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NEWS & VIEWS

September • 2016 Issue 7
40th Year

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Embassy Park
News & Views

N. & V. Editor Kim Troop Lot# 1322 810-391-1623
E-Mail Address: Embassynewsviews@gmail.com
Sunshine Lady.....

SEPTEMBER 2016

From the Office

DOGS: Dogs are to only be walked out of the park must be on a leash, and you must carry a bag to pick up droppings. If you have a guest with a dog, you must make sure they know the rules (and the dog must still be under 40 lbs)

LAWN SERVICE: As we are all aware, the lawn service has been less than good. The only positive thing is they are better than nothing. Jessie has been looking for a new company without any success. If you know of anyone, please have them see Jessie, They must be licensed and insured.

POOL: When you see lightning or hear thunder, you must get out of the pool.

Message from Kim:

If you would like to put an article or something in the News and Views please email me, my phone number and email is on page 1 of the News and Views. The dead line is the 16th of every month.

Also, if anyone is interested in sewing or doing crafts on Tuesdays and Fridays at the Hobby house Judy is there at 9:00 am. It's a lot of fun and the Ladies are very helpful with teaching you the basic of sewing and other crafts.

Continued on page 4...

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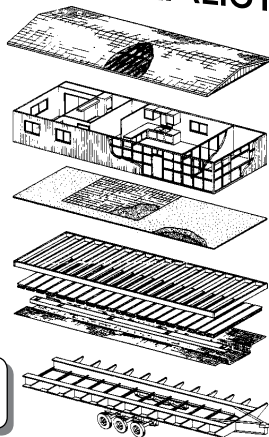
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If you deliver the news and views you can pick them up at Lot # 1322 the 1st of every month if you do pick them up early please do not deliver until the 1st, please sign the paper and how many books you take. That way, I know what streets still need to be done. Thank you all for delivering the paper. If I am not at home take them it ok.

We need people to deliver the New and Views!!!!!!!!!!!!!!!

I need someone to do 5th and 6th street so please, if there is anyone that can deliver these streets that would be great. If you live on these streets you can pick them up at the office after the 1st if I can't find someone to deliver.

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LADIES LUNCHEON

The August Ladies Luncheon was held at Rumbas Restaurant on Wednesday, August 10th with 11 ladies attending. The food was delicious and everyone had a great time. The hostesses were Dorthy Edgett and Barbara Whitman the September 14th luncheon will be hosted by Bernice Strong. If you plan to attend be sure to sign-up on the bulleting board in the clubhouse.

BIRTHDAYS AND ANNIVERSARIES

9/1 Janet Patterson (B)
9/6 Chris Fields (B)
9/16 Vivian Bartlett (B)
9/27 Cosmo Vellucci (B)

9/2
9/20

Chuck and Jessie Buccholtz (A)
Cosmo and Maureen Vellucci (A)



(1) JULY BREAKFAST:

Just to let you know, everyone had a great time and wonderful conversation and loved the quiche that was served. We had 35 people in attendance! What a great turn out. Thank you to everyone who came.

July dinner: was Italian dinner it was awesome we had a great turn out and everyone enjoyed them selves. Thank you Sonny, Janis, Judy, Fred and Elaine for cooking and setting up for the dinner it is a lot of hard work and all of you did a great job! And to all the other awesome people that brought a dish to pass. (Bread, cookies, cake)

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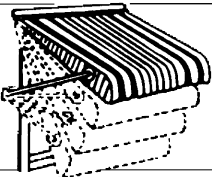
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(2) LADIES LUNCHEON

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(3) DID YOU EVER WONDER....

By Jeff Rovin

WHY DO WE CALL IT RHODE ISLAND WHEN IT ISN'T ONE

There are two possible reasons, and historians can't tell for sure which is correct.

When explorer Giovanni da Verrazano was mapping the east coast of North America in 1524, he noted in his diary that the coastline of Narragansett Bay was approximately as long as that of the Greek island of Rhodes. Subsequent explorers took it to mean that the area was, in fact, an island, and they thus called it Rhode Island.


It's an attractive theory, but so is this one: that Dutch explorer Adriaen Block (for whom Block Island is named) named the area "Red Island" because of the color of the soil.

In Dutch, that's Roodt Eyandt, which became the name we use today.

