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TEAKWOOD VIIIAGE

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TEAKWOOD MOBILE HOMEOWNERS ASSOCIATION

TEAKWOOD MOBILE HOMEOWNERS ASSOCIATON BOARD MEMBERS 2019-2021

President	Ben Cortez	242-6093
Vice-President	Mary Schultz	240-6323
	Sharon Miller	
Treasurer	Yvan Blais	533-6040
Director	Carlos Rios	559-0940
Director	Robert Schultz	856-904-1629

TMHA MESSAGE

Submitted by Ben Cortez, TMHA President

reetings,
The BOD has set the dates for the Informational Meeting as December 8, 2021, the Annual and Elections Meeting to be held February 8, 2022, at 1 pm, at the Aloha Clubhouse.



- According to the TMHA Bylaws, The BOD shall appoint a Chairman and at least two
 (2) other members to serve on the Nominating Committee, must be home owners in Teakwood.
- 2. No member of the Nominating Committee is eligible to be nominated as director.
- 3. The Nominating Committee shall propose one (1) or more candidates for each Director's position for a three (3) year term, but not less than the vacancies to be filled.
- 4. Each candidate is to provide a biography to be posted in the three (3) clubhouses.
- 5. At the December Informational meeting the Nominating Committee will present the candidates for Directors positions. At this time, only additional nominations will be permitted from the floor and must present biography.
- 6. If the nominee is not present to accept the nomination, the presenter, must have a letter from the candidate to accept and present a biography.
- 7. The Nominating Committee is automatically discharged when their reports are formally presented at the December meeting.

Residents wishing to be included on the ballot for Director should give the information to your Board representative, we will forward them on to the Nominating Committee. Other committees will be filled after the December meeting.

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FROM THE MAIN OFFICE

Submitted by Lori Fliger



hhh July. Time to sweat for a few months. I know I am rambling, but I am stumped. I don't have a topic that hasn't been done over and over again. I feel like a broken record. I feel like nobody actually pays attention to what I write, except to point out it's a topic that has already been done. Am I wasting my time? I hope not. I see that we are back to having events and family visiting. It's so nice to see a return to socializing. Yes, we still need to take care and social distance. I heard on the radio that some events are issuing colored wristbands to attendees. Red means stay 6 feet back, yellow means approach with caution but keep a bit of distance and green means step in and hand shake, high five or hug. Oh, look a topic. The past year and a half have been very difficult on so many levels. Yes, events are starting to happen. Yes, I am hearing that many of our seasonal residents who have not been here since early 2020 are planning their fall trek to Florida already. Yes, the government is lifting the mask mandates. Please keep in mind that Teakwood offices are still closed. You cannot just walk in you must ring our doorbells and wait for an invite. We can speak thru the doorbells, so that may be how things are handled. Please be patient if we don't answer immediately as we may be on the phone or across the office from the doorbell monitor. We may also request that if you enter our office you still wear a mask. Mine is still on my person at all times so that I may slip it over my nose and mouth on a moment's notice. We are not being fuddy duddies, we are concerned for our health, your health and our families health. Thank you for understanding and complying with our requests.

We are closed on Monday, July 5th in honor of Independence Day. Another July special day is the 1st: Happy Canada Day!

TEAKWOOD MOBILE HOMEOWNER'S ASSOCIATION BY-LAWS

Submitted by Sharon Miller (To be printed in 3 sections in the June, July & August media)

NOTE DATE CORRECTION: There will be four (4) Director positions to fill at the February 2022 election.

ARTICLE V

BOARD OF DIRECTORS: SELECTION - TERM OF OFFICE

SECTION 1. NUMBER. The business and affairs of the Association shall be managed and governed by a board of directors composed of nine (9) directors. These nine members will be as follows: five (5) board members who are homeowners in Teakwood East and four (4) board members who are homeowners in Teakwood West. At least one of the directors shall be a resident of the State of Florida and a citizen of the United States and must also reside full-time at the Park. All directors must be members in good standing.

Amended to:



SECTION 1. NUMBER. The business and affairs of the Association shall be managed and governed by a board of directors composed of seven (7) directors. These nine members will be as follows: four (4) board members who are homeowners in Teakwood East and three (3) board members who are homeowners in Teakwood West. At least one of the directors shall be a resident of the State of Florida and a citizen of the United States and must also reside full-time at the Park. All directors must be members in good standing.

SECTION 2. TERM OF OFFICE. There shall be no restrictions on the number of terms for which a director of this Association may be elected. Directors shall hold office for a term of three (3) years and shall be so elected that the terms of three (3) of the directors will expire each year. The directors shall hold office until their successors have been elected and have met the qualifications as set forth above.

SECTION 3. REMOVAL/VACANCY. Any director may be removed from the Board with or without cause, by a majority of the members of the Association. A special meeting of the members to recall a member or members of the Board of Directors may be called by ten percent (10%) of the members giving notice of the meeting of members, and the notice shall state the purpose of the meeting. In the event of death, resignation, removal of a director or any vacancy created by reason of an increase in the number of directors, the vacancy may be filled by the affirmative vote of a majority of the remaining members of the Board of Directors. A director elected to fill a vacancy shall hold office until the end of the term of the director whose vacancy is being filled.

