

OFFICE: 12501 Ulmerton Road • Largo • FL 33774 • (727) 596-2040

# GIENVOOD • GAZETTE •

# November 2024

Issue 9 48<sup>th</sup> Year



Somewhere over the Rainbow by: Bonnie Emest Golden Gate Pinellas Park New Circle Rainbow

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## CONDOMINIUM ASSOCIATION, INC. 2024 Executive Officers & Board of Directors



President	.Tom Ramsey	540-309-3416
	.Bert Casey	
	.Carol Fariel	
	.Ronda Staub	
	.Bobby Smith	
Director	•	
Director	.Vacant	
Parliamentarian	.Suzette Lillard	704-699-0233
	.Denise Swartz	

## **Board Committees**

Pool / Shuffleboard / Horseshoes / Common Areas

Ch. Tom Ramsey / Co. Carol Fariel

All Units / Mowing / Spraying / Fertilizing / Trees & Shrubs

Ch. Bert Casey/ Co. Tom Ramsey

Lake & Banks / Irrigation / Club House

Ch. Tom Ramsey / Co. Bert Casey

Streets / Lights

Ch. Carol Fariel / Co. Bobby Smith

Security / Fences / Neighborhood Watch

Ch. Bobby Smith

**Compliance / Beautification** 

Ch. Ronda Staub

Supervisor of Labor

Ch. Tom Ramsey / Co. Bert Casev

**Resident's Directory** 

Ch. Carol Fariel

**Budget / Finance (Ad Hoc Committee)** 

Ch. Ronda Staub

**Insurance (Ad Hoc Committee)** 

Ch. Bobby Smith / Co. Ronda Staub

Website (Ad Hoc Committee)

Ch. Ronda Staub



<sup>\*\*</sup> Please refer any issues to Glenwood Estates at 727-596-2040

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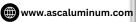


ASK about financing



PINELLAS COUNTY HILLSBOROUGH COUNTY

PASCO COUNTY







Philippians 4:13

Other services:

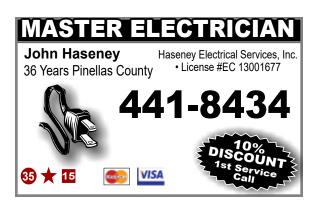
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## **CLUBHOUSE OFFICE**

Please keep in mind that office hours for Glenwood are 10:00 a.m. to 4 pm, Monday, Tuesday, Wednesday, and Thursday. The office is closed on Friday.

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## BOARD OF DIRECTORS THANK YOU



The B.O.D. is overwhelmingly grateful for all the residents who stepped up to volunteer their time and energy to clean up our Park after the Hurricanes. Folks picked up and stacked brush, sawed up limbs, grabbed the fence slats, and saved them for later repairs. Special thanks to Alan and Karen Simms who saved most of the slats. Our Park is one of the best in Pinellas County because of the residents who willingly work together for the good of the neighborhood. Again, thank you!!

## **BEAUTIFCATION UPDATE**

\*\* Per the Beautification list, *ALL* homes are to have a basket for Glenwood mail. (This is different from the USPS mailbox). The B.O.D. frequently needs to deliver letters and the basket provides a safe place to keep the mail from blowing away.

\*\*The Beautification home inspections have been postponed to April because of the damage from Hurricane Milton.

## **COMPLAINTS / RECOMMENDATIONS**

lenwood Estates has established a formal process for residents to have their concerns or suggestions addressed in writing. The process is outlined in the Glenwood Estates Rules and Regulations on page 2, under the heading Complaints / Recommendations. It reads:

- Clearly identified Complaints / Recommendations shall be signed and submitted to the office.
- Unsigned messages will not be acted upon.

If you want to have your concerns and recommendations heard and addressed by the Board of Directors, please put them on paper, with your Unit number, dated, and signed, and drop it off at the office. The Board will respond back to you within 48 business hours.





# **Social Committee Message from the Chair**

Pam Barger

ello Glenwood Residents, October has been a month of unexpected events. The two hurricane that came through and changed the landscape of our community. Helene and Milton, two destructive, merciless storms that totally upset our normal life as we know it. Fortunately, the damage was only property and not to persons and for that we are so very thankful.

The Social Committee Board decided to make a change to the Halloween party because we are all so worn out and mentally exhausted. This being one of our larger parties takes a lot of time, effort, planning, cooking, decorating, and shopping. In it's place we chose to do something nice for our community, serving a dinner with a lot less stress for all of us, at no charge because we have all been burdened enough with unexpected expenses.

