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Celebrating Love and Community:

Meet Harold Becker and John Goltz of The Love Foundation

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Photo Provided by John Goltz

FEBRUARY 2025



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Publisher: Didier Nicholas **Content Coordinator:** Kristin Sabol

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HOA Submission Information

Are you on the association board for your subdivision?
Contact us for information on how you can submit
articles, updates, reminders, events, and more to the
residents. We create customized Homeowners Association
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Feedback/Ideas/Submissions

Have feedback, ideas, recipes to share, or submissions? We are always happy to hear from you! NEW Deadlines for submissions are the 5th of each month for the next month's issue. Email your thoughts, ideas, and photos to: ksabol@bestversionmedia.com. You can also go to www.bestversionmedia.com and click "Submit Content."

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Butler Chain Living Deadlines

MONTHLY DEADLINE: Content is due on the 5th of the previous month before publication.

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Best Version Media **Dear Residents**,

ello readers, and Happy February! We are moving right along into the new year, and I hope it is treating you well!

This month is home to several popular holidays and celebrations, including Groundhog Day, Presidents' Day, and Black History Month.

It is also Valentine's Day, which is a great time to celebrate and reflect on the love in our lives.

One of the things I love is bringing you fresh, exciting stories about local people and organizations impacting our fantastic community. This month is no exception. I am excited to introduce you to The Love Foundation.

This vibrant organization is bringing positive change to the Orlando community, and I know their story will inspire you.

Our monthly calendar also features some fun new events, and we have great articles about our local businesses. Be sure to check out all of the amazing offerings around the Butler Chain.

As always, everyone here at Butler Chain Living thanks you for your continued support! Please enjoy this month's magazine.



Didier Nicholas, Veteran & Publisher



Kristin Sabol, Content Coordinator



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lisamarie@urlearningsolution.com

WE ARE THANKFUL FOR OUR EXPERT CONTRIBUTORS



FEBRUARY

Every Tuesday Rotary Club Meeting

@Main Street, Town Hall, Windermere Time: 6:30 am town.windermere.fl.us

Every Friday

Windermere Farmers' Market

@Main Street, Town Hall, Windermere Come for the freshest local produce, honey, fresh bread, pasta, organic tea, nuts, gourmet cheeses, roasted coffee, and more every Friday all year.

Time: 9 am-2 pm facebook.com/windermerefarmersmarket

Every Friday

Fridays on the Plaza

@Downtown Winter Garden Enjoy live music every Friday night on the Plaza.

Time: 7 pm-9 pm Cost: Free

Every Saturday

Winter Garden Farmers Market

@City Pavilion, Tremaine Street Time: 8:00 am to 1:00 pm Cost: Free

Every Saturday and Sunday

Weekends at the Winery

@Lakeridge Winery
Come out and enjoy the expansive vineyard
green, including delicious food, live
entertainment, and your favorite Lakeridge
wines by the glass at the outdoor bar.
Time:12pm-4 pm

Cost: Free

All February

Mardi Gras at Universal Orlando

@Universal Studios

Forget about your inhibitions. Forget about who's watching. It's time to let loose at Universal's Mardi Gras.

Time: Park hours

Cost: Included with Park Admission

February (Select Dates)

SeaWorld Orlando's

Seven Seas Food Festival

@SeaWorld Orlando

Sip and sample your way around the world at SeaWorld Orlando. Featuring global cuisine, wine, craft beer, and live entertainment, guests can taste their way worldwide without leaving the park. Time: Park hours

Cost: Included with Park Admission

February

Busch Gardens Mardi Gras

@Busch Gardens Tampa Bay Get jazzed up with Mardi Gras-style entertainment and live music, and catch some festival beads after each parade. Time: Park Hours Cost: Included with Park Admission

February

Celebrate Black History Month

@Orlando City Hall Terrace Gallery Artists showcase African American history through visual arts.

Time: TBD Cost: TBD

Saturday, February 1st-Monday, February 24th EPCOT Festival of the Arts

@EPCOT

There's live music, along with fresh tastes to savor and new artwork to admire and take home.

Time: Park Hours

Cost: Included with park admission

Tuesday, February 4th-Sunday, February 9th

A Beautiful Noise:

The Neil Diamond Musical

@Dr. Phillips Center for the Performing Arts, Walt Disney Theater
The untold true story of a Brooklyn kid who became a chart-busting, showstopping, award-winning American icon. Price: Starting \$50.00
Time: | 1 pm, 2 pm, 6:30 pm, 7:30 pm & 8 pm.