SECTION 4. COMPENSATION. No director shall receive compensation for any service he or she may render to the Association. However, any director may be reimbursed for actual expenses incurred in the performance of his or her duties. A director may serve the Association in a capacity other than director and receive compensation for the services rendered in that other capacity.

SECTION 5. COMMITTEES. The Board may appoint and disband regular and special committees to serve for the purposes designated by the Board and for such terms as determined by the Board. Committees serve at the pleasure of the Board of Directors. *Add following*:

A. NOMINATING COMMITTEE

- 1. Two months before Annual Meeting the Board of Directors shall appoint a Chairperson and at least two other members to serve on the Nominating Committee
- 2. No member of the Nominating Committee is eligible to be nominated as Director.
- 3. The Nominating Committee shall propose one or more candidates for each Director position for a three (3) year term but not less than the number of vacancies to be filled.
- 4. Each candidate is to provide a biography to be posted in all three Clubhouses.
- 5. At the December Informational meeting the Nominating Committee will present candidates for Director positions. At this time, only additional nominations will be permitted

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from the floor and must present a biography.

- 6. If the nominee is not present to accept the nomination, the presenter must have a letter from the candidate to accept and present a biography.
- 7. The Nominating Committee is automatically discharged when their report is formally presented at the December meeting.
- B. ELECTION AND TELLERS COMMITTEES
 - 1. The President will appoint a Chairperson and at least two other members to serve on the Election Committee
 - 2. The President will appoint a Chairperson and at least two other members to serve on the Tellers Committee.
 - 3. The candidates of Directors for three (3) year terms will be elected at the Annual Meeting.
 - 4. Absentee Ballot
 - After the December Informational Meeting and the Nominating Committee Report and nominations from the floor accepted, members can personally pick up a ballot after one (1) week from Election Committee Chairperson if they cannot attend the Annual Meeting.
 - 5. All Ballots, including the Absentee Ballots must be deposited in the locked ballot box before the start of the Opening of the Annual Meeting.
 - 6. At the Opening of the Annual Meeting, the ballot box will be given to the Tellers Committee to unlock and start recording the ballots
 - (a) A report will be completed to show number of ballots cast, number of votes for each candidate
 - (b) Report given to the Chairperson of the Annual Meeting

ARTICLE VI

NOMINATION AND ELECTION OF DIRECTORS

SECTION 1. NOMINATION. Nomination for election to the Board of Directors shall be made by a Nominating Committee. Nominations may also be made from the floor at the annual meeting. The Nominating Committee shall consist of a chairperson, who shall be appointed by the Board of Directors, and two or more members of the Association. The Nominating Committee shall be appointed by the Board of Directors two (2) months prior to each annual meeting of the members, to serve until the close of the annual meeting. The Nominating Committee shall make as many nominations for election to the Board of Directors as it shall in its discretion determine, but not less than the number of vacancies that are to be filled.

Amend to:

SECTION 1. NOMINATION. Nomination for election to the Board of Directors shall be made by a Nominating Committee. Nominations may also be made from the floor at the December Informational Meeting.

SECTION 2. ELECTION. Election to the Board of Directors shall be by



secret written ballot, unless this method is waived by a majority of the members in attendance at the meeting. At such election the members or their proxies that cast one (1) vote per each vacancy. The persons receiving a plurality of the votes cast for that office shall be elected. Cumulative voting is not permitted. *Amend to:*

SECTION 2. ELECTION. Election to the Board of Directors shall be by secret written ballot, unless this method is waived by a majority of the members in attendance at the meeting. At such election the members that cast one (1) vote per each vacancy. The persons receiving a plurality of the votes cast for that office shall be elected. Cumulative voting is not permitted.

ARTICLE VII MEETINGS OF DIRECTORS

SECTION 1. REGULAR MEETINGS. Regular meetings of the Board of Directors shall be held at such place, date and hour as may be fixed from time to time by resolution of the Board. Should such regular meeting dates fall upon a legal holiday, the meeting shall be held at the same time within the following week. Notice of the date, time and place of all regular meetings of the Board of Directors shall be posted in a conspicuous place upon the Park property at least fourteen (14) days in advance, except in an emergency.

SECTION 2. SPECIAL MEETINGS. Special meetings of the Board of Directors shall be held when called by the President of the Association, or by any two directors, after not less than two (2) days notice to each director of the date, time, and place of the meeting except in an emergency. Notice of special meetings shall be posted in a conspicuous place upon the Park property at least fourteen (14) days in advance, except in an emergency. The notice of special meetings shall contain the purpose or purposes of the meeting. Notice of any meeting, regular or special, in which assessments against members are to be considered for any reason, shall specifically contain a statement that assessments will be considered and the nature of such assessments.