Coming up soon will be November 9th Veterans Day appreciation at Saturday Coffee. Thanksgiving Dinner, Thursday, November 28. Our Christmas Party is scheduled for Saturday December 7, 2024, and also the Christmas dinner on December 25, 2024. Please mark your calendars and watch for updates and information on the Glenwood Facebook page and on the posters in the clubhouse.

November 7, is the Workshop at 10:30 and the Social Board meeting is on Saturday November 9th. I would love it if you would consider helping us plan and volunteer helping for the end of the yearcelebrations.

Last of all, our positions on the Social Board term will be ending in January so I need to have 3 members of our community volunteer to be on the Nominating Committee. This committee finds interested residents to serve on the upcoming year's Social Board. Positions open for Board consideration are Chair, Vice Chair, Secretary, Treasurer, and Parliamentarian.

My Kindness Quotes for this month: "Kindness is giving hope to those who think they are all alone in this world."

"Kindness is seeing the best in others when they cannot see it in themselves." "Kindness is something anyone can give without losing anything themselves." "Kindness is not what you do, but who you are."





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## **AVOID FLORIDA PROBATE COURT**

ATTENTION: OUT-OF-STATE RESIDENTS, CANADIAN CITIZENS, AND FLORIDA RESIDENTS

Steps should be taken to avoid Florida Probate Court on your Florida Home, your Lease and your Park Share.

## Don't leave your family with a legal mess!

CALL 727-587-0009 for your FREE CONSULTATION or if you just have questions.



Attorney Paul Herzfeld 1715 East Bay Drive, Suite C Largo, FL 33771

email: <a href="mailto:paul@herzfeld.net">paul@herzfeld.net</a> visit: noflprobate.com



## COFFEE is on Saturday mornings at 9:00

The residents of Glenwood Estates are invited each Saturday morning to get together to visit and chat with our neighbors and friends.

\*\*\*\*



We have coffee, hot chocolate, tea, donuts, and bagels. Volunteers make the coffee and there is a sign-up sheet on the bulletin board so please sign up if you are interested in helping. We greatly appreciate it! We have people who will be glad to help you learn what is involved in preparing the coffee.

Coffee costs \$1 and the donuts and /or bagels are \$1 each.

#### ARTIST GROUP

Patty Collick

ur artist group will resume in the New Year. Hope to see you then!





You get a call: "Grandma, I need money for bail." Or maybe an email from someone claiming to be your brother or a friend who says they're in trouble. They need money for a medical bill. Or some other kind of emergency. The caller says it's urgent — and tells you to keep it a secret.

But is the caller who you think it is? Scammers are good at pretending to be someone they're not. They can be convincing: sometimes using information from social networking sites, or hacking into your loved one's email account, all to make it seem more real. And they'll pressure you to send money before you have time to think.

#### Here's what to do:

- **Stop**. Check it out. Look up your family member's phone number yourself and call another family member to check out the story.
- Pass this information on to a friend. You may not have gotten one of these calls, but chances are, you know someone who will get one — if they haven't already.

#### ReportFraud.ftc.gov

Report Imposter Scams Online to the Federal Trade Commission

## \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

#### **BINGO**

Beth Pickett, Georgia Fox, Linda and Rick Geary

Bingo resumed on October 17th. It was wonderful getting to see everyone come out and enjoy the games!

Hope to see you next weeksales start at 6 pm and end at 6:30 pm. Large packages cost \$11 and



small packages are \$8.00. Extra sheets are available to buy. We will also have daubers for sale for two dollars.

See you there!

## **GUITAR FORUM**

William Mosler

The will start back up sometime in November.

Please watch for the notice.



#### I GOT IT GAME

Rick Travis and Georgia Fox

ome check us out on Tuesday evening at 6:30 pm for I Got It. It's really an easy game and there is always someone there to help you. Would love to see you there!!



#### **HORSESHOES**

Wayne Neville / Adolfo Paredes

nce the weather becomes cooler, we will resume playing horseshoes. Please check the Clubhouse Bulletin Board, Glenwood website, and Glenwood Face Book for updates. See you there!



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## INDOOR SHUFFLEBOARD GAME

Rick Travis and Georgia Fox

Indoor Shuffleboard is every Saturday at 6:00 pm. \$2, and everyone can play. If you don't want in the \$, you can play for bragging rights. Top \$ players will get paid. The games are a lot of fun, so come out and play!

