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## Four Seasons Estates Resident Owned Community, Inc.

#### **OFFICERS**

President	Ed Shuman	2020
Vice Pres.	Steve Lynn	2020
Secretary	DeeVon Schisler	2019
Treasurer	Nora Skelding	2019

#### **BOARD OF DIRECTORS**

Chris Helopoulos	2020
Gary LaClair	2019
Lloyd Wilson	2019

#### Appointments

Parliamentarian	Don Wright
Registry Agent	Cianfrone,
	Nikoloff, Grant,
Gre	enberg & Sinclair, P.A.

## **Four Seasons HOA Board of Directors**

President	John Fisher Lot #451 – 727-238-8042
Vice President	John Jones Lot #507 – 330-715-9026
Secretary	Judy Ingram Lot #243 – 603-769-0710
Treasurer	Janice Lamore Lot #332 – 802-879-0501
Board Member	Steve Wiley Lot #240 – 765-748-4172
Board Member	Brent Wasilchuk Lot #422 – 727-724-4671
Board Member	Gloria Parlette Lot #118 – 480-734-5975

### **Four Seasons Estates Social Activities Club**

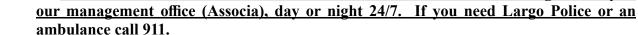
President Vice President & Chairperson for Growth & Education Secretary Treasurer Chairperson for Information Chairperson for Assets Chairperson for Activities Tom Ritchie (2020) Evy McDonagh (2019) Angela Shuman (2019) Lise Danis Nichol (2019) Tom Smith (2020) Kathy Simmons (2020) Linda Pelland (2019)











## **Birthdays and Anniversaries**

f there are any corrections (add or delete) contact Marilyn Franz #411 or email moosieldy@ aol.com.

EMERGENCY CONTACT PHONE 727-577-2200 - this number will go directly to

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

## AUGUST BIRTHDAYS

- 1 Lynn Higgins
- 2 Joseph Ferreira
- 2 Bruce Loudin
- 3 Jane Hudgins
- 3 Gary Smith
- 4 Dale Willis
- 6 Linda Truitt
- 7 Roy Roe
- 8 Ralph Parker
- 10 Lloyd Wilson
- 11 Stephanie Anderson
- 13 Donna Huff

5

13 Patricia Wolfe

#### AUGUST ANNIVERSARIES

- Greg & Tracy Stonebraker
- 8 1959 John & Isabel Tramble
- 11 1971 Bryan and Katherine Connors
- 14 1981 Chris & Terry Helopoulos
- 20 1960 Bob & June Dyer
- 23 Brutus & Missy Leslie
- 25 1975 Rick & Kathy LaDuke
- 25 1980 Clyde & Eileen Greenslade
- 27 1960 Bob & Cathy Mendes
- 29 1960 Val & Maxine Dunn
- 31 2015 Joe & Suzanne Shuman

- 13 Robert Dyar
- 15 Jane Rupert
- 16 Clay Breese
- 18 Eileen Kelley
- 19 Dino Raptis
- 20 Jacqueline Gregorio
- 21 Glenn Register
- 22 Bruce Dwyer
- 24 Charlotte Story
- 26 Beryle Patton
- 27 Paul Colicchio
- 28 Norma Aubry
- 28 Lynda Frego





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**FOUR SEASONS ESTATES ROC, INC.** *Ed Shuman, President, Lot #144, email: edwardshuman@att.net, phone 586-246-4883* 

ello everyone. The 4th of July get together was great. I think everyone had a good time and no one left hungry. Labor Day is up next so get your tickets. Our weather has been hot and humid with little rain in our area.

I want to remind all of our residents about communicating with the office. We recently had an incident where the Largo PD needed to contact someone about one of our residents. We don't know if we were able to help them but the Emergency Contact Information we had on file in the office was from 2006. The office also didn't know if the residents were still here or if they had gone north. Many residents are informing the office of when they are here or when they leave, but in this case we were probably no help. The information you have in the office needs to be updated and current. Emails, telephone numbers, and addresses need to be current. The Largo PD could not give us any reason for wanting the information and we have not seen or heard from this resident. We can only pray that everyone is okay. Everyone please stay safe and healthy. Ed Shuman

## PARK INFORMATION FROM THE OFFICE

Manager - Desiree Jenkins - Office phone: 727 584-1413, email: djenkins@associagulfcoast.com Administrative Assistant - Holly Ross - Office phone: 727-584-1413, email: hross@associagulfcoast.com

re are still into our summer mowing schedule - Check the calendar for Tuesday mowing dates.

