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Golden Crest Mobile Home Community Recreation Committee Members for 2023-24 800 Main Street, Dunedin, Florida, 34698

Recreation Board Members for 2023-24

Chair	Karen Payne
Vice Chair	Denise Lieber
Director	Deb Krysa
Director	Brie Sopko
Director	Louise Germinario
Secretary	Patricia Vincent
Treasurer	Jacquie DiPego

Golden Crest Volunteers

Changes:	
Bulletin Board (inside)	Deb Jardine
Bulletin Board (outside)	Denise Lieber
Clubhouse Properties	Marquis Guimond
Rummage Sale	Karen Payne

Golden Crest Homeowners Association 2023-24

President Vice President Secretary Treasurer Director Director Director Bob Summerville Garry Snavely Rob Payne Eloise Blanchard Ruth Juntune Leo Watson Ed Toukko











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Golden Crest Birthdays for July, 2023

2 Irene Mancinelli 396 5 William Donaldson 439 5 David Mita 326 5 Thomas McCarroll 323 398 6 Bob Durr 6 David Aldrow 339 7 Laura Gardella 313 8 Sally MacMurray 350 8 Michelle Rush 418 9 Malcolm Bailey 444 9 Michael Rochford 308 9 Donna Mason 301 9 Margaret Hanna 474 447 10 Richard (Sonny) Cissell 11 Raymond Gabriel 460 13 William Smay 445 13 Eleanor Stouffer 352 14 Barry McTrach 354 14 David Jones 366 15 Tonm Ambrose 320 15 Emile DiSalvo 473 16 Linda Payne 364 16 Ed Tuokko 397 18 Debra Vahldick 358 19 Dale McHaley 393 20 Andrew Badini 455 20 Brent Peterson 340 22 June Kaiser 412 323 25 Louise Germinario 435 26 James Hutchson 26 Mary Redding 431 28 Leonard Watson 392 330 28 Nancy Martini 29 Charlette Brown 424 360 29 Tina Webb 31 Joseph Haggerty 412









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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".

We want to build a great relationship with you. Call today for your Free Inspection. (800) 377-7885

Stay Safe and Continued Good Health. Underhome Armor Family



How to convince someone...

 $\star \star \star$

In the musical "My Fair Lady," based on George Bernard Shaw's novel *Pygmalion*, Professor Higgins has driven his cockney prodigy Eliza Doolittle to exhaustion teaching her how to speak "proper" English.

Late in the play, Eliza responds with frustration when her would-be swain Freddie talks about his affection for her in romantic phrases but doesn't kiss or hold her.

"Words! Words! Words!" Eliza explodes. "I am so sick of words! I get words all day through. First from him, now from you! Is that all you blighters can do?"

Then she sings, "Don't talk of stars burning above; if you're in love, show me! Tell me no dreams filled with desire. If you're on fire, show me!"

There is a profound lesson here for anyone trying to persuade someone to his or her point of view.

An old American proverb says: "Tell me, and I will forget, show me, and I may remember; but involve me, and I'll understand." —from The IdeaBank Web site

A lesson about getting to the top

tired and disheartened turkey had a chat with a bull. During the conversation the turkey revealed one of his deepest desires to the bull. "I would love to get to the top of that tree there," the turkey said, "but I just don't have enough energy to do the job."

The bull scratched his head and after a moment he came up with an idea. "Why don't you eat some of my droppings. It won't cost you anything, and my dung is packed with nutrients."

The turkey thought about this for a minute, then began pecking around and nibbling at the dung. After the turkey had finished a whole lump of dung, he suddenly felt the strength to reach the first branch of the tree.

The next day, the turkey ate some more dung, and he was able to reach the second branch. After two weeks of dining on dung, the turkey could finally be seen proudly perched at the top of the tree. Soon he was spotted by a farmer and shot out of the tree.

Moral: While bullsh•t might help you get to the top, it probably won't keep you there for long. — adapted from Paul Tomko's Collection of Humorous Quotes Web site

Driving Everyone driving slower than you is an idiot. Everyone driving faster than you is a maniac. — **George Carlin**





July Monthly

A stional Purposeful Parenting Month. July 1–31. To encourage parents to incorporate purpose in their parent-ing. To elevate the level of parental effectiveness by build-ing awareness and providing interested participants with tips for positive, conscientious parenting. For more infor-mation, browse www.parentingwithoutpressure.com.



