paying students have the option of first choice. So now is the time to start. Go on line and get a catalog at:

[Graduate Catalog Home \(ucf.edu\)](#)

[Undergraduate Catalog Home \(ucf.edu\)](#)

Here are some comments from our residents who have attended or have tried to register.

### **CLASS AUDIT in History 2022**

Here is what Victor Boodhoo has to say:

I have always liked History. In High School we studied Medieval, West Indian, American and British history. Later in life, I read a lot about the history of mankind as well as Biblical and World history.

When the opportunity arose to audit a class at UCF, I naturally chose one in history and an available one was The Crusades. Yvette and I thoroughly enjoyed the class which was also audited by another senior couple.

Being in a class of young students took me back 60 years when I was in College. I was reminded of students who liked to be noticed by classmates and the Professor. As auditors, we were exempt from examinations but were involved in group discussions and exercises.

The Professor is an Englishman who was very soft spoken. Students commented that he was difficult to understand. We had no such concerns and found him friendly and appreciative that he had senior auditors in his class.

In all, there were 8 major crusades from 1096 to 1272. They were a series of religious/military campaigns aimed initially at taking back the Holy land from Muslim control. They eventually involved expansion of crusader states extending to Constantinople and Europe. From the Christian standpoint, the first crusade authorized by Pope Urban 2nd was the most successful one. Overall, it was felt that the Muslims were the conquerors in the crusades having recaptured Jerusalem and several crusader states, later extending their influence in Europe.

In the 12<sup>th</sup> century the Knights Hospitallers and the Knights Templars were formed initially for medical purposes and the protection of pilgrims. They eventually became formidable military forces.

Notable crusaders included Richard the Lionheart, King Louis V11, Saladin and Sultan Baibars.

1.7 million people died in the crusades (then European population estimate 70 – 75 million.)

Submitted by Victor Boodhoo

**CLASS AUDIT in Art History-** Next Steve Keogh will describe the whole process of registering. A bit complicated but worth it as Steve found a class exactly to fit his needs.

I do have limited experience with auditing a class through our program of being a resident of Legacy Pointe. I have to start by saying that just getting my UCF ID (also called the student/employee number), my UCF NID, (Network ID for access to Myucf, which you need to register for classes, and I have a third identity number which is on the card given to me very early on by Legacy, which is the plastic card with my picture and showing a third number, “LP Student, LPxxx.

Confused yet? I had a really terrible time getting myself registered on the UCF website. I consider myself pretty good on computers, but this first step was really difficult. After a long time, I was finally transferred to the actual head of the IT department, who was able to get me registered as a student. I have to say, and this is my personal opinion only, the UCF website was a challenge for me. Still is.

I did finally get registered for an Art History class. I attended a couple of classes, and then made an appointment with the instructor, who immediately told me that her class was not a good one for an auditing student, but then recommended a different class, which turned out to be exactly what I wanted. I went to many sessions in this new class, and then had a medical event which forced me to stop attending. Give me a call if you want more detail on all of this, but I do recommend that you try and see the instructor prior to registering for any class. Both of these instructors were very friendly, and very helpful.

Just some general comments. The UCF campus is big and parking is difficult. UCF has a system where you can get a daily parking pass for \$5.00, and was easy to get once you have set it up. However, I have a handicapped license plate, which turned out to be a huge advantage. Most days, I got a space right by the front door of the building. I rarely saw any empty spots otherwise .

The association we have with UCF is a huge benefit, and one of the main reasons that entered into my decision to come here.

Steve Keogh

## My Experience with the Senior Audit Program at UCF

One of the attractive features that drew my wife, Sandy, and me to a life at Legacy Pointe at UCF was the association with UCF. We perceived it as an opportunity to help us to pursue our academic and cultural interests. The Senior Audit Program is one such avenue in that pursuit. I have acquired a late life interest in history, for which I have had no formal education since I was a junior in high school, so I decided to apply for a history course for the fall semester of 2022. Not knowing the availability of the various history courses, I applied to two history courses from the UCF catalog: American History since 1977, and World History. Surprisingly I was accepted into both courses. In fact, both classes were taught by the same professor, Michael Deliz, and were conducted in sequence on the same days of the week. The courses provided the content that I was looking for. I felt that Professor Deliz, an excellent professor, not only provided the historical information, but he also encouraged the students to think about what was happening at the time, "...what do you think were the pros and cons to be considered, and how does the final decision relate to modern times?"