SECTION 3. EMERGENCY MEETINGS. Emergency meetings of the Board of Directors shall be held when called by the President of the Association, or by any two directors. Emergency meetings of the Board of Directors may be held by telephone conference. Emergency decisions, as determined by the President or a majority of the Board of Directors, many be made by means of a designated officer or member of the Board polling the members of the Board by telephone and any such emergency issues or questions shall be determined by affirmative vote of a majority of the Board which shall then be considered to be the action of the Board. Minutes of an emergency meeting of the Board, whether by telephone conference, telephone polling or otherwise, shall be filed by the Secretary or other designated officer, and the correctness of the minutes shall be certified by said officer and posted in a conspicuous place upon the Park property within fourteen (14) days after the date of the emergency meeting. It is contemplated that emergency meetings include, but not be limited to, such subjects as filling

...continued on page 13









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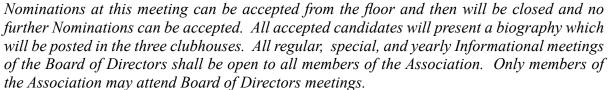
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vacancies of the Board of Directors or of officers of the Association, and the conduct of necessary or important business while a majority of the Board of Directors is not present in the State of Florida.

SECTION 4. OPEN MEETINGS. All regular and special meetings of the Board of Directors shall be open to all members of the Association. Only members of the Association may attend Board of Directors meetings. *Amend To*:

SECTION 4. YEARLY INFORMATIONAL MEETING. Prior to the Annual Meeting in February an Informational Meeting shall be held in December.



SECTION 5. QUORUM. A majority of the number of directors shall constitute a quorum for the transaction of business. Every act or decision done or made by a majority of the directors present at a duly held meeting at which a quorum is present shall be regarded as the act of the Board. A director may join in the action of a meeting of the Board by signing the attendance record therefore and such signing shall constitute the presence of such director for the purpose of determining a quorum. If at any meeting of the Board there shall be less than a quorum present, the majority of those present may adjourn the meeting from time to time until a quorum is present. At any meeting that takes place on account of a previously adjourned meeting, any business which might have been transacted at the meeting as originally called may be transacted. In the case of the adjournment of a meeting, no further notice of the adjourned meeting need be given unless otherwise determined by the Board. Members of the Board of Directors shall be deemed present at any meeting held by conference telephone or similar communications equipment where all person participating in the meeting can hear each other.

SECTION 6. NOTICE OF DIRECTORS MEETING. Notice of Directors meetings shall be posted in a conspicuous place upon the Park property at least fourteen (14) days in advance, except for emergency meetings.

SECTION 7. WAIVER OF NOTICE. A director may waive in writing notice a regular or special meeting of the Board of Directors either before or after the meeting, and his waiver shall be deemed the equivalent of getting notice. Attendance of a director or any meeting shall constitute waiver of notice of that meeting unless the director attends with the express purpose of objecting to the transaction of business because the meeting has not been lawfully called or convened.

SECTION 8. MINUTES. Minutes of all meetings of the Board of Directors shall be kept in a businesslike manner and shall be available for inspection by members, or their authorized representatives, and Board members at reasonable times. The Association shall retain these minutes for a period of not less than seven (7) years.

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TEAKWOOD EAST SOCIAL CLUB DIRECTORS – 2020/2021

Position	Name	Phone	
Temp Acting President	Judy Glenn	317-473-2390	
Vice President	Vickie Rios	559-0940	
Temp Acting Treasurer	Cheryl Tracy	352-200-9384	
Temp Acting Secretary	Fay Killinger	812-340-6079	
Executive Director:	Kathi Hawkins	386-5421	
Executive Director:	Ann Cortez	242-6093	
Kitchen Managers:	Roland Lausier (supply)	729-2609	
· ·	Cheryl Tracy (activities)		
Koffee Coordinator	Sharon Sklar	667-9412	
Media:	Dianna Martin	727-424-9332	teakwooddgm@gmail.com
Sunshine:	Ann Cortez	727-242-6093	
	Lynn Golombeck	716-432-8324	
Welcome:	Judy Glenn	317-473-2390	
	Fay Killinger	812-340-6079	
	-		

FROM THE PRESIDENT'S CORNER

Submitted by Judy Glenn

s some of you may already know, Vicki Monroe and Maureen Liebler have presented their letters of resignation for the positions of President and Secretary of the Social Club Executive Board. I have accepted the position as Temporary Acting President until the next election of Directors in the fall. Fay Killinger has volunteered to help me as Temporary Acting Secretary during this time. Much thanks to Vicki and Maureen for their time as President and Secretary of our Social Club. I look forward to being your president if only for a short time. Thank you.





