

# MERICANA COVE • FORECASTER•



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#### AMERICANA COVE DIRECTORY

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#### MAROA BOARD OF DIRECTORS

Jolee Rengo, President	(2022)	joleerengo@yahoo.com
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Kathy Wichmann - Director	(2023)	tk wichmann@hotmail.com
Linda Howe – Director	(2023)	lindahowe282@gmail.com

# MAINTENANCE GATEHOUSE TEAM TEAM

Ron Martin, Supervisor Paula Barrows Jhon Lopez Cruz Tony Malowany Donnie Ellis

Gerry Zebley,
Supervisor
Rosie Frink
Marilyn Waltz
Brad Coath
Denyce Kinkead
Securitas Security
10 PM – 6 AM

OFFICE TEAM Gary Schamburg, Interim Manger, Chrissy Brush, Tracye Curran, Kristi Goodrich

# Social Activities AMERICANA COVE ASSN. (ACA) LEADERSHIP

Ron Miller, President Tony Fischetti, Vice President Marge Shearer, Treasurer Ed Mosakowski, Secretary Claire Mosakowski, Music Coordinator

#### **OLD TIMERS YOUNG AT HEART**

Kathy Laramee, President Joan Miller, Vice President Martha Sutton, Treasurer Maureen St Guillen, Membership Chair

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BOAT CLUB	Jaci Klick
BOOK CLUB	Jill Moe
BRIDGE	Don Delzell
BUDDHISM	John Howell
CANADA NIGHT	Daisy Dean
CORN-HOLE	Doug & Debbie Howland
CRAFTERS CLUB	Cathy Lavelle
	Brian Murphy
CUE CLUB	Ray Larkin
DIVAS RHS	Marilyn Waltz
DOMINOES	Anita Lambert
HELPING HANDS	Carol Shepard
	Dennis Herrmann

LAND EXERCISE	Daisy Dean
LIBRARY	Jill And Greg Moe
LINE DANCING	Judy Ďaigle
LIVE MUSIC	Claire Mosakowski
PAR SEEKERS	
PINOCHLE	Anita Lambert
PO KE NO	Nancy Hubartt
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## **President's Message**

By Jolee Rengo

reetings, Neighbors and Friends!

As this is my first "official" message as President of the Board, I would like to start by thanking each and every one of you for your support. The past four months have certainly had their challenges!



However, at long last our Board of Directors is complete, and with the new 2021 Board we will swiftly be right back on track after the chaos of the end of 2020. What a year it was!!

Our newest Directors are bringing a great deal of knowledge and experience to the table, with new ide-as, creative energy and exciting, divergent strengths. Much to my delight, three are seasoned pros of the Americana Cove Board.

In addition, our Maintenance crew is accomplishing more now than ever before, with Ron Martin as their Supervisor. Ron and his team are working diligently to restore the beauty and efficiency that has made the Cove so well-loved.

Gary Schamburg is doing a truly exceptional job as our Interim Manager. His CAM (Community Association Manager) course work is complete, and I anticipate that he will be fully licensed within a short matter of weeks.

Once again, a sincere "thank you" to each of you who called, emailed, stopped me on the street and came to my home with an offer of help or assistance during the last four months. You will probably never know just how much your kindness has meant to me.

### Manager's Message

By Gary Schamburg

ppreciate the volunteers who are making our 'Cozy Cove' better every day. This dedication and esprit go far toward our Cove becoming a leading St Petersburg community.



Want to provide an update on our initiatives:

1. – The COVID Vaccine Hub occurred and am looking for an opportunity to extend the vaccine to those under 65-years young.

2. The waterside of Founder's Park received a fence to limit golf cart access, completed the sprinkler check, still requires spraying weed killer, and have opened bidding for expanding gold cart access via widening the concrete pathway and parking.

3. – Seeking bids to restore the flooring in the Fitness, Billiard, & Game Rooms (options). The funds are covered by our Reserve budget with renovation beginning in the new fiscal year.

...continued on page 7





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4. – Appears that while an attempt was made to institute a 10:00am to noon 'face-to-face comment sessions' on Tuesdays and Thursdays; access has become a 'target-of-opportunity' during my frequent trips within the park. (In fact, I'm probably the biggest culprit to

- 5. While the intent was to use our internal Maintenance Team to move and dispose of the 55-gallon drums of hazardous waste, the containers proved to be corroded requiring further research on our part.
- 6. Mr. Mike Arkanoff, our Boat Ramp Chairman, discussed the projects with several contractors, and reports his findings at the March Board Meeting.
- 7. The AC Board voted Mrs. Sandy Shouse as chair of our Kitchen Refurbish Committee. She will also provide an update at the March Board Meeting. Mr. Mark Andrews has volunteered for the

Audio/Video Rehab Committee and should receive an AC Board affirmation at the March Meeting. Still looking for a volunteer to chair the Ceiling Renovation Committee.

Below are three new initiatives:

ignoring these times.)

- 1. The roads require sealing based on our Reserve Funding schedule. Mr. Tony Fischetti volunteered to chair back in mid-February. We are lucky to have Tony as a Resident volunteer as he supervised New York state road construction for over 40-years before retiring and joining our community. He'll report on bids at the March Board meeting.
- 2. Far too long, 'black-market' renovations, repairs, and construction has been allowed to occur within Americana Cove. 'Black-market' means un-licensed and un-insured labor; both of which are not allowed according to our by-laws. All work within Americana Cove requires the 'doer' to have a license and liability insurance. While the repair/renovation/install cost may be small in the short term Residents are not protected against future costs such as unexpected material deficiencies, liabilities, and possible damage to neighbors. This practice has to cease immediately.
- 3. Our Compliance Committee begins checking homes this month for aesthetic value, cleanliness, and tidiness. While many Residents have already completed Spring Cleaning, their efforts will ensure Americana Cove looks its best throughout the Summer months while many of our Residents are up north.
- 4. Because our Maintenance Team has completed work orders dating from last August, and on several days has no new work orders Looking to publish a Job Sheet listing the minor repairs our

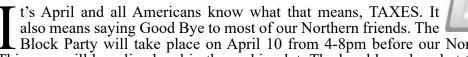
Maintenance Team can complete for our Residents. There will be a minimum charge for this service payable to Americana Cove.

