



OFFICE: 800 Main Street • Dunedin • FL 34698 • (727) 734-0990

# GOLDEN CREST

## • BULLETIN •

### May • 2026

Issue 3 • 50<sup>th</sup> Year

**East Bay Oaks Cruisers  
Sailed to the Caribbean  
in January on the  
Adventure of the Seas!**

Photo Credit: David MacAskill



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**Golden Crest Mobile Home Community**  
**800 Main Street, Dunedin, Florida, 34698**

**Golden Crest Recreation Committee Members for 2026-2027**

Chair	OPEN
Vice Chair	OPEN
Secretary	Diane Sheeley
Treasurer	Roy Cowdery
Director	Mary Lu Pelton
Director	Marianne Wildeman
Director	Marquise Guidmond
Director	Carol McTaggart
Director	Mike Kane



**Golden Crest Volunteers**

Library	Elaine Youmans, Eloise Blanchard
Outdoor Whiteboard	LeRoy Valteau
Monthly Media Newsletter	Diane Sheeley
News Bulletin Distribution	Gerry McNabb, Irene M
Rummage Sale	Patricia Vincent, Denise Lieber



**Golden Crest Homeowners Association 2026-27**

President .....	Carlotta Tyler
Vice President .....	Doug Smay
Secretary .....	Bert Fitzgerald
Treasurer .....	Denise Lieber
Director .....	Louise Germinario
Director .....	Colleen Johnston
Director .....	Dennis Carter



As we transition, please check the whiteboard in the clubhouse for activities.

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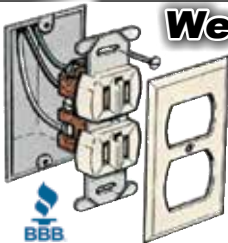
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## Golden Crest May 2026

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**H**ello Spring and the anticipation of a full summer. Weddings, Graduations, Mothers and Fathers Day, Memorial Day, Victoria Day, Canada Day, Fourth of July, and Labor Day. Mixed in are family vacations, cookouts, and I hear there are times Golden Crest residents plan get-togethers.

The Recreation Committee again extends a sincere THANK YOU to all the residents that stepped up to make the 2025-2026 season events spectacular.

Two critical positions for the 2026-2027 Recreation Committee continue to be vacant. If you have any suggestions on how the recreation committee can move forward, please contact Diane at 814-598-9611.

I am not aware of any recreational activities that full-time residents have planned.

Emerson Alcanter, Lot 380, has agreed to assist the Recreation Committee with any donations that need to be stored in the shed for the 2027 Rummage Sale. Thanks Emerson.

LeRoy Valteau has volunteered to maintain the outdoor whiteboard. Thanks LeRoy.

Please use the Golden Crest Dunedin Florida facebook page to keep in touch. To all our full-time residents, safe and enjoy the park.



## May Birthdays

---

5/3	Julia Tyree	356
5/4	Ricardo DiPego	311
5/4	John Webb	360
5/4	Kevin Blake	409
5/4	John Branch	437
5/5	Kyle Foster	317
5/7	Carol Aldrow	339
5/8	Kimberlee Kamas	415
5/8	Carol McTaggart	475
5/10	Brenda Mattson	462
5/13	Robert Galati	324
5/13	Rob Payne	413
5/16	Carol Weyandt	335
5/16	Leslie Tudorachi	343
5/17	Ruth White	468
5/20	Mark Mullins	304
5/24	Thomas Harris	355
5/24	Michael Kauffman	402
5/26	Kristi Slenk	434
5/30	Sandy Reilly	310



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## ACROSS

1. Clutch
6. Engage in
10. Combines
14. Eagle's home
15. Minerals
16. Voucher
17. Coniferous forest
18. Regrets
19. Bay
20. Stuporous
22. Detail
23. Not new
24. Low point
26. Worldwide
30. Stash
32. Scrutinize
33. Pomp
37. Pretentious person
38. Desert watering holes
39. You (archaic)
40. Idioms
42. Offering little or no hope
43. Twiddled one's thumbs
44. Purchasers
45. Chocolate source
47. Not thin
48. Roman robe
49. Hyperactive
56. Wicked
57. Knockout
58. Custom
59. Peddle
60. Distinctive flair
61. Genus of heath
62. 3
63. Break
64. Adjust again