Friday, February 14

Valentine's Movie Night-Sleepless in Seattle

@Harry P Leu Gardens 1920 North Forest Avenue, Orlando, FL 32803 Treat your sweet to a very sr

Treat your sweet to a very special rom-com for Valentine's Day. Pack a picnic and seat; alcohol is permitted.

Time: 7:30 pm

Cost: \$8 Adult/ \$6 Child

Saturday, February 22

Winter Garden Music Festival 2025

@Historic Downtown Winter Garden Time:11:00 am – 10:00 pm

Cost: Free

When this magazine went to print, all event times and locations were accurate, but please check event websites for the most current information. Some events may have been postponed or canceled.





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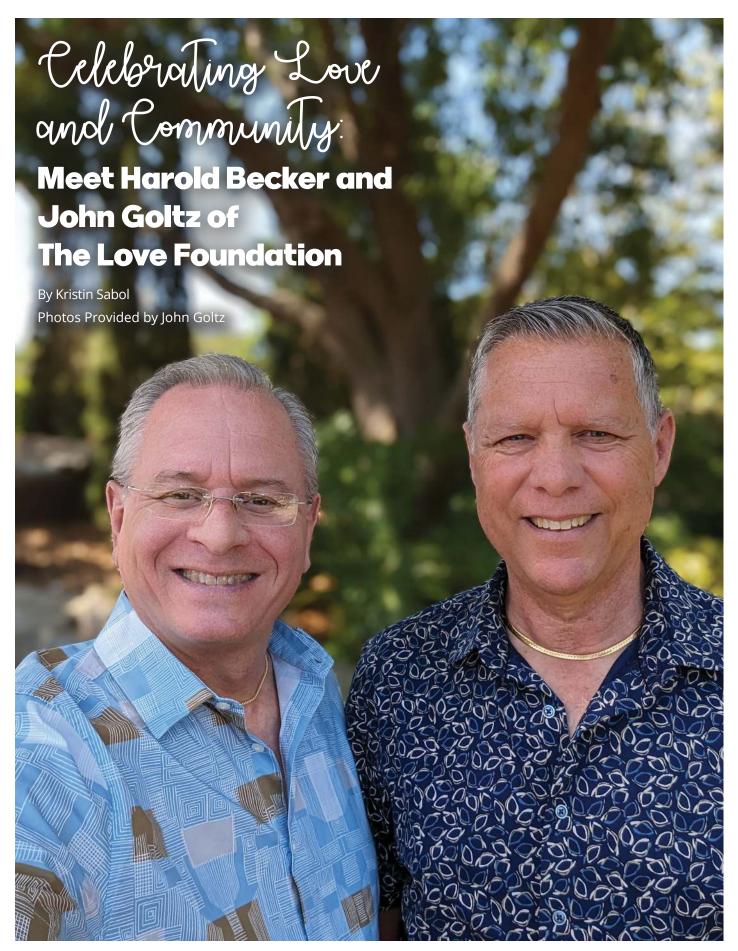
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n the heart of Central Florida lies a story of love, community, and inspiration. Harold Becker and John Goltz, co-founders of The Love Foundation, have dedicated their lives to promoting unconditional love and compassion on a global scale.

With a mission of inspiring people to love unconditionally, these two leaders are bringing positivity, inspiration, and awareness to Orlando.

A Life of Learning and Love

Harold Becker, with an MBA from the University of Tampa and a BA in business from the University of South Florida, has worn many hats throughout his career. From his early days as a jeweler and banker to now as an established author and speaker, his journey reflects his passion for human connection and personal growth.

He is the President of Internal Insights, a consulting company, and The Love Foundation, a nonprofit he founded in 2000.

John Goltz brings his own unique talents to the table. A graduate of St. Olaf College in Minnesota with a degree in biology, John serves as Vice President and Co-founder of The Love Foundation.

His creative and technical expertise has been instrumental in bringing their shared vision to life for The Love Foundation and Internal Insights. John serves as an editor, producer, and video creator for various projects with both organizations.

Together, Harold and John have spent over 35 years as partners, legally marrying in Orlando on their 25th anniversary in 2015.

A Love for Orlando

For Harold and John, Orlando offers the perfect blend of culture, diversity, and opportunity. "We enjoy taking advantage of all that Orlando has to offer, especially with the beautiful weather and variety of activities available," shared John.