Appreciate all the assistance and support of our Residents over the last month, together we're making Americana Cove a premier Resident owned community.

View this Newsletter in full color at www.monthly-media.com right click with mouse to download to your computer

#### **ACA News**

By Ron Miller





■ Block Party will take place on April 10 from 4-8pm before our Northern friends leave. This year will be a live band in the parking lot. The band has played at the Cove before, the TRAVELERS, and they play 50,60,70's music. The time this will take place is 4-8pm, a box of KFC will be served for a cost of \$5 ea. Tickets can be bought from me and my VP Tony Fischetti.

No ticket, no FOOD.

I would like the thank the COVE BOARD for helping last month with the food for the helpers for the COVID-19 shots, as well as our Canadian friends for the other half. A BIG THANK YOU on behalf of ACA.

I hope by next November. things should be back to almost normal, let's keep our fingers crossed. At this time the ACA lunch will resume on the first Wed. of each month, and we will be able to have more than 50 people in the clubhouse, as well as the Trinkets and Treasures sale on November 6.

continued on page10





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- 3. Is your doctor personally calling and texting to check on you?
- 4. Has your doctor called you to explain your risk of coronavirus?
- 5. Is your doctor's office offering doctor phone visits?
- 6. Does your doctor allow walk-in visits?

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- 7. Are you able to call your doctor anytime, day or night?
- 8. Do you have any difficulty getting to and from your doctor?
- 9. Is your doctor helping to make sure you receive all of your prescription refills?
- 10. Is your doctor offering to help you get your medications delivered?

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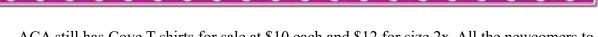
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ACA still has Cove T shirts for sale at \$10 each and \$12 for size 2x. All the newcomers to the Cove that are Veterans, please sign the sheet on the ACA board in the clubhouse.

If anyone has a damaged American Flag, please give them to me, Ron Miller, and I will see they are retired the proper way. The Burger Burn will be on Apr. 20th and will be each 3rdTue. of the month during the summer months

#### **Announcements**

By Ray Rodriguez - Editor

enny Marcott was an integral part of our community and will be missed dearly since her death March 9th. There are no words to express our sorrow, her life taken away too soon, we'll all miss her smile and dedicated involvement in our community.

Ginny email me on February 27 and asked me if I would insert her message to all of us in the April Forecaster. Her parting words are an example of who Ginny was and her unselfish desire to put others ahead of herself, and express her gratitude toward others.

A special Thank you from Ginny Marcott





"I want to thank EVERYONE who had any part in the Covid Vaccine clinic that was held February 25th. How lucky we are to live in a community that gave so much care and attention to this community and made this a wonderful experience for everyone. I know alot of residents who haven't been able to even get on the list for their shots. To see not only neighbors helping neighbors but people helping in any way that they could. This has been a god send and hopefully it means we can soon go back to being together again like before this pandemic changed all of our lives. So whether you called a neighbor to let them know to sign up or were part of the entire day, THANK YOU, THANK YOU, THANK YOU. A very special thanks to Gary Schamburg for making this happen."

Ginny Marcott

#### **COVID 19 - 1st Vaccination**

ccasionally in life we get a chance to be a part of something so much bigger than ourselves. February 25th at Americana Cove was one those rare opportunities.

A strong leader and a village of helpers helped to make this wondrous event possible. I was one of the lucky ones who got to drive our golf cart to help pick people up throughout the day. We were told to arrive at 8 AM. I had no clue what I was going to walk into.

As I rounded the bend into the main parking lot I saw Mark Olsen directing us to two separate line ups. I was going to be in the group that was picking people up. The other line was the group that would bring them home.

I got into line and with a half hour to kill before we started I made my way to the clubhouse where I had heard there was a stash of donuts and coffee. I said hello to people as I passed them, stopped and chatted for a while and then headed into the clubhouse to see that set up and take some pics.

It was the calm before the storm for sure. Tables set up and labeled with numbers, and chairs in rows off to the side only gave a glimpse of what would happen in the day ahead. People were milling around who were responsible for getting this part all together and some military in uniform as well.

I was in the first group at about 8:50 that went out to do the first pickups on Americana Drive. The sun was shining brightly and there was still a slight chill in he morning air as our carts pulled away in a line.

We pulled up and Astrid Dye was waiting to load everyone up into the carts. I got a chance to meet and talk to people I had never met before. So many expressed gratitude for this being made possible and for the people who had volunteered to help.

We brought our carts back to the clubhouse and unloaded one cart at a time, and then pulled ahead back into the main pickup line waiting for Mark to give us our next assignment. It ran like clockwork. It was like a well oiled machine.

Something was different yesterday that I had not experienced since I had moved here two years ago. It was an entire community working together and for the same purpose - the entire common good. It was the best of all us. And, I felt pride at living in a community that could achieve that.

I want to thank Gary Schamburg for stepping into a role as manager and spearheading this event.

Without Gary this would not have happened. In less than two weeks a team was assembled and that team along with Gary worked tirelessly to make sure this came off without a hitch.

Street Leaders (These people were responsible for contacting everyone on their streets and signing them up. They followed up with them, got them the necessary paperwork, and organized them for pickup at their specified times. Their phones never seemed to stop ringing!)