CAROL MCGRAW'S JULY 2021 BIRTHDAYS & ANNIVERSARIES

Birthdays:

1	T '1	T 1
	Eileen	Leach
1	Liiccii	Leach

4 "Bitsy" Joan Lajoie 18
8 William Hutchinson 18

11 "Frank" Francis Melanson

11 Gloria Smith

12 Keith Anderson

12 Brenda Desroches

13 Mike Ermish

14 Tom Kelleher

15 Michael Bochniarz

16 Bob Besancenez

18 Lynette Gibson

18 Sue Hyldahl-Lausier

23 Sue Vermeersch

24 "Marty" Martin Fainstein

24 Vurn Glenn

26 "Bob" Robert Byers

26 Carol McGraw

28 Colleen Fansler

29 Jeanne Gagne

31 Eileen Rafferty

Anniversaries:

1	"Bob" & Sheila Leach	54 years
21	Tom & "Barb" Hardie	65 years



OOPS MISSED DATES: Mary Gromek birthday June 27th; Tom & Carolyn Nolte 53rd anniversary June 22nd. Best wishes to all

CONGRATULATIONS & BEST WISHES TO ALL! To add, delete or correct, please call Carol McGraw @ 727-585-2936 (home) ASAP before the event as information must be submitted by the 10th of the month preceding your event. For birthdays I just need name, month & date. For anniversaries need names, month/day/year married. If I'm not home, please leave a message with your name, phone number and message with needed information.

HAPPY INDEPENDENCE DAY

SUNSHINE REPORT FOR MAY 10 - JUNE 8, 2021

Submitted by Ann Cortez

SYMPATHY

5/31 Jim McGraw passed away. Card sent to wife, Carol McGraw.

f anyone knows of a Teakwood East Resident that is in need of some Sympathy or Sunshine, or just a "Thinking of You", please contact Ann Cortez @ 727.242.6093 or Lynne Golombek @ 719.432.8324.



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Style Extra

TEAKWOOD EAST WELCOME REPORT:

Submitted by Judy Glenn

Gary Vombrack 342

342 Golden Gate Dr.

Largo, FL



or new neighbors who have purchased a home privately, rather than through the Teakwood Sales Office, please give Judy Glen (317-473-2390) or Fay Killinger (812-340-6079) a call. We would very much like to officially welcome you to Teakwood East and provide you with some useful information about the area.

THANK YOU

hanks so much for the "Get Well" cards, calls and well wishes and of course the prayers for both of us. We really appreciate it! We also want to thank the guys who took out our old couch and those helping to put in our new front door. You



know who you are. God bless you all!! Teakwood East is a great place to live like a family. Love you all. Thanks from the bottom of our Hearts!! Jim & Carol McGraw

To all our friends and neighbors in Teakwood Village East; Thank you so much for all the calls, cards and visits on Jim's passing. It really means a lot to me as your friendships do. Teakwood is like family, and we always loved it here. It is my home! Thanks again. Love Carol To our Teakwood family: We would like to extend our thanks to all who sent cards, donated to Young at Heart, sent flowers and food in memory of our son. It is deeply appreciated.

4TH OF JULY CELEBRATION

Submited by Judy Owen

will be hosting a party at the Aloha Clubhouse on July 4th from 5:00-9:00 PM. Music will be provided by DJ Corey. Bring your own snacks and beverages. Everyone in Teakwood East is welcome! Let's open the park up again with a BANG. Please RSVP to Judy Owen (315) 263-3013.



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

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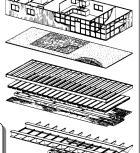
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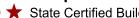
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Sunday	Monday	Т
AUGUST S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	A = ALOHA HALL T = TIKI HALL W= West	
5p Party – A Independence Day	5 9a – LI Pool Aerobics 5:30p – Canasta - T	9a – Ko 10:30a – Bocce 5p – Po
11	12 9a – LI Pool Aerobics 5:30p – Canasta - T	9a – Ko 10:30a – Bocce 5p – Po
18	19 9a – LI Pool Aerobics 5:30p – Canasta - T	9a – Koi 10:30a – Bocce 5p – Poo
25	26 9a – LI Pool Aerobics 5:30p – Canasta - T	9a – Kor 10:30a – Bocce 5p – Poo

Teakwood Village East

uesday	Wednesday	Thursday	Friday	Saturday
·		1 10a – Pool Aerobics 1:30p – Pickup Shuffle 6p – Unlucky 7 - A	2 9a – LI Pool Aerobics	3
6 ffee Klatch - A - Pickup ol - T	7 9a – LI Pool Aerobics 1:30p – Dominoes - A	8 10a – Pool Aerobics 1:30p – Pickup Shuffle 6p – Unlucky 7 - A	9 9a – LI Pool Aerobics	10
13 ffee Klatch - A - Pickup ol - T	14 9a – LI Pool Aerobics 1:30p – Dominoes - A	15 10a – Pool Aerobics 1:30p – Pickup Shuffle 6p – Unlucky 7 - A	16 9a – LI Pool Aerobics 6p Paint & Sip - A	17
20 ffee Klatch - A - Pickup ol - T	21 9a – LI Pool Aerobics 1:30p – Dominoes - A	22 10a – Pool Aerobics 1:30p – Pickup Shuffle 6p – Unlucky 7 - A	23 9a – LI Pool Aerobics	24
27 ffee Klatch - A - Pickup ol - T	28 9a – LI Pool Aerobics 1:30p – Dominoes - A	29 10a – Pool Aerobics 1:30p – Pickup Shuffle 6p – Unlucky 7 - A	30 9a – LI Pool Aerobics	31



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CLUB HOUSE INFORMATION

f any residents use the clubhouses for any activities, please clean your individual table space & chair or the exercise equipment you use with a sanitized wipe. Some activities require a mask and others make face masks optional. Please make sure you know what the rules are for each activity before attending.