Please take a look at the East and West Canals. You will notice that shrubs, grass, weeds, hydrilla and other exotic plants are turning brown - this is due to Aquagenix coming out and spraying their first treatment on the canals. They will return for treatments monthly around the end of the month. Also, on the East Canal near Ulmerton you will notice that all the tall weeds have been dug out, it looks beautiful over there now.

If you need repair to your home, please remember to hire only licensed and insured contractors. If you have any questions, contact the FSE office. Please come to the office for a Construction Request, you only need a construction request for work you are doing to the outside of your home, ex (mailbox, painting house, painting driveway, gardens, windows, roof, siding, concrete, pavers, carports, doors, handrails, awnings etc.). A construction request needs to be filled out and approved by our Construction Committee. You will also need to check with the City of Largo to see if your contractor will need to pull a permit. Most contractors know whether they need a permit or not. PLEASE make sure that the office receives a copy of the permit.

If you see the Coyotes running around please come to the office and get one of the coyote handouts called living with Coyotes. Holly printed them out and also put one up on the bulletin

## Is Your Doctor Living Up to Your Expectations? NO? IT MIGHT BE TIME TO SWITCH

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- Chronic condition education
- Saturday hours<sup>+</sup>

+ Availability varies by location.

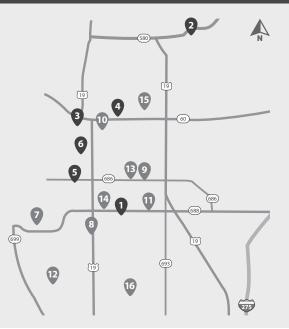
- 1 DaVita Medical Group Bryan Dairy
- 2 DaVita Medical Group Clearwater
- 3 DaVita Medical Group Fort Harrison
- 4 DaVita Medical Group Gulf to Bay
- 5 DaVita Medical Group Largo
- 6 DaVita Medical Group Ponce De Leon
- 7 Anona Medical Center\*

\*An independent affiliated location which is neither owned by nor an agent of DaVita Medical Group

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- 8 Bridget Bellingar, DO\*
- 9 East Bay Medical Center\*
- 10 Markou Medical\*
- 11 Mid-Pinellas Primary Care\*
- 12 Oakhurst Medical Clinic\*
- 13, 14 & 15 Our Family Doctors\*
- 16 Suncoast Family Medical Associates Inc.\*





## \*\*\*\*

board in the clubhouse. I took the Coyote phone number out of this month's monthly because that gentleman is charging \$500 a coyote and the board of directors cannot be paying that every time. So, I spoke to the FWC and they do not come out to catch them. We have to call a separate trapper each time. So just make sure you put all your garbage in bags and keep it in a closed container. The coyotes can smell anything, including other animals. ALLIGATORS!!! If you see anyone feeding an alligator please report it to FWC Law Enforcement, this kind of behavior is illegal and they will get fined. I have posted flyers with the law enforcement phone number up at the Clubhouse or you can call the office and request the number. I also have a FWC open permit for catchers to come out and catch the alligators.

Four Seasons has five empty lots - #162, 205, 366, 440 and 446. Lots #440, #205 and #446 have houses that have been approved and the housing committee is ready to move forward with the permits for these homes. I have been staying in touch with Nobility Homes requesting an exact delivery date for #205 which will be the next home to be delivered. As soon as I get a delivery date for 205 I will let everyone know. I'm hoping soon!

Please let Holly know if you ARE NOT receiving VOLO messages so we can update our emergency list. All the emergency messages are sent by phone call, text message and/or email, so if your phone number has changed or your email has changed it is important to let us know.