I would also like to thank the Clubhouse Workers, Golf Cart Pickup Crew, Golf Cart Delivery Crew, Team Leaders, Parking lot team, Board of Directors, and Office Staff.

As you can see the old adage' "It takes a village" really applies here! Well done everyone!

Rosemary Ferreri

## **Kayaking Update**

April's full moon is the first to occur after the March equinox, which makes it the first full Moon of spring, the Paschal Full Moon and it will be a specular super moon! The Pascal Full Moon is the full moon that determines the date of Easter. April's full moon is called the Full Pink Moon, announcing the appearance of the "moss pink" or wild creeping phlox-one of the early spring flowers. April's full Moon will be closer to Earth than either other super moon in the series, it will be the biggest and brightest full Moon of 2020!



Suzanne Banning

## **Pickup Bocce Ball**

new activity has come to American Cove, Pickup Bocce, everyone is welcome to come and join in on a fun filled Sunday afternoon of activity. Pickup Bocce meets every Sunday afternoon at 4:00pm but your welcome to come anytime you choose with a group or a couple. Supplies are stored there at the bocce court.







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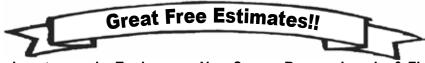






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I wish to extend my heartfelt and sincere appreciation to our many friends and neighbors, who not only called or sent their condolences, on the loss of my husband and best friend, Mark, but attended his funeral Mass at Holy Family. Your support meant so much to me, and

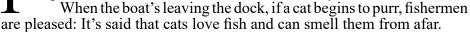
I wanted to share this article, in the hope that a few of the fishermen, may not have read it before. Mark and I learned a little and laughed as well and he would have hoped you do the same. Enjoy!

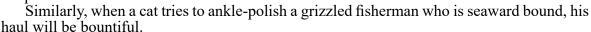
Judy Moran

#### The Lure Of Angling Lore

I know Mark as well.

or centuries, anglers' charms, omens, beliefs, and superstitions have explained — or excused — the results of a day on the water.





A black cat on the deck of a ship of its own free will is considered good luck. However, many commercial fishermen claim that a cat carries a gale in its tail or can excite a storm by licking its coat the wrong way.

Superstitious fishermen refer to small ripples on the surface of the ocean as "cat's paws," while a great disturbance of the water is called" cat's skin.

Birds are not necessarily a fisherman's friend. Dreaded is a crow flying across the bow.

Many skippers are superstitious about setting out. Leaving the dock on a Friday can mean bad luck.

And a ship that is watched until it is out of sight may bear the worst kind of luck: It may never be seen again.

Never board a fishing vessel with a suitcase or wearing gray gloves: all hands may be lost.

If possible, drop a cake of ice overboard when preparing for a trip: It means good luck and a big catch. Another item to toss overboard is a penny. It will bring the wind.

If at all possible, avoid letting a boat captain spit in the water ahead of him. He will drive away the fish. But spit into the mouth of your first catch, and you'll greatly increase the day's haul.

When baiting a hook, you can double down on your luck by reciting this ditty while doing it: Fish, fish, come bite my hook; You'll be the captain and I'll be the cook.

When you do catch and cook your captain,: do not consume it from tail to head. That's unlucky on land or sea.

Adapted from the work by Charles V. Mathis





## "Protect your assets!"

here will be seminar on Friday, April 9, at from 10:30am to about 11:30am, the meeting to be held adjacent to the shuffleboard courts. The subject matter will focus on "Protecting Your Assets".

The seminar will be conducted by Patrick Daninos and Scott Spindel, serving the community for more than 20 years". If you are interested, please come to the shuffleboard courts at the given time and date, and please respect our mask and distance requirements.

#### **Book Club**

By Jill Moe

oping to zoom through the summer. If you have left us during the hot times here, be sure to check your emails to see what's coming up with the Book Club. Reading and discussing are great past times, especially when you can sit in the comfort of your cool home without the discomfort of wearing a mask and actually talk, learn and laugh with a great group of interesting readers.



On April 8 at 1:30 we will be discussing 'The Radium Girls' by Kate Moore. If anyone is interested, please contact me so I can send you the zoom invite (NHmoema@gmail.com or call 603-898-4614).

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## Library

By Jill Moe

or those of you who must leave us for summer, we hope you have enjoyed some new reading material. As you leave, please <u>leave our books</u> here so those of us who live here year round can continue to enjoy the books. Don't worry, they will still be here when you return in the winter. Wishing you all a safe summer. Looking forward to your return and future activities in the Cove.

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Carol Zapiecki, Clearwater, FL





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### **Sunshine Report for April 2021**

By Nancy Hubartt

#### **Deaths – With Sympathy**

Ray Lassen Claire Knaub Irene Schoetker Virginia "Ginny" Marcott



#### **April Birthdays**

- 02 Lorraine LeRoy 03 Bunny Trace 03 Sue Rein 04 Dean Schirm 04 Laura Toombs 05 Glenda Laidlaw 06 Greg Heath 06 Frank Masho 06 Charlie Galligan 07 Mary Bickhart 07 Gloria Jean Lacasse 07 Pam Lord 07 Carol Fischetti 08 Dave Casey 08 Kay Lindsay 11 Robert Hamel 11 Jill Marckese
- 11 Richard Lloyd Jr.
- 12 Richard Norcross14 Sandy Shouse
- 14 Audrey Sperling
- 15 Sandy Besser
- 15 Jim McMahon
- 17 Linda Dolka
- 18 Toni Jones
- 21 Bob Leland
- 21 Shelly Barron25 Jerry Regan
- 25 Dan Lyons
- 25 James Watters
- 26 Janet Larsen
- 27 Arlene Gillis
- 29 Sue Line
- 30 Carman Kerch



