



OFFICE: 2419 Gulf to Bay Boulevard • Clearwater • FL 33765 • 727-799-4807

Twin Lakes

• TIMES •

June • 2026

**Issue 4
50th Year**

*Jean of Eldorado Village
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on April 19th!
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727-223-5357

President.....Debbie BenedictLot 1419.....240-217-9064
Vice-President.....TBD
SecretarySue MalloryLot 1020.....518-683-8460
TreasurerPaul Miffitt.....Lot 263.....860-462-2837

Twin Lakes Management Office

Hours: Monday thru Friday - 8am to 12 noon
Closed Saturday and Sunday
Phone: 727-799-4807
Email: twinlakesclearwater@gmail.com
Website: www.twinlakesinc.org
Facebook page: www.facebook.com/twinlakesinc

In Case of Emergency, please call 911 first.

If reporting a non-emergency: call Pinellas County Sheriff’s Office at 727-582-6200 except for Lot #'s 101 - 110 and Lot # 201 - 209 who need to contact the Clearwater Police at 727-562-4242.

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President's Report

Well, it's June, which unfortunately means it's the start of hurricane season. Let's hope it's a quiet one. That being said, make sure you are prepared and heed the warnings to stay safe.

As always, I want to welcome all new residents. We are happy to have you and look forward to getting to know you. We still have a few weekly activities, so see the calendar in this book for day and times.

We have a donation box in the clubhouse for a local food bank. If you would like to donate, please only donate non-perishable items.

Sincerely,

Debbie Benedict, President of Twin Lakes Community Club

Twin Lakes Community Club Activities

Water Aerobics Class

Some of the residents of the community get together on Mondays, Wednesdays and Fridays at 10am and have a water aerobics class in the pool. If you haven't already you should join in!



Bowling at Dunedin Lanes

Wanna go Bowling? Dunedin's got a special deal four times a week for seniors, but if you want to bowl with Twin Lakes, we're bowling Wednesdays at 3pm. Shoes are a buck. Sounds fun, right? You can go whenever; you do not have to go every week if you can't make it no problem. Please let me know by Tuesday if you're in so I can reserve enough lanes. Lisa Bowles



Twin Lakes Golf

If you would like to join the group of golfers at Twin Lakes just contact Jim Shaw at 802-249-1954 for more info!

We play Mondays at:

The Landings Golf Club
1875 Airport Drive Clearwater FL 33765



Come and join us, but make sure you contact me to get on the list for Tee time.

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Darts

Submitted by: Roy Benson

Come play DARTS on Thursdays at 7pm in the Clubhouse. As always this is open to all who wish to join us as we usually have a great time. All skill levels are welcome as them letting me participate proves, haha.



Shuffleboard



There is a set of keys to the Shuffleboard door in the clubhouse kitchen drawer if anyone would like to play. Come on out and give it a try. Please be sure to lock back up and enjoy! There is a meetup time of 1pm on Tuesday, Thursday and Sundays if you want to play with other residents of our community, please check it out!

Horseshoes

Horseshoes are available. No set time to play, horseshoes are in the Shuffleboard building and the keys to that building are in the Kitchen Clubhouse drawer. Please be sure to lock back up and enjoy!



Library



If you have any books that are in good shape that you wish to donate, please place them on a table beside the bookshelves. Please no Bibles, magazines, puzzles or political items. Soft cover books only please, sorry hard covers do not fit on the shelves.

WIFI (Wireless Internet)

There is WIFI available in the Clubhouse for all our residents to use. There is no fee but you must be in or right outside of the Clubhouse for it to work. You will have to contact the office to obtain the password. If you have any questions about it contact Maureen in the office at 727-799-4807 and she can help.

June



Notes from the Twin Lakes Management Office



June is here and so is our Florida heat. Now is a great time to cool off in the pool or maybe relax by it with a good book. Maybe check out some of our community club activities as they are a ton of fun. If you have any questions about events, just call one of our wonderful community club board members and they would be happy to help you out.