If you have any questions on plants, flowers, grass etc. you can speak to Holly in the office, our master gardener and she may have some answers or resolutions to your questions.

PLEASE LET THE OFFICE KNOW IF are leaving the park for any length of time. And notify the office when you return. This helps to keep our resident records up to date. Provide any up to date telephone numbers and update emergency contact information. Many times, the numbers are outdated in just a short time.

Please make sure to dispose of your cigarettes properly. I've been noticing a lot of cigarette litter in the park. Cigarette waste has an enormous effect on environmental and health issues - it is more than just litter. Cigarette filters are not biodegradable and will never disappear.

If your planter is overgrown and needs attention, or your house needs power washed, or your driveway and home need painting the FSE office will send out a violation letter to inform you that this work needs to be done in a timely manner (please read the rules and regulations). Now please understand that some of these letters that go out do take a while for you to receive, so sometimes the work is completed before you receive the letter. If that's the case just call the office and let us know. Please be sure that the outside of your home is kept neat year-round. Alexanders will no longer be doing summer weeding. I have a couple of contacts to call for weeding, one is Tony Webb (he used to live in the park) his cell is 727-314-0286 and the other contact is Karen Delmont who lives in unit #100 and her number is 330-367-7853. You will have to call and discuss what their fees are.

If you have time, please check out the Cul-de-sacs on the west side of the park. Clay and James have done a beautiful job building a new concrete wall, planting shrubs, mulching and a decorative stone wall to finish. It looks great so make sure if you see the boys, to tell them



#### they did a good job!

Please advise the office if any damage is done by the lawn crew on cutting days as soon as possible. We then can address this issue immediately and have an immediate response system in place.

IMPORTANT UPDATE: FOUR SEASONS WILL NOT BE DOING AN ENTIRE NEW WATER SYSTEM IN THE PARK! WE WILL BE FINISHING THE AREA OF THE PARK THAT DOES NOT HAVE WATER VALVES. WE WILL BE WAITING ON BIDS FROM OUR ENGINEER.

We appreciate your attention to the Pinellas County water restrictions in place. They are posted on the bulletin board in the clubhouse. PLEASE NOTE THAT WATER IS VALUABLE. USE IT WISELY. A SHUT OFF NOZZLE OR ANOTHER WATER-EFFICIENT DEVICE MUST BE USED. Water is our most valuable commodity - it is not free! If you do not have a copy of the water restrictions, the office will gladly make you a copy. Check your garden hose daily just in case you forget to turn it off.

FSE Office hours are Monday-Friday 9-3PM. The office phone is 727-584-1413, Office Fax is 727-581-8505. Please be sure to see Holly if you need to update your emergency contact information or address/phone. Holly's email is <u>hross@associagulfcoast.com</u>. After hours, the clubhouse can be accessed with your key card through the side door. If your key card does not work please have Holly check it first before you dispose of it. If you lose your key card to the door it is \$5 for a replacement card. Don't forget we have an after-hours emergency phone # that goes directly to Associa offices (727)-577-2200.

Please watch out for your neighbors' homes - be alert - and report issues to the police if you ever feel threatened or scared. Thank you, Desiree Jenkins, Park Manager



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## A MESSAGE FROM OUR PARK CHAPLAIN

Chuck Truitt, #173, email: truittwc@aol.com, phone: 902-8094

Whose life have you touched? My father had one of the first telephones in our neighborhood. I remember well the old phone on the wall. I was too little to reach the telephone, but listened with fascination when my mother talked to it. Then I discovered that inside that phone lived an amazing person whose name was "Information Please," and she seemed to know everything. "Information Please" could supply anybody's number and the correct time.

My first personal experience with this genie-in the-bottle came one day while mom was out. Somehow, in the basement, I whacked my finger with a hammer. The pain was terrible, but there didn't seem to be any reason in crying because there was no one home to give sympathy. Then, I noticed the telephone! Quickly, I ran for the foot stool and dragged it to the landing. Climbing up, I unhooked the receiver and held it to my ear. "Information Please," I said into the mouthpiece just above my head. A click or two and a small clear voice spoke into my ear. "Information, I hurt my finger..." I wailed into the phone. "Isn't your mother home?" came the question. "Nobody's home but me," I blubbered. "Are you bleeding?" the voice asked. "No, I replied. I hit my finger with the hammer and it hurts." "Can you open your icebox?" she asked. I said that I could. "Then chip off a little piece of ice and hold it to your finger," said the voice.