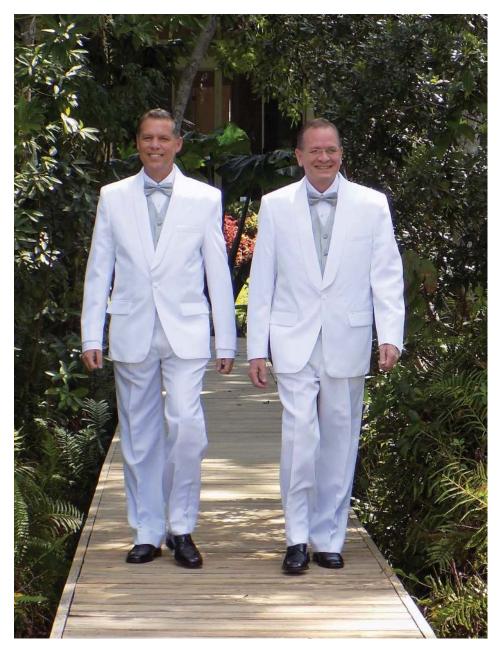
"We enjoy walking, biking, visiting the parks, music, shows, the local art galleries and museums, and spontaneously interacting with a wide variety of both locals and visiting vacationers. We especially enjoy attending many festival concerts at EPCOT throughout the year, having now seen over 100 musicians and bands."

In addition to exploring the city's amazing offerings and local theme parks, the couple loves discovering vegan-friendly restaurants in the area.

Living Local

Harold and John love taking advantage of the Central Florida lifestyle, frequently supporting local businesses in the area.

"Disney Springs is always fun with free live music and a variety of dining, shopping, and



entertainment options. We also enjoy Millenia Mall and the surrounding area, which offers great shopping and dining options. Nagoya Sushi in Dr. Philips is our local gem for an intimate dining experience, and being plant-based, we are especially fond of chains like PF Chang's, having now eaten at over 32 locations in the US."

The Love Foundation

John and Harold are founders of The Love Foundation, a 501(c)3 nonprofit organization established in 2000 to inspire people to love unconditionally. The nonprofit's vision is to raise awareness in people of the simple, practical power of unconditional love.

The organization is celebrating its 25th anniversary this March 2025 and has been recognized as a "Top-Rated Nonprofit" by GreatNonprofits.org for the past 11 years.

"When we bring unconditional love back into our personal, professional, community, and family lives, we begin the journey of restoring wholeness and happiness," shared Goltz. "When we open our hearts, we come from compassion and share our kindness naturally. This helps empower our individual and collective lives in ways nothing else can."

Global Love Day

Though many think of love and celebration on Valentine's Day, the organization celebrates love on an additional day: Global Love Day.

"The organization celebrates Global Love Day annually on May 1st as a celebration of humanity. Over the years, it has become part of contemporary culture, is shared socially, appears on calendars, and is listed on Wikipedia. Now in its 22nd year for 2025, it is the universal

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recognition of our innate oneness through love. It is our vision to unite all in a celebration of love and compassion. Orlando area Mayors have supported this day with annual proclamations."

Since its initial launch in 2004, The Love Foundation has received responses from individuals and organizations in over 175 countries, along with over 920 proclamations from governors, mayors, councils, and leaders (including HH Dalai Lama) offering their support for Global Love Day.

The primary flyer and information are in 40 languages and share the universal messages:

We are one humanity on this planet.

All life is interconnected and interdependent.

All share in the Universal bond of love.

Love begins with self-acceptance and forgiveness.

Looking Ahead

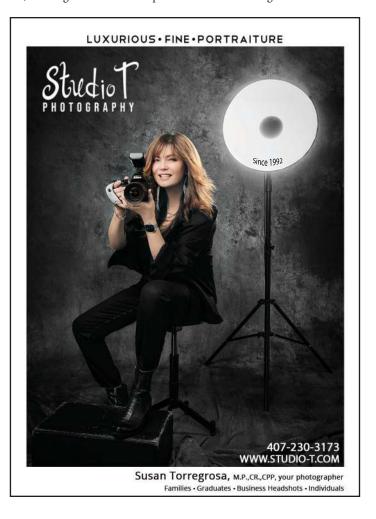
As they prepare for The Love Foundation's 25th anniversary this March, Harold and John remain committed to their mission.

They are also exploring emerging technologies like AI to amplify their message further, including AI-generated podcasts inspired by Harold's writings, which readers can find on their YouTube page: www.youtube.com/@thelovefoundation.

Join the Movement

The Love Foundation's all-volunteer team includes board members from the US, UK, and Malaysia, along with coordinators in numerous countries. The group works together to embody the principles of unconditional love in everyday life, fostering kindness and compassion in both local and global communities.