National Recreation and Parks Month. July 1–31. To showcase and invite community participation in quality leisure activities for all segments of the population. For more information, browse www.nrpa.org.

Social Wellness Month. July 1–31. Improve your social and communication skills and learn to act appropriately in prominent situations. For more information, browse

www.WordsofWellness.com.

Air Conditioning Appreciation Days. July 3–Aug. 15.

Northern Hemisphere. During Dog Days, the hottest time of the year in the Northern Hemisphere, acknowledge the contribution of air conditioning to a higher quality of life. For more information, browse www.ari.org.

Weekly

Freedom From Fear of Speaking Week. July 3–9. This week is dedicated to stamping out the fear of public speaking. For more information, browse www.WriteSpeakforSuccess.com.

Freedom Week. July 4–10. To disseminate throughout the world information about freedom and liberty. For more information, browse www.friendshipandgoodwill.org.

National Kabbit Week. July 15–21. To pay tribute to the rabbit for being a great companion to humans as a house pet. Recognition should also be given to any rabbit that has done something special for mankind (saved someone's life, visited someone in the hospital). For more information, call 514.849.0888.

Restless Leg Syndrome Education and Awareness Week. July 18–25. To raise awareness about RLS. More than 12 million Americans have severe leg pains called Restless Leg Syndrome. For more information, browse www.ppsinc.org.

Daily

tay Out of the Sun Day. July 3. For health's sake, give your skin a break today. For more information, browse www.wellcat.com.

Independence Day (Fourth of July). The United States commemorates adoption of the Declaration of Inde-pen-dence by the Continental Congress on July 4, 1776.

National Ice Cream Day. July 16. To promote America's favorite dessert, ice cream, on Sundae Sunday.







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EVENTS & PROGRAMS

Craft Fair 11/18/23, 9 AM - 1 PM at Clerawater Cascade. Contact Jane Boucher 903-426-3636, Janeboucher29@gmail.com

VENDORS WANTED - HOLIDAY BAZAAR. Saturday, 11/11/2023 9am-2pm. First Luteran Church, 1644 Nursery Rd., Clearwater. All indoor craft show. Questions: 727-744-3806 or eobrien2429@gmail.com. 217-251-4382 or jayneb1227@gmail.com

WANTED

Musicians wanted for jam sessions. All skill levels ok. Joe 305-283-5558

ARTICLES FOR SALE

2005 PT Cruiser Convertible, 110,000 miles. Everything works great! Runs good! \$3,500 -OBO. Cash only please. 727-307-7118. Serious calls only please.

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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, 2023

 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.



The anti-cancer lowdown on herbs and spices

Any spices and herbs are believed to be imbued with health-building properties and have anti-cancer effects. Herbs and spices are believed to be full of antioxidants, which prevent the damage that free radicals can do to cells.

The National Cancer Institute has identified the following herbs and spices as having cancer-preventing properties: tarragon, cumin, coriander, anise, caraway, turmeric, fennel, rosemary, thyme, oregano and sage. Some of these; caraway, tarragon, fennel and cumin; may also prevent tumor growth, and they are believed to reduce cholesterol levels. Coriander, it is believed, is effective in combating carcinogens. Turmeric contains curcumin, which gives it a yellow color, and has been shown to protect mice against Alzheimer's. Saffron and paprika are believed to stimulate immunity. Cloves and nutmeg are believed to fight bacteria, and chili peppers and ginger might help prevent tumor formation. Cinnamon could be a possible treatment for diabetes in the future. One to two teaspoons were found to lower blood sugar and prevent insulin spikes. —adapted from the U.C. Berkeley Wellness Letter

A hodgepodge of health tips

- ere is a smattering of tips to keep you at your best:
- If you need long-lasting energy, eat foods like lentils, soybeans, couscous and dried fruits.
- Make sure that you drink plenty of water. Eight to 10 glasses a day help replenish and cleanse the body.
- Want to feel better? How about popping a chocolate kiss in your mouth. Just one has been shown to raise endorphin levels and make you feel better. More, however, won't make you feel any better than just one.
- Add ginger to your recipes. Ginger has been used since ancient times in China to help digestion and cleanse the body.
- After age 30, people begin to lose muscle mass, and it becomes increasingly important to perform weight-bearing exercises.
- Eat 1 cup of yogurt per day. Women who ate 1 cup of yogurt per day for six months got 33 percent fewer yeast infections, according to a recent study.
 - adapted from iVillage.com

Inspiration

People are not lazy. They simply have impotent goals that is, goals that do not inspire them. —Anthony Robbins







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compose creed	fugue	lend	reef	total tote
cello	ethics evasion	impression	please public	tangy
balance bollard	electricity ensure error	gully horror	penetrate piano	stain still sweet
anguish	eagle	gals	orders	spell











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Out of about 20,000 bee species, there are only 4 that make honey?