## DOWN

1. An international trade treaty
2. Towards the back
3. Diva's solo
4. Portent or omen
5. Navy jacket
6. Planet
7. African sheep
8. Nerd
9. Flavoring extracts
10. Without intention
11. Hindu loincloth
12. Scuba user
13. Flower stalk
21. Addition
25. Revelation response
26. Sharp intake of breath
27. Moon goddess
28. Scent
29. According to the Bible
30. Enclosed
31. Anagram of "Sage"
33. Rate
34. You (archaic)
35. Big laugh
36. Guffaws
38. Witness
41. American Dental Association
42. Meat retailer
44. Sheep sound
45. Shroud
46. Nimble
47. Not back
48. Exam
50. Low-lying area
51. Nestling hawk
52. Empty weight
53. Nile bird
54. Moral weakness
55. French for "State"





# MAY SUDOKU

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Sunday	Monday	Tuesday
3	4	
10	11	Cin
Mother's Day		
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# Golden Crest

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				<p style="text-align: center;">JUNE</p> <table style="margin-left: auto; margin-right: auto;"> <tr> <td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td> </tr> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td></td> </tr> <tr> <td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td> </tr> <tr> <td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td> </tr> <tr> <td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td> </tr> <tr> <td>28</td><td>29</td><td>30</td><td></td><td></td><td></td><td></td> </tr> </table>	S	M	T	W	T	F	S	1	2	3	4	5	6		7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				
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## The absent-minded composer

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The famous composer Ludwig von Beethoven once went to a restaurant for some dinner, but being very absent-minded he forgot what he actually came there for. A waiter asked him several times what he would like to order, but Beethoven paid him no attention.

After an hour Beethoven called the waiter and asked him, “How much do I pay?”

The waiter replied, “Sir, you haven’t ordered anything yet. What I can do for you?”

Frustrated, Beethoven snapped back, “Oh, just bring whatever you want and leave me alone!”

## Einstein: A genius with a human touch

---

Albert Einstein was a scientific genius, and stories about him are legendary. Three stories illustrate that he was as human as the rest of us:

- When Einstein went to Princeton University in 1953, someone asked what he would need for his office. His reply: “A desk, some pads and a pencil, and a large wastebasket to hold all of my mistakes.”
- A student visited Einstein in his Princeton office one day with a copy of this year’s final exam in his hand. “Professor, all the questions on this year’s test are the same as last year!” “Yes,” Einstein replied, “but this year all the answers are different.”
- After finishing a paper, Einstein and his assistant could find only one paper clip in his office to hold the pages together. Unfortunately, it was bent out of shape and impossible to use. They searched the desk for something to use as a tool to straighten the clip, and found a full box of paper clips in one drawer. Instead of taking one of those clips, Einstein used one as a tool to straighten out the bent clip.

The assistant asked why he didn’t just use one of the fresh clips. Einstein answered, “Once I am set on a goal it becomes difficult to deflect me.”

## Quote

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To hell with facts! We need stories!  
—Ken Kesey



## A lesson in taking chances

---

A story from the book *Art and Fear*, by David Bayles and Ted Orland (Image Continuum Press), illustrates the power of taking chances and risking failure when you're trying to achieve something of quality:

On the first day of class, a ceramics teacher announced that he was putting his students into two groups. Half the students would be graded on quantity of works produced, the other half on the quality of just one work. On the final day of class, the instructor looked at the pots from both groups and realized that the best pots—those with the most creative designs and those that seemed most beautiful—all came from the group graded on quantity.

As the authors put it: “It seems that while the ‘quantity’ group was busily churning out piles of work—and learning from their mistakes—the ‘quality’ group had sat theorizing about perfection, and in the end had little more to show for their efforts than grandiose theories and a pile of dead clay.”

## Take a fresh approach to solving problems

---

You don't always want the same old solutions to everyday problems. Sometimes you want to try something different. From the *Fast Company* website comes these ideas for finding a fresh approach:

- **Rephrase the question.** The way you frame the problem may limit your options. Teach yourself to expand the scope. Instead of, “How can we throw a great birthday party for Ted?” Ask, “What can we do to make this a memorable birthday?”
- **Look for bad ideas.** Seeking perfect solutions can put too much pressure on your creativity. Give yourself a break and try coming up with some bad ideas. You'll get them out of the way quickly, and sometimes a bad idea can lead to something new and exciting.
- **Challenge your assumptions.** Take a hard look at your basic beliefs about the situation. Is the customer really always right? Is the lowest price necessarily the best deal? Turning your assumptions on their heads can suggest a different direction to go in.