Why is "The Life of Riley" SO TERRIFIC?

The life of Riley is a life of easy days and carefree nights. It's an odd expression because the real Mr. Riley was anything but lazy.

"Riley" was poet James Whitcomb Riley, who wrote poems like The Old Swimmin' Hole, which glorified the fast-fading innocence of the 19th century and comforted those who had already missed it.



But it wasn't just the subject matter of his poems that inspired the expression. It was the fact that Riley's writings made him rich, the wealthiest American author of his day.

To "live the life of Riley" wasn't only to be barefoot and fancy free. It was also to be as well-heeled as the man who wrote about such things!

(4) GOOD READS.....

"The Nest" by Cynthia D'Aprix Sweeney

"The Nest" follows the Plumb family, a set of wealthy New England siblings just months away from receiving a massive payout from their joint trust fund. That is, they were going to get a payout, until their black-sheep brother crashed his car while drunk with a 19-year-old waitress riding shotgun. The accident puts their trust fund, "The Nest," in jeopardy, and emotional chaos ensues. Sweeney's wit is on full display, chronicling the damage money can cause to relationships.

"The Regional Office is Under Attack" by Manuel Gonzalez

Super-powered female assassins. A mysterious oracle. And a travel agency?

In Gonzales' send-up of action movie tropes, a travel agency is just a front for a highly trained group of deadly women with mysterious powers who fight against the "amassing forces of darkness." But someone has double-crossed the agency and — as the title suggests — the regional office is now under attack.

Gonzales ping-pongs between a teenage recruit roped into the chaos, a high level admin who just happens to have a robotic arm and the unwitting office workers caught in the crossfire. In the interstitial chapters, Gonzales provides an academic history of how the agency began and the dark secret at its core.

"Eligible" by Curtis Sittenfeld

What if "Pride and Prejudice" were set in Cincinnati? Sittenfeld provides a modern twist on the Jane Austen classic in this summer beach read. In her version, Elizabeth writes for a women's magazine and is tangled up with a married man, while her sister Jane is near 40 and seriously considering having a baby with a sperm donor. Throw in a dose of reality television, and the romance begins.

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(5) FUN FACT ABOUT FLORIDA.....

What type of landform is Florida?

peninsula

Florida is a perfect example of a peninsula: a piece of land surrounded on three sides by water but connected to a larger landmass. Florida is connected to the states of Georgia and Alabama and surrounded by the Atlantic Ocean, the Straits of Florida and the Gulf of Mexico.

Daytona Beach is on the east coast of Florida, just a bit south of the oldest city in the United States (and definitely the oldest in Florida!) Can you name it?

St. Augustine

St. Augustine was founded in 1565, and is called "The Ancient City." Lots of interest there, including Flagler College with its Tiffany windows, and the old Castillo de San Marcos built by the Spanish, which was never conquered.

What is Gainesville's nickname?

Hogtown

Hogtown, sometimes spelled as Hogtowne, pre-dates the founding of the city as a name for the area in which Gainesville is located. "Hogtown" is usually the first thing that new University of Florida students learn upon arrival in Gainesville. Jacksonville is the Bold New City; Valdosta, GA is Wernersville, and New Orleans is The Big Easy.



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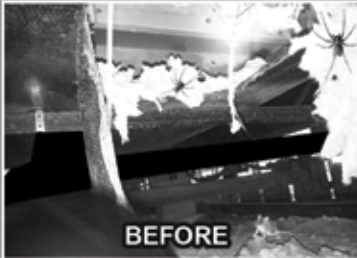
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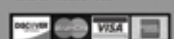
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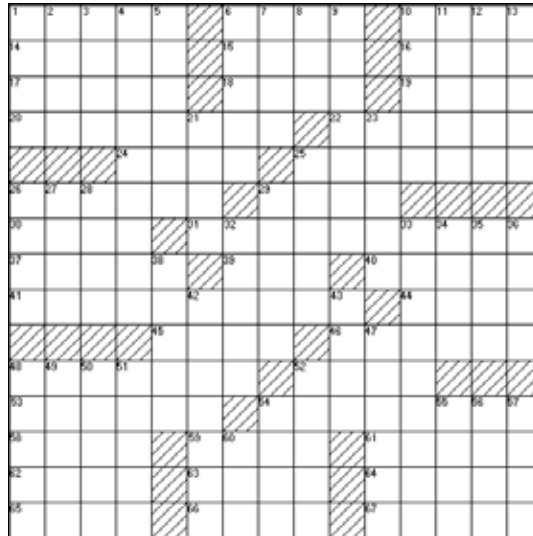