#### **April Anniversaries**

01	Jill & Gregory Moe	43 years
01	Martha & Bob Sutton	06 years
15	Nancy & Bill Roberts	49 years
15		26 years
15	Eileen & Jim McMahon	69 years
16	AnnMarie & Bill Moretti	09 years
16	Dianne & Don McVicar	53 years
17	Linda & Phil Quince	39 years
24	Dewie & Frank Masho	19 years
28	Orna & John Smith	31 years



## **Boat Club**

By Mary Ann Meljac

ne year ago we were learning all about COVID-19 and/or Coronavirus. This virus has introduced us to new words and phrases. Understanding what these terms meant enabled us to protect ourselves from infection and decrease anxiety. Here are some of the terms: CDC (The Centers for Disease Con-trol, Community spread, Confirmed cases, Epidemic, Epidemiology, Flattening the curve, Immunity.



Immunocompromised, Incubation period, Outbreak, Pandemic, PPE, Quarantine, Screening,

Self-Isolation, Shelter in place, Social Distancing, Ventilator, WHO (World Health Organization), etc. I am sure you could all add a few more to the list.

The Island Bash was cancelled in 2020 one day before the scheduled event. This sent us all into a bit of a tail spin but it was out of our control so we handled this situation as best we could. Now, one year later, many of our residents have received their vaccinations and it is our hope and prayers that some form of normalcy will soon arrive and our Club activities will return to the Cove. The Island Bash will take place on March 27th. Find your tickets (or contact Sandy Shouse if you would like to purchase a ticket) and you will have your choice of picking up your dinner and taking it home, donate your dinner to a shut-in here in the Cove, or enjoy your dinner with friends in the Clubhouse, the Atrium or in the parking lot keeping in mind that social distancing and face coverings are required. Entertainment will be provided and everything will be decorated to help put you in the mood for this long awaited event! Even if you are not able to attend, if you have your ticket, you will be eligible for door prizes and the \$500 raffle grand prize! Raffle tickets (\$5 each) are still available to purchase and the winner will be announced the night of the party! So tune in next month for the list of all the winners!

Full Moon Kayak Outings – Sue Banning volunteered to take over the coordination of this every month. A special thank you to Pat Ley for her coordination and communication efforts over the past several years. Good job Pat! The next full moon occurs on Sunday, March 28th. The moon will appear full the night before and after its peak to the casual stargazer. March's full moon is sometimes known as the Worm Moon, though it has many other nicknames by different cultures. The Pink Moon will

occur on April 26th. Watch for further information as the dates come close. Note: Neil Armstrong, the first man to walk on the moon, described his first steps on the lunar surface as a "giant leap for all man-kind".

The Boat Club is starting a list for another order of Hats/Visors and Hoodies. Flags are still available. These items can be purchased at our monthly club meetings or contact Cindy Rodriguez at 248-496-6550. The next meeting is scheduled on April 10th at 10:00 A.M. in the Atrium.

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The current American Flag was designed by a high school student: Bob Heft in 1958.

There were active volcanoes on the moon when dinosaurs were alive.

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# **Americana Cove**

uesday	Wednesday	Thursday	Friday	Saturday
,	·	1	<b>'</b>	3
			Bingo 6 p.m.	Got It!! 4 p.m.
			GOOD FRIDAY	
		April Fool's Day		
6	7	8	9	Boat Club Mtg 10
residents	Shuffleboard Mtg.	Book Club 1:30	Bingo 6 p.m.	
ig 10 a.m.	9:30. A	L	Long Term Care Seminar 10:30. S	Block Party 4-8 p.m. \$5 The Travelers Band
13	Town Hall Mtg.	15 Cue Club	16	17
usic C	С	Banquet 5 p.m. C	Bingo 6 p.m.	Karaoke 7 p.m.
<b>.</b>	Old Timers Lunch Noon. C	<b>③</b>		Got It!! 4 p.m.
20	21	22	23	24
Burn . C	Board of Dir. Meeting 7 p.m. C		Bingo 6 p.m.	
27	28	29	30	
			Bingo 6 p.m.	



## **Weekly Calendar Repeats**

#### **AMERICANA COVE WEEKLY Calendar Repeats - Month: April 2021**

<u>Day</u> Monday:	Event Walk Away the Pounds Lap Swim & Pool Walkers Pool Exercises Line Dancing Nickel Bingo Knitters and Crocheters Progressive Rummy Art Strong Cue Club-Men's Bid Euchre	Time 8:00-9:00a.m. 8:00-9:00a.m. 9:05-10:15a.m. 12:00p.m. 1:00pm 1:30-2:30p.m. 4:00p.m. 6:00-8:00pm 6:30p.m.	C C C C A A L B C	<u>n</u>
Tuesday:	Walk Away the Pounds Lap Swim & Pool Walkers Pool Exercises Shuffleboard Social League Poker Pool Progressive Rummy Crafters Cards Bid Euchre	8:00-9:00a.m. 8:00-9:00a.m. 9:05-10:15a.m. 10:30am -12:30pm 6:00p.m. 6:00-8:00pm 6:30p.m. 6:30p.m.	S B A L A C	
Wednesday:	Walk Away the Pounds Lap Swim & Pool Walkers Pool Exercises Cue Club-Women's Rug Braiding Pinochle	8:00-9:00a.m. 8:00-9:00a.m. 9:05-10:15a.m. 6:30p.m. 6:30p.m.	C B C C	
Thursday:	Walk Away the Pounds Lap Swim & Pool Walkers Pool Exercises Shuffleboard Dominoes Buddhism Mtg Pokeno Book Club/Chat (2nd Thurs/each month) All Cards Progressive Rummy Cue Club-Men's Cornhole Cribbage Club	8:00-9:00a.m. 8:00-9:00a.m. 9:05-10:15a.m. 12.30pm 1:00p.m. 1-2:30p.m. 1:30pm 6:00p.m. 6:00p.m. 6:30p.m. 6:30-8:00 pm 6:30p.m.	S A G C L A A B C A	
Friday:	Walk Away the Pounds Lap Swim & Pool Walkers Vespers Choir Rehearsal Pool Exercises R u Bored Seniors & Caregivers Poker Pool Bingo	8:00-9:00a.m. 8:00-9:00a.m. 8:45a.m. 9:05-10:15a.m. 1:00pm 6:00p.m.	C A C B C	*A: Atrium C: Clubhouse
Saturday:	Walk Away the Pounds Pool Exercises	8:00-9:00a.m. 9:05-10:15a.m.	C	<ul><li>L: Library</li><li>S: Shuffleboard Courts</li></ul>
Sunday:	Shuffleboard Hoss Collar Pickup Bocce Ball Vespers Duplicate Bridge	1:00-3:30p.m. 4:00pm 4:50p.m. 6:00p.m.	S BC A C	B: Billiards G: Game Room BC: Bocce Court