The World History course began with the beginning of recorded history. Much attention was given to the various "cradles of civilization". Man's development of writing, the influence of international trade, religions, etc. were presented as great drivers in the progress of civilization.

The course contents met, or exceeded, all my expectations. However, all did not go smoothly as I tried to register for the courses. I was notified of my acceptance for enrollment 35 minutes before the first class was to start, thus I missed my first classes. I believe that the problem resulted from a communication issue between Legacy Pointe and UCF. Also, I had not been informed of the parking protocol on campus...I had received a \$30 ticket before I finally got on board.

My positive experience with the course content in the fall semester encouraged me to register for another course for the spring semester of 2023. Unfortunately, my application seems to have gotten lost in the communication between Legacy Pointe and UCF, thus I missed that course. There now being two instances of miscommunication between Legacy Pointe and UCF in my regard indicates that work needs to be done there. Hopefully it has been corrected by now.

Bottom line: the Senior Audit Program was a very positive experience for me. I felt that once prompted, I probably began to bore people as I expounded on the courses and Professor Deliz. On the other hand, I think the LIFE program can provide most of what I want with respect to academic content. I intend to pursue LIFE next.

Ed North



**FLiCRA What is it?** Florida Life Care Residents Association (FLiCRA) is a statewide non-profit association of residents living in Continuing Care Retirement Communities (CCRCs). Under the leadership of volunteer residents and dedicated staff in Tallahassee, FLiCRA is a recognized voice before the legislature and state regulatory agencies.

The mission of FLiCRA is to promote and protect the rights of residents who live in CCRC's. FLiCRA accomplishes its mission through its relationship with legislators and state agencies.

**FLiCRA** recently held its annual meeting on October 26 at Vero Beach. Over 30 CCRCs were present. The Florida Insurance Commissioner was the keynote speaker.

Currently, FLiCRA has been working with the States Resident Councils to bring them up to date on all of the changes in the laws governing Continuing Care Retirement Communities CCRC.

### **ACTIVITIES which took Place in OCTOBER**

#### **PARTIES, MUSIC, SONG, and GREAT FUN**

**From October 13<sup>th</sup> through the 31<sup>st</sup>. there was music, song, and parties everywhere**

Friday October 13th Eva Weingarten Band Performed. Eva and her band specialize in crafting a musical tapestry that transcends generations and genres. From the heartfelt ballads of Billie Holiday's 'All of Me' to the infectious melodies of The Beatles '. This performance took place at the outdoor Bistro patio area from 5 PM- 7 PM. We would love to Eva return and perform in the Auditorium where the sound is much better for their type of Music.

#### **The first Party Dona's Birthday:**



**All quiet and Decorated before the Crowd**

It was another quiet Saturday on October 14<sup>th</sup>. A couple of old friends Tom and Lee were coming for a lunch with Carolyn Ruhe, Dona Hams, and Frank Russo. We headed out for a short drive to our favorite Italian restaurant. We had a great meal, long discussions, and many stories. We arrived back at L.P. at 2 PM. And from there on in it was not quiet.

It was Dona's Birthday and a surprise party just popped up. Dona who was always planning and running parties was now the guest of honor. About 75 people emerged from halls and rooms to sing the traditional H.B. (There were some untraditional words thrown in as well).



**A minute before the Guests want their piece of the Cake**

There were cakes galore featuring Carolyn secret 'carrot cake' recipe. The decorations committee did an outstanding job but the balloons we had were no match for the usual display of unusual balloons secreted away in Dona's secret security room.



**A profound 'thank you' to her guests**

## **Niall Donoghue Concert with Greg Parnell Quartet**

On Saturday, October 14th from 3 PM- 4 PM, Resident Tenor Niall Donoghue gave a musical performance alongside Greg Parnell on drums, Michael Kramer playing piano, Terry Myers playing saxophone, and Ben Kramer on Bass. The auditorium was full and from the sounds of singing and applause you could tell that Niall and quartet gave a great performance.