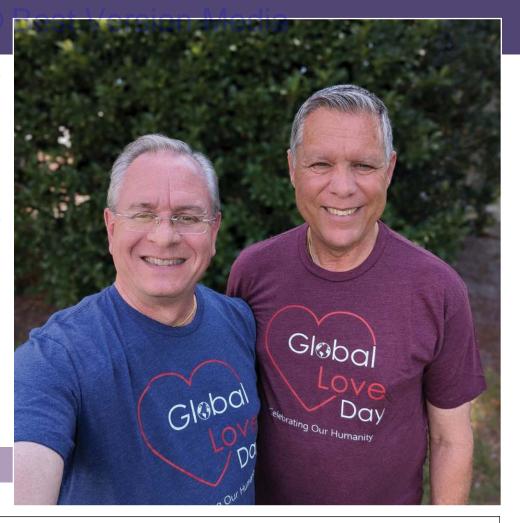
In addition, the charity is not affiliated with any religious creed or perspective.

Celebrate Love

The Love Foundation values the surrounding community and its support. "We particularly enjoy Dr. Phillips/Windermere and the greater Orlando area because of its multi-cultural/international environment. The theme parks and numerous public events add to a cultural exchange within and beyond the community - keeping things beautiful, clean, friendly, and welcoming. There is an intention of magic, celebration, fun, and the enjoyment of life, which aligns with the vision of The Love Foundation."

Orlando residents and global citizens alike are invited to connect with The Love Foundation by volunteering or participating in its events.

And remember to celebrate love this Valentine's Day and Global Love Day on May 1, 2025. To learn more, visit www.thelovefoundation.com or follow them on social media at Facebook. com/thelovefoundation.





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OVERNIGHT

Steel-Cut Oats

By Madison Farkas

here's nothing better on a cold morning than waking up to a hot, ready-to-eat breakfast. Just make sure to start the slow-cooker as late as possible before you go to bed so the oats don't overcook.

INGREDIENTS

- ½ cup steel-cut oats
- 114-oz can coconut milk
- ½ cup water
- 1 apple, cubed
- 1 Tbsp canola oil
- 1 Tbsp butter
- 1/2 Tbsp vanilla extract

- 1tsp cinnamon
- ¼ tsp nutmeg
- · Pinch ground cloves
- · Pinch salt
- Pinch cardamom, or 2 cardamom pods
- 3 Tbsp brown sugar, to taste



OPTIONAL TOPPINGS

- Fresh apple chunks
- Dried cranberries
 Heavy cream
- Toasted almond slices, pecans or coconut flakes
- Maple syrup

Hemp hearts

 Extra cinnamon or brown sugar

INSTRUCTIONS

Grease a slow-cooker with cooking spray and add all the ingredients. Cook on low for 6 to 8 hours, then garnish with any combination of toppings. Makes two large servings.

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Submitted by Lexi Breunig

Food & Drinks

- ☐ Prepare easy-to-share appetizers like mini quiches, bruschetta, or a charcuterie board
- ☐ Plan a fun dessert, like chocolate fondue or themed cupcakes
- ☐ Set up a cocktail/mocktail bar with pink/red drinks

Extra Thoughtful Touches

- ☐ Create small party favours with items like bath salts, lip balm, etc.
- ☐ Write a handwritten note for each of your guests expressing your appreciation for them
- ☐ Provide a Polaroid or disposable cameras to capture your night

Activities

- ☐ Cue up a Galentines-themed playlist
- ☐ Plan at least one or two games, such as a card game or conversation cards
- ☐ If you're up for it, plan a DIY or craft. Ideas include canvas painting or charm bracelet making
- ☐ Curate a photo booth area with fun props

Pro Tips:

- ☐ Send a digital invite 2-3 weeks in advance
- ☐ Make sure to ask about dietary restrictions
- ☐ Keep the mood light and celebratory



Decor

- ☐ Plan decor that fits a pink and red colour scheme
- ☐ Make sure there are plenty of comfortable seating arrangements
- ☐ To set the mood, opt for fairy lights or soft ambient lighting
- ☐ To take your hosting game up a notch, create personalized place settings or name cards



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VALENTINE'S DAY CRAFTS FOR THE WHOLE FAMILY

Submitted by Brittany O'Reilly

Valentine's Day is a wonderful time to spend with loved ones and create lasting memories. Why not make it even more special this year by creating adorable Valentine's Day crafts together? Here are two simple and fun craft ideas for the whole family.

HEART-SHAPED HANDPRINT KEEPSAKES

This is a sweet and sentimental

craft that captures the love and

growth of your little ones.