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#### **Buddhism**

By John Howell

#### (Part II) The Buddha's "Ultimate Spiritual Medicine"

ast month we described some preliminaries that lay a foundation for understanding Tantra.



Without explicitly going into the "Proprietary Method"; one can simply say that since beginningless time all sentient beings have been split to their very core consciousness ("Duality"). Certain skillful Yo-gic practices are utilized that literally straighten out, (purify) and repair the splintered/twisted "Inner Subtle Body of Light", especially in and around the sacred area of the Heart Chakra. This immediately relieves great physical and psychic pressure, with a resultant feeling of joy, bliss, and "beyond". The key feature of Tantra taught (when a student respectfully makes the proper requests/vows) is the ability to transmute the lower base passions of worldly flesh/desire into Compassion/Wisdom. This elevates the student to subtle yet deeper meditative states, where further purification and healing take place effortlessly/infinitely with Metta; (real Love). Thus the vessel must be carefully prepared to receive this "transmission" (direct gift) of Dharma at its maximum intensity. In the "Highest Yoga Tantra" teachings of Tibetan Buddhism (as taught by Lama Yeshe and others) the western concept of a soul has been known in the East as the "sole bindu" (the singular point of light) for millennia. This is the most inner non-dual core of "being" that nevertheless transmigrates from life to life carrying with it karmic impressions that have to be resolved.

When the student is ready the "Mirror of Mindfulness" appears in the form of a spiritual guide/Guru who radiantly resonates "a knowing", reflecting back the truth of non-duality that had been veiled for ages. This is "Buddha Nature", just waiting to be shared/reinforced "holographically" as implicitly described in the "Six Yogas of Naropa". Mahamudra practice ("Unification of a Great Perfection") creates a Mandala ("circuit/field of protection") with such meritorious Karma, that millions of eons of unwholesome actions are burned away instantaneously... Sadly not everyone can handle this "singularity" (luminescence) so directly reflected. Some are pulled back by ominous karmic influences and fall again into Samsara (the Wheel of Life), foolishly (from the Buddhist P.O.V.) recycling... perhaps forever. This is the esoteric Biblical equivalent of a "Lost Soul". Nevertheless others auspiciously catch the "Spirit/Wave" (Kundalini) and blissfully "surf" their way to the further shore of Nirvana. As Christ made abundantly clear; the real value of each new day is a chance to begin anew, to be reborn into the spiritual life/light. So far it's not too late to "Recognize" (with humility) this precious yet fleeting human "now moment" and the authentic "Vision" offered for complete liberation.

We are grateful for the Covid-19 vaccinations made possible by our Park in an effort to save inestimable human life. Well done!

[Buddhism 1pm Thurdays "gameroom" will proceed as posted]

Please continue to practice a safe lifestyle and be kind to all sentient beings...with Metta (Loving Kindness)

Namaste

#### Cornhole Club

By Deb Howland & Erika Fitch

The cornhole club meets every Thursday at 6:30 in the clubhouse, if facilities are open.

We held our first fund raiser the end of February and it was a big success. Everyone in the park who bought tickets were able to enjoy

a delicious barbeque chicken dinner. Thanks to all who participated by buying tickets and to

those who helped with putting out the meal.

We also have been preparing to hold a cornhole tournament. We did this by holding a practice tournament at league by playing against each other using brackets to determine a champion team. We hope to hold a tournament soon that will be open to the whole park to participate. So get out there and start practicing on your own or by joining us on Thursday evenings for league play.

Membership is open all year and you can join anytime. Yearly membership is \$5.00 per per-son, guaranteeing you a spot to play league night. Drop in players will pay a \$1.00 donation per night to play to help cover costs.

April is the start of spring and Easter. So HOP on over and come play cornhole. Who knows, it might just put a SPRING in your step to have fun with friends. We also have a 50/50 drawing every league night. We look forward to seeing you on Thursday evenings.

We set up at 4:00 and appreciate any help.

As always please wear a mask and social distance when in the clubhouse.

Call Doug or Debbie if you have any questions. (727) 366-4273.

#### Crafters Club

By Debbie Lewison

o March was a busy month and I'm positive we had a successful Ice Cream Social! We want to thank everyone who attended and everyone who helped. We also would like to thank Gary, the ACA committee and our Board for their support of this event!

We are sad that Crafters will take a break until October but the snowbirds are starting to head home. Plus with the nice weather and longer days, there are lots of other activities to do during the spring/summer months. We are glad the Crafters were so successful during the winter and quarantine months! We'd like to especially thank our Crafters for wearing their masks, sanitizing tables and chairs, helping clean up after crafts and being so patient with the new leaders and their crafty ideas!!