**Tenor Niall Donoghue and the Quartet**

## **The second Party a Combined 80<sup>th</sup> Birthday**

Eighty years is a long time and we should absolutely celebrate and we did. On October 22<sup>nd</sup> we celebrate three of our residents who were turning 80.



**Lots of cake and wine and good fellowship to celebrate the 80th birthdays of these three “golden girls...-  
Sandy North, Yvonne Paul, and Margaret Ziegler**





**The Party goes On and On!**  
**And the Third Big Party - Halloween**  
**Food**



**Costumes**



## Dancing



## AND PETS



## **THE BOAT REGATTA**



DID YOU FORGET? We hope not! The Invitation Regatta was held on Sunday, October 29<sup>th</sup> from 10-Noon, at Edward's Pond. The weather was perfect as our L.P. Racers took on the Oviedo Club. The residents and lawn chairs arrived and of course THE BOATS. Dennis Wood looks very happy holding the day's trophy

## **THANK YOU AGAIN and AGAIN**

In our Community, so many people do so much volunteer work that it is hard to begin to thank them individually. Each month we will try to recognize some of the many volunteers.

**This month we say a special thank you to our VETERANS FOR NOV 11<sup>TH</sup>**

**(Editor Note: Send People who should be thanked to [frankrusso2012@gmail.com](mailto:frankrusso2012@gmail.com)).**

## **AED Instructions for Use**

**The AED is located on the right hallway wall between the Bistro and Private Dining Room. The AED is enclosed in a case with a glass door.**

If you are the first to arrive at the location of the AED open the door and take out the case. When person two arrives send them to call 911. When person three arrives have that person join you as you take the AED to the person whose heart has stopped beating. Once there begin CPR immediately while waiting for the EMTs to arrive.



There are several good videos on how to use the AEDs. If you have been certified in the past then review the procedures which are presented in the following YouTube video:

[How to Use a Defibrillator \(AED\) - First Aid Training - St John Ambulance - YouTube](#)

**The Health and Wellness Committee** is also trying to find out from Residents if they feel there is a need for a Care Givers Group/Club. There are about a dozen 'known' caregivers in this community who may want to get together for coffee and talk. If you are interested please contact Linda Parsons Rude at 321-704-1723 or [Lulubell303@gmail.com](mailto:Lulubell303@gmail.com)

An additional concern of the **Health and Wellness Committee** is for residents who live alone. There are a lot of safety concerns as well as social and physical needs. There may be a need for some organized form of communication. If you feel there is a form of communication that would benefit those living alone you can contact Linda Parsons Rude at 321-704-1723 or [Lulubell303@gmail.com](mailto:Lulubell303@gmail.com)

### **Author Jeanne Farmer Presentation**

Join us in the Auditorium on Monday, October 23rd from 1 PM - 3 PM as we welcome local author Jeanne Farmer! How Far Would You Go To Find Your Missing Child? Book 1 of new Shamrock Beach Series by Jeanne Moon Farmer centers on the secrets that send a mother into the dangerous world of human trafficking to find a missing daughter. St Augustine, FL Sept 2023 Jeanne Moon Farmer's latest series is set in a beautiful coastal and fictional Florida town named Shamrock Beach.

### **L.P. RESIDENT TOPICS AND OPINIONS**

#### **Medical Marijuana Comes to Legacy Pointe? by Doug Worthington**

No, Legacy Pointe is not offering medical marijuana or Cannabis, but some residents have found it very useful to resolve medical issues such insomnia, anxiety, chronic pain, and perhaps even Alzheimer's. The fastest growth of regular users comes from people over 65.

I personally have had a serious case of insomnia for 20 years. I have taken both over the counter pills and strong prescriptions such as Zolpidem. Doctors warned me that regular use of Zolpidem will increase the likelihood of developing dementia.

Clearly, I needed to find a way to get a good night's sleep without endangering my health. My PCD referred me to a person in Winter Park who would help me get a license from the State and who will advise me where to buy it and how to use it.