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Modern A/C Service Co.	727-541-5541
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Bill Your Car Guy	777-770-7377
Stingrays Inc (CASH NOW)	727 708 2021
AWNINGS	121-190-2921
	707 550 0011
Century Awnings Co.	/2/-559-0011
	707 504 4400
Bill the Carpet Guy	/2/-521-4163
DERMATOLOGIST	
Florida Dermatology & Skin Cancer.	727-446-6217
DOCTOR - INTERNAL MEDICINE	
Clearwater Radiation Oncology	727-966-4673
ELECTRICAL CONTRACTOR	
Boss Electric Corp.	727-791-1308
Haseney Electrical Services, Inc	727-441-8434
Palm Harbor & Dunedin Electric	727-773-1622
ESTATE SALES	
BNG Treasures	727-484-0146
FIREARMS	
Gun Trader Den	727_430_0424
FLOOR REPAIR	121-400-3424
	707 404 6075
Flatworks	121-431-0813
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Mike's June Removal	727-213-7122
ORGANIZATIONS	
Federation of MH Owners (FMO)	727-530-7539
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G&J Painting	813-934-9024
Payless Painting Services	727-470-5876
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Pinellas C

Dunedin Downtown Market

420 Main Street Dunedin, FL 34697 813-310-5705 **Every Fri. and Sat. from 9am to 2pm**

Safety Harbor Farmers Market

John Wilson Park 353 Main St, Safety Harbor, FL 34695 727-744-8916 Every Sunday from 9am-1:30pm

<u>The Market Marie</u>

600 Cleveland St. Clearwater, FL 33755 100 vendors / Live music / Produce Parking: 28 N. Garden Ave. 33755 Every 2nd Saturday of the Month 10am to 2pm themarketculture.com/market-marie

Sunsets at Pier 60

1 Causeway Blvd

Clearwater FL

Celebrate nightly with this year-round festival featuring artisans and crafters, street performers and live music all in celebration of the setting of the Florida sun.

2 hours before and after sunset daily

County Events

Corey Avenue Sunday Market

Saint Pete Beach, FL 33706. 727-360-2953 Up to 85 vendors with an emphasis on local fresh, hydroponic and organic veggies, gourmet take out treats, and locally made crafts and LIVE MUSIC! **Every Sunday 10am to 1pm**

VFW Cars & Coffee

VFW Post 2550. 360 Douglas Ave. Dunedin, FL VFW Cars and Coffee is a free gathering of classic, luxury, and exotic car enthusiasts. Car fanatics of all ages are welcome. Coffee and donuts will be provided. At 8am, a complete hot breakfast will be available and sold in the canteen for those interested.

Saturday, July 1st from 7:30 -10:30 AM

Boots & Brews Country Line Dancing

3 Daughters Brewery, 222 22nd St. S. St Pete FL Join us on the first Thursday of every month at 7PM for a great night of Boots and Brews at 3 Daughters Brewery. **Every First Thursday of the Month, 7PM**

INDEPENDENCE DAY











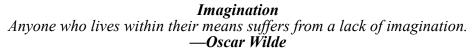


Quotable Humor

On greatness Few great men would have got past personnel. — Paul Goodman

When all else fails... When I asked my accountant if anything could get me out of this mess I am in now he thought for a long time and said, 'Yes, death would help.' —Robert Morley

A consultant defined The definition of a consultant: Someone who borrows your watch, tells you the time and then charges you for the privilege. —Anonymous



Bargains A bargain is something you can't use at a price you can't resist. —**Franklin Jones**

On accuracy I'm not a paranoid, deranged millionaire. Goddamit, I'm a billionaire. —**Howard Hughes**

On following the money I rob banks because that's where the money is. —Willie Sutton They were a people so primitive they did not know how to get money, except by working for it. —Joseph Addison

> On children The first man gets the oyster, the second man gets the shell. —Andrew Carnegie on children

On ga**mbling** I had a nest egg but I lost it gambling... I was betting I'd be dead by now. —Drew Carey