## Quotes

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There are painters who transform the sun to a yellow spot, but there are others who with the help of their art and their intelligence, transform a yellow spot into sun.  
—Pablo Picasso



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## Monthly

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**ALS Awareness Month.** ALS, also known as Lou Gehrig’s disease, is caused by the death of neurons, leading to stiff muscles, twitching, and gradually worsening weakness. No cure is known, but this month is an opportunity to spotlight and support research to fight this deadly disease.

**Better Hearing Month.** Approximately 36 million Americans suffer from some form of hearing loss—and more than half are under 65. Visit an audiologist today to learn how to protect your hearing and ensure that your ears stay healthy throughout your life.

**National Military Appreciation Month.** As designated by Congress, National Military Appreciation Month celebrates the history of our armed forces and recognizes the brave people who have served in every branch of military service. It also allows Americans to educate each generation on the historical impact of our military through community participation.

**National Bike Month.** Sponsored by the League of American Bicyclists and celebrated in communities from coast to coast, National Bike Month is a chance to showcase the many benefits of bicycling and encourage more folks to giving biking a try.

## Weekly

---

**Children’s Mental Health Awareness Week, May 3-9.** A yearly event aimed at raising awareness of the issues and causes integral to the children’s mental health field nationwide. Sponsored by the National Federation of Families for Children’s Mental Health, this year’s theme is “Healthy Families, Resilient

**Food Allergy Awareness Week, May 10-16.** Food allergies affect up to 15 million people in the United States, including one in 13 children. Whether you’re newly diagnosed or brushing up on the facts, learning all you can about the condition is the key to staying safe and living well with food allergies.

**American Craft Beer Week, May 11-17.** American craft brewers are small, independent, and traditional. The average American lives within 10 miles of a brewery, and the United States now has more beer styles and brands to choose from than any other market in the world. Enjoy a cold one (responsibly) all month long.



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## Space Station experiment points to possible life on Mars

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Fungi from the dry, frigid environment of Antarctica took a trip to the International Space Station to determine their ability to survive under the harsh conditions of the planet Mars. Their endurance suggests that primitive life may indeed be viable on the red planet's surface.

As reported by the NBC News website, scientists took samples of the fungus from the McMurdo Dry Valleys in Antarctica, then had them sent up to the ISS, where the crew placed them on a sealed platform outside and exposed them to various types of conditions, including one which simulated the sparse atmosphere and the exposure to radiation present on Mars.

After a year and a half, the fungi had retained 60 percent of their cells, providing evidence that simple forms of life can survive under the toughest conditions in space and on distant planets.

## Robot cockroaches could save lives

---

Few animals are as maligned as the lowly cockroach. But scientists have found something worth emulating about them—their ability to squeeze into even the tightest spaces. Cockroaches on the run are about ½ inch tall, but they're able to compress their bodies to a 10th of an inch when they're trying to hide. Scientists at the University of California-Berkeley have been able to adapt that flexibility in a small, soft, multi-legged robot dubbed CRAM (Compressible Robot with Articulated Mechanisms). Constructed with an “origami-like” manufacturing technique, CRAM is seven inches long, three inches tall, and 1.6 ounces, and it's able to compress itself just like a cockroach to get inside tiny spaces. The scientists hope that CRAMs could be deployed in swarms to search for survivors inside collapsed buildings.

## Tarantulas have their own ‘Man in Black’

---

A new species of tarantula has been identified by a postdoctoral researcher at the Florida Museum of Natural History. Actually, Chris Hamilton discovered 14 previously unidentified species during his Ph.D. research at Auburn University, but only one of them was named after one of his favorite entertainers: country singer Johnny Cash.

*Aphonopelma johnnycashi* can be found, appropriately enough, near Folsom Prison in California, the setting of one of Cash's most famous songs and the site of several concerts the “Man in Black” performed during his lifetime. Tarantulas have more than 50 different species, and Hamilton examined more than 3,000 specimens, narrowing the field initially to 29 possibles and finally to 14 completely distinct species. Given that Hamilton has a tattoo of Cash himself, the name came naturally.

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## Report: Fiber may prevent breast cancer

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Parents and young women concerned about breast cancer may want to take note of a study from the journal *Pediatrics*: Scientists have discovered that adolescents and young women can significantly reduce their chances of getting breast cancer later in life by eating a high-fiber diet early on.