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

## MADD HATTERS LUNCHEON

Jan Kearney

add Hatters is for all women and occurs on the first Tuesday of the month with a hostess who schedules the restaurant where the lunch will occur. These luncheons are a great way to socialize with friends in the park and to get acquainted with new neighbors.

Jan Troke was the hostess at the Roosterfish Restaurant in October.

Please see the sign-up sheet for the November lunch posted on the bulletin board in the clubhouse. Hope to see you there! If you need a ride please let us know so we can assist you.

## **MARILYN'S LITTLE STORE**

Chi Chi Ceron, Janet Green, Shirley Wagner, June Ingram, Bob Green, and Rick Travis

top into Marilyn's Little Store as we have been busy getting all the Fall and Thanksgiving decorations out and things are looking good!

We are now open on Wednesday afternoons from 1-2 pm. We are open on Saturdays, 10-11:00 am. Our proceeds are given to the Social Committee to help fund their parties, coffee, and projects.

If you have items to donate, call and we can pick them up. Thanks again from our crew at Marilyn's Little Store!

Call: Janet Green 727-543-0060 / Shirl Wagner 219-221-3628

## **NEEDLEWORK**

Barbara Strachan

The Glenwood Needlework group meets Monday mornings at 10 am. Members work on their own projects between holidays, and we offer instruction to those interested. We also accept any yarn you may not need.

# SUB-FLOOR & FLOORING EXPERTS!

## Flood Damage??? We can HELP!!!

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## 

Connie Ramsey

Te are hopeful that the weather will be cooler and our shuffleboard friends will be back, so come and play at 10 am on Tuesdays. All are welcome to come and play! We look forward to seeing you and don't forget to bring a quarter! •

## **POOL / BILLIARDS**

Rick Travis

nterested in shooting pool? Come to the clubhouse on **Fridays at 10:15 am** and enjoy this fun activity.

## **GLENWOOD SINGLES LUNCHEON**

Jan Kearney

The Singles luncheon occurs on the third Friday of the month where all singles may attend. These luncheons are another way of getting to socialize with friends and meet new neighbors.

Please see the sign-up sheet in the clubhouse for the November lunch and we hope to see you there! If you need a ride please let us know so we can assist you.



## \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

#### **NOVEMBER BIRTHDAYS**

\*\*\*Editor's Note: If you have a birthday or anniversary that you want to include in the Gazette, please email me at: conniedramsey@gmail.com

11/4	Barbara Morgan	#160	dillia	11/14	John Sellers	#16
11/4	Paul Rideout	#204	1611	11/18	John Kinzer	#102
11/5	Liz Murphy	#148		11/21	Carol Bizan	#37
11/6	Laura Richman	#114		11/21	Carol Scozzafava	#48
11/8	Carla Baase	#143		11/23	Pam Barger	#24
11/11	Kris DiPasquale	#154		11/24	Jeanne Burket	#165
11/11	Robert Brest	#170	(Butch)	11/24	Butchie Mackey	#181
11/12	Ronnie Dobbs	#175		11/28	Arleen Hyde	#221
11/13	"Izzy" Isbell	#41		11/28	Kathleen Pamukcu	#122
11/13	Bobby Smith	#85		11/30	Henry Breed	#35

## **NOVEMBER ANNIVERSARIES**

11/6	Irma & John Crawford	#125
11/18	Ellie & Wayne Neville	#5
11/28	Cheri & Al Halm	#140



## **NEW OWNERS**

Jack Alfred Harrison D.O.B. 02-23 847-707-9490 Denise Sarjant D.O.B. 10-29 423-504-2440





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## **FAVORITE RECIPES**

#### **TACO SOUP**

<u>我我我我我我我我我我我我我我我我我我我就</u>

#### **INGREDIENTS**

- 1 lb ground hamburger or turkey
- 1 can black beans
- 1 can chili beans
- 1 can light kidney beans
- 1 can corn

- 1 small can tomato sauce
- 1 packet dry Hidden Valley Ranch
- 1 packet taco seasoning
- 1 1/5 cups water
- 1 can rotel



#### **DIRECTIONS**

Drain meat. Dump everything into a pot, simmer, and serve. Freezes well.

#### **GAZETTE EDITOR**

Connie Ramsey

am the editor for the Gazette. If you have any articles to submit, please email them to me at conniedramsey@gmail.com. All articles for **December** need to be emailed **by November 12th.** Thank you!





