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# June • 2024

ewsletten.

484-7488

## Happy 99th Birthday, John Jean Orton!

John turned 99 in January and remains the flirt and tease he's always been! He's a WWII Army Vet and actively plays shuffleboard in Holiday Shores. Thank you for your service!

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Issue 4

48<sup>th</sup> Year

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Oak Crest/Acorn Editor: Rick Martin, Lot 597

For additions and corrections please email Oakcrest33771@aol.com

#### \*\*\*Monthly Deadline for Newsletter is the Tenth of each month\*\*\*

#### **Oak Crest/Acorn Residents' Club, Inc. Officers**

President	. Mark Zanol	Lot 580	412 997 0399
1st VP	. Rick Martin	Lot 597	717 439 1530
2nd VP	. Vacant		
Secretary	. Jill DiMaggio	Lot 496	443 741 5304
Treasurer	. Yvonne D'Angelo	Lot 189	518 569 4904

#### **Messenger Delivery**

District 1Nancy and Tom Barboza	Lot 529	
District 2Roberta Zanol	Lot 580	
District 3Steve and Debbie Phillips	Lot 36	
District 4Cathy Hargis	Lot 244	
District 5Mary Jo Fallinski (Mgr.) and Kevin Grimes	Lot 372	
District 6Rick Keeney	Lot 597	

District 1:	A2-A3; 1-20; 39-119; 206-213
District 2:	21-30; 120-202; 214-223
District 3:	31-38; 203-205; 224-304; 336-356
District 4:	305-335; 357-444
District 5:	445-533
District 6:	534-653

Manager 581-6900

#### Homeowners of Oak Crest/Acorn Residents, Inc., Officers - 2023

#### **Officers:**

President	.Yvonne D'Angelo	.Lot 189 518 569 4904	
Vice President	.Laurie Stone	Lot 195 585 233 0927	
2nd Vice President.	.Rhonda Gillispie	Lot 528605 890 2420	
Secretary	.Steve Stancick	Lot 205610 737 3617	
Treasurer	.Elsie Bonarrigo	Lot 335 518 879 1298	

#### **Directors:**

Rhonda Gillispie	Lot	528	605	890 24	20
Kim Klein	Lot	194	727	512 61	81
Rick Martin	Lot	597	717	439 15	530



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## \*Editor's Note

n behalf of the Community, I would like to thank Bob Campbell and Karen Stancick for their leadership of the HOA and the Resident's club, respectively. New officers have been appointed to fill out the remainder of their terms in accordance with the By-Laws of each organization.

## Home Owners Association

Yvonne D'Anaelo

Tello and happy Summer Season. While we have already been Associa enjoying the summer-like weather, it is time to turn our thoughts to storm season. At Lithis time of year, it is important to be prepared for whatever severe weather may come our way. For our new residents, and a reminder to everyone, Oak Crest/Acorn communities are designated Zone A for purposes of evacuation. Should an evacuation order be issued, there is a list of local shelters at www.Pinellas.gov/shelters. Everyone should be prepared for severe storms and the possibility of losing power. Think about stocking a supply of non-perishable foods, bottled water, medications, batteries, and pet food/supplies.

On a lighter note, the pickle ball court and putting green have been completed and are well used. The shuffleboard courts are freshly painted and look great! Supplies for outdoor games are in the shed or bring your own.

As the summer heat moves us indoors, please enjoy the activities and games offered at the clubhouse. Come out and meet your neighbors and newcomers to the community. Have an enjoyable Summer and stay cool!!!

## **Resident's Club**

A note from Karen Stancick -

The Dog Days of Summer are back! Please keep yourselves hydrated and stay out of the sun in the middle of the day. Stay safe everyone.

I have resigned from my position as President of the Residents Club for personal reasons. I just want to thank our amazing community for your unending support. I feel so blessed to be a part of this community. Hopefully by the time you read this a new president will be appointed. I hope you continue to support our activities and I look forward to enjoying these events with all of you. Have a great summer everyone.