Just a few reminders from the office

- *Please NO grass parking
- * No Street Parking
- *Please register all guests with the office and get pool pins for your guests if they would like to use our pool
- *Put all trash inside the dumpsters, not on top of or around the dumpsters. If your normal dumpster is full, please check the other two so that trash does not get scattered around.
- *Please park in the parking lot to use the laundry facilities.
- *And Please Remember the Rules are put in place for the protection of our residents and their homes. We want everyone to always feel safe in our community and be proud to call Twin Lakes “Home”!

Our email address is twinlakesclearwater@gmail.com if you ever have any questions or concerns. Please take a look at and share with your friends our website at www.twinlakesinc.org You can also check us out on Facebook at www.facebook.com/twinlakesinc. Don't forget to hit the LIKE button so you can see all the activities that are posted!

Are you selling your home?

Please call the Twin Lakes Office at 727-799-4807 so we can help. We will free advertise for you by putting your home on our Homes For Sale list. This list is given to anyone that comes into the office, emails or calls us looking for a home. Being on this list can really boost the amount of people that come to check out your home. Remember if you refer a friend and they purchase one of our brand new park owned models, you can get a free months lot rent.



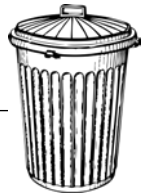


Send us your photos!

Help, we need pictures of our residents in our community having fun at our various events. Wouldn't it be fun to have some of our residents make the cover page of the Twin Lakes Times! You can email any of these pictures directly to info@monthly-media.com. Just make sure to include a brief description of the picture and a statement saying that you release them to reprint the picture. We can scan them at the office too if you only have a printed copy. If you have any questions just call Maureen at the office.

Got a great recipe?? Please Share!

Email to twinlakesclearwater@gmail.com or drop it off to the office. We want everyone to enjoy them. We will put your picture in the newsletter along with your recipe (but only if you want us to, haha). Please help us out!



Dumpsters – Garbage

Just a few reminders:

- Please use garbage bags when possible so that your trash does not fly out of the dumpster, grocery bags are very light and tend to fly when they dump the dumpster into the truck.
- NO Mattresses are allowed to be put in the dumpster, No furniture (recliners, couches, etc..) is to be put in the dumpster, they are your responsibility to get rid of. Also, NO PAINT is allowed to be thrown in dumpster or put next to it. It will be returned to you, as there are cameras at every dumpster.
- Put everything in the dumpster, not around the dumpster, no one else wants your trash.
- There are 3 dumpsters that everyone is allowed to use. You are not assigned to one dumpster, so if your usual dumpster is full, please take to one of the other two.
- Do not put trash in the blue recycle bins, also no garbage bags or grocery bags in the recycle bins.
- When it comes to recycling, we put out a pamphlet in the newsletter to remind everyone of all the do's and don'ts of recycling in Clearwater (It is different in every county and every state). Please follow the flyer and when you are in doubt, please just throw it out. It is better to throw it out than to put the wrong items into the recycling system. If you need a new one, just ask the office, we will be glad to give you one.
- If you have any scrap metal or old appliances that you need to get rid of, there is a junkman that will come to your home and pick it up and take it off for free for you. Ronnie Kitchen at 727-657-4428, He will also come and pick up those items that you are not allowed to put in the dumpster, such as mattresses, furniture, or other large items but he does charge a FEE for this. You can also call a local thrift store such as St Vincent's, hospice, goodwill, or Salvation army and donate to them if the item is in good repair.



Recipe of the Month

Watermelon Salad

Ingredients:

- 8 cups cubed seedless watermelon (about 1 medium)
- 1 small red onion, cut into rings
- 1 cup coarsely chopped macadamia nuts or sliced almonds, toasted
- 1 cup fresh arugula or baby spinach
- 1/3 cup balsamic vinaigrette
- 3 tablespoons canola oil
- Watermelon slices, optional
- 1 cup (4 ounces) crumbled blue cheese



Directions:

In a large bowl, combine watermelon and onion; cover and refrigerate until cold, about 30 minutes. Just before serving, add macadamia nuts and arugula to watermelon mixture. In a small bowl, whisk vinaigrette and oil; drizzle over salad and toss to coat. Serve over sliced watermelon if desired. Sprinkle with cheese.