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ROOM ADDITIONS ASC Aluminum Specialty Contr	707 547 0200
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## NOVEMBER • 2024

Sunday	Monday	Г
DECEMBER 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		
Daylight Savings Time Ends	7:15 AM Park Walks 9:00 AM Water Aerobics 10-11:30 am Needlework 6:00 PM Cards	7:15 AM 9:00 AM Aerobics 10:00 AM Shufflebe 6:30 PM Electio dent
10	7:15 AM Park Walks 9:00 AM Water Aerobics 10-11:30 am Needlework 6:00 PM Cards Veteran's Day	7:15 AM 9:00 AM Aerobics 10:00 AN Shufflebo 6:30 PM
17	7:15 AM Park Walks 9:00 AM Water Aerobics 10-11:30 am Needlework 6:00 PM Cards	7:15 AM 9:00 AM Aerobics 10:00 AM Shufflebe 6:30 PM
24	25 7:15 AM Park Walks 9:00 AM Water Aerobics 10-11:30 am Needlework 6:00 PM Cards	7:15 AM 9:00 AM Aerobics 10:00 AM Shuffleb 6:30 PM

## **Glenwood**

uesday	Wednesday	Thursday	Friday	Saturday
			7:15 AM Park Walks 9:00 AM Water Aerobics 10:15 AM Billiards in the Clubhouse	9:00 AM Coffee at the Clubhouse 10 to 11:00 AM Marilyn's Little Store is open 6:00 PM Indoor Shuffleboard
5 Park Walks Water M Outdoor oard I Got IT Game n Day - Presi- ial Election	7:15 AM Park Walks 9:00 AM Water Aerobics 1-2:00 PM Marilyn's Little Store is open 5:30 PM Hand and Foot	7 7:15 AM Park Walks 9:00 AM Water Aerobics Social Committee Workshop @ 10:30 am 6:00 PM Bingo	7:15 AM Park Walks 9:00 AM Water Aerobics 10:15 AM Billiards in the Clubhouse	Veterans Day Appreciation @ 9:00 am Social Committee Board Meeting @ 9:00 9:00 AM Coffee at the Clubhouse 10 to 11:00 AM Marilyn's Little Store is open 6:00 PM Indoor Shuffleboard
12 Park Walks Water M Outdoor oard I Got IT Game	7:15 AM Park Walks 9:00 AM Water Aerobics 1-2:00 PM Marilyn's Little Store is open 5:30 PM Hand and Foot	7:15 AM Park Walks 9:00 AM Water Aerobics 6:00 PM Bingo	7:15 AM Park Walks 9:00 AM Water Aerobics 10:15 AM Billiards in the Clubhouse	9:00 AM Coffee at the Clubhouse 10 to 11:00 AM Marilyn's Little Store is open 6:00 PM Indoor Shuffleboard
19 Park Walks Water M Outdoor oard I Got IT Game	7:15 AM Park Walks 9:00 AM Water Aerobics 1-2:00 PM Marilyn's Little Store is open 5:30 PM Hand and Foot	7:15 AM Park Walks 9:00 AM Water Aerobics 6:00 PM Bingo	7:15 AM Park Walks 9:00 AM Water Aerobics 10:15 AM Billiards in the Clubhouse	9:00 AM Coffee at the Clubhouse 10 to 11:00 AM Marilyn's Little Store is open 6:00 PM Indoor Shuffleboard
26 Park Walks Water M Outdoor oard I Got IT Game	7:15 AM Park Walks 9:00 AM Water Aerobics 1-2:00 PM Marilyn's Little Store is open 5:30 PM Hand and Foot	7:15 AM Park Walks 9:00 AM Water Aerobics 6:00 PM Bingo Thanksgiving Dinner Thanksgiving Day	7:15 AM Park Walks 9:00 AM Water Aerobics 10:15 AM Billiards in the Clubhouse	9:00 AM Coffee at the Clubhouse 10 to 11:00 AM Marilyn's Little Store is open 6:00 PM Indoor Shuffleboard



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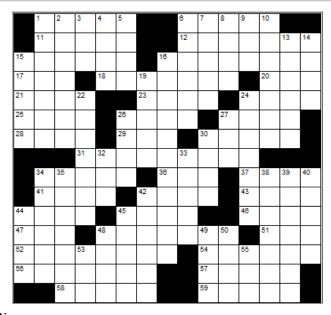
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#### ACROSS