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Mark Zanol

The Board met to fill some of the vacancies, and in accordance with the by-laws Mark Zanol is appointed President. Yvonne D'Angelo resigns as Secretary and is appointed to fill the vacant Treasurer role. Jill DiMaggio has been appointed to the Board and will act as Secretary, and Rick Martin is appointed to the Board and will fill the role of 1st Vice President. Elections will be held in January in accordance with the ByLaws.. The office of 2nd Vice President is vacant at this writing. The Bylaws also state that the district directors, known for delivering the Messenger, were all supposed to be active Board Members – however, this portion of the Board has not been in place for 10 years or longer, and several of the District Directors are not interested in serving on a Board, and had no idea this was part of it. Among the priorities of this Board will be the continuation of our excellent activities, designed to keep the community entertained and educated. Along with that, a rewrite of the Bylaws will take place, with an expectation to present to the Community for approval in the Fall.

#### **Community In-reach**

Jill Chambers

#### VeriMed Free July Luncheon July 2nd at 1:00 clubhouse

VeriMed will be sponsoring a July Fourth picnic for up to 100 lucky residents. They are the ones that set the number of guests and we have no control over it. This will be on Tuesday, July 2 in the clubhouse. To ensure fairness and let you know ahead of time we're going to have a lottery drawing. In the clubhouse back by the bulletin board will be our lottery tickets. Fill one out and drop it in the box. The box and tickets will be available for you June 14 to June 24 back shelf at the clubhouse. PLEASE ONLY one ticket per lot but all residents that live there are included. On June 25 we will draw lottery tickets and keep drawing till we have 100 peoples. Then we will post a sheet with lot numbers so you can check if you won. Also, will post it on Facebook page Oakcrest Acorn 2018/2019. You may also text 440-318-4738 and ask if your lot number won. Also text this number if you won and can't attend so we can make sure someone else is included. I'm sorry there will be no home deliveries. If you are a shut in, please let me know and I will try to arrange something but you must be in your home. Please

be aware that you do not have to VeriMed to participate. Also, they do not receive any information about you from us.

Also, don't be afraid to sign up because most of the time everyone does get included. Bring your own drink.



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#### Game Nights Roberta Zanol

Roberta Zanol Wo of the games played weekly or every other week are 'I Need That' and LRC or Left, Right, Center. Never heard of either of them. But I have been assured they are a blast. Following is a general description of how each game works, as per Roberta Zanol (and thank you for organizing, by the way), My apologies if I butched the rules, you'd be set straight at play time.

I Need That – last games for this year are June 13 and 27 at 7 pm until fall Everyone needs to bring \$2.00 in nickels. Each player gets a sheet, like a bingo card, with 12 numbered squares, along with 2 dice. You roll your dice, and put a nickel on that number on your card. If that number is filled, your nickel goes to the next player in line with that number open. If you roll doubles, you take a nickel off your board or out of your remaining nickels and put it in the center of the play area. The first person to have filled their board completely wins, and gets the nickels that ended up in the center. Pretty easy- sounds like fun.



OAK CREST/ACORN MESSENGER JUNE, 2024 S

### Left, Right, Center – Friday evenings at 7

his is played with 3 Dice – each dice has 3 black spots, and 3 sides with an L, R or C on the empty sides. Each player purchases 3 chips for \$3.00 - \$9.00 for

▲ all three games. Each player rolls the dice – the roll of the dice determines if you pass chips to the left, the right or put in the center. If you roll the black dots, you keep your chips in your bank. The first person with only 1 chip left, wins the chips that were in the center. Also sounds easy – you don't have to worry about bidding, trump, getting a full house

### A writing from Joy Emmons



LIVING WITH CATS any of you may be surprised to know that I was once afraid of cats. It was so much more than fear. It was a panic every time a saw a cat. Just as people have claustrophobia the irrational fear of enclosed spaces or ophidiophobia an extreme, overwhelming fear of snakes or arachnophobia an intense fear of spiders.: I had ailurophobia a fear of cats.

I would cross the street to avoid walking by a cat. Why? Absolutely no logical reason. One day a cat reached out to scratch me as I rang the doorbell. Big deal, right? I've been known to jump six feet sideways because a cat brushed up against my leg. When in the hospital after delivering Carl, a kitty entered my dorm. I went ballistic and my husband was called. He said you don't understand! It would be better if a bear entered! She has a phobia of cats.