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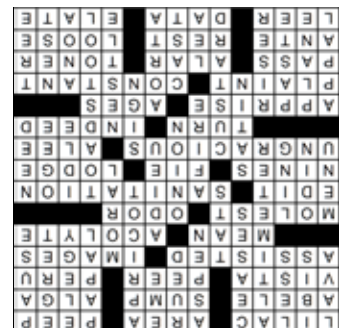
ACROSS

1. Pale purple
6. Neighborhood
10. Look furtively
14. Poplar tree
15. A covered cistern
16. Seaweed
17. Panorama
18. Jury member
19. South American country
20. Helped
22. Pictures
24. Average
25. Altar boy
26. Assault sexually
29. Fragrance
30. Modify written material
31. The state of being clean
37. 9 9 9 9
39. Cry of disgust
40. Hostel
41. Lacking social graces
44. Sheltered, nautically
45. Veer
46. Really or in truth
48. Notify
52. Matures
53. Lamentation
54. Changeless
58. Overtake
59. Winged
61. Laser printers need this
62. Initial wager
63. Repose
64. Not tight
65. Lascivious look
66. Information
67. Cheer up



DOWN

- | | | |
|-------------------------------------|-----------------------------------|----------------------------------------------|
| 1. Magma | 21. Makes lace | 42. Sweetened mixture of milk and eggs baked |
| 2. Nile bird | 23. Words to live by | 43. Placard |
| 3. Not more | 25. Farewell | 47. Snuggle |
| 4. An important airplane instrument | 26. List of choices | 48. Dismay |
| 5. Stops | 27. Chief Norse god | 49. Flying machine |
| 6. Colorado resort | 28. Water chestnut | 50. Adhesive |
| 7. Lamented | 29. Cutting this can make you cry | 51. Stair part |
| 8. An uncle | 32. In flames | 52. Heart artery |
| 9. Fruit resembling a peach | 33. A poisonous agaric | 54. Group of actors |
| 10. Ordered by the pope | 34. Doing nothing | 55. Dwarf buffalo |
| 11. Mournful poem | 35. Arch type | 56. Where a bird lives |
| 12. Everglades bird | 36. Require | 57. Tall woody plant |
| 13. Hesitate | 38. Lustrous fabric | 60. Meadow |



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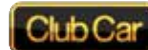
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Sunday	Monday	Tuesday
Poker 11:00	Labor Day Barbecue 1:00	Sewing & Dealers 12:15 Domino
4	5	
	Labor Day	
Poker 11:00		Sewing & Managers 10:00 Dealers 12:15 Domino
11	12	
	Patriot Day	
Poker 11:00		Sewing & Dealers 12:15 Domino
18	19	
Poker 11:00		Sewing & Dealers 12:15 Domino
25	26	

Embassy

Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Potluck Shuffle 1:00
6 Guild 9:00 HH Choice Poker es 1:00	7 Ladies Poker 1:00 Bingo 6:30 Papers 5-6:15	8 Trivia 2:00	9 Crafts 9:00 HH Fun Shuffle and Shuffle School Poker 7:00	10 Scrap Booking Potluck Shuffle 1:00
13 Guild 9:00 HH ers Meeting Choice Poker es 1:00	14 Ladies Luncheon Noon (Bernice Strong Host- ess) Ladies Poker 1:00 Bingo 6:30 Papers 5-6:15	15 Trivia 2:00	16 Crafts 9:00 HH Fun Shuffle and Shuffle School Poker 7:00	17 Potluck Shuffle 1:00 Dance/ Ron Foster 7:00
20 Guild 9:00 HH Choice Poker es 1:00	21 Ladies Poker 1:00 Bingo 6:30 Papers 5-6:15	22 Trivia 2:00	23 Crafts 9:00 HH Fun Shuffle and Shuffle School Poker 7:00	24 Breakfast 9:00 Potluck Shuffle 1:00
27 Guild 9:00 HH Choice Poker es 1:00	28 Ladies Poker 1:00 Bingo 6:30 Papers 5-6:15	29 Trivia 2:00	30 Crafts 9:00 HH Fun Shuffle and Shuffle School Poker 7:00	OCTOBER 2016 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

(6) TIPS FOR STAYING HEALTHY IN YOUR 60S

by remedy's health.com

A hhhh, our golden years—retirement, early bird dinners, senior discounts, endless hours to enjoy our grandchildren, garden and golf game...for some, maybe, but more often than not these days, life in our 60s is very different than we imagined it would be. Compared to earlier generations:

Our parents are living longer, often depending on us as caregivers.

