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2022 Officers and Directors of Glen Ellen

Apr 1st, 2022 - Mar 31st, 2023

President Vice President Secretary Treasurer 1yr Director 2yr Director 3yr Director Vinny Sbrogna Debra Delpha Lisa Uchida Carolyn Fowler Keith Hutchinson Jim Spinos Linda Roy Glen Ellen Property Manager Penny Garcia penny_rileygarcia@equitylifestyle.com

Glen Ellen Administrative Assistant Donna

Glen Ellen Property Manager – Penny Garcia Glen Ellen Administrative Assistant – Donna Covino Equity Lifestyles Properties Glen Ellen 7580 2882 Gulf to Bay Boulevard Clearwater, FL 33759 To reach Park Management: Office: 727-796-7348 Penny's Direct Number: 727-463-7656 Glen Ellen Park Maintenance Emergency Number – 727-644-3428 – Jim Warren In case you need to call the Police, instead of 911, call 727-562-4242. You will get through faster.

PRESIDENT'S PODIUM....

ecember, the month of one of the Happiest Holidays of the Year! November was a busy and enjoyable month thanks to the efforts of Joan Schuring and Linda Roy. We thank you both.

ALE SIDE

Our Executive meeting will be held **November 29th**, 10am at the clubhouse. Our Membership meeting will be December 1st, 9am. Members are urged to attend.

There are many activities planned this month. Your participation in these events is gratefully accepted and honored.

If you would like to host a month as Activity Chairperson(s), please let me know. January and April are still available if you are interested, please contact me, I am at Mobile 144.

There were many ideas/items of interest discussed with our Board meeting with ELS Park Manager Penny Garcia. As explained at our previous membership meeting on November 3rd.

Another year ending.... After the last few years, what will 2023 have in store for us? It does not matter, we got this!

Vincent Sbrogna



GLEN ELLEN FOCUS DECEMBER, 2022 E



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MONTHLY ACTIVITIES

Activities Chairpersons for December: Debra Delphi and Yvonne Campo Hall Decoration – Sunday December 4th @ 10am "Free Coffee and Donuts" Bake Sale – Thursday December 8th @ 10am Humana Food Pantry- Friday December 9th @ 1pm Scrooge's Yankee Swap – Saturday December 10th @ 1pm Naughty or Nice Good Neighbor Bingo – Sunday December 11th @ 1pm Luncheon –Wednesday December 14th @ 12:30pm "Dutch Treat" Duffs Buffet Christmas Dinner – Sunday December 18th @ 3:00ish pm Christmas Caroling – Saturday December 24th @ 6:00pm New Year's Eve Party – Saturday December 31st @ 9pm

SPORTS COMMITTEE

The Sports committee will rest for the month of December. However, that doesn't mean you have to. GO enjoy the shuffleboard courts, billiards table, bocce ball, cornhole, etc. You can find all the equipment needed in the storage shed, ask a Committee Member where the key is.

Coming in January, BOWL A RAMA in back, with a new twist. Annual HORSESHOE TOURNAMENT being planned.

Want to suggest something, tell VP Debra Delphi, or Jim Spinos

CHRISTMAS DINNER

Spending time with your family and loved ones on this merriest of all holidays is most important to us all. We will be having Our annual Christmas Dinner on December 18th at 3pmish at the Clubhouse. Roast Beast and all the fixings will be served. Check out the flyer for more details.



SCROOGE'S YANKEE SWAP

Dlease bring a \$5 minimum gift and snacks to share. Soda and Coffee will be provided.

What is a Yankee Swap you ask? It is simple, everyone will be assigned a number at random, then the first player/person will choose a wrapped gift and open it. The second player/person will then choose a wrapped gift and either opens it or swaps it with another players/persons unwrapped gift. This continues until all players/person finish. Never know the gift with which you may leave.



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RUN, RUN, AS FAST AS YOU CAN....

Job to the Clubhouse, you can't catch me, I'm the Gingerbread Man. Attention all Bakers. Don't let your baking skills escape you, bring them up to the Clubhouse on December 8th @ 10am. Let your neighbors be the fox and buy your Gingerbread Men. Not limited to just Gingerbread Men, you can bake a Pie, Cupcake, Cookies, Brownies, and even a Muffin according to the Muffin Man.



NAUGHTY OR NICE?