- 1. Confer happiness on
- 6. Regular
- 11. A long narrow passage
- 12. Dry, as a tree
- 15. Hereditary
- 16. Barren
- 17. Beer
- 18. Large tuna
- 20. Darjeeling or oolong
- 21. Frog
- 23. Render senseless
- 24. Fraud
- 25. Enormous
- 26. Rind
- 27. Interruption
- 28. Flower stalk
- 29. Arrange (abbrev.)
- 30. Suns
- 31. Handicapper
- 34. Satisfies
- 36. Anger
- 37. Role
- 41. Leg joint
- 42. Frozen precipitation
- 43. Arab ruler
- 44. Pleads
- 45. Leveling wedge
- 46. Pleasant
- 47. Female sheep
- 48. Popeye's favorite food
- 51. "Eureka!"
- 52. Connecting
- 54. Poked fun at
- 56. Pained look
- 57. Graven images
- 58. Pens
- 59. Father



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#### DOWN

- 1. Financial rescue
- 2. Blood line
- 3. East southeast
- 4. Thick slice
- 5. Peddle
- 6. Utilitarian
- 7. Antelope of India
- 8. On top of
- 9. Ever last one
- 10. Animal skin
- 13. Water vapors
- 14. Crease

- 15. Wood strips
- 16. Ascertaining
- 19. Utilizers
- 22. Relegates
- 24. Hone
- 26. Flat masses of soft material
- 27. Consumed
- 30. Misrepresent
- 32. D
- 33. Fragrance
- 34. Kabob stick

- 35. Cherubic
- 38. Friendly
- 39. Most wealthy
- 40. Step
- 42. Gleams
- 44. Large mass of
- floating ice
- 45. A food flavoring
- 48. Male deer
- 49. Baby's bed
- 50. Conceal
- 53. American Medical

Association

55. Wetland



November Crossword

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## NOVEMBER

November 1: All Saints' Day, National Author's Day, World Vegan Day

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

November 2: All Souls' Day, International Stress Awareness Day

November 6: National Nachos Day, National Saxophone Day

November 7: National Hug a Bear Day, International Merlot Day

November 8: National Cappuccino Day, National Parents as Teachers Day

November 9: World Freedom Day, Go to an Art Museum Day

November 10: U.S. Marine Corps Birthday, National Vanilla Cupcake Day

November 11: Veterans Day, National Sundae Day

November 12: National French Dip Day, Chicken Soup for the Soul Day

November 13: World Kindness Day, International Tongue Twister Day

November 14: National Pickle Day, National Spicy Guacamole Day

November 15: National Recycling Day, National Philanthropy Day

November 16: National Fast Food Day, National Button Day

November 17: National Homemade Bread Day, National Hiking Day

November 18: Mickey Mouse Day, National Princess Day

November 19: National Adoption Day, Family Volunteer Day

November 20: National Peanut Butter Fudge Day, Universal Children's Day

November 21: World Hello Day, National Gingerbread Cookie Day

November 22: National Cranberry Relish Day, Go for a Ride Day

November 23: National Espresso Day, National Cashew Day

November 24: Thanksgiving, Celebrate Your Unique Talent Day

November 25: Black Friday, Native American Heritage Day November 26: Small Business Saturday, National Cake Day

November 27: First Sunday of Advent, U.S. Turtle Adoption Day

November 28: Cyber Monday, National French Toast Day

November 29: Giving Tuesday, National Lemon Cream Pie Day

November 30: National Mason Jar Day, National Mousse Day

#### **Weekly Observances**

November 1-7: World Communication Week

November 6-12: National Animal Shelter Appreciation Week, Polar Bear Week

November 6-13: Drowsy Driving Prevention Week

November 7-13: National Recycling Week

November 13-19: National Split Pea Soup Week

November 14-18: Anti-Bullying Week, American Education Week,

National Young Readers Week

November 18-24: World Antimicrobial Awareness Week

November 20-26: Better Conversations Week, National Game & Puzzle Week

"The thinnest yellow light of November is more warming and exhilarating than any wine they tell of." — **Henry David Thoreau1** 









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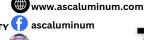


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Philippians 4:13

## Some oxymoronic fun...

n oxymoron is a combination of words that seem contradictory or incongruous, cruel kindness, for example. Here is a list of some more modern oxy-morons as they appeared in The Giant Book of Jokes, edited by Dave Phillips.