WHAT YOU'LL NEED:

- Construction paper
- Paint
- Markers
- Ribbon or string

HOW TO MAKE IT:

- Dip your child's hand in paint and press it onto a piece of construction paper.
- Once the handprint dries, use markers to draw details like eyes, a nose, and a smile.
 - 3. Write a heartfelt message on the paper, such as "Love you to the moon and back."
 - 4. Punch a hole at the top of the paper and thread a ribbon or string through it to hang the keepsake.

LOVE BUG PENCIL TOPPERS

These cute little critters are a fun way to add some Valentine's Day cheer to your pencils and pens!

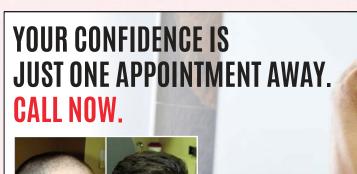
WHAT YOU'LL NEED:

- Pom-poms (various sizes and colors
- Pipe cleaners
- Googly eyes
- Glue
- Scissors

HOW TO MAKE IT:

- Glue a medium-sized pompom to the top of a larger pom-pom to form the bug's head and body.
- 2. Glue googly eyes to the head.
- Cut a pipe cleaner in half and bend each piece in half. Glue the middle of the bent pipe cleaner to the top of the head for antennae.
- 4. Cut shorter pieces of pipe cleaner and glue them to the bottom of the larger pom-pom for the legs.
- Cut heart shapes out of felt or foam and glue them to the back of the bug for wings.





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FIT 407: Transforming Wellness in Central Florida

By Kristin Sabol

ocal residents looking to elevate their fitness routines need look no further ↓ than FIT 407, Central Florida's premiere Modern Reformer Pilates Studio. Since its inception in 2022, FIT 407 has grown to six Central Florida locations, bringing an innovative, results-driven fitness experience to communities throughout the area.

The FIT Method

FIT 407 offers a unique blend of high-intensity, low-impact, slow resistance training guided by FIT Method-certified trainers. This scientifically designed workout is efficient and effective, helping members achieve noticeable results in as few as 20 to 30 sessions when practiced three or more times per week. This transformative approach combines the best aspects of modern Pilates with a supportive studio environment to deliver a fitness journey like no other.

Beyond physical improvements, the FIT Method builds strength, confidence, and mental wellness. This holistic focus has created a thriving FIT Family of members and instructors, all dedicated to reaching their peak physical and mental potential. At FIT 407, wellness is a shared journey, and the sense of community is what makes the experience so rewarding.

From Vision to Expansion

Mark and Michele Nelson launched FIT 407's first studio in Windermere with the vision of offering one of the most effective workouts available in



the boutique fitness space. Their commitment to excellence and passion for health has fueled rapid growth, expanding the FIT 407 footprint to six Central Florida locations in just two years. This success speaks volumes about the effectiveness of the FIT Method and the supportive community that surrounds it.

Ioin the Movement

Whether you're a fitness enthusiast or a newcomer looking to take the first step toward improved health, FIT 407 welcomes you. With a focus on both physical results and mental well-being,

members leave each session feeling stronger, more confident, and connected to a vibrant community. Those who know, know—FIT 407 is truly modern

Pilates like no other.



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8983 SAVANNAH PARK	BAY HILL VILLAGE	2,107	\$1,450,000.00	3	2, I	Community	\$688.18
6212 MASTERS BLVD	BAY HILL	1,853	\$925,000.00	3	2	None	\$499.19
9210 BAY POINT DR	BAY POINT	5,912	\$5,582,500.00	5	5,3	Private	\$944.27
10227 TROUT RD	CYPRESS SHORES	3,195	\$2,500,000.00	4	3	Private	\$782.47
10077 GOLDEN TOUCH WAY	GOLDEN OAK	3,184	\$6,000,000.00	3	3,1	None	\$1,884.42
5092 ISLEWORTH COUNTRY CL	UB DR ISLEWORTH	6,115	\$4,000,000.00	5	4 , I	Private, Community	\$654.13
11721 CAMDEN PARK DR	KEENES POINTE	3,014	\$975,000.00	4	3	Private, Community	\$323.49
5926 BLAKEFORD DR	KEENES POINTE	3,789	\$1,200,000.00	4	4	Private, Community	\$316.71
8039 WHITFORD CT	KEENES POINTE	3,043	\$1,300,000.00	3	3	Private	\$427.21
8719 S BAY DR	SOUTH BAY	2,518	\$800,000.00	3	2,1	Private	\$317.71
8906 JONATHAN MANOR DR	SOUTH BAY VILLAS	4,393	\$1,050,000.00	5	4 , I	Private	\$239.02

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