VOLUNTEERS NEEDED

s of the submission date of copy to the Monthly Media publisher, we still need a couple of volunteers to distribute the monthly newsletter. I have announced this need at Tuesday coffee so hopefully someone will step forward. If not, we need help! For several years Carlos Rios has taken care of Memory Lane, and the east side of Papaya and Molokai. We need 1-2 people to take over this route. Carlos will be taking over Kathi Hawkins route on Poinsettia. Please call Dianna Martin (727-424-9332) or Ellen Noyes (727-316-4205) if you can help out.

After our first Koffee Klatch in June, several people volunteered to help at future Tuesday morning coffees but more are needed; hosts, donut servers, coffee servers, hand out place mats/napkins & take in money. There is a sign-up sheet on the bulletin board at the Aloha Clubhouse or see Sharon Sklar at Tuesday Koffee

Many, many thanks to all who currently volunteer in these and other Teakwood East activities. With out volunteers, none of this would be possible!

KOFFE KLATCH NEWS

from the Social Club

It was so good to be able to resume our Tuesday Koffee Klatch last month and get together with friends and neighbors that we have had very little interaction with over the past year plus. We are still getting those delicious donuts, apple fritters, long john's, turnovers etc... from the Sunshine Bakery. Due to a considerable increase in the price of these delectable goodies the cost will be \$3 per person. Tell me where else you can go to get two donuts/pastry and coffee or tea (free refills) for that price! Come join your friends & neighbors on Tuesday mornings at the Aloha Clubhouse. Official start time is 9 am but most people come a little early to socialize and find a seat. This is also the best place to come to stay up to date on Social Club announcements & a monthly business meeting in the fall/winter. For the many new homeowners in Teakwood East this is a great way to get involved in the community activities and really become a member of the "family". Just bring your own mug/cup. The Social Club supplies cream, sugar, sweeteners & stirrers.



PAINT & SIP

nce again MJ Schultz is hosting "Paint & Sip" but this time she is doing it at the Aloha Clubhouse in Teakwood East on July 16th 6:00 – 8:30 pm. This activity is open to all Teakwood residents but there is limited



seating, so sign-up now! There is a sign-up sheet on the bulletin board at Aloha. The cost is \$15 per person. MJ provides the canvas, paints & brushes and brings wine. You should bring a glass and if you prefer, an alternate beverage. So all of you budding Picasos, Rembrandts and Monets come join the fun!!!

OUTDOOR ACTIVITIES

Submitted by Paul Fadden

ick-Up" games of bocce and shuffleboard will continue through May & June. Everyone is invited!! If you would like to play here is what you will need to know:

Bocce – Tuesdays 10:30-12:00 (unless it rains). This will continue until regular team bocce begins in November. Practice safe health measures

Shuffleboard - Thursdays 1:30-2:30 (unless it rains) until the regular shuffle league starts up in the fall. Practice Social Distancing.

CALLING ALL MAHJONG PLAYERS!!

f you love playing Mahjong, or would like to learn, and anxiously await the fall when this activity would normally start-up, wait no longer! Give Kathryn "Kat" Ermish a call at 972-841-7137. Kat would like to set up a summer group.



SOCIAL CLUB MEMBERSHIP

ue to Covid, Social Club activities for most of 2020 and half of 2021 were cancelled. Because of this unusual situation no membership fees will be charged for the remainder of 2021. However, Membership sign-up will start in November for 2022. The cost will still be only \$2 per year per person. As a member you get a great discount on dances, dinners and other entertainments.





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- 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?
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POOL AEROBICS

ow impact aerobics on Monday, Wednesday & Friday at 9:00 A.M. led by Darlene Coburn.



CANASTA:

oin the fun on Monday nights at the Tiki Hall. The start time is 5:30 p.m. Please arrive a few minutes early to pick teams. The cost to play is \$0.75. Don't forget to bring your mask and sani-wipe to clean your area after the games. Everyone is welcome.

POOL

uesdays at the Tiki clubhouse beginning at 5:00 p.m. Bring your own cue stick or use one provided at Tiki. Open to all Teakwood Residents but a mask is required.



DOMINOES:

S

top by the Aloha clubhouse on Wednesdays at 1:30 pm. It may memories of a fun family activity.



UNLUCKY 7:

ome join the fun every Thursday at 6:00 PM at the Aloha Hall. This game requires no special skill other than the ability to roll the dice! Start saving your nickels as you will need them as markers for your Unlucky 7 card. If you have not had your COVID vaccine you must wear a mask. Otherwise masks are optional.