The initial cost for a license that would enable you to purchase Cannabis is \$300 and a smaller fee to renew that license annually. I was required to visit the doctor in Winter Park every three months for advice and to collect a fee of \$150. These administrative costs add up on an annual basis.

There are three Cannabis dispensaries within a half mile of Publix on McCulloch. All dispensaries will either ask for cash or a debit card. I refuse to purchase anything that is an inhalant so I use an edible and a liquid I swallow to get a good night's sleep. If I take a little too much Cannabis, I tend to be slightly dizzy if I get up in the night. I still get up two or three times each night, but I normally fall back to sleep within a few minutes. I'm getting eight to nine hours sleep each night, and I do not wake up feeling drugged.

If you are interested in getting more information about Cannabis use or how to get started, call me at 352 430 5373.

**Here are some seasonal reminders....It Is FALL!!!**



**By Polly Del Vero**



**By Polly Del Vero**

## HEALTH AND MORE

Each month, here are articles about social fitness, physical fitness, and nutritional fitness. They are for your interest. We do not make any claims or recommendations

### Social Fitness

You may tired of hearing it here but ordinary people who have survived for 100+ years have accumulated a 'ton' of successful thoughts and practices that have helped them for over a century. Here is another story:

**107-year-old shares her secret to a long and happy life: Don't wait for your dreams to come true:**

<https://www.cnbc.com/2023/09/21/107-year-old-shares-her-secrets-to-happiness-as-you-age.html>

(hold the control key and click on the link or copy it and paste it into your browser).

### Physical Fitness

We often think of exercise as physical 'doing something'. Well not always! Some scientists at MIT are suggesting another way. Are they correct? Well it comes from MIT so it must be correct? Well you be the judge!

#### **MIT Neuroscientist Shares Exercise They Do to Improve Memory**

<https://www.newsweek.com/mit-neuroscientist-shares-exercise-improve-memory-1827459>

(hold the control key and click on the link or copy it and paste it into your browser).

### Nutritional Fitness :

Articles are appearing weekly on the web about what we eat and how it interfaces with the othr that keep our bodies functioning. Check out the article below for the latest. Link between veggies & microbiome confirmed for the first time



<https://newatlas.com/health-wellbeing/link-between-fruits-vegetables-microbiome-confirmed/>

(hold the control key and click on the link or copy it and paste it into your browser).

**Don't miss the Aqua Fit Classes in our pool – Wednesdays at 2:30 – sign up with the Concierge.**

### **Stay Fit**

There is something special on Saturday morning in the Yoga room at 10 AM with Nadya from MET Fitness. Chair One Fitness is a seated interactive, total body workout that moves to music. These sessions will combine easy-to-follow movements using the chair to increase strength, stability, range of motion, and balance.

### **DO YOU NEED TO GET OUT AND DO SOMETHING?**

**Check out these possibilities:**

**IF YOU DO NOT WANT TO GO OUT, BELOW ARE OPPORTUNITIES IF YOU STAY IN.**

#### **CHECK OUT TOUCH TOWN JOIN a CLUB**

Check out Touch Town on your phone. There are over a dozen clubs here at Legacy Pointe that would love to have you join.

Here are just a few available The Legacy Pointe Book Club, Garden Club, Chess Club, and many others. Again, check Touch Town for dates and times.

#### **The Legacy Pointe Book Club**

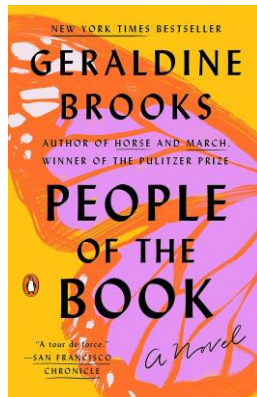
##### **November:**

We invite you again to come to the meeting of the Legacy Pointe book club on **(note the change of date)** Tuesday November 14, 2023 at 3 PM in the Card Room.