Thankfully God healed me of my fear. So now I am able to enjoy my granddaughter's cats, Pancho, and Jalapeño. They love sitting in the sunroom where I am writing. Cats do a lot of sleeping. Pancho comes out for attention, but Jalapeño stays hidden for the most part.

One night, Pancho came in to explore "his" room. He jumped up on my table where everything was neatly laid out. In his jump the sheet went flying along with my personal items clanging to the floor.

My granddaughter's home is an old house probably built after WWII. The lock on the guest room door is very old and on my last visit I locked myself in. Skyer was at work so her dad, self-employed came to rescue me. We had a good laugh about it. Skyler put tape on the door key and you would think I would remember, but one night I didn't. Skyer had gone to bed and I didn't want to wake her so I readied myself for bed. As I lay in bed, I began to hear Jalapeño walking around. Her hiding space had been invaded. She woke me pouncing around, but I went back to sleep and had a wonderful dream about to former leaders. I was visiting them in their apartment when suddenly I woke with a horrible smell!

So much for not awaking Skyler. She came in and graciously cleaned up the mess. Jalapeño stayed out of the room for that night.



vera at 7





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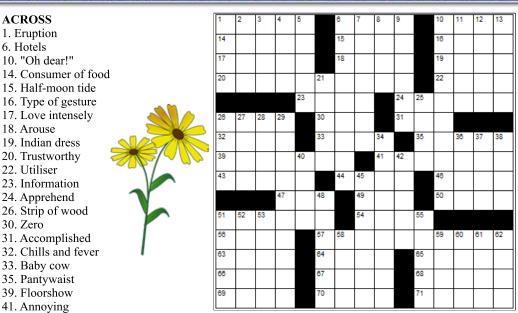
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#### DOWN

- 1. Small ball with a hole 13. Bypass
- 2. Stow, as cargo
- 3. At the peak of
- 4. Arid
- 5. Vogue
- 6. Impossible to satisfy
- 7. Variant of basketball
- 8. Type of fastener
- 9. Distributed
- 10. Ludicrous people
- 11. Rent

June

Crossword

12. Units of land

- 21. Terpsichore

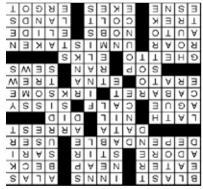
- 28. Big brass

- 38. Evergreens
- 40. Origin



hierarchy

45. Ouiver



42. Positions in a social

ACROSS 1. Eruption

6. Hotels

18. Arouse

22. Utiliser

30. Zero

43. Muse of poetry

47. Soak (up) 49. Hurried on foot

50. Stitches

56. Big laugh

63. Car

64. Heads

65. Omit

66. Journey

68. Territories

67. Farm newborn

69. Feudal worker

71. Grain disease

70. Anagram of "Seek"

44. European volcano 46. Believe or trust (Scottish)

51. Depressed urban area

54. Large northern deer

57. Valid or accurate

# SUMMER

- 25. Hazard

  - 26. Shoestring
  - 27. Food thickener
  - 29. Hyperthermia
  - 34. Contenders
  - 36. Achv
  - 37. Type of duck





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## JUNE CALENDAR

hild Vision Awareness. To better educate and counsel the public on children's vision problems and detection of eye disease in infants and children. For more information, browse www.ppinc.org

fants and children. For more information, browse www.ppinc.org. Children's Awareness. A celebration of children in our everyday lives and communities that lovingly remembers all of America's children that we have lost through violence. For more information e-mail childaware@aol.com.

June Dairy Month. To pay tribute to the vital role milk and dairy products play in the American diet and the contribution of America's dairy farmers. For more information, browse www.nfraweb.org.

**Perennial Gardening Month.** To celebrate the versatility and beauty of perennial garden plants. For more information, browse www.perennialplant.org.

**National Rose Month.** To recognize American-grown roses. America's favorite flower is grown in all 50 states and more than 1.2 billion fresh-cut roses are sold at retail stores each year. For more information, www.rosesinc.org.

**Rebuild Your Life Month.** An opportunity for adults neglected and/or abused as children to celebrate their self-worth and discover inner power.