Researchers tracked more than 90,000 women over a period of years. Women 27-44 answered questions relating to their diet as adults and in high school. The data they collected about fiber consumption, after screening out other factors like race and family history of breast cancer, showed that women who had eaten high amounts of fiber had a 12-19 percent lower chance of getting breast cancer. In addition, women who reported a high fiber intake during their high school years were found to have a 16 percent lower risk of suffering breast cancer overall, as well as a 24 percent lower risk of being diagnosed before menopause.

Fiber from fruits and vegetables appear to offer the most health benefits.

## Keep your workplace a healthy zone

---

From Ebola to the Zika virus, new diseases seem to be rising every day to threaten our health. If you're a manager, you should do everything you can to keep your workforce safe from illness. Take these steps to minimize the risks:

- **Adjust absentee policies.** Many organizations still penalize workers for taking sick leave. Let your employees stay home when they're sick rather than risk infecting others.
- **Promote hygiene.** Post restroom signs urging workers to wash their hands frequently. Instruct cleaning services to wipe down telephone receivers as well as desk surfaces.
- **Plan ahead.** Consider how you'd respond if your department experienced a 30 percent absentee rate. How can you ensure that essential functions are covered? You can't stop bad things from happening, but you can take steps to keep them from crippling your organization.

## Quotes

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Healthy citizens are the greatest asset any country can have.  
—Winston Churchill

## Try these year-round common cold remedies

**Y**ou can catch a cold any time of the year, no matter what the weather is. Although you can't cure it, you can relieve its symptoms with some simple remedies. Try these:

- **Honey.** Honey mixed with tea or warm lemon water can relieve coughing and sore throat.
- **Zinc.** Zinc supplements taken within the first few days of having a cold can shorten your illness and could prevent a cold in the first place.
- **Hot liquids.** Hot tea or water can loosen up congestion in your chest and sinuses.
- **Salt water.** Evidence suggests that rinsing your mouth with salty water can clear up nasal congestion and unclog your sinuses.
- **Vitamin C.** Evidence that vitamin C can help you avoid or shorten colds is mixed, although research does hint that it may be effective for those with a vitamin C deficiency.



## Exercise: More isn't necessarily better

**L**osing weight is just a matter of exercising, right? Actually, that may not be the case, according to a study of exercise and weight loss reported on the CNN website.

Researchers looked at 332 adults in the U.S., Jamaica, and Africa, measuring their activity level over a week. The volunteers displayed a variety of exercise levels from sedentary to active. Although those who exercised and were active more burned away more calories than the others, their activity tended to hit a plateau—after a certain level, more exercise didn't produce more weight loss.

Switching exercises helped a little, since using different muscles can make your body use more energy. But in the long run, a combination of exercise and a reduced-calorie diet may be your best bet for losing those unwanted pounds.





## Make sure people understand your words

---

**G**ood communication skills are vital to your success in any job or career. Here's one tactic to keep in mind when you're talking to a co-worker, your boss, or a customer: Resist the urge to ask, "Do you understand?" You want to check their comprehension of what you're saying, but they may feel offended, thinking that you're questioning their listening skills or intelligence. Instead, try asking questions that prompt them subtly to demonstrate their awareness. To a co-worker: "How do you think we should go about this task?" To a customer: "How will this information help you make a decision?"

## Career advice for recent college grads

---

**I**f you or someone you know is just starting out after college, you're probably aware that the road ahead can be challenging and difficult. These tips can help anyone segue into a long and successful career:

- **Decide on your own path.** You don't have to live up to other people's expectations, just your own. Choose a job and a career that can enjoy and where you can contribute something positive.

- **Do some informational interviewing.** Before settling down to a specific job (or while you're getting your footing in your first job), start exploring organizations and industries that interest you. Meet with managers there to find out about opportunities and expectations.

- **Seek greater responsibility.** Whatever job you start out in, show your commitment by asking for responsibility. Don't push too hard, especially before you've proven yourself, but show that you're ready and eager to go beyond your starting job description.

- **Keep learning.** You're not in college anymore, but your real education is just beginning. Focus on mastering new skills and learning as much as you can about your organization and industry so you're positioned to advance when the opportunity comes.

## Quotes

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**D**o not sit still; start moving now. In the beginning, you may not go in the direction you want, but as long as you are moving, you are creating alternatives and possibilities.  
—Rodolfo Costa

Life always begins with one step outside of your comfort zone.  
—Shannon L. Alder

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