\*\*\*\*\*\*\*\*

- Postal service
- Act naturally
- Microsoft Works
- Holy war
- Military intelligence
- Minor disaster
- Auto pilot
- Near miss
- New classic
- Fun run
- Living dead
- Civil war
- Genuine imitation
- Athletic scholarship
- Death benefits
- Pretty ugly
- Government organization
- Peace force
- Sweet sorrow
- Alone together
- Tight slacks
- Healthy tan

- Head butt
- Bankrupt millionaire
- Airline food
- Tax return
- Virtual reality
- Beginning Finnish
- American beer
- Art student
- Soft rock
- Original copies
- Deafening silence
- Great Depression
- Good grief
- Hot chili
- Free trade
- Crash landing
- Now then
- Old news
- Working holiday
- Exact estimate
- Singles club
- Student teacher



## A new pet



man wanted to get a pet because he was lonely and was perusing the classified ads in the newspaper when he read this: Purebred Police Dog For Sale: \$50. The man thought this price was a bargain and he figured the dog would be intelligent and good looking since it was a purebred. So he picked up the phone and told the seller he wanted to buy the dog. The seller offered to deliver the man's new pet to his home. The man was delighted.

When the police dog arrived however, the man was taken aback by the way it looked. It was definitely not the good-looking dog he had pictured in his mind. Instead, the dog looked like nothing more than a mangy mongrel.

"How in the world can you get away with calling that dog a purebred police dog?" the

The seller answered: "Don't let his looks deceive you. He's working undercover." As retold from The Giant Book of Jokes, edited by Dave Phillips

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# November

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#### The first eureka moment

rchimedes, the Greek mathematician (born in Syracuse in 287 B.C.) was a genius in the application of geometry to mechanical devices. Indeed, according to Thereby Hangs a Tale, by Charles E. Funk, he was the Thomas Edison of his day.

**6**6

In fact, Funk says, that more than 2,000 years after his death we are still making great use out of his discoveries and inventions, and have merely been able to improve upon them.

Once, Archimedes had before him the task of deter-mining the amount of silver a dishonest goldsmith had used in the making of a crown, which had been ordered in pure gold, for the king.

Archimedes worried over the problem to no avail until one day when he stepped into his bath. The bath had been filled to the brim and when he stepped into it, it overflowed. Archimedes noticed that the bath was full and that a certain amount of water had overflowed. This gave him his first inkling of the law of hydrostatics, which says that a body surrounded by a fluid is buoyed up by a force equal to the weight of the fluid it displaces.

Now Archimedes knew that by weighing out an equal amount of gold to the weight of the crown, and then by putting them separately into basins of water, that the difference in the amount of overflow would give him the answer to the problem of the crown, because the weight of the overflow would denote the amount of alloy.

Poor Archimedes was so excited by his discovery and the chance to test it that he jumped out of the bath, and without his clothes he ran home, astonishing passersby, while shouting "Eureka, eureka!" which means "I have found it, I have found it!"

## Bar waitress cards patron, is handed own ID

22-year-old waitress lost her wallet in an Ohio bar, and weeks later recovered her driver's license when a woman tried to use it to enter a bar.



Weeks after her wallet had been lost, and when she was working at the Moosehead Saloon in Westlake, Ohio, a patron handed the waitress her own license in an attempt to prove that she was 21 in order to enter the bar. The woman fled when the waitress disappeared and did not return right away, but her companion gave police her name. Maria Bergan, 23, of Lakewood, was charged with identity theft and receiving stolen property, according to an ABCNews story. The waitress's credit card had also been stolen and used to make \$1,000 in purchases.

On optimism

An optimist is a person who starts a new diet on Thanksgiving Day.

— Irv Kupcinet











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## Americans and their snacking habit



Americans love snacks, and define the ideal snack as "healthy, tastes sinful, and is convenient in all aspects" (The International Dairy, Deli & Bakery Association). Here are some other facts gleaned from the article, "The New Snack is Healthy," by Michelle Moran.

• An estimated 90 percent of Americans indulge in a snack on any given day.

\*\*\*\*\*\*\*\*\*\*\*\*

- 74 percent of Americans snack in the evening.
- 75 percent of Americans eat breakfast.
- 88 percent of Americans eat lunch.
- It is estimated that sales of snack foods will rise from the 2003 \$47.1 billion to \$57.3 billion in 2008.
- 33.5 percent of Americans decreased their snacking in the past two years; 30.8 percent increased their snacking.
- Twenty-five percent of adults prefer foods that are easy to prepare; 10 percent don't have time to prepare healthy snacks or meals; 5 percent often eat store-made, precooked meals.