Play an exciting afternoon of Good Neighbor Bingo White Elephant Style. Not only do you get a chance to win Bingo, but you also have a chance to win a gift with a twist, you can be naughty or nice, keep your gift or swap it for another's. That is of course if your Neighbor sitting beside you gets lucky enough to win a Bingo. Fun for all! Snack and Coffee will be provided, Sunday the 11th at 1pm

LUNCHEON

This month's Luncheon will be held at: Duffs Buffet, at 12:30pm, Wednesday the 14th. As always, please sign up on the sheet posted in the clubhouse prior to December 12th. This gives the hosting staff enough time to coordinate with the Restaurant for seating. This event is "Dutch Treat."

NEW YEAR'S EVE PARTY

GOODBYE 2022.... Hello 2023. What a year this has been. What will 2023 bring us? We can start it off with a huge celebration on Friday December 31st starting at 9pm. Music, Dance, Alcohol, Party Favors, and Great Times to be had. Check out the flyer when it comes around.



HAPPY NEW YEAR!!!

Oh Christmas Tree, Oh Christmas Tree....

ome join us on Wednesday December 1st at 10am to Decorate the Club House, inside and outside, bringing the Christmas Spirit to Glen Ellen. Hang lights, put up the wreaths, jingle the bells, and raise the tree. Fun and enjoyment to



be had by all. Soda and Coffee will be available. If you wish, bring a muffin, coffee cake, etc., to share. Special request, a couple of tall people needed for hanging of lights, wreaths, and the Christmas star.



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Happy Holidays!

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A Complete Listing of Resident Services can be found on the page before your calendar GLEN ELLEN FOCUS DECEMBER, 2022 E

TEXAS HOLD EM

Mah Jong

• ou never count your money when you're sittin' at the table, there'll be time enough for countin' when the dealing's done. Do you have a stonecold face, or do you smile or get excited when your bluffing? If you think you can fool your opponents, then try your odds on any Sunday night at 7pm. Remember, you never seen a Poker player's money that you didn't like!

Dashing through the Sand...

n a rented minivan, laughing all the way, tourists drive to slow, everywhere you go, oh what fun it is to live in sunny F.L.A. Bring your voice for all to hear as we CART around the parks and bring all the Christmas cheer. Sing along with your neighbors and friends. You know the songs; we have the words (in case you forgot them). If you do not want to sing, then sit outside your home as the carolers stroll by and listen to the harmony of the season. December 24th, starting at 6:00pm. Holiday cheer to follow at the Clubhouse. Golf Cart owners, please contact Wayne Talbot Mobile 104 to participate in a Cart a Van around the parks.

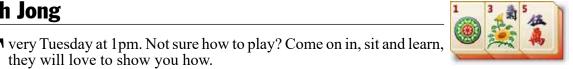
Coming in January:

Horseshoe Tournament 2022 Bowl-A-Rama And more.... Look for these events in the next Edition of the Focus!

they will love to show you how.









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Let us Celebrate!!

December BORN 10th Teddy Harcovitz 20th Gale Giannola 21st Yvonne Campo



(New Residents please let us know your birthday so we can add it to our list, just month and day. Please contact Nancy at Mobile 121 with your information. If you do not wish to have your name listed or know of a resident no longer within the park, please let her know.)

EDITORS' NOTE:

lease make sure anything you need to appear in the next month's January edition of the FOCUS be given to Kevin Kimball Lot #221 prior to the 8th of December. This gives time to create and send everything to the publishers for review. Everything will be screened, edited, and arranged according to the guidelines set forth by the publishers themselves. Thank you.













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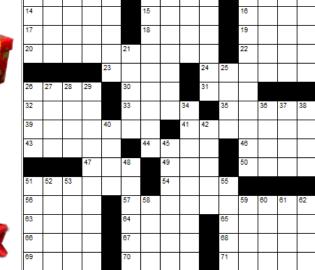
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ACROSS