We look forward to the fall and new crafts. We hope we will be able to handle more people in the Clubhouse and welcome more of our neighbors back that didn't return this winter. Have a wonderful Easter!

Cathy, Judy and Debbie



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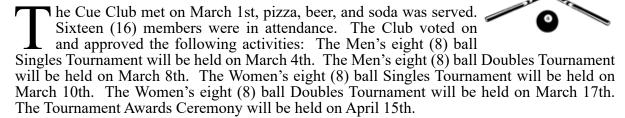


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#### **Cue Club**

By Frank Holbrook



The next Cue Club meeting will be held on Monday, April 5th at 5:00pm in the Atrium. Cue Club members should make every effort to attend.

Be safe and stay healthy.

#### **Cribbage Club**

By Brian Murphy

pring is here, some residents are still here in the Cove staying safe from the COVID-19 virus. If your interested in playing cribbage during spring and summer, let me know. I'm sure that it will be no prob-lem getting together to play during this time. We would like to hear from some new people who would like to get out and start playing cribbage. I see people who shy off because of the point counting com-binations. Once you play a few hands, it all

falls in place. If you know how to make flushes, runs and to have cards that add up to 15 you can play cribbage. It's an exciting game with members willing to help guide you. If anyone has any questions please email me or call me.

### **Line Dancing**

By Judy Daigle

ell, our season has come to an end till the fall. We've had a great time learning new dance moves to all kinds of genres of music. Never too late to learn, so hope you join us in the fall. You can also check our Americana Cove Line Dancers page to see videos of dances we've learned. What a fun way to get your exercise, learn new moves, enjoy good music and great friends. See you in the fall!



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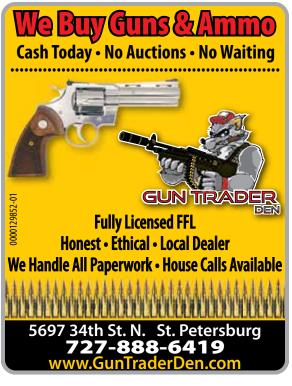
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## **Helping Hands: Forgetfulness, Part 1**

By Judy Hall, PhD

ccording to the National Institute on Aging, forgetfulness can be a normal part of aging. As we get older, our bodies change, including our brain. People notice that they don't remember things as well as they once did. It may take longer to learn something new or they lose things, like their cell phones or glasses. While some older adults find they don't do as well on complex memory or learning tests, we find that older people, given time, can do as well or better than younger folks. In fact, as we age, healthy adults usually improve on such areas as vocabulary.



Some issues with memory are related to medical issues. For example, medication side effects, thyroid, kidney or liver disorders can lead to memory loss. A doctor should treat these serious conditions as soon as possible. Emotional issues, such as stress, anxiety or depression can make a person more forgetful. Trying to deal with these issues can make a person forgetful or confused.

For some seniors, memory problems are a sign of serious impairment or dementia. If you are worried about memory issues, see your doctor. Your doctor can order a complete evaluation which may include a medical history, diet, over-the-counter medications and general health.

Blood and urine tests can help the doctor to find the cause of memory problems or dementia. Tests for memory loss and problem solving may help in the diagnosis. A CT scan or MRI may rule out some of the causes of memory problems.

Amnestic Mild Cognitive Impairment (MCI): People with this condition have more memory issues than normal for persons of their age. Their symptoms are not as severe as those associated with Alzheimer's disease, and they are able to carry out their normal activities. However, many people with MCI go on to develop Alzheimer's disease within a certain time period. Researchers do not know yet how to de-termine who will progress to a more serious level and who will not. There is no standard treatment or medications for this condition.

Dementia: It's the loss of thinking, memory and reasoning skills to the extent that it seriously affects the person's ability to carry out daily activities. Dementia is not a disease itself but a group of symptoms caused by certain diseases or conditions such as Alzheimer's. A person with dementia should be under a doctor's care. While there are medications that may delay the increase in symptoms, they don't prevent the progression.

# A Complete Listing of Resident Services can be found on the page before your calendar

#### Land Exercise - Walk off the Pounds

By Daisy Dean

I i, Our walking class is slowly getting a few more people & hoping if Mask restrictions gets lifted it will get even bigger, It has been a trying time for us all working out with the Mask.

We have been trying different workouts & have found a few favorites. Our Toning classes that starts at 8:am Monday through Friday are led by personal trainers & one has been recommended by Doctors all over the world to their patients as it's good Physical, Mentally, Heart Healthy, Great for circulation, Good for Joints just to name a few.

If you are new in the park & want to join us please do, It's Free & Healthy!! Love to see new faces.

My last class will be April 23th as heading home April 24th. The class will continue with a few volunteers to take over, Thank you to Astrid, Maureen & Terri for keeping this going. Stay Safe & Stay Healthy!

#### **Live Music**

By Libby Hopkins

We know that everyone who got to see our St. Patrick's Day and Easter Shows last month enjoyed them very much. This month, we will present a spring program on Tuesday, April 13, from 3 PM to 4 PM in the Clubhouse.

We are assuming that a majority of Cove residents have now gotten both injections of the Covid vaccine. We are not sure if we will open our show to capacity, or only to 50 people. If only 50 people are allowed into the Clubhouse, we will have a sign-up sheet as we did in March. And yes, we will probably still social distance and wear masks. Please watch your emails and Volos for details.

We hope you are staying in good health. With the implementation of our monthly shows again, Live Music believes that much better days are coming!!!!! We are praying 2021 will be a joy-filled year for us all.

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Litmited time only.