Our children are living at home longer and returning home to live more often (sometimes called the "boomerang generation").

Our retirement age is going up—to age 67 for full social security benefits in those born after 1960.

Common concerns for people in their 60s include declining physical and mental health, financial issues and dependence on others. But there's much to savor about being in your 60s too—especially if you've made healthy Health Concerns in Your 60s

It's true: aging **increases the risk** for certain health problems, including heart disease (atherosclerosis, heart attack, stroke), arthritis, type 2 diabetes, osteoporosis (bone loss), some cancers, benign prostatic hyperplasia (BPH, enlarged prostate in men), incontinence and others. However, there are several things you can do to help reduce these risks.

1. Learn about the **warning signs** for serious medical conditions like heart attack and stroke. (Did you know, for example, that women and men often experience different heart attack symptoms?)

2. **Talk to your doctor** if you notice any changes in, or have any questions or concerns about, your health.

3. Follow your **health care providers' recommendations** for examinations, screening procedures, diagnostic tests and preventative measures.

Lifestyle choices throughout your life. And even if you haven't, start taking care of yourself now, and set your sights on good health in the years ahead.

Staying Healthy in Your 60s

Steps you can take to improve your health in your 60s:

First, quit smoking. Quitting is the most beneficial thing you can do for your health, even if you've been a smoker for many years. Don't give up—many smokers have to try several times before they're able to stop smoking for good. Talk to your health care provider—there are a number of treatment options and resources available to help.

Protect your heart. Heart disease is the leading cause of death in both men and women. According to the American Heart Association, most heart attacks in women occur in the 10 years after menopause. To reduce your heart disease risk, know your blood pressure, total cholesterol,

...continued on page 23

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LDL, HDL, triglycerides, fasting blood glucose, body mass index (BMI) and waist circumference and keep them within a healthy range.

Maintain a healthy weight. Overweight and obesity can have a greater impact on our health—and on how we feel—as we get older. It's often more difficult to lose weight with age—our metabolism slows down and muscle is replaced by fat—so it's important to eat right and keep an eye on portion sizes.



Exercise regularly. Get at least 30 minutes of exercise on most days of the week. (Be sure to talk to your health care provider before beginning an exercise program.) It's important to find the right type of exercise for your body and choose an activity you enjoy doing, whether you've always been active or are just getting started. Walking, swimming, water aerobics, bowling, dancing, light weight training and resistance training can be good choices.

If you drink alcohol, do so **only in moderation**—no more than one drink per day for women and two for men. Talk to your health care provider about **all medications** you take—over-the-counter and prescription—as well as any herbs or dietary supplements you use. Take all medication as directed, follow information on drug labels carefully, and do not use illegal substances.

Eat healthy. Good nutrition is an important diet goal as you get older. Limit processed foods and those that are high in fat and/or sugar. Aim to eat a wide variety of foods, including:

Fruits and vegetables (4-5 servings per day)

Fiber-rich, whole grains (3 servings per day)

Non- or low-fat dairy products (2 or 3 servings per day)

Lean meats and proteins, such as skinless chicken, fish that is high in omega-3 fatty acids (salmon, trout, herring), legumes, nuts and seeds. Women in their 60s should get about 46 g of protein per day and men about 56 g.