1.SSS

- 6. Resorts
- 10. Baby buggy
- 14. Ready for anything
- 15. Seaweed
- 16. Rattling breath
- 17. Upswell
- 18. Extol
- 19. Scent
- 20. Encouraged
- 22. Twinge
- 23. Formerly (archaic)
- 24. Come forth
- 26. Russian emperor
- 30. Form of "to be"
- 31. Zero
- 32. After-bath wear
- 33. Linguistic unit
- 35. Andean animal
- 39. Marjoram
- 41. Calmed
- 43. Moon of Saturn
- 44. Distribute
- 46. Require
- 47. British rule in India
- 49. Joke
- 50. Sounds of disapproval
- 51. Handgrip
- 54. Death notice
- 56. Absent Without Leave
- 57. Spin-like
- 63. Domestic
- 64. Slaloms
- 65. Love intensely
- 66. Ages
- 67. Celtic language
- 68. Employ again
- 69. Crimsons
- 70. Type of sweet potatoes
- 71. Donkeys





DOWN

- 1. Lack of difficulty
- 2. Urban renewal target
- 3. Belgrade native
- 4. Therefore
- 5. Inscribed pillar
- 6. Showroom
- 7. Flower box
- 8. Chills and fever
- 9. Make unhappy
- 10. Fuel
- 11. Radiolocation 12. Beside

- 13. Get together 21. Illustrated
- 25. Grinder
- 26. Gait faster than a
- walk
- 27. Fern clusters
- 28. Assist illegally
- 29. Irrespective
- 34. Data arrays
- 36. Affirmatives
- 37. Docile
- 38. Combines
- 40. Nitpicky to a fault







- 42. In accordance with
- law
 - 45. Conceit
 - 48. Sports pullover
 - 51. Bigot
 - 52. Mindful
 - 53. Wanderer
 - 55. Coronet
 - 58. Gumbo ingredient
 - 59. Lyric poems
 - 60. French for "We"
 - 61. Rear end
 - 62. Dregs



There are 336 dimples on a golf ball?

Three U.S. presidents have won Grammys — Carter, Clinton and Obama?

The Florida Everglades are the only place you can find both alligators and crocodiles?



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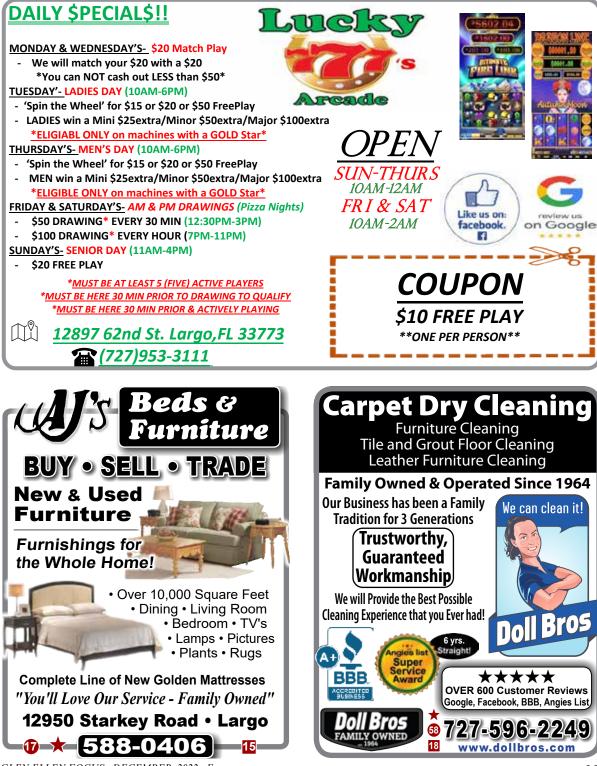


DECEME	SEK•202	22
Sunday	Monday	,
JANUARY 2023 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		NOVI – Exec Meetin
4 Hall Decoration 10am "Free Coffee and Donuts" Texas Hold Em 7pm	5 Bingo 7pm	Mah J
11 Naughty or Nice Bingo 1pm Texas Hold Em 7pm	12 Bingo 7pm	Mah J
18 Christmas Dinner 3:00ish pm Texas Hold Em 7pm	19 Bingo 7pm	Mah J
25 MERRY CHRISTMAS Texas Hold Em 7pm Christmas	26 Bingo 7pm	Mah J