### Weekly

International Volunteers Week. June 3–9. To honor men and women throughout the world who serve as volunteers, rendering valuable service without compensation to the communities in which they live and to honor non-profit organizations dedicated to making the world a better place. For more information, browse www.friendshipandgoodwill.org.

International Clothesline Week. June 1 to 8. To encourage the public to save energy by hanging clothes to dry instead of using their electric dryer. For more information, e-mail gdrisdelle@rogers.com.

National Headache Awareness Week. June 2. To educate the public about the reality and severity of headaches as a legitimate disease. For more information, call 312.274.2651.

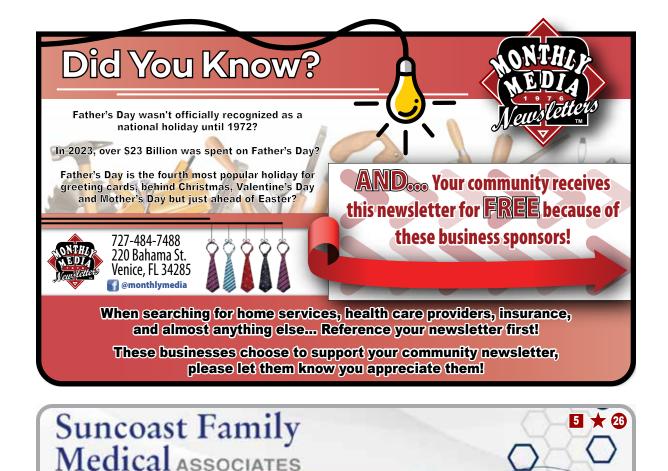
### Daily

**The series and an example of an example of** 

Flag Day. June 14. To celebrate the anniversary of The Stars and Stripes. June 14, 1777.

Father's Day. June 16. To reflect on the important role of fathers in the American family.





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	707 540 0406
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# **Oak Crest**

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John 3:16



#### The story of the mustard seed

In a far away land, lived a young woman and her name was Kisagotami. Now this young woman had only one son—and she loved him with all her heart. But one day her beloved boy fell sick and, despite all the young mother's efforts to save

him, he tragically died. The young mother was so distraught at her loss that she was not able to accept the death and loss of her son, and so desperately, the young mother approached each one of her friends and begged them, "Please, save my child." But each one of her friends said the same thing: "Kisagotami, dear one, the child is dead. There is nothing now that can save him."

But the grieving mother refused to accept her friends' well-meaning words. Instead she carried her child to the Buddha. Weeping uncontrollably, Kisagotami said, "Please save my child. Please give me some medicine that will cure him."

Buddha looked at the woman with compassion and wisdom, he told the young mother that he would make a medicine for the child, but to do so the Buddha would need some special ingredients—among the things the Buddha said he would need was a handful of mustard seed.

However, the Buddha gave the young mother some special instructions for procuring the mustard seeds: "You must get the mustard seeds from a household where not one of its inhabitants has died—parent, child or servant."

And so the aggrieved mother set out to accomplish the task. She went from house to house in the hope that she would find just such mustard seed as the Buddha desired for the medicine. And every person she spoke to very gladly offered her the seed in the hope that it would save the child's life. But each time the seed was offered and Kisagotami asked whether anyone had died in the house, she found that every single household had suffered just such a loss. At the first house she stopped at, it was the husband who had died. At the second house she stopped at, it was a daughter who had died. And at the third, it was an old grand¬mother. Kisagotami could not find one household that had escaped suffering.

Very sadly, Kisagotami returned to the Buddha and very, very gently she laid her child's body on the ground, and said, "I understand now what you and the others were trying to tell me.

The compassionate Buddha said, "You thought you were alone in your suffering. But it is the nature of life that no one can escape the suffering of impermanence."

This is a well-known Buddhist tale adapted from Tales for Change: Using Storytelling to Develop People and Organizations, by Margaret Parkin

On living with purpose Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness. — Martin Luther King Jr.