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

MIND YOUR B'S AND D'S:

Excerpt from AARP

e all know we should eat a wide variety of fruits and vegetables with a moderate amount of healthy oils, whole grains, lean meat and dairy. But even if you eat a perfect diet, you may still be lacking in two essential nutrients: vitamin B12



and vitamin D3. Per the Center for Population Health at the University of Massachusetts and the U.S. Preventative Services Task Force, most vitamin supplements, including multi-vitamins, fail to deliver measurable benefits. "When you take things out of the food matrix and you put a single ingredient into a pill, it doesn't have the same effect...That's why it is better to think plants, not pills."

However, B12 and D3 are different for two reasons. You can't really get them from plants and as we get older we begin to develop difficulty absorbing them in their natural form.

B12 plays an essential role in nerve function. A lack of B12 is associated with depression, dementia and decreased cognitive function and anemia. Unless you are a vegan, getting enough B12 isn't a problem because beef, chicken, eggs and dairy are rich in it. Unfortunately, as we get older our ability to absorb B12 is hindered by changes in our digestive systems. Taking antacids and diabetes medications and digestive issues such as celiac disease can hinder our ability to access B12.

As little as 10-15 minutes in direct sun a few days a week can give us most of the vitamin D our bodies need to maintain a healthy immune system, bones and muscles and protect us from cognitive decline. Since we live in Florida that should not be a problem...right? Wrong; Our ability to turn sunlight into vitamin D declines as we age. By the time we are 70, our ability to produce vitamin D is about half of what it was at age 20 and unlike vitamin B12, vitamin D is in scarce supply in our regular diets. We can get some vitamin D from fortified milk and juices, fatty fish such as mackerel and sardines and some mushrooms but these aren't exactly staple items in most daily diets. As vitamin levels decline, the risk of Parkinson's, Alzheimer's and cognitive impairment increase. D is also essential for bone health as it serves as a controller for calcium. In a study of adults 50 and older who had recently fractured bones, 43 percent were deficient in vitamin D and calcium.

Before rushing to the local pharmacy to stock up on these two supplements, talk to your doctor to see if this is right for you as vitamin D can interact adversely with heart medications, and to get the correct recommended dosage for your needs. If you get the go ahead, look for vitamin D3, which is more efficiently utilized by the body than D2.

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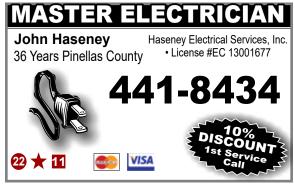
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TEAKWOOD WEST NEWS & ACTIVITIES

Teakwood West Social Club Board of Directors 2021-2022

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Committees:

Clubhouse Bookings/Equipment: Nancy Orrick
Coffee Hour/Donuts: Jean Hamilton
Food Bank Collections: William Steers

Kitchen Supplies: Bruce Johnston (winter), Steve Orrick (summer)

Media Editors: Ruby Torino

Media Delivery: John & Jean Hamilton (winter)

Welcome/Membership: Sandra Harrison, Liz Grayson, Ruby Tirado

Shut-Ins:

Sunshine: Jan Breard, Betty Anne Schultz

PRESIDENT'S MESSAGE JULY 2021

ue to low attendance, some activities had to be canceled. Bar Poker on Sunday night had to be canceled due to the attendance being so low, only 4 people attended and that's including myself. A new game has started in the clubhouse called Nickels, headed by Dee Potenti. Everyone is welcomed to join. It's every Sunday Night at 6:30PM. Make sure you bring a lot of nickels. We also started the game of Shuffleboard.

Ruby Torino will be taking over the Media Editor responsibility from Al and Dawn Kelly, effective in July 2021. I would like to thank them for all the years of hard work and dedication



they gave to this position. Ruby Torino has been kind enough to agree to take over the monthly media. I wish her the best of luck.

There are positions that do not need to be voted on, such as the Media Editor - Ruby Torino filled in the spot that Al and Dawn vacated; Emcee - Mike Pini agreed to replace Ruth Goodes, who is no longer with us. Ruth left a very big shoes to fill. All other positions will be voted on when everyone gets back.

Wishing everyone an enjoyable summer and looking forward for our Northerner friends to come back soon.

-Nancy Orrick

HOPE VILLAGES OF AMERICA (FORMERLY RCS PINELLAS) FOOD DONATIONS

onations to the food bank can be dropped off directly to my house. If I am not at home, please feel free to leave donations under the mailbox. If you are not able to drop off your donations, I will be gladly come to your home and pick it up. The food bank is in need of reusable cloth shopping bags, men's/women's toiletries, pet food, baby diapers, adult diapers and non-perishable food items. Even the smallest donation can make a big difference for someone in need.

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NEIGHBORHOOD WATCH

s we all know Hurricane season starts the 1st of June. I am waiting for Pinellas county to come out with the paper of information for evacuations if we need to. If there are any changes from last year. I will pass out all information on storms and evacuations. What I receive I will make copies and pass out to all residents on the West side. I already got some info from the Largo Fire Department.