After that, I called "Information Please" for everything. I asked her for help with my geography and she told me where Philadelphia was. She helped me with my math. She told me my pet chipmunk would eat fruit and nuts. Then, there was the time Petey, our pet canary died. I called "Information Please" and she listened, then said the usual things grown-ups say to soothe a child. But, I was unconsoled. I asked her, "Why is it that birds should sing so beautifully and bring joy only to end up as a heap of feathers on the bottom of a cage?" She must have sensed my deep concern, for she said quietly, "Paul, always remember that there are other worlds to sing in. Somehow I felt better.

Another day I was on the telephone. "Information Please." "Information," said the now familiar voice. "How do you spell fix?" I asked. All this took place in a small town in the Pacific Northwest.

When I was 9 years old, we moved across the country to Boston. I missed my friend very much. "Information Please" belonged in that old wall phone back home, and I somehow never thought of trying the shiny new phone that sat on the table in the hall. As I grew into my teens, the memories of those childhood conversations never really left me. Often, in moments of doubt and perplexity I'd recall the serene sense of security I had back then. I appreciated now how patient, understanding, and kind she was to have spent her time on a little boy.

Years later, on my way west to college, my plane put down in Seattle. There was a layover between planes and I spent 15 minutes or so on the phone with my sister, who lived there now. Then without thinking what I was doing, I dialed my hometown operator and said, "Information,



Please." Miraculously, I heard the small, clear voice I knew so well, "Information." Suddenly, I heard myself saying, "Could you please tell me how to spell fix?"

There was a long pause. Then came the soft spoken answer, "I guess your finger must have healed by now." I laughed. "So it's really still you," I said. "I wonder if you have any idea how much you meant to me during that time." "I wonder", she said, "if you know how much your calls meant to me. I never had any children, and I used to look forward to your calls." I told her how often I had thought of her over the years and I asked if I could call her again when I came back to visit my sister. "Please do," she said. "Just ask for Sally."

Three months later I was back in Seattle. A different voice answered "Information." I asked for Sally. "Are you a friend?" She asked. "Yes, a very old friend," I answered. "I'm sorry to have to tell you this, she said. Sally had been working part-time the last few years because she was sick. She died five weeks ago." Before I could hang up she said, "Wait a minute. Did you say your name was Paul?" "Yes." "Well, Sally left a message for you. She wrote it down in case you called. Let me read it to you." The note said, "Tell him I still say there are other worlds to sing in. He'll know what I mean."

I thanked her and hung up. I knew what Sally meant. Never underestimate the impression you may make on others. Whose life have you touched today?

## FOUR GENERATIONS OF THE REVETT FAMILY

Revett celebrated 4th of July (at FSE picnic in the clubhouse) with daughter Terry Helopoulos, her son, Matt Deachin and granddaughter Ashlyn.





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## MUSIC AND FRIENDS

Art Payne and Katherine Connors

Happy mid-summer and as always Music and "Music and Friends" are getting closer and closer to my heart. We have a NL/FL "Music and Friends" August 02/18 in Mt. Pearl. If anyone is in our neck of the woods in St John's area please contact me. Email: <u>dnapayne2014@hotmail.com</u>. Also Mrs. Sue Stapleton of Pointe West, is sparking enthusiasm about an amalgamated choir which can do nothing but bring our two parks even closer than a bridge. Watch for more information in the next couple of months. Keep healthy and practice the scale. Cheers, Art Payne

\*

## **KOFFEE KLATCH ON AUGUST 15** – bring your favorite coffee mug – contest to select the most romantic!!

## **NEW MEDICARE INFORMATION Medicare.gov**

Wedicare cards are in the processing of being mailed out – if you have not received yours yet, you will shortly. Your new card will have a new Medicare Number that's unique to you, instead of your Social Security Number. This will help to protect your identity. Your new card will automatically come to you. You don't need to do anything as long as your address is up to date. If you need to update your address, visit your <u>My Social Security account</u>.