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Why you should be careful if barefoot on the beach

f you're planning a family vacation, and visions of walking barefoot down a beach are dancing in your head, you might want to reconsider and wear shoes. Why? Walking down a beach barefoot can lead to hookworm. Dr. Robin Carder, a pediatric dermatolo¬gist at Children's

Medical Center in Dallas, says that it is common to see families return from vacation and have a member suffer from hookworms. Hookworms come from feces that dogs and other animals leave on the sand. Unfortunately, some of the fecal matter remains in the sand, and when a person walks barefoot, a hookworm can hook into the sole of the foot, Carder says. Symptoms are itchy eruptions that can turn into pus filled blisters. If you think you have hookworm, you should seek treatment from a dermatologist. —adapted from the Children's Medical Center (in Dallas) Web site

A few tips for keeping your dog safe in hot weather

- ogs are often like members of the family, so you will want to treat them with care during hot weather. Here are a few tips to keep your **6** four-legged friends happy and healthy:
- Never leave your dog—or any animal—in the car during hot or even warm weather. The interior temperature of your car can easily soar to 120 degrees in just minutes. The only way your dog can cool down is through panting and through the pade of their feet. Many animals die

through panting and through the pads of their feet. Many animals die every year because their owners leave them in cars. Even if you leave the windows partially down, the temperatures can soar to dangerously high levels.

- Don't let your dog ride in the bed of a pickup truck. Serious eye injuries can occur from debris hitting their eyes at up to 70 miles per hour. The dog could also be thrown into oncoming traffic or could fall underneath the truck and be injured. Serious injury or death can also occur when a driver hits the brakes suddenly, swerves or is hit by another vehicle.
- Keep your dog away from fertilizers, plant foods and insecticides. They can be fatal if your pet ingests them. Don't let your pet walk or play on a treated lawn.
- Make sure your pet always wears an ID tag. Even if your dog has an embedded identification chip, you'll still want to make sure he has a tag so that he can be returned quickly to you if he is found. It's also a good idea to keep a current picture of your pet with you. That way, if he disappears or wanders off, you have a photo to show to people when you ask them if they've seen your dog.
- Give your dog prescribed heartworm medicine on a regular basis. It is also a good practice to use only flea and tick medications prescribed by your dog's veterinarian.
- Make sure your pet has plenty of water and shade when he's outdoors. You'll also want to make sure your dog isn't walking on hot asphalt when the heat is high, because it can burn his paws.
 - -adapted from the Missouri University Veterinary Medical Teaching Hospital Web site





Safety tips for seniors

eniors often have special safety and health concerns. Here are a few tips to keep seniors active and healthy:

- Excessive heat can have a severe impact on senior health. When it's really hot, it's probably a good idea for seniors to stay inside in air conditioning. Seniors should not overexert themselves, and they should drink plenty of liquids, unless for some reason their doctor tells them not to.
- Are your hands always cold? If so, you should tell your doctor. There's a chance that you suffer from hypothyroidism. The thyroid helps maintain body temperature, and when it's not working right, your body can become less able to tolerate cold.
- If you suffer from arthritis, you might want to attach your toothbrush handle to a sponge. It will make the brush easier to hang on to. If you suffer from limited shoulder movement, buy an electric toothbrush.
- Wear comfortable shoes. This will allow for proper circulation to take place in the feet. Also, make sure that the shoes you do wear are slip resistant. Women should not wear high heels.
- Exercise. This will help keep your spine, bones and muscles healthy. If you don't exercise, you run the risk of your bones becoming thin and porous, which is known as osteoporosis. Exercise helps you build strong muscles, protect your joints and spine and increase your agility. Exercise also promotes proper posture and balance, which can decrease the likelihood of falls.

- adapted from The Johns Hopkins Geriatrics Center Web site

Prevent senior accidents with home improvements

ne-third to one-half of accidents seniors suffer at home can be prevented by making repairs or improvements. Here are a few:

• A shower or tub that's hard to get in and out of. Install grab bars, shower benches or seats.

• Slipping in the tub or shower. Get non-skid strips and place them on the bottom of the tub or shower.

- Difficult doorknobs or faucets. Install lever handles.
- Home access. Install ramps to make access easier.

• Poor ventilation, inadequate heat or air conditioning. Make sure the home has proper insulation, storm windows, screens and air conditioning.

• Stair climbing. Install supports, handrails, etc.

-adapted from the Johns Hopkins Geriatrics Center.