## **Landscape Committee**

By Donna Andrews

y now I'm sure many of you have noticed the new additions to our community:

The large fountain in the main garden in front of the clubhouse. This fountain was generously donated to our community by Diana Rogers.



The smaller fountain in front of the business office; the large dolphin behind the shuffleboard courts/boat lifts; the small dolphin at the south boat ramp: these three items were paid for out of the Landscape Committee budget.

The fountains are low maintenance and will require little upkeep. On very windy days you may not see them running as the wind may blow the water out of the pools. But this would happen infrequently. The statues require no maintenance.

There is still landscaping to do around these additions as well as other areas around the community.

In the coming months more statues may be seen in other areas for our residents' delight.

The Landscape Committee is excited to be working with our new manager and maintenance supervisor and their teams. Together, much can be done to continue the beautification of our community.

As always, feel free to join us at our committee meetings and have a great month!

### **Old Timers Young at Heart**

By Kathy Laramee

t's that time of year when we must bid farewell to our Snowbirds and Canadian friends who leave us for the Summer. We wish you God Speed, Health and a safe return to your Summer home. We look forward to welcoming you back this Fall.

Our final meeting for the season will be on April 21st. It has been short of wonderful to be able to hold meetings once again and I am looking forward to a return to normal times this Fall.

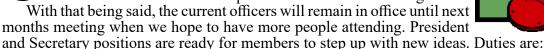
Please continue to support our can/aluminum drive by insuring no trash or other types of items find their way into our can bins. Our volunteers work hard to gather and transport the items so I'm urging all res-idents to be thoughtful of them. Thank you!!

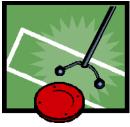


### **Shuffleboard Club**

By Greg Moe

ur next Shuffleboard Club meeting and Election of Officers will be April 7th at 9:30 AM in the Atri-um, since we did not have enough in attendance to constitute a quorum at our March meeting.





President - preside at monthly club meetings (if unable to attend, designate another officer to step in), attend ACA President's monthly meeting (if unable to attend, designate another officer to attend),

insure all necessary supplies and equipment are available and cleaned weekly (or designate another member to help out), communicate with Secretary to help with Forecaster write-up and Calendar dates and times, stay in touch with shufflers.

Secretary - post notice of meetings and agenda, send reminders of upcoming meetings to Team

Captains so they can contact team members, take minutes of meetings, keep record of attendance, keep current records of teams and players, communicate with President before submitting Forecaster

write-up, communicate with President before submitting Calendar date & times, as well as reservations if needed.

It's been an interesting 4 years as President. Shufflers are a great group to work with and really just want to have fun!

Hoss Collar will continue to play on Sundays at 1:00 PM. Our Social League is currently playing on Tuesdays at 10:30 AM and Thursdays at 12:30 PM. Starting March 30th we will be holding a trial-run Skills Tournament to be discussed further at our April meeting. Some of the basis skills will be:

- Fill the Triangle Shoot one disc into each scoring area.
- On the Line Shoot the discs the discs to cover the lines.
- Cookin' in the Kitchen Bump the discs into the Kitchen area.
- Double Up Bump a disc that is sitting on a line into a scoring area.
- Lag Line Shoot a disc to as close to the lag line as possible.
- Hidden Target shoot your discs into a hidden target area.
- Don't take this Standing Up shoot for score while sitting on the bench.
- Just the Opposite shoot your discs with your non-dominate hand.
- Deflected Discs shoot your disc off a bumper at mid court.
- Hoss Collar Practice Don't forget the kitchen.

### Should I leave the A/C on or off?

By Barefoot Realty Group, Brokerage Agent for Americana Cove

s realtors, we often take potential buyers through very warm houses during the summer and see the effects from a lack of air circulation. Typically, the home can smell musty, floors can begin to warp and generally it isn't a pleasant experience for buyers. Is there something homeowners can do to reduce the effects of heat within the home while they are away, yet not have a large electric bill each month?

Duke Energy and Florida Power & Light suggest the following should be done when the home is setting empty for several months.



- 1. Both power companies suggest leaving the A/C on 80 degrees when you are away. This will allow for air to circulate through the home yet keep the A/C from running too often.
- 2. Leave ceiling fans running on low as it can make a room feel 4 degrees cooler, according to Trane residential heating/air conditioning.
- 3. If there are large windows or sliding doors, keep curtains or blinds closed to avoid extreme temperatures.
- 4. Make sure there are no leaks around windows and doors.
- 5. These other items will help to lower your electric bill: Turn off the water heater at the circuit breaker, unplug small appliances, empty the dishwasher and leave the door open for air circulation; leave the washing machine door open; and turn off the refrigerator, leaving doors open.
- 6. Above all, have someone check the home every two or three weeks or after a summer storm to make sure there are no problems.



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### **EVENTS & PROGRAMS**

BIG SALE: Furniture, bottles, Elvis, Avon. Lake Seminole Resort, 11104 101st St., Largo. April, Friday 9th, Saturday 10th.

Carport Sale on Saturday, April 10th at Ranchero Village, 7100 Ulmerton Road, Largo, 8:00 to 3:00. Masks must be worn and hand sanitizer will be available.

"Golfers Save the Date!! Saturday, April 24, 2021 at 1:00pm The Inaugural Blessed Sacrament School Golf Outing At Seminole Lake Country Club 6100 Augusta Blvd. Seminole, Fl 33777 Hosted bv the Knights Columbus Council #17162 Fee \$75.00 Entry Prizes!!! Raffles!!! Food!!! Fun!!! Please call Mike 973.868.6111 or email mpop440@aol.com to RSVP"





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Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at 220 Bahama St, Venice, FL 34285.
 Ads over 10 words must be accompanied by \$.80 per extra word or publisher will edit.
 No mobile home sales, no professional products or services. SORRY: No ads accepted by phone or email. DEADLINE: 10th OF EACH MONTH.