Glen Ellen

Tuesday	Wednesday	Wednesday Thursday Frid		Saturday
E MBER 29th cutive Board ng 10am		1 Free Coffee Hour 8:30am and HOA Membership Mtg 9am	2	3
6 ong 1pm	7 Shuffleboard 11am Pearl Harbor Remem- brance Day	8 Coffee Hour 8:30am Bake Sale 10 am	9 Humana Food Pan- try 1 pm	10 Scrooge's Yankee Swap 1pm
13 ong 1pm	14 Shuffleboard 11am Luncheon 12:30pm "Dutch Treat" Duffs Buffet	15 Coffee Hour 8:30am	16	17
20 ong 1pm	21 Shuffleboard 11am	22 Coffee Hour 8:30am	23	24 Christmas Caroling 6:00pm Christmas Eve
27 ong 1pm	28 Shuffleboard 11am	29 Coffee Hour 8:30am	30	31 New Year's Eve Party 9pm New Year's Eve





GLEN ELLEN FOCUS DECEMBER, 2022 E



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Ask yourself if your expectations are too low

Do you know what the Pygmalion effect is? It is how our expectations of others often end up becoming a self-fulfilling prophecy. For instance, according to Edith Hamilton's classic, Mythology, Pygmalion was a young and gifted sculptor, and he set out to make a beautiful statue of a woman. He worked and worked and had such high expectations of his statue that he began to treat it as if it were a real woman. Eventually, through his own desire and treatment of his creation and with the help of Venus, the statue was actually transformed into a flesh-and-blood woman.



The principle is also illustrated in George Bernard Shaw's play Pygmalion. In that story, Eliza Doolittle, a Cockney flower girl, is taken on by a professor who says that he can pass her off as a duchess. He pulls it off, but Eliza has this to say to his friend: "You see, really and truly, apart from the things anyone can pick up (the dressing and the proper way of speaking and so on), the difference between a lady and a flower girl is not how she behaves, but how she's treated. I shall always be a flower girl to Professor Higgins, because he always treats me as a flower girl, and always will, but I know I can be a lady to you because you always treat me like a lady, and always will."

In an experiment conducted in 1968 by psychologist Robert Rosenthal, the same principle was illustrated. All of the children in the experiment were given a nonverbal test of intelligence. This test was disguised, according to Rosenthal, as a test that could predict whether or not a child would bloom intellectually. About 20 percent of the children in the study were chosen randomly. The teachers of these children were told that according to their test scores these children were about to undergo an intellectual growth spurt and make surprising gains over the next eight months. There was no difference in the children from the experimental group and the control group—except what their teachers thought about them. Finally at the end of the school year, the children were retested. Rosenthal says he found that the children who were in the experimental group, where false high expectations had been planted in their teachers' minds, showed significantly greater gain than the control group.

Are you unwittingly expecting too little out of the people in your life? Are you imposing your belief about someone in a way that is holding him or her back?

On pessimism

The person who says it cannot be done should not interrupt the person doing it. — Chinese Proverb

Judgement

Good judgment comes from experience; experience comes from bad judgment. — Mark Twain





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To our valued customers:

Our top priority is the health and safety of our employees and our customers. Our employees are closely following the Centers for Disease Control (CDC) guidelines and recommendations, like frequent hand washing, social distancing, and staying home if they are feeling ill.

We have taken steps to limit exposure to the virus by making our customers aware that there is no need to have any contact with our employees if you choose to do so. Our business falls under the state's guidelines as "Essential Business".

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SUB-FLOOR & FLOORING EXPERTS!

COVID-19 NOTICE:

We are taking as many precautions as we can to ensure not only our workers safety but yours as well. We are checking employee temperatures daily, limiting contact between crews, and offering no customer contact if you choose. We are an "Essential Business" and here for you when you need us.









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A life lesson from the mountains

young boy and his grandfather were taking a walk through the mountains. The boy was looking at the mountains when he tripped and fell down. As he fell he called out, "I'm afraid."

To the boy's surprise he heard his words come back to him from the mountain, "I'm afraid."

Startled and frightened, the boy called out—"Who is there?"

Again his words traveled back to him asking the same question he had asked—"Who is there?"

The boy was angry now at whoever was evading answering his question, "Chicken," he called out.

"Chicken," the response came back to him.

The boy looked frightened and asked his grandfather what was happening.

The old man laughed and said to listen. He called out, "You are wonderful!"

The voice answered back, "You are wonderful!"

The grandfather smiled and said, "You're amazing!"

"You're amazing!" came tumbling back out of the mountains.