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### Pass the rice, please

Did you know that there are more than 7,000 varieties of rice worldwide? This grain is the staple food for the diet of more than half the world's population. There are written records of the cultivation of rice in China that date back to 2800 B.C. But rice is known to have been cultivated from at least 5000 B.C., and it is believed to have originated in India. According to The Whole Food Catalog, by Nava Atlas, rice didn't arrive in Europe until sometime in the 15th century, and it didn't come on the scene in North America until the 17th century.

Brown rice is generally accepted as being more nutritious than most white rice. Brown rice is higher in fiber and lower in fat, and is better for digestion. Brown rice provides a range of B vitamins, including thiamin, niacin and folacin, as well as providing the minerals phosphorous, calcium and potassium.



White rice is polished or refined. What this means is that two important parts of the grain are removed: the germ and the bran. This leaves the endosperm, which is white and starchy. White rice often contains only about one-third of the vitamins and fiber that brown rice does, about half of the minerals, none of the Vitamin E and only about 80 percent of the protein. Often white rice is enriched with iron and B vitamins—but the original quality of nutrition is never recovered.

Asian countries produce about 90 percent of the world's rice, according to the Whole Foods Market Web site. As a matter of fact, in Japan, the word for rice is the same as the word for meal. In the United States, about one-third of the rice used is in beer.

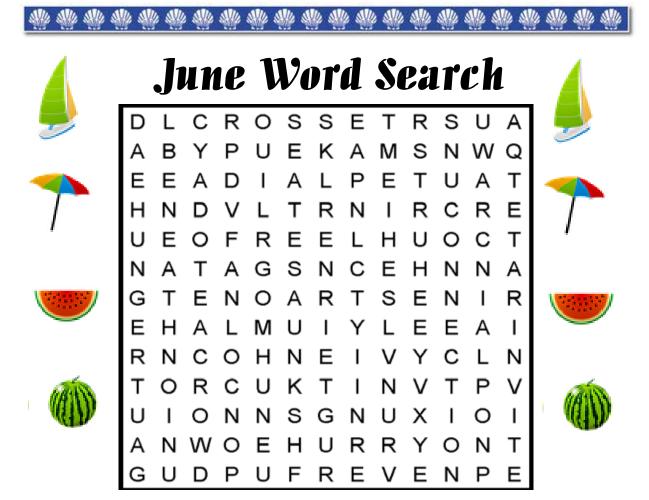
Here is Whole Foods Market's break down of types of rice:

- Long grain. The milled grain is at least three times as long as it is wide. Some varieties of long-grain rice are: basmati, Patna, Dehra Dun, Calmati, Carolina, Della, Himalayan Red, jasmine, jasmati, Louisiana pecan, American, javanica, bulu, wild pecan, Louisiana popcorn, Persian, ambarboo, darbari, domsia, sadri, rosematta, Texmati, Thai red and Wehani.
- Medium grain. The grain is less than three times the length as the width. It is sometimes labeled "short grain," merely to distinguish it from long grain. Some varieties are: japonica, baldo, Turkish, bash ful, Bhutanese Red, mahogany red, bomba, Arborio and Japanese sweet.
- Short grain. Grains that are less than twice as long as it is wide. Sometimes short and medium grain rices are considered one category. Some varieties are: sushi, Balinese black, Balinese purple, pearl and pudding.

Some other terms can be helpful when considering rice. For instance, the word polished simply means that the rice has been polished to remove the bran and germ, and so polished rice is just another name for white rice. Parboiled means that the rice has been soaked, boiled or pressure steamed and then dried before it is milled. It usually has a yellowish or beige color. Converted rice is the same as parboiled, but it has been cooked more to reduce cooking time for consumers. Instant or quick rice is precooked rice that has been dehydrated and then packaged. It usually suffers in terms of taste and texture. Brown rice is also referred to as whole grain rice and is much more nutritious than any white rice. This is because the bran is retained. The bran is the brown/tan covering on the rice that retains most of the nutritional value of rice. White rice at all, but is the seed of a long-grain marsh grass that is native to the northern Great Lakes region. It is nutty tasting and usually combined with other rices, such as brown.