June Birthdays

1st	Alan Esparza	#1416
3rd	Bonnie Owens	#368
5th	Ralph Falcioni	#406
6th	Debbie Benedict	#1419
6th	Michael Santos	#721
7th	Cary LaGace	#1512
7th	Brian Gibbons	#923
7th	Carlos Monzon-Aguirre	#1225
7th	Michelle Marion	Office
11th	Cheryl Reagan	#611
12th	Dave Schiebel	#108
13th	Connie Case	#929
19th	Vicki Mettler	#1417
25th	Carl Benedict	#1419
27th	Una Macnamara	#926
28th	Colette Schiebel	#108
29th	Dawn Klein	#814
29th	Brian Weigand	#1414
29th	Elaine Ward	#927

June Anniversaries

7th	Andy and Peg Serritella	#1218
7th	Thomas and Bonnie Scheideler	#1423
9th	Denny and Dee Papatolis	#1514
26th	Tom and Cindy Wright	#720
28th	Carl and Debbie Benedict	#1419
28th	Bob and Jean Russelle	#916
28th	Dave and Colette Schiebel	#108



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- 219 727-458-0608 by Debi Phillips – YP M.H.S.
- 817 518-669-5216 by Joey Owens – Integrity M.H.S
- 910 727-599-1795 by owner Mark Mariotti
- 911 518-669-5216 by Joey Owens – Integrity M.H.S
- 916 801-809-2764 by Kristiin – Florida M.H.S.
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- 1317 804-399-0060 by Whit Williams/Integrity MHS & 518-669-5216 Joey Owens/Integrity
- 1418 614-329-1338 by owner Rick Cremeans
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ACROSS

1. Bother
5. Start
10. Not us
14. Decorative case
15. Sporting venue
16. Part portrayed
17. Passing from place to place
19. Celtic language
20. Mesh
21. Metric unit of length
22. Beginning
23. Vibrating effect
25. Avoid
27. Hog's home
28. Cow milkers
31. Master of ceremonies
34. Not solids nor liquids
35. Anger
36. Nonclerical
37. Reveals
38. Make a sweater
39. 54 in Roman numerals
40. Satisfies
41. Chomps
42. Slandered
44. Encountered
45. Reluctant
46. In a constricted manner
50. Decree
52. Drama set to classical music
54. Hasten
55. Fluid escape
56. Warranties
58. Ruination
59. Utilizing
60. Desire
61. Formerly (archaic)
62. On edge
63. Stinging insects

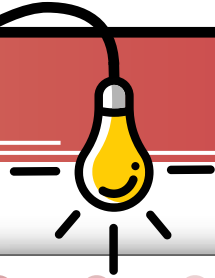
DOWN

1. False move
2. Absolute
3. Hotel apartment
4. Transgression
5. Scarcely
6. Muse of poetry
7. Heredity unit
8. Becomes larger
9. No
10. Voguish
11. Wild bergamot
12. Otherwise
13. Encounter
18. Overact
22. Paddles
24. Milliseconds
26. Contends
28. Took a chance
29. One of the Great Lakes
30. Trawling equipment
31. L L L L
32. Cripple
33. Non-military people
34. Castle entrance
37. Thai currency
38. Friends and acquaintances
40. "Go away!"
41. Started
43. Missile
44. Illusion
46. Sea swallows
47. Thither
48. Feudal lord
49. Affirmatives
50. River to the North Sea
51. Darling
53. Hurt
56. Destroy the interior of
57. Vat



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Sunday	Monday	Tuesday
	1 Golf at The Landings Golf Club Water Aerobics 10am	Shuffleboard 1pm
7 Shuffleboard 1pm	8 Golf at The Landings Golf Club Water Aerobics 10am	Shuffleboard 1pm
14 Shuffleboard 1pm	15 Golf at The Landings Golf Club Water Aerobics 10am	Shuffleboard 1pm
21 Shuffleboard 1pm	22 Golf at The Landings Golf Club Water Aerobics 10am <i>First Day of Summer Father's Day</i>	Shuffleboard 1pm
28 Shuffleboard 1pm	29 Golf at The Landings Golf Club Water Aerobics 10am	Shuffleboard 1pm