**Our Book for this month is called. People of the Book by Geraldine Brooks**

In 1996, Hanna Heath, an Australian rare-book expert, is offered the job of a lifetime: analysis and conservation of the famed Sarajevo Haggadah, which has been rescued from Serb shelling during the Bosnian war. Priceless and beautiful, the book is one of the earliest

Jewish volumes ever to be illuminated with images. When Hanna, a caustic loner with a passion for her work, discovers a series of tiny artifacts in its ancient binding—an insect wing fragment, wine stains, salt crystals, a white hair—she begins to unlock the book’s mysteries. The reader is ushered into an exquisitely detailed and atmospheric past, tracing the book’s journey from its salvation back to its creation.

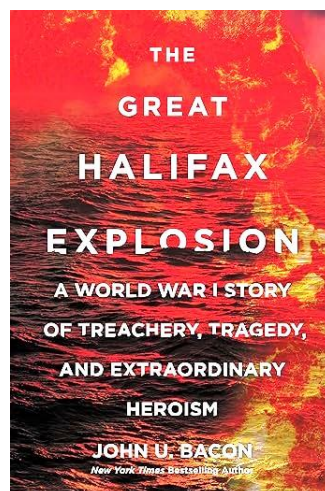


## December:

We invite you to come to the meeting of the Legacy Pointe book club on **(note the change of date)** Tuesday December 13, 2023 at 3 PM in the Card Room.

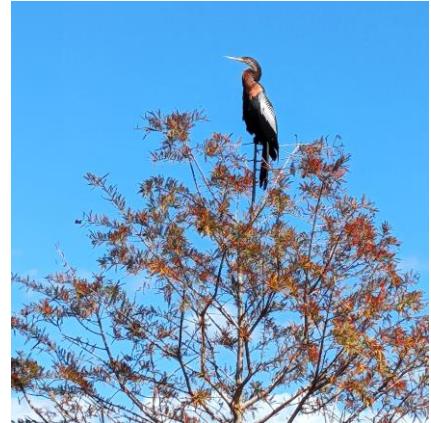
*Our Book for this month is called. **The Great Halifax Explosion: A World War I Story of Treachery, Tragedy, and Extraordinary Heroism** by John U. Bacon |*

After steaming out of New York City on December 1, 1917, laden with a staggering three thousand tons of TNT and other explosives, the munitions ship Mont-Blanc fought its way up the Atlantic coast, through waters prowled by enemy U-boats. As it approached the lively port city of Halifax, Mont-Blanc's deadly cargo erupted with the force of 2.9 kilotons of TNT—the most powerful explosion ever visited on a human population, save for Hiroshima and Nagasaki.



## **Here at Legacy Point we are a National Wildlife Preserve**

And here are a couple of our 'wild' residents captured by Jonathan Wahl



## **SPACE LAUNCHES AT KENNEDY SPACE CENTER FOR NOVEMBER**



**Photo by Joyce Swing**

**For list of all launches, check this website**

Space calendar 2023: Rocket launches and skywatching dates | Space

## SpaceX CRS-29 launch to International Space Station

**Nov. 9:** A SpaceX Falcon 9 rocket will launch a Cargo Dragon spacecraft to the International Space Station (ISS), on NASA's CRS-29 mission. A highlight of SpaceX's next science-packed mission includes launching a part of a [two-way laser array](#) to test out high-speed communications in [low Earth orbit](#). [Delayed](#) from Nov. 7.

SKYWATCHING **Venus meets the crescent moon Nov. 9:** Check the morning weather forecast and then set the alarm for Thursday morning, Nov. 9 to see one of the most spectacular conjunctions of the year. In the eastern sky between 3 a.m. and sunrise, the horns of the pretty crescent moon will shine less than a lunar diameter to the left (or celestial northeast) of the brilliant planet [Venus](#).

SKYWATCHING **Northern Taurid meteor shower peaks Nov. 11:** The Northern [Taurid meteor shower](#), which runs worldwide from Oct. 20 to Dec. 10 annually, will reach its maximum overnight on Saturday, Nov. 11 in the Americas.

SKYWATCHING **New Moon Nov. 13:** The moon will reach its new phase on Monday, Nov. 13 at 4:27 a.m. EST, 1:27 a.m. PST, or 09:27 GMT. At that time [new moon](#) will be located in [Libra](#), 2.5 degrees south of the sun.