The boy looked back at his grandfather, still wearing a look of confusion. "I do not understand, grandfather," the boy said.

The old man laughed again, and said, "My child, this is called an echo. But pay attention, because it is really life.

"Life will give back to you everything you say and do. Life is a reflection of our thoughts and actions.

"So if you want other people to do your bidding and think well of you, then you must think good thoughts about others and do good deeds for other people.

"If you want other people to be better at what they do, then you must make yourself better at what you do.

"Remember, life gives you back everything you give to it. Your life will be a reflection of you."

Before you can inspire with emotion, you must be swamped with it yourself. Before you can move their tears, your own must flow. To convince them, you must yourself believe. — Winston Churchill



Dream as if you'll live forever. Live as if you'll die today. — James Dean

FLORIDA ANCHOR AND BARRIER COMPANY

To our valued customers:

During the current times we wanted to let you know that we are taking as many precautions as we can to ensure not only our workers safety but yours as well. We check workers' temperatures each morning and have limited the amount of contact our crews have with each other. Our crews work in Tyvek suits with respirators which helps to ensure your safety as well as theirs.

As a company, we want your business and there is no need for any contact if you so choose. Our business is deemed an "Essential Business" and we are here for you when you need us. You can schedule your inspection by calling 1-800-681-3772.

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New/Used Nespresso machines w/ frother from \$75. AirFryer CM001 \$75. Karaoke Machine SDL 9035 \$75. Samsung Sound System HTJ5500W \$100. NinjaPro 1500 \$70. Tens Pain Therapy \$35. (727) 639-1046	Annual carport sale, Lincolnshire Estates: 1071 Donegan Rd. Largo Fl. 33771, Saturday December 3 8AM - 2PM, over 50 homes: housewares, arts & crafts, clothes, furniture, tools and lots more	1st Annual Art show and Sale. Lincolnshire estates. Original Art work and crafts on dipaly and for sale by local artists. 1071 Donegan Rd. Largo Fl. 33771. Friday January 6 Noon - 6 PM

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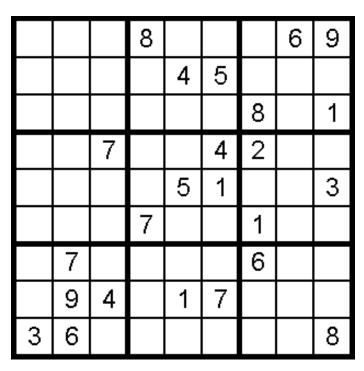


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Association, if you want to reduce the likeli-hood that you will develop colon cancer, you should eat less red and processed meats (like sausage, hot dogs and the like). The study indicates that people who fre¬quently eat these meats have 30 percent to 50 percent higher chances of developing colon cancer. While meat itself may contain cancer-causing properties, cooking meats at high temperatures can also make them more carcinogenic. To reduce your risk cut back on red and processed meats and eat only fresh lean cuts when you indulge. High temperature cooking, such as grilling/charbroiling and frying should be avoided.

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So just what are trans fats anyway?

To reduce your risk of colon cancer, cut back on red and processed meats

When you go shopping these days it's likely that you're going to see lots of items claiming they are low in or have no trans fats. Just what are trans fats? Trans fatty acids are made by heating liquid vegetable oils in the presence of hydrogen, according to the Harvard School of Public Health. The process is more commonly known as

hydrogenation. It's easy to figure out how hydrogenated an oil is—the harder the oil will be at room temperature the more hydrogenated it will be. So if you go into the store and you have a choice between stick margarine and a soft and spreadable margarine, you know the spreadable one is less hydrogenated, and therefore contains less trans fats.

As you have probably guessed processed foods often contain more trans fats. Snack foods and pre-pared baked foods and french fries and other fried snacks usually have a lot of trans fats. Trans fats are not good for your cholesterol level because they raise the level of bad LDL (low-density lipoproteins, which carry cholesterol from the liver into the rest of the body, and when there's too much of it, it can be deposited on the walls of the arteries) and lower the level of good HDL (high-density lipoproteins, which carry blood back to the liver and processes cholesterol so that it can be eliminated from the system).

Goals You must have long-term goals to keep you from being frustrated by short-term failures. — *Charles C. Noble*

Mistakes Don't let the mistakes and disappointments of the past control and direct your future. — *Zig Ziglar*