## Want to reduce pain - try meditation

In a recent study, 12 healthy, long-term meditators, who had been practicing meditation for 30 years, showed 40 percent to 50 percent lower brain response to pain when compared to 12 healthy adults who did not meditate. The study was published in a recent article in the journal NeuroReport. Also of note, the study found that when the 12 controls in the study learned and practiced meditation for five months, their responses to pain also decreased by the same 40 percent to 50 percent.



Researchers believe that meditation can reduce pain by producing a physical state that modifies the pain level. That is why meditation has been found to reduce anxiety, improve reactions to stress and decrease acute pain.

It is estimated that 50 million people in the world suffer from chronic pain, and it appears that meditation can reduce that pain by half in many people.

David Orme-Johnson, lead author of the study, says "Prior research indicates that transcendental meditation creates a more balanced outlook on life and a greater equanimity in reacting to stress. This study suggests that this is not just an attitudinal change, but a fundamental change in how the brain functions."

#### On thankfulness

In everyone's life, at some time, our inner fire goes out. It is then burst into flame by an encounter with another human being. We should all be thankful for those people who rekindle the inner spirit.

— Albert Schweitzer

# November Word Search





account	comparison	judicious	option	saint
arrest	crook			savory
		latter	phase	solve
barn	drawn	legitimate	pleat	
bonanza		loot	-	table
bookcase	evade		raise	taxes
	extra	market	remote	toss
carts		mount	rental	trace
catch	income		rotate	
caution		notorious	rote	under



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#### **EVENTS & PROGRAMS**

Regency Heights Carport Sale: Friday and Saturday, November 1st-2nd, 8am-2pm. 2550 State Rd 580, Clearwater.

Annual Craft Fair - Paradise Island - Saturday November 2nd 9-3 pm. Clubhouse, 1001 Starkey Rd. Largo. 80 plus Tables, Handmade items & Bake Sale

HOLIDAY BAZAAR. Saturday, 11/09/2024 9am-2pm. First Lutheran Church, 1644 Nursery Rd., Clearwater. All indoor craft show. Free admission. 217-251-4382 or jayneb1227@gmail.com

FALL BAZAAR Ranchero Village 7100 Ulmerton Road Hacienda Clubhouse. Sunday 11/10/24 from 11am-3pm. Crafts, baked goods, raffle baskets & more. Vendors: Rent a table for \$20. Contact: Donna Dahmm 309-263-2640 or RDDahmm@gmail.com

Craft Fair 11/16/24, 9 AM - 1 PM at Clearwater Cascade. Contact Jane Boucher 903-426-3636, janeboucher29@gmail.com

13TH ANNUAL ARTS AND CRAFTS SALE – Sat. Nov. 16, 2024, 9AM-1PM Lake Haven MHP, Paradise Island Clubhouse, 1415 Main St. (SR580 & Lake Haven Rd.) Dunedin, FL. Hand crafted projects including bottle art, greeting cards, crocheted and knitted items, and decorative crafts for home or gifts.

November 1 Events

#### **EVENTS & PROGRAMS**

Serendipity Mobile Home Park Community Yard Sale. Saturday, November 16, 2024, 8AM-2PM. 29081 US Highway 19N, Clearwater. Drive around the park and check driveways for sales.

Palm Hill 2nd Annual Craft Fair. November 16th, 8-1. North Club House. Use North 8th Ave entrance. Outside crafters welcome. call John at 507-259-6934 after October 10th

Bay Ranch MHP November 16th 8am- 1pm Flea Market/Craft Show. Refreshments! Tables \$10. 7349 Ulmerton Rd. Largo, 33771. Paige: 727-543-9871

Art/Craft Fair- Saturday, November 23, 9am-1pm. Lake Highlander MHP, 1500 County Road 1, Dunedin. Great Holiday Shopping!

#### **EVENTS & PROGRAMS**

CRAFT FAIR! Regency Heights, 2550 State Road 580, Clearwater. Hand made crafts. December 1st, 10am-6pm

Palm Hill Christmas Bazzar. Saturday December 7th, 8-1. North Clubhouse, use 8th Ave entrance.