See your health care provider regularly for check-ups, health screenings and diagnostic tests, and immunizations. Recommendations vary and are affected by several factors, including overall health. General guidelines for people in their 60s include:

Annual flu vaccine

Blood pressure screening—at least once every year or as recommended

Bone density test—at age 60 or 65, as recommended

Clinical breast exam and mammogram (in women)—every year or as recommended

Colonoscopy—every 10 years beginning at age 50 or as recommended

Dental exam—every 6 months or as recommended

Digital rectal exam and fecal occult blood test—every year or as recommended

Eye exam (the risk for glaucoma, cataracts and age-related macular degeneration increase with age)—every year or as recommended

Fasting **blood glucose test**—at least every 3 years or as recommended

Hepatitis vaccines—as recommended by your health care provider

...continued on page 25



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Pap test (in women)—every 3 to 5 years or as recommended, at least until age 65

Pelvic exam (in women)—every year or as recommended

Pneumonia vaccine—at age 65 or as recommended)

PSA tests for prostate cancer (in men)—talk with your health care provider about current recommendations

Shingles (herpes zoster) vaccine—at age 60 (or older if not vaccinated at 60)

Testicular exam (in men)—every year or as recommended

Tetanus shot—every 10 years

Thyroid test—every 5 years or as recommended

Yearly **skin exam** to detect skin cancer

(7) WISDOM FOR OUR ELDERS

by Kathryn and Ross Petras

“Age doesn’t matter unless you’re a cheese”

Rules to Live By

Go ahead and do it. It’s much easier to apologize after something’s been done than to get permission ahead of time. By Mathematician Grace Murray Hopper



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

(8) MYTH-CONCEPTIONS

Common knowledge is frequency wrong. Here are a few examples of things that most people believe, but just aren't true.

Myth: Watching TV in a dark room is bad for your eyesight.

Fact: As Paul Dickson and Joseph C. Goulden write in *Myth-Informed*, “The myth was created in the early 1950’s by an innovative Philadelphia public relations man named J. Robert Mendte, on behalf of a client who manufactured lamps.

Myth: For every cockroach you see in your house, there are 10 more you didn’t see.

Fact: According to studies conducted by the Insects Affecting Man and Animals Laboratory of the U.S. Department of Agriculture, the number is actually closer to 1,000 to 1.

Myth: Flamingos are naturally pink.

Fact: Flamingos are grey when chicks. They turn pink as adults because the sea creatures they eat turn pink during digestion. The pigment is then absorbed by the bird’s body and colors its feathers. If flamingos are fed a different diet, they’re white.

Myth: All your fingernails grow at the same rate.

Fact: If you’re right-handed, nails on your right hand grow faster; if you’re left-handed, nails on your left will.

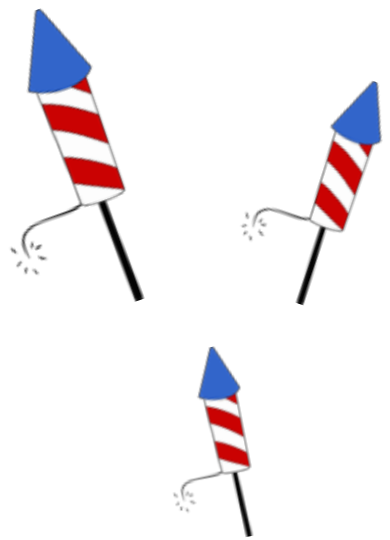
Myth: Tonto’s nickname for the Lone Ranger, Kemo Sabe, means “faithful friend.”

Fact: In Apache Kemo Sabe means “white shirt,” and in Navaho it means “soggy shrub,” But George Trendle, who created the Lone Ranger, didn’t know that. He took the name from a summer camp he went to as a boy.





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6	8					2	5	
5	9	6	1					
	4							9
8						5		3



3	1	5	9	4	6	7	2	8
9	6	8	5	2	7	3	4	1
2	7	4	3	8	1	6	9	5
7	5	2	1	3	9	4	8	6
6	9	1	8	5	4	2	7	3
8	4	3	7	6	2	5	1	9
4	8	7	3	2	5	1	9	6
7	5	9	8	1	2	6	3	4
1	2	9	6	7	5	8	3	4
5	8	4	7	9	1	3	6	2



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Carol Zapiecki, Clearwater, FL