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Famous people who refused to be failures

e've all heard the stories of famous people who had rough or bumpy starts. Here's a few for the record:

- Lucille Ball: She began studying to be an actress in 1927 and was told by the head instructor of the John Murray Anderson Drama School, "Try any other profession. Any other."
- Clint Eastwood and Burt Reynolds: In 1959, a Universal Pictures executive dismissed them at the same meeting with the following statements. To Burt Reynolds: "You have no talent." To Clint Eastwood: "You have a chip on your tooth, your Adam's apple sticks out too far and you talk too slow."
- Marilyn Monroe (Norma Jean Baker): In 1944, Emmeline Snively, director of the Blue Book Modeling Agency, told modeling hopeful Norma Jean, "You'd better learn secretarial work or else get married."
- Elvis Presley: In 1954, Jimmy Denny, manager of the Grand Ole Opry, fired Elvis after one performance. He told Presley, "You ain't goin' nowhere son. You ought to go back to drivin' a truck."
- Alexander Graham Bell: When he invented the telephone in 1876, it did not ring off the hook with calls from potential backers. After making a demonstration call, President Rutherford Hayes said, "That's an amazing invention, but who would ever want to use one of them?"
- **Thomas Edison:** He was one of the greatest inventors in American history. When he first attended school in Port Huron, Mich., his teachers complained that he was "too slow" and hard to handle. As a result, Edison's mother decided to take her son out of school and teach him at home. In his lifetime, Edison produced more than 1,300 inventions.
- Franklin D. Roosevelt: Paralyzed by polio at 39, he went on to become one of America's most beloved and influential leaders. He was elected president of the United States four times.
- Julia Child: In 1953, she and her two collaborators signed a publishing contract to produce a book tentatively titled French Cooking for the American Kitchen. Julia and her colleagues worked on the book for five years. The publisher rejected the 850 page manuscript. Child and her partners worked for another year totally revising the manuscript. Again the publisher rejected it. But Julia Child did not give up. She and her collaborators went back to work again, found a new publisher, and in 1961—eight years after beginning—they published Mastering the Art of French Cooking, which has sold more than 1 million copies.
- **Douglas MacArthur:** He might never have gained power and fame without persistence. When he applied for admission to West Point, he was turned down, not once, but twice. But he tried a third time, was accepted and marched into the history books.
- Abraham Lincoln: He entered the Blackhawk War as a captain. By the end of the war, he had been demoted to the rank of private.

-from the IdeaBank Web site

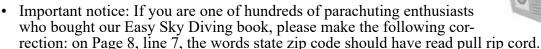




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The importance of proofreading ...

The following is a list of newspaper corrections that has been widely circulated over the Internet:



- There was a mistake in an item sent in two weeks ago which stated that Ed Burnham entertained a party at crap shooting. It should have been trap shooting.
- There are two important corrections to the information in the update on our Deep Relaxation professional development program. First, the program will include meditation, not medication. Second, it is experiential, not experimental.
- Our newspaper carried the notice last week that Mr. Oscar Hoffnagle is a defective on the police force. This was a typographical error. Mr. Hoffnagle is, of course, a detective on the police farce.
- In a recent edition, we referred to the chairman of Chrysler Corporation as Lee Iacoocoo. His real name is Lee Iacacca. The Gazette regrets the error.
- Apology: I originally wrote, "Woodrow Wilson's wife grazed on front lawn of the White House." I'm sorry that typesetting inadvertently left out the word "sheep."
- In one edition of today's Food Section, an inaccurate number of jalapeño peppers was given for Jeanette Crowley's Southwestern Chicken Salad recipe. The recipe should call for two, not 21, jalapeño peppers.
- The marriage of Miss Freda vanAmburg and Willie Branton, which was announced in this paper a few weeks ago, was a mistake which we wish to correct.

-from various online sources

How a town got its name

S ometimes towns get their names because of founders, prominent citizens or natural landmarks. But a town in southern Ohio has a more colorful history it would seem. Knockemstiff, Ohio, is a tiny hamlet that has no main



tory it would seem. Knockemstiff, Ohio, is a tiny hamlet that has no main roads or stores. One story about how the town got its unusual name is that it was named for the fighting ability of its young men. Another story is that there was a huge brawl in the town saloon. The third, and final story about how the town got its name is that an angry wife asked the town preacher how she could get her cheating husband to stay home. The preacher's answer: "knockemstiff."

- adapted from amusingfacts.com

Be yourself The privilege of a lifetime is being who you are. —*Joseph Campbell*