Lakes Community Club Events

Monday	Wednesday	Thursday	Friday	Saturday																																										
2 Shuffleboard 1pm	3 Water Aerobics 10am Bowling @ Dunedin Lanes 3pm	4 Shuffleboard 1pm Darts 7pm	5 Water Aerobics 10am	6																																										
9 Shuffleboard 1pm	10 Water Aerobics 10am Bowling @ Dunedin Lanes 3pm	11 Shuffleboard 1pm Darts 7pm	12 Water Aerobics 10am	13																																										
16 Shuffleboard 1pm	17 Water Aerobics 10am Bowling @ Dunedin Lanes 3pm	18 Shuffleboard 1pm Darts 7pm	19 Water Aerobics 10am	20																																										
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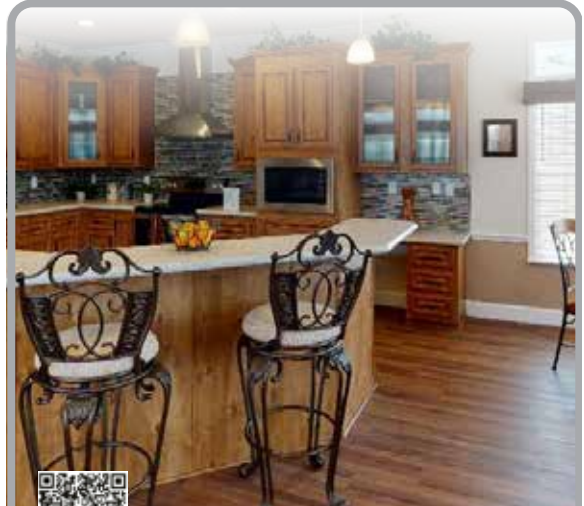
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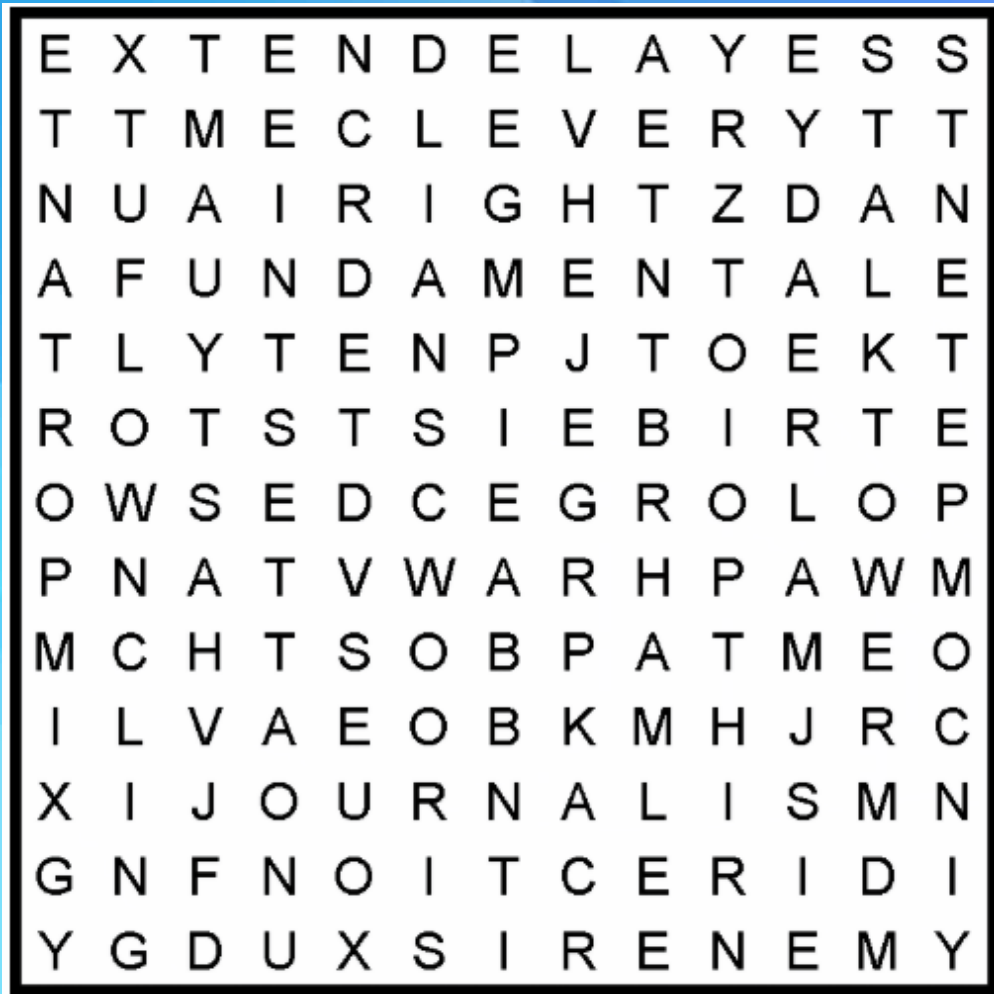
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In the 1980s and early '90s, Continental Airlines was a disaster. The organization had gone bankrupt twice and was on its way to a third (and final) catastrophe. It had gone through 10 presidents in 10 years, and employees mistrusted management.