ROCKET LAUNCH **One year since the launch of Artemis 1 Nov. 16:** [Artemis 1 lifted off](#) Nov. 16, 2023, at 1:47 a.m. EST (0647 GMT) from Pad 39B at NASA's [Kennedy Space Center](#), in Florida. The launch marked the debut of NASA's huge new [Space Launch System](#) (SLS) rocket and kicked off a 25-day journey to the moon and back for the uncrewed Orion spacecraft.

SKYWATCHING **Leonid meteor shower peaks Nov. 17:** The [Leonid meteor shower](#) peaks tonight! The shower is active between Nov. 3 and Dec. 2. Up to 15 meteors per hour are predicted during the peak of the shower, occurring overnight on Friday, Nov. 17 in the Americas. At that time, Earth will be traversing the densest part of the comet's debris train.

**Full Moon Nov. 27:** The November [Full Moon](#), traditionally known as the Beaver Moon or Frost Moon, always shines within or near the stars of Taurus and Aries. The moon will reach its full phase, opposite the sun in the western pre-dawn sky, at 4:16 a.m. EST, 1:16 a.m. PST, or 09:16 GMT.

**Also in November:** SpaceX is planning to launch the second test flight of its Starship rocket. The full launch vehicle was [stacked](#) last month, and [SpaceX](#) CEO Elon Musk posted on X, formerly known as Twitter, saying, "Starship is ready to launch, awaiting FAA license approval." FAA responses later indicated November as a more likely timeframe for Starship's next flight.



## SURFING THE INTERNET

You could spend your whole day just sitting and surfing. If you do this your entire body will fall apart from lack of exercise. So, our newsletter is asking its readers who spend just a few minutes a day surfing to send along some links to articles that may be interesting or funny or extremely important. Send links to Frank Russo at frankrusso2012@gmail.com

### Pickleball ?

#### The 1 Unexpected Health Benefit Of Playing Pickleball

*A new study reveals that the popular sport may be more than just a fun workout.*

[https://www.huffpost.com/entry/pickleball-mental-health-benefit I 6536af5ee4b011a9cf7a97ba](https://www.huffpost.com/entry/pickleball-mental-health-benefit_I_6536af5ee4b011a9cf7a97ba)

(hold the control key and click on the link or copy it and paste it into your browser).

**Who were the real ‘native Americans? They could have been here a lot longer than current theories have suggested.** Further evidence points to footprints in New Mexico being the oldest sign of humans in Americas. See for yourself in the article below.

<https://phys.org/news/2023-10-evidence-footprints-mexico-oldest-humans.html>

(hold the control key and click on the link or copy it and paste it into your browser).

7 Medicare Changes for 2024 All Seniors Should Know About By [Kailey Hagen](#) –

The government has made several changes to Medicare that could reduce your prescription drug costs in 2024.

It has also expanded coverage for things like mental health and chronic pain treatment.

Those signing up during a special enrollment period will be able to apply for Medicare Advantage or Part D plans at this time. See the link below

<https://www.fool.com/retirement/2023/10/22/2024-medicare-7-changes-all-seniors-should-know-ab/>

(hold the control key and click on the link or copy it and paste it into your browser).

### **Our Day Ends**



Photo by Frank Russo

Feedback? Stories? Photos?

Send to Frank Russo at [frankrusso2012@gmail.com](mailto:frankrusso2012@gmail.com)

REMEMBER sign up for the **LP Residents Forum**: <https://lpresidentsonline.org/smf>  
**You can easily set up your login and password.** The Forum is a place for you and your neighbors to come together . . . To create a knowledge base . . . To go beyond a community to becoming a family. We hope to see you online soon. If you need help contact by email Jonathan or Ina.

"And in case you missed any issues, click the following link to access the complete Newsletter Archive:"

LP Residents Forum - Residents Newsletters ([lpresidentsonline.org](https://lpresidentsonline.org))

Email Jonathan at [47ipds@gmail.com](mailto:47ipds@gmail.com) or Ina at [utgrad@attglobal.net](mailto:utgrad@attglobal.net).