Annual Holiday Market at Pointe West Clubhouse. Hand crafted & artisan items, Concessions & Bake Sale too. 12/7, 9am-2pm, 12651 Seminole Blvd, Largo

Annual Craft Fair. Handmade items and bake sale. December 7th, 8am-2pm. East Bay Oaks Clubhouse. 601 Starkey Road, Largo

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Russell Knott	\$10	Air Masters of Pinellas
Judy Flanagan	\$10	Battleline Termite & Pest Control
Michael Lane Smith	\$10	Jones & Sons Plumbing
JoANne Katchen	\$10	Bill the Carpet Guy
Ronald Juneau	\$10	Air Masters of Pinellas
Kenny Eckhart	\$10	Battleline Termite & Pest Control
Monica Krqanzel	\$10 Ro	n Wyngarden Mobile Home Wash
Donald Keil	\$10	Florida Anchor & Barrier
Jane Boucher	\$10	Air Masters of Pinellas

Tomi MacCilymay	¢10	Dottlaling Tomaita & Doct Control
		Battleline Termite & Pest Control
Shiela Lyons	\$10 .	Boss Electric
Catherine Ballantine	\$10 .	Bill the Carpet Guy
Terry Storm	\$10 .	Air Masters of Pinellas
Clare Williams	\$10 .	Battleline Termite & Pest Control
Joanne Gilbert	\$10 .	Jones & Sons Plumbing
Paul Kuchera	\$10 .	Air Masters of Pinellas
Andrea Pelletier	\$10 .	Battleline Termite & Pest Control
Cathie Melander	\$10 .	BugginOut Pest Control
Melissa Willbee	\$10 .	Air Masters of Pinellas

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## **Glenwood Social Club Officers for 2024**

Chair	Pam Barger	815-403-8680
	Janet Green	
Secretary	MG Duchene	407-928-8227
	Mary Jo LaPointe	
	Linda Reeves	

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## **2024 Glenwood Social Club Committees and Activities**

Activities	<u>Chairperson</u>	Telephone
Artist Group Bereavement Committee	Pally Collick	. 231-218-9111
Bereavement Committee	Jan Kearney	. /2/-393-0813
Billiards		
Bingo	Beth Pickett	. /2/-542-9960
	Georgia Fox	.810-516-0699
	Linda Geary	.9/8-290-1420
D 11 / D 1	Rick Geary	.9/8-281-0665
Bulletin Board	Janet Green	. 727-543-0060
Card Party	Cheryl Gosselin	.978-423-8530
Chaplain	Adolfo Paredes	. 860-575-2946
1	Tony Wellmann	.727-656-2174
Decorations	Janet Green	.727-543-0060
	Shirley Wagner	. 219-221-3628
Flags	Craig Routolo	. 631-879-5442
Gazette Delivery	Shirley Roslan	. 727-538-2993
Gazette Editor	Connie Ramsey	. 540-556-1812
Guitar Forum		
Health Reporter	Mary Cronin	.727-596-7488
Horseshoes	Wayne Neville	.727-291-3206
	Adolfo Paredes	. 860-575-2946
I Got It	Georgia Fox	.810-516-0699
	Rick Travis	.810-516-7203
Indoor Shuffleboard	Georgia Fox	.810-516-0699
	Rick Travis	.810-516-7203
Librarian	Marge Giroux	.727-953-7164
Madd Hatters	Jan Kearnev	.727-595-0815
Marilyn's Little Store	ChiChi Ceron	727-596-6997
	Janet Green	.727-543-0060
	June Ingram	727-465-4966
	Boh Green	727-543-1315
Music		
Needlework	Barbara Strachan	727-424-9011
Posters		
Purchasing Supplies	Shawna Newark	613-340-6808
1 drendsing Supplies	Gail Tatro	078_241_2026
Saturday Comics and Emcees	Walter Parks	727-506-7181
Outdoor Shuffleboard	Connia Pamsay	540 556 1912
Outdoor Shumeboard	Tom Ramsey	540-330-1612
Singles Group	Ion Voornov	. 340-309-3410
Tight Color	Jan Kearney	079 200 1420
Ticket Sales	Linua Geary	. 7/8-290-1420
Tours & Travel	Паша EZZO	.002-//4-0420
	Linua Reeves	. 121-081-0091

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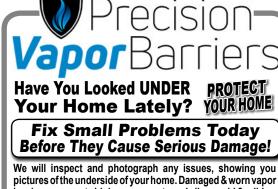
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