- Guy Shreck

TEAKWOOD WEST JULY BIRTHDAYS AND ANNIVERSARIES

July Birthdays			
Don Harwood	1st	Joanne Mobbs	16th
Al Gardner	5th	Lea Gallant	17th
John Robinson	8th	Maxine Dobson	21st
Jan Frances	8th	John Hamilton	21st
Sally Galm	11th	Diane Warren	25th
Jean Griffiths	11th	Lavonne Wefel	29th
John Watson	11th	Mary Mayhew	29th
Bill O'Brien	14th	Sue Furey	31st
Paul Haubert	15th	Rick Carey	31st



July Anniversaries

Alex & Betty Low 20th Omer & Irene Landry 26th

Congratulations and the warmest wishes to all those celebrating in **July**

If you have been missed or there is an error in date or spelling, please accept my apologies and provide the correct info to johnjeanhamilton@hotmail.com.

RED HATS

R

ed Hats meeting canceled. It will resume in the fall.



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WELCOME/MEMBERSHIP

he Social Club Committee would like to welcome all newcomers to Teakwood Village West.



■ Unfortunately, due to the Coronavirus Pandemic no welcome

contact or meetings will take place until further notice. Contact will be made when it is safe to do so.

All paid social memberships were valid until December 31, 2020. As most Teakwood West activities have been postponed or cancelled, 2021 fees are not warranted at this time.

We look forward to a return to a more normal schedule for 2022. More information will follow in late November/early December on payment of fees for 2022.

SHUT-INS

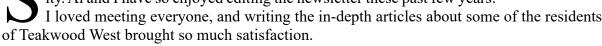
If anyone knows of residents who are home-bound and unable to attend brunches or dinners, let Nancy know. Meals can be delivered to them. Please be advised that you must be a paid-up member of the Social Club to receive a "shut-in" meal.

Editor's note: This position is currently empty. Please let Nancy Orrick know if you are interested in helping out.

FROM THE EDITOR - JULY 2021

A Final Good-bye

o here it is mid-June, the weather here is amazing except for the humidity. Al and I have so enjoyed editing the newsletter these past few years.



It is bittersweet that we need to close this chapter, but there is always something just over the horizon beckoning to us. We have yet to find a rental in Teakwood for next winter but are ever hopeful. If you hear of anything, please think of us.

I hope Ruby Torino enjoys her time as editor as much as we did. Please welcome her to this new adventure.

And I hope when you think of us it brings a smile to your face or a good belly-laugh! We will miss you all.

Cheers and God Bless.

Al and Dawn

...continued on page 45

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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?
- 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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EVENTS & PROGRAMS

HOLIDAY BAZAAR - Saturday, 11/13/2021, 9am-1pm. \$30 - 1 table, \$25 additional table, \$15 additional floor space. First Lutheran Church, 1644 Nursery Rd., Clearwater. All indoor craft show. Questions: 727-477-3806 or eobrien2429@gmail.com - 217-251-4382 or jayneb1227@gmail.com



ATTENTION RESIDENTS!

Did you know this Emporium/ Classified listing reaches over 21,500 homes in Pinellas County? It goes into 60 community newsletters (just like this one) from Dunedin to St. Petersburg. This is a great market to sell items, advertise your next event, try and get help for a function, and many other things. Remember to think about this the next time you're planning something.

-Monthly Media Staff

AUGUST AD DEADLINE - JULY 10, 2021

• 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.

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TEAKWOOD VILLAGE TIDINGS JULY, 2021** S



Greetings To All

irst, let me start off by saying taking over the Media Editor responsibility from Al and Dawn Kelly is a huge undertaking. They have done a fantastic job over the years and they are leaving a very big shoes to fill. I have to work really hard in order to live up to the high standards set by them. A big SHOUT OUT to you Al and Dawn.

We are half way to the end of the year. In a few months, our Northerner friends will be back and Teakwood will be full of excitements and activities again. We are hopeful that the Canadian-US border will be opening soon so that our Canadian friends can come back and things will be back to normal again.

Independence Day, also called July 4th is the day, when we, as Americans, celebrate our Independence. Having independence is important in order for a country and its people to grow and advance. Independence Day is commonly associated with fireworks, parades, cookout and family reunions, just to name a few. This is the day we celebrate the birthday of our nation. It is important we don't forget the true significance and meaning of Independence Day. Let us salute them who made it possible.

July is my first issue, as the Media Editor. If you have an article or announcement that needs to be included in the next month's media, please email to me at rubytorino@yahoo.com. THE SUBMISSION DEADLINE IS THE 10TH OF THE CURRENT MONTH FOR THE NEXT MONTH'S ISSUE. You will get a reply back to confirm receipt of your email so that this way nothing will be missed. If you did not receive a reply back, please let me know.

If you have any questions, please contact me at (630) 440-6480 or shoot me an email. Thanks! Cheers!