Then in 1994 Gordon Bethune stepped in. Instead of running around willy-nilly trying to stamp out the various raging fires, Bethune took a step back to return to the basics. He identified Continental's key goals so that employees' efforts would be concentrated on them rather than diffused by the disaster of the moment. One of his areas of focus was creating a corporate culture. Without the commitment of the employees, the other goals would be impossible.

Drawing on the organization's history of excellence in service, he rallied the workforce. Bethune discovered that the employees weren't bad—they just worked in a dysfunctional organization. So they were quick to get behind his new leadership.

Senior management was a different story. Bethune knew he had to make wholesale changes, and that meant getting rid of the bureaucracy. In a couple of months, Bethune and his top executives replaced 50 of the company's 61 officers with 20 top-notch people.

The changes were dramatic. In one year's time, Continental went from being ranked the worst in customer satisfaction among major airlines to first.

The birth of 'excellence'

Tom Peters didn't exactly give birth to excellence, but he did establish the idea that companies can achieve excellence under the inspiration of a management guru—like himself.

It all began in the spring of 1978. John Larson of McKinsey's San Francisco office was set to give a presentation to a client. But his computer crashed and took with it his notes. He turned to another consultant, Tom Peters, to throw together a presentation that would satisfy the client.

Peters had just returned from traveling the world to compile research on best practices in business. Up until then, his research had been collecting dust after he had presented it to the McKinsey powers that be. With an opportunity to present his findings again, Peters gathered his data. In search of a sexy title to give his presentation, Peters came up with "Excellence." It was a hit.

Eventually, Peters edited the material into a manuscript. Continuing with the idea of excellence, he titled the book *The Secrets of Excellence*. But the title didn't fly with the McKinsey folks, who feared that clients would think the company was selling the secrets of client operations. In 1982, Peters and co-author Robert Waterman renamed it the more politically astute *In Search of Excellence*. And thus was excellence born.



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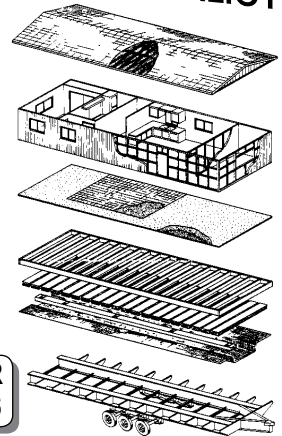
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Mix these ingredients for cultural creativity

Do you want to nurture a culture of creativity in your organization? Try to build in these essential ingredients:

- **Curiosity.** Ask people questions that challenge the conventional wisdom. Encourage them to stretch boundaries and take chances on new opportunities.
- **Emotion.** People who love what they do are better at generating new ideas about their work. Hire and support people who show a real enthusiasm for your organization and its mission.
- **Tolerance.** People won't suggest ideas if they're afraid of being punished for failure. Encourage risk taking by showing forgiveness when things don't work out, as long as people are giving their best efforts.
- **Direction.** A clear sense of what you want to achieve will help people focus their ideas. Have a concrete mission statement that tells everyone what you're trying to do, why it's important, and how it will benefit everyone.