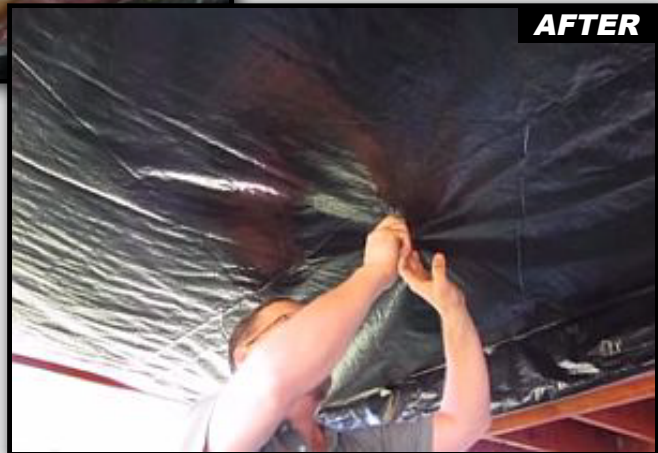
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Recharge your most important relationships

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With your partner:

- Plan a date night without the kids.
- Hide inexpensive gifts around the house.
- Call or email in the middle of the day to say, "I love you."



With friends:

- Send a fun, funny card or email.
- Get together for no reason.
- Call just to see how they're doing.

With children/grandchildren:

- Have fun with the shaving cream during bath time.
- Have a race with the kids to see who can set or clear the table fastest (without breaking anything).
- Dance and sing for no reason.

Bring passion back into your life

Are your life and job getting you down? Have you lost that fire and passion you first started out with a long time ago? Burning out can create problems in both your family life and your career. Here's how to regain the right perspective on where you are and bring back your passion:

- Review your situation. Start with this simple sentence and fill in the blanks: "In the past, I felt _____, and now I feel _____." You'll find the answers to be very enlightening, whatever they are.
- Reflect on your past. Draw up a timeline from the very beginning of your childhood and figure out when you were happiest and what got you the most down. This can lead to a better understanding of your influences and obstacles.
- Check your values. List five or six principles that guide you in life, and decide whether they are values you truly live by or merely talk about.
- Look to the future. Try writing a page or two on what you would like to do with the rest of your life, or list things you would like to do before you die. Don't worry about practicalities or priorities—just create that dream list.
- Talk things out. Record your thoughts, feelings and hopes on a tape recorder, or tell them to a trusted friend. With somebody to witness and hear you out, you'll feel responsible for making some changes.

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<p>When selling on consignment always get a WRITTEN QUOTE on the sellers' commission.</p> <p>FURNITURE, good clean, pre-owned. Top dollar paid. Joe, 224-9780</p>	<p>CRAFT SHOW 12/10/16 Four Seasons Estates, Largo. Vendors wanted. Email medmatchpay@yahoo.com for application, or 727-200-3240 for more info.</p> <p>Crafters Wanted for craft show 12/04/16. Down Yonder Village, Largo. Please call 727-531-5101.</p>	<p>CRAFT FAIR! Southwind MHP in Palm Harbor is seeking talented vendors for this community Craft Fair event Dec. 3rd, 9-1. Tables are \$15.00. For more info, Jane 727-781-9238.</p> <p>FREE!</p> <p>The Florida Suncoast Chorus of Largo is performing a free barbershop concert @ the Clearwater Beach Library @ 5:30 pm on Monday, September 26, 2016. The library is located @ 69 Bay Esplanade, Clearwater Beach, Florida, 33767. The phone no. is 727-562-4970. The Florida Suncoast Chorus is a Pinellas County Chapter of the Barbershop Harmony Society. It is a 501C3 charity.</p>
ARTICLES FOR SALE	<p>Craft Show 10/29/16 from 8am to 1pm. Crafters Wanted. Caribbean Isles, Largo. \$10 per Table. Please call Barb 727-674-0137.</p> <p>Crafters Wanted: Paradise Island Annual Craft Fair. Sat. 11/5/16. Tables \$10 & \$15. Call Sammye 727-474-2660</p>	

OCTOBER AD DEADLINE - SEPTEMBER 10, 2016

- Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at P.O. Box 1023, Venice, FL 34284.
- Ads over 10 words must be accompanied by \$.80 per extra word or publisher will edit. • No mobile home sales, no professional products or services. SORRY: No ads accepted by phone or email. DEADLINE: 10th OF EACH MONTH.