# \*

### Swim Exercise

By Nancy Olson

i everyone! Hard to believe April is already here. The swim exercise group is in full swing, really enjoying the weather we have been having in the morning. Our exercise combination of tapes and oldies music seems to be working well. In early April I will be asking our northern friends when they plan to leave for the season. This is in preparation for putting the summer/early fall schedule together, going to 3 days a week.

### Items of interest:

May 1 the water temp goes down to 84.

May 3, our 3 day a week schedule will go into effect.

Masks are not required when entering and leaving the pool area but MUST be worn in the washroom.

Social distancing of 6 feet is still in effect for both in and out of the water.

A special thanks to Maureen and Diane for taking the lead for the class while I was gone the week of March 21. It's a very good feeling to know that swim exercise continues on throughout the entire year with the great team we have in place of Maureen, Diane and Terry. Terry has been out of class caring for a pinched nerve in her neck and some dermatology issues that are not allowing her get in the pool. Miss-ing you Terry, hurry back!

Happy Easter everyone!

Birthday pics are Lynn Distel, Vanessa Caponigro, Janis Ernst and Maureen Saunders.





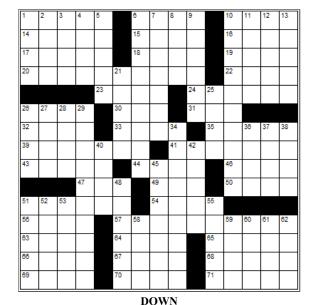






### ACROSS

- 1. Splotches
- 6. Tussock
- 10. Vipers
- 14. 67 in Roman numerals
- 15. Dwarf buffalo
- 16. A D-Day beach
- 17. Stave off
- 18. Blend
- 19. Roman robe
- 20. A language of India
- 22. Egg-shaped
- 23. Verse
- 24. Agitate
- 26. At the peak of
- 30. Beer
- 31. To and
- 32. A temple (archaic)
- 33. Start over
- 35. Assists
- 39. She plays roles
- 41. Enrapture
- 43. Spacious
- 44. Not barefoot
- 46. 53 in Roman numerals
- 47. Bother
- 49. French for "Friend"
- 50. Being
- 51. A dwarfed ornamental tree
- 54. Blend
- 56. God of love
- 57. A society of women
- 63. Medium-sized tubular pasta
- 64. Bit of dust
- 65. A tea-like beverage
- 66. River of Spain
- 67. Pitcher
- 68. Cambered
- 69. Mortgage
- 70. Sailors
- 71. Low heavy horse carts



- 1. Ho-hum
- 2. 66 in Roman numerals
- 3. Baking appliance
- 4. Fowl
- 5. A stomach exercise
- 6. Trashy
- 7. Wild
- 8. Thrust with a knife
- 9. A government tax
- 10. Car
- 11. Kitchen appliance
- 12. Heathen

- 13. Second person singular of shall
- 21. Rise rapidly
- 25. By mouth
- 26. Distant
- 27. Meal in a shell
- 28. Savvy about
- 29. Approval
- 34. Mileage meters
- 36. Auspices
- 37. Not that
- 38. Anagram of "Ties"
- 40. Tropical American wildcat



- 45. A type of rodent
- 48. Fate

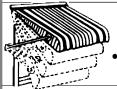






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### (Allow 4-6 weeks for mailing of check). This month's cash winners are:

Piolar Proven	\$100	Air Masters of Pinellas
		AMS WC INC
Scott Wisemer	\$10	Appliance Specialty
Patty Wood	\$10	Jones & Sons Plumbing
		Heller's Mobile Home Washing
Michelle Bourdeau.	\$10	Ron Wyngarden
Michael Arkanoff	\$10	Discount Computer Repair
Kendra Pashkowsky	7 \$10	Boss Electric
Paul Hastay	\$10	Jones & Sons Plumbing
John Klein	\$10	Royal Enterprise
		Heller's Mobile Home Washing
		Doll Brothers
		Debbie's Salon
Albert Hartin	\$10	Bob's Mobile Home Washing
Lisa Acevedo	\$5	Mobile Home Depot
		Community Roofing
Marilyn Moore	\$5	Bill the Carpet Guy
Gary McDermott	\$5	Air Masters of Pinellas
		Royal Enterprise
Eddie Bethel	\$5	Payless Painting
		Doll Brothers
Grace Ahtila	\$5	Debbie's Salon
Terry Bogart	\$5	BugginOut Pest Control
James Akin	\$5	Bill the Carpet Guy

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Mike Maringer	\$5	Jones & Sons Plumbing
Faye Oglesby	\$5	Discount Computer Repair
Joe Lain	\$5	Royal Enterprise
Gloria Yeo	\$5	Heller's Mobile Home Washing
		Modern Pest Control
		Bill the Carpet Guy
Cassandra Brady	\$5	Community Roofing
Ralph Masey	\$5	Bob's Mobile Home Washing
Kenneth Land	\$5	Heller's Mobile Home Washing
Jim Frankenberger	\$5	Jones & Sons Plumbing
Hohn Reeves	\$5	Suncoast Audiology, LLČ
Paulette Navar	\$5	Rick's Appliances
Beverly tompson	\$5	Discount Computer Repair
Patricia Jacoby	\$5	Community Roofing
		BugginOut Pest Control
Ed Pittman	\$5	Bill the Carpet Guy
Lori Roczniak	\$5	Heller's Mobile Home Washing
Betty Powell	\$5	1st Class Handyman Service
Debbie Ennis	\$5	Royal Enterprise
		Doll Brothers
Michael Schmaus	\$5	Community Roofing
		Boss Electric
Maggie Griscavage	\$5	Bill the Carpet Guy

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