What do the instructions say? Creativity expert

Yoram Solomon often conducts workshops that teach people to approach problems with an open mind. In one exercise (recounted on the Inc. magazine website), he asks participants to build a structure out of a sheet of paper. Some cut the paper into smaller pieces, although his instructions don't specifically say they can.

Once everyone is finished, Solomon asks, "Did the instructions allow you to cut the paper?" Most believe they've done something wrong. But one person usually pipes up with, "You didn't say we couldn't, either."

"To be creative," Solomon points out, "don't assume restrictions that don't really exist."

Quote

Imagination is the beginning of creation. You imagine what you desire, you will what you imagine, and at last, you create what you will.

—George Bernard Shaw



Beware these creativity myths

Creativity can seem magical and mysterious, but you shouldn't make assumptions that can hold your imagination back. Watch out for these misconceptions that can impede your efforts to find innovative ideas and solutions:

- **The “eureka” moment.** Many people believe that creativity is a sudden flash of insight. More often it's the result of research and persistence, immersing yourself in a subject, and then building on what you learn.
- **Inborn creativity.** You aren't necessarily born with the ability—or inability—to think creatively. You can learn the knack by asking questions, looking at things in new ways, and challenging the status quo.
- **Uniqueness.** Good ideas don't always spring from something new. Often the best ideas and solutions come from combining separate elements in different ways.
- **Lone wolves.** The stereotype of the genius working alone in an office or laboratory is misleading at best. Although some mavericks do produce good ideas totally on their own, many of the best ideas and solutions are the result of collaboration by smart, motivated people.
- **Brainstorming.** Brainstorming sessions can produce results if they're focused on a specific issue. If it's just a free-form session of throwing ideas around, chances are you won't generate practical solutions. Keep the discussion centered on the problem you're trying to solve.
- **No limits.** Creativity may seem to thrive on the concept of thinking beyond boundaries. In reality, constraints can force your thinking in the right direction. Try setting some limits to what you want to create—size, budget, deadlines—and see how that helps focus your imagination.

Quote

Curiosity about life in all of its aspects, I think, is still the secret of great creative people.

—Leo Burnett

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-Monthly Media Staff

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Try ginger for its health benefits

Looking to get over a cold a little more quickly, or ease muscle soreness? A little ginger may help. Check out this list of ginger’s healthy benefits from the Huffington Post website:



- **The common cold.** Some research suggests that ginger helps your body sweat out a cold, as well as producing a germ-fighting agent called dermicidin, which can protect you from bacteria and fungi.
- **Muscle aches.** One study by the American Pain Society found that taking two grams of ginger for 11 days can significantly reduce aches and muscle soreness caused by exercise. That’s because ginger contains anti-inflammatory compounds known as gingerols, which prevent the transmission of pain from inflammation. Try adding a few slices of ginger every time you drink a glass of water.
- **Indigestion.** Ginger can help speed up the digestive process, allowing you to empty your stomach faster. It also helps eliminate excess gas from the intestinal tract.

Watch out for ‘masked’ hypertension

Being diagnosed with high blood pressure may be scary, but thinking your blood pressure is normal when it’s not? Scarier still.

The Live Science website reports that almost one in eight Americans who believe their blood pressure is just fine may really have a masked form of hypertension that doesn’t show up when they visit their doctors. Instead their blood pressure is elevated during their daily activities, so they may be at increased risk of heart disease without realizing it. To diagnose masked hypertension, researchers suggest wearing 12-hour blood pressure monitors that take readings through the day.

The flip side of this phenomenon is so-called “white-coat hypertension,” in which patients’ blood pressure increases at the doctor’s office (possibly from nervousness?) but is normal the rest of the time. Unlike masked hypertension, these people don’t appear to be at a higher risk of heart disease.

Quote

Health is the natural condition. When sickness occurs, it is a sign that nature has gone off course because of a physical or mental imbalance. The road to health for everyone is through moderation, harmony, and a “sound mind in a sound body.”