Once you get your new Medicare card, destroy your old Medicare card and start using your new card right away. Your new Medicare Number is a unique combination of numbers and letters. Your new number uses numbers 0 thru 9. The letters S, L, O, I, B, and Z are never used.

**Watch out for scams:** Medicare will never call you uninvited and ask you to give us personal or private information to get your new Medicare Number and card. Scam artists may try to get personal information (like your current Medicare Number) by contacting you about your new card. If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal information, hang up and call <u>1-800-MEDICARE (1-800-633-4227)</u>.



## \*\*\*\*

## **THUNDERSTORM WATCH OR THUNDERSTORM WARNING -Do you know the difference?**

Severe Thunderstorm Watch: Be Prepared! Severe thunderstorms are possible in and near the watch area. Stay informed and be ready to act if a severe thunderstorm warning is issued. The watch area is typically large, covering numerous counties or even states. Severe Thunderstorm Warning: Take Action! Severe weather has been reported by spotters or indicated by radar. Warnings indicate imminent danger to life and property. Take shelter in a substantial building. Get out of mobile homes that can blow over in high winds. Warnings typically encompass a much smaller area (around the size of a city or small county) that may be impacted by large hail or damaging wind identified by an NWS forecaster on radar or by a trained spotter/law enforcement who is watching the storm. (From the National Weather Service)

## **CLUBHOUSE & POOLSIDE TIKI HUT SCHEDULING**

Tom Smith, #303, tom200486@yahoo.com, 585 737 3589

I f you wish to schedule the clubhouse for a function or private party, please contact Tom Smith. Due to deadlines for the newsletter the request must be by the 14th of the previous month to be included on the next month's calendar. Updates after the 14th will only be posted on the calendar in the clubhouse. To complete the process for private parties, there is paperwork to fill out and a deposit is required. See Holly in the office to help you with this. Thanks for your cooperation.





FOUR SEASONS FORUM AUGUST, 2018 S

## ARE YOU PAYING TOO MUCH FOR AUTO INSURANCE?

#### Coverages:

Bodily Injury\$100,000 Each Pers./ \$300,000 Ea. Occur.
Property Damage\$100,000 Each Occur.
Uninsured Motorist\$100,000 Each Pers./ \$300,000 Ea. Occur.
Pers. Injury Prot\$10,000 Ea. Person, Wage Loss Excluded
Medical Payments\$5,000 Each Person
ComprehensiveACV - \$500 Deductible
Road Trouble Serv\$50 Each Occurrence
Additional Exp\$30 Per Day / \$900 Each Occurance
Annual Paid In Full Premium \$994.55*

Quote Details: -67 married male, vehicle driven for pleasure use, superior credit, 5 year clean driving record on all licensed household operators -2012 Chevy Impala LT, garaged in Pinellas County zip code 33771, equipped with AirBags, ABS and Anti-Theft device

\*NOTICE: Acceptability of all proposed applicants subject to underwriting approval, premium rates are subject to change. Rates will vary based on age of operator, driving record, credit history, garaging address and type of vehicle.