-RubyT

JULY SUNSHINE REPORT

GET WELL

MAY 11 TO JUNE 10, 2021

Pat Kennedy, 217 Redwood Lane, was in the hospital for a knee replacement. She is home recuperating.



Betty Anne Schultz
 bettyanneteakwood@yahoo.com> phone 856-904-1611

If anyone who doesn't wish to have anything posted other than your name in this report, please contact me and I will respect your privacy.



RECIPES OF THE MONTH

Sandra Harrison

his will be my last contribution to recipes of the month after 2 1/2 years.

Many thanks to Dee Potenti. She has graciously volunteered to take over this task.

A couple of salad recipes for this warmer weather.

Fresh Asparagus-Tomato Salad

Serves 4

2 cups mixed salad greens or baby spinach

1 lb thin, fresh asparagus, trimmed & cut diagonally into 1 inch pieces

1 cup cherry tomatoes, halved

1/2 cup fresh basil leaves, large leaves torn

2 Tbsp white wine vinegar

4 tsp olive oil

1 tsp honey

1/8 tsp salt

1/8 tsp black pepper

2 Tbsp shredded Parmesan cheese

2 Tbsp pine nuts or chopped walnuts or pecans, toasted

- 1. In a large bowl combine salad greens, asparagus, tomatoes & basil.
- 2. For vinaigrette, in a small screw-top jar combine vinegar, oil, honey, salt & pepper. Cover & shake well.
- 3. Pour vinaigrette over greens mixture; toss gently to coat. Sprinkle with cheese & nuts.



Napa Cabbage Salad

Serves 8 - 10

1 head of Napa cabbage

1 bunch minced green onions

1/3 c butter

1 (3 oz) pkg ramen noodles, broken

2 Tbsp sesame seeds

1 c slivered almonds

1/4 c cider vinegar

3/4 c vegetable oil

1/2 c sugar

2 Tbsp soy sauce

- 1. Finely shred the cabbage. Combine the green onions & cabbage in a large bowl. Cover & refrigerate until ready to serve.
- 2. Preheat the oven to 350 F.
- 3. Make the crunchies: Melt the butter in a pot. Mix the ramen noodles, sesame seeds & almonds into the pot with the melted butter. Transfer to a baking sheet & bake at 350F, turning often to make sure they don't burn. When browned, remove from the oven.
- 4. Make the dressing: in a small saucepan heat vinegar, oil, sugar & soy sauce. Bring the mixture to a boil & let boil for 1 min. Remove the pan from heat & let cool.
- 5. Combine dressing, crunchies & cabbage immediately before serving.



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That's all you do. At the end of the month the Publishers will pick up the tickets and hold a drawing. If your ticket is drawn, we mail you a check.

(Allow 8-12 weeks for mailing of check). This month's cash winners are:

	E & E Gliddon
\$10	Jones & Sons Plumbing
	1st Class Handyman Service
	O.E. Wilson Insurance
\$10	Rod Runners
\$10	Royal Enterprise
\$10	Debbie's Salon
\$10	Suncoast Audiology
\$10	AMS West Coast
	Boss Electric
\$10	Air Masters of Pinellas
	BugginOut Pest Control
\$10	Heller's Mobile Home Washing
\$10	Meshguard
\$5	Air Masters of Pinellas
\$5	Jones & Sons Plumbing
	Rod Runners
\$5	1st Class Handyman Service
\$5	Heller's Mobile Home Washing
\$5	Discount Computer Repair
\$5	Jones & Sons Plumbing
\$5	MedRx Hearing Center
	1st Class Handyman Service
\$5	Air Masters of Pinellas
	\$10\$10\$10\$10\$10\$10\$10\$10\$10\$10\$10\$10\$10\$10\$10\$10\$15\$15\$5

winners are:		
Tom Mackey	\$5	Jones & Sons Plumbing
Sharon Schrum	\$5	Rod Runners
Andy Laurin	\$5	Battleline Termite & Pest Control
Mary Ann Zura	\$5	Heller's Mobile Home Washing
Mike Sanders	\$5	Air Masters of Pinellas
Barry Riley	\$5	1st Class Handyman Service
		Royal Enterprise
Linda Odette	\$5	
Daniel Tope	\$5	Jones & Sons Plumbing
		Air Masters of Pinellas
Angela Mistretta	\$5	Rod Runners
Maurice Fisher	\$5	E & E Gliddon
Roberta Kirby	\$5	Debbie's Salon
Patricia Forest	\$5	Bill the Carpet Guy
Kristen Bacon	\$5	Heller's Mobile Home Washing
Alma Donati	\$5	Battleline Termite & Pest Control
Howard Florczak	\$5	Discount Computer Repair
		BugginOut Pest Control
Doug McLeod	\$5	Community Roofing
Portland Smith	\$5	Boss Electric
William Shade	\$5	Bill the Carpet Guy
Linda Reed	\$5	Heller's Mobile Home Washing
Helen Bare	\$5	BugginOut Pest Control
Richard Brinker	\$5	Boss Electric

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