—Jostein Gaarder



Cleaner air = longer life

Take a deep breath. Lots of them. You'll be breathing longer these days, thanks to improved air quality. Researchers at Brigham Young University and the Harvard School of Public Health, writing in the *New England Journal of Medicine*, say that since the introduction of the Clean Air Act in 1978, Americans' life expectancy has increased by 2.72 years. Although changes in smoking habits and better socioeconomic living conditions are a major factor in our increased longevity, the scientists note that as much as five weeks of our lengthened lifespans are due to better air because of cuts in auto emissions, steel mills, diesel engines, and coal-fired power plants.

Exercise may improve cognitive functions in stroke patients

Exercise is essential to good health for everyone. Now a recent study suggests that an exercise routine can have positive mental health benefits for stroke survivors.



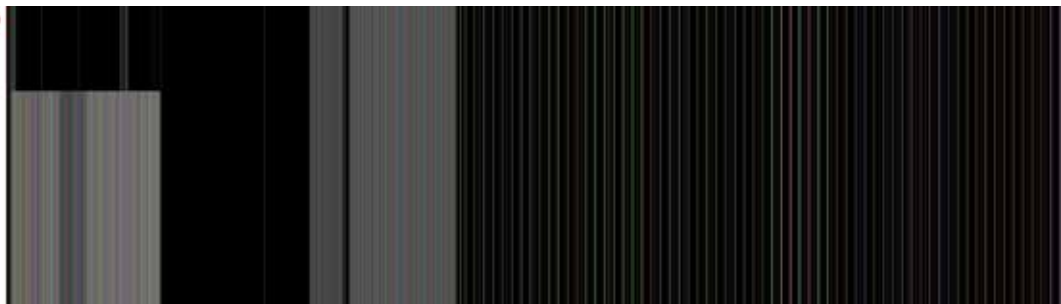
A stroke cuts off the flow of blood to the brain, and frequently leaves survivors with physical and mental impairments. An analysis of 13 clinical trials at the University of Pittsburgh appears to indicate that moderate aerobic exercise along with strength and balance training is effective at helping survivors regain such cognitive skills as attention and processing speed. Exercise programs of four to 12 weeks can be beneficial, even long after a stroke occurs.

The most effective programs emphasized strength, balance, stretching, and aerobic fitness that increases your heart rate just enough to make patients sweat. Instead of an intense workout, walking on a treadmill or riding a recumbent bike appears to have a positive impact—important news for anyone dealing with the aftermath of a stroke.

Quote

A sad soul can kill you quicker than a germ.

—John Steinbeck





Twin Lakes Community Clubs

Bingo	Bonnie Owens	Lot 368	518-487-8477
Darts	Roy Benson	Lot 1421	727-600-8186
Golf	Jim Shaw	Lot 221	802-249-1954
LCR	Luke & Peggy Collison	Lot 1214	740-808-7115
Librarian	Paul Miffitt	Lot 263	860-462-2837
Mah Jongg	Cathy D'Entremont	Lot 917	978-376-9082
Line Dancing	Cindy Wright	Lot 720	989-621-2841

Twin Lakes Times

EditorMaureen Wade Office 727-799-4807

Important Phone Numbers

City of Clearwater Police (Lots 101 - 110 & Lots 201 - 209 only)	727-562-4242
Pinellas County Sheriff	727-582-6200
Duke Energy Customer Service (New Service & to report Street Lights out)	800-700-8744
Duke Energy (Outages & Emergencies)	800-228-8485

General Assistance

Auto Tags (1663 Gulf to Bay Blvd, Clearwater)	464-7777
Driver's License (1663 Gulf to Bay Blvd., Clearwater)	464-7777
Clearwater Post Office (100 S. Belcher Rd., Clearwater)	464-2911
Clearwater Public Library (100 N. Osceola Ave., Clearwater)	562-4970
Poison Control Center	1-800-222-1222
Post Office (1851 N. Hercules Ave	727-447-7166
Social Security Administration	1-800-772-1213
VA Regional Office Benefits Information & Assistance	1-800-827-1000



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