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OAK CREST/ACORN MESSENGER JUNE, 2024 S

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## How to stay healthy

r. Andrew Weil is famous for his health and nutritional advice. Weil told CNN producer Kelley Colihan that he received only about 30 minutes of nutritional training when he was in medical school. He recommended the following general tips for healthy living:



- Eat a diet that's rich in fresh, organic foods. Weil says the consumption of fruits and vegetables helps protect from many chronic diseases.
- Eat a colorful diet. Weil says that it's important to ask yourself if you've covered your colors. Have you eaten your greens, reds, yellows, purples, etc? This will help keep the focus on a healthy variety of fruits and vegetables.
- **Take a good multivitamin.** Even if you are a healthy eater, it's difficult to have an optimal diet every day. That's why Weil recommends taking a multivitamin, not to replace healthy eating, but to make sure if you miss something in your diet inadvertently, you will still get it through your supplement.
- Women should pay attention to bone health early. Waiting until you're older is not a good idea, Weil says. Bone health is the result of what you eat and exercise habits in your teens, 20s and 30s.
- Men should watch their diets in regard to prostate cancer. That means getting away from animal-based foods and high-fat diets and eating a diet rich in fruits, vegetables, omega-3s. Cooked tomatoes could be especially important, he says, because they are a source of lycopene, which is protective. More soy foods are also recommended.
- If you suffer from hypertension, then you will want to reduce the amount of processed and refined foods you consume, and increase intake of fruits and vegetables, which will deliver more potassium and have a relaxant effect on blood vessels.
- Make sure you get enough Vitamin D. New research shows that Vitamin D has important protecting effects, but that people are getting less of it from sun exposure because of sunscreens.

#### On living with purpose

What one has, one ought to use; and whatever he does, he should do with all his might. — Cicero

Nothing of worthy or weight can be achieved with half a mind, with a faint heart, and with a lame endeav¬or. — Isaac Barrow

Firmness of purpose is one of the most necessary sinews of character, and one of the best instruments of success. Without it genius wastes its efforts in a maze of inconsistencies. — Lord Chesterfield





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## Hitting the fan

S wearing seems to be a bit more acceptable these days than it used to be. And so, you don't get the colorful euphemistic exclamations that were constantly being created to replace swear words in days gone by, when it was considered very bad taste to use the name of God or Jesus or other religious figures in your everyday rantings.

Of course, the English being who they are have a long history of employing euphemistic phrases. This probably comes of the very English desire to communicate but not be explicit at the same time. This likely gave rise to the delight the English took in their come¬dies, according to the Web site Phrases.org.uk.Look back into time and you'll find a rich history of comedies based on double entendres.

And we can probably thank the folks across the pond for "minced oaths" as well. Minced oaths are subgroups of euphemisms, according to Answers.com. They're something that people say instead of swearing when they're surprised or annoyed. So for instance, if there were delicate-eared folks around, you might say "Fudge bars" instead of …well, you get it, right?

Here is a list of some minced oaths gleaned from Answers.com and Wikipedia:

- Bejabbers Figs
- Blimey For crying out loud
- By George Freaking
- By golly Frickin'
- By gosh Fudge
- By gum Fup duck
- Christmas Gadzooks
- Crikey Gee whiz
- Cripes Gee willikers
- Crud God bless America
- Dablastit Golly
- Dad gum Good grief
- Dagnabbit Heck
- Dang Holy cow
- Darn Jeepers creepers
- Doggone Jiminy Christmas
- Drat Jiminy Cricket
- Egads Judas Priest
- Feck Jumping Jehosaphat
- Fiddlesticks Sam Hill
- Sheesh Sufferin' succotash
- Shoot Sugar
- Son of a gun Tarnation





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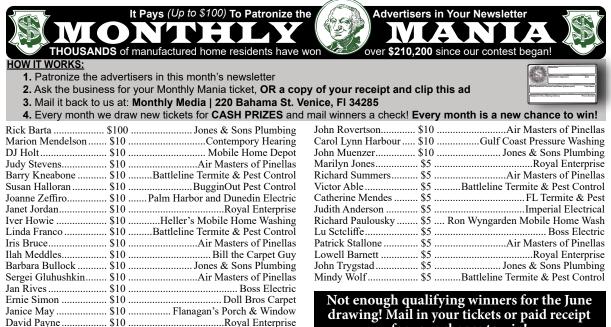
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