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(Allow 4-6 weeks for mailing of check). **This month's cash winners are:**

Janet Signor.....\$100	Doll Brothers Carpet Cleaners	Merry Lehor.....\$5	Largo Plumbing
Katherine Hawkins.....\$10	Air Masters of Pinellas, Inc.	William Pisano.....\$5	Hellers Mobile Home Washing
David Foran.....\$10	Hellers Mobile Home Washing	Geri Allen.....\$5	Doll Brothers Carpet Cleaners
Lee Curtis.....\$10	Largo Plumbing	Cecile Turner.....\$5	Bob's Appliance Specialty
Hazel Groves.....\$10	Nature's Resource Pest Control	Agnes Meyer.....\$5	Sunset Appliance Service
Gretchen Redish.....\$10	Jones & Sons Plumbing, Inc.	Bob Desroches.....\$5	Battleline Termite & Pest Control
Brian Preston.....\$10	Mobile Home Depot	Dan Mattison.....\$5	Royal Enterprises
Raymond Lynch.....\$10	Royal Enterprise	Mike Chambers.....\$5	Appliance Specialty, Inc.
Bob Dyer.....\$10	Imperial Electric Service of Pinellas	Georgia Newberry.....\$5	Jones & Sons Plumbing, Inc.
Frances Hogge.....\$10	Sunset Appliance Service	Edda Rivera.....\$5	Bob's Appliance Service
Rosemary Nifong.....\$10	Bill The Carpet Guy	Maureen Miller.....\$5	Doll Brothers Carpet Cleaners
Arthur Sawdey.....\$10	George's Mobile Home Service	Brenda Van Houten.....\$5	Largo Plumbing, Inc.
Mary Bettis.....\$10	All Weather Enterprises, Inc.	Gary Jira.....\$5	Hellers Mobile Home Washing
Margaret Lefko.....\$10	Battleline Termite & Pest Control	Susan Plunkett.....\$5	Bob's Appliance Service
Rose O'Mara.....\$5	Debbie's Salon	Victoria Albers.....\$5	Boss Electric Corp.
Sally Ericson.....\$5	Immaculate & Affordable Cleaning	Clifford Loiselle.....\$5	Air Masters of Pinellas
Peg McConnell.....\$5	Bob's Mobile Home Washing	Donald Vollmer.....\$5	Battleline Termite & Pest Control
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Steven Jones.....\$5	Jones & Sons Plumbing, Inc.	Brenda McAninch.....\$5	Nature's Resource Pest Control
Mary Ellen Cole.....\$5	Royal Enterprise	Carl Reed.....\$5	Modern Air Conditioning Service
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Betty W. Jones.....\$5	Notebook Plus	Paul Blondin.....\$5	Denny's Plumbing, Inc.
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Owner:..... Walter Larson
Park Manager:..... Jessie Buchholtz Phone: 727-531-5386
..... Fax: 727-202-3033
..... Email: embassymhp@hotmail.com

Office hours: Monday-Wednesday-Friday 10:00 am to 2:00 pm

Embassy Homeowners Association

The Annual Meeting and Elections are held on the 3rd Friday in January. Other meetings are held as needed, and are posted in the Clubhouse on the Association Bulletin Board.

President.....	Ron Russell	(1301)	538-2439
Vice President	Sue White	(521)	423-4127
Treasurer	Terry Hazlett.....	(717)	530-1476
Secretary	Elaine Pepper.....	(833)	286-7744
Directors.....	June deRuiter.....	(918)	754-7321
	Mary Ann Cassy.....	(1532)	330-7283
	Arlene Stuart.....	(441)	531-9302
	Guy McDougall.....	(1222)	230-9969

Embassy Social Club

President.....	Janis Wilson.....	(1320)	474-5050
Vice President	Elaine Migliorati.....	(1644)	437-7327
Secretary	Cheryl Russell	(733)	585-455-0471
Treasurer	Dorty Edgett	657-6488
Directors.....	Judy Hoke.....	(627)	536-3417
	Barbara Whitman.....	(922)	238-3200
	Nedra Woodroof.....	(739)	538-9507

Embassy Regional Clubs

Canadian Club

President..... Bill Burt..... (401A) 535-6826

New York Club

President..... Brud Livingston..... (523) 536-6678

Embassy Shuffle Club

Meets 3rd Tuesday

President.....	Susan White.....	(521)	223-4127
Vice President	Randy Poulin	(920)	474-7920
Secretary	Muriel Marks.....	(1215)	535-1236
Treasurer	Ron McDougall.....	(830)	475-8514
Directors.....	Jay Sollberger.....	(1814)	530-4183
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