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## **Services Directory**

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E & E Gliddon, Inc	727-546-4343
Modern A/C Service Co.	727-541-5541
APPLIANCE REPAIR	
Appliance Specialty, Inc.	727-520-6002
Rick's Appliance Repair	727-637-4789
AUTO REPAIR	
Largo Automotive Repair, Inc	727 584 0166
AWNINGS	121-304-0100
	707 505 4440
Bay Area Aluminum Services, Inc	/ 2/ - 363-4442
Century Awnings Co.	/2/-559-8811
ATTORNEY	
Law Offices of Paul Herzfeld	727-587-0009
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BathMasters	.727-333-7997
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The Zooo Hair Salon	727-536-3551
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Jackpot Pawn Shop	707 504 4606
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MANUFACTURED HOME SALES/I	
Citrus Homes/Meadowood Homes	727-535-5262
MASSAGE THERAPIST	
Shonna Bender, LMT	727-424-0115
	707 400 7000
BayCare - Morton Plant Hospital	. 727-462-7000
MOBILE HOME SUPPLIES - RETA	
Mobile Home Depot, Inc.	727-535-1100
Southeast Mobile Home Supplies	727-522-2090
MOBILE HOME WASH/WAX	
Michael Simoneau Maintenance	777 725 7200
	121-133-2300
Royal Enterprises	/ 2/-394-/351
Wyngarden Mobile Home Wash, LLC	/2/-58/-08/6
MOBILE HOME WINDOW FILM	
Royal Enterprises	727-394-7351
PAINTING/INSIDE & OUTSIDE	
Payless Painting Services	727_470_5876
	121-410-3010
PEST CONTROL	707 504 4500
Battleline Termite & Pest Control	121-584-4509
Buggin Out Termite & Pest Control	727-535-2629
Nature's Resource Pest Control	727-785-2552
PLUMBING SERVICE	
Jones & Sons Plumbing, Inc	727_700_0287
Lorgo Dlumbing Co	707 506 0505
Largo Plumbing Co.	121-390-0323
Ray Duncan Plumbing, Inc	727-733-0968
<b>REMODELING/INTERIOR</b>	
American Restoration Systems, Inc	727-525-7200
Innovative Homecrafters	813-434-3646
ROOF COATING	
AMS Advanced MH Systems	727-471-0820
Community Roofing of Florida, Inc	727 526 0000
	121-556-9999
ROOF REPLACEMENT	
All Weather Roofing	1-800-297-3758
AMS Advanced MH Systems	727-471-0820
ASC Aluminum Specialty Contr	727-547-8300
ROOM ADDITIONS	
Bay Area Aluminum Services, Inc	727-585-1112
SELF STORAGE	121-000-4442
Indian Rocks Storage	/ 2/-596-86/8
TIE DOWNS/MOBILE HOMES	
Florida Anchor & Barrier Co	727-330-7821
TRAVEL/VACATION	
Travel Is Fun	727-347-1600
VAPOR BARRIER	
Florida Anchor & Barrier Co.	707 000 7001
Florida Underhome Solutions	
Underhome Armor	127_282_2015
	121-202-2045
VINYL SIDING	
VINYL SIDING	
VINYL SIDING AMS Advanced MH Systems	727-471-0820
VINYL SIDING AMS Advanced MH Systems ASC Aluminum Specialty Contr	727-471-0820 727-547-8300
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AUGUST	<b>•</b> 2018

Sunday	Monday	Г
S   M   September T   W   T   F   S     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	NOTE: 8-12 Mon- Fri Activity/Meeting Room Reserved By ROC	NOTE: Labor D Septeml Ticket P contact: Lot: 353 727-586
5	Trash/Recycle 6 9 Aqua-Fit	Lawn (
9am to 5pm 12 Clubhouse Closed for Private party Decorations & set up 9am to noon Party noon till 5pm	Trash/Recycle 13 9 Aqua-Fit	Lawn (
19	Trash/Recycle 20 9 Aqua-Fit	Lawn (
26	Trash/Recycle 27 9 Aqua-Fit	Lawn (

## **Four Seasons**

uesday	Wednesday	Thursday		Friday	Saturday
ay Picnic 1pm per 3rd 2018 rice:\$3.00 Mary Wuest -4345	8 Koffee Klatch 1	Trash/Recycle	2	,	3 4
Care/Cut 7	8 Koffee Klatch 8 9 KK Meeting 9:30 Shed Open 9:30 Aqua-Fit	Trash/Recycle	9	9 Aqua-Fit 1 1 Bingo	) 11
Care/Cut 14	8 Koffee Klatch 15 9 KK Meeting 9:30 Shed Open 9:30 Aqua-Fit	Trash/Recycle NEWSLETTER DEADLINE	16	9 Aqua-Fit 1' 1 Bingo	7 18
Care/Cut 21	8 Koffee Klatch 22 9 KK Meeting 9:30 Shed Open 9:30 Aqua-Fit	Trash/Recycle	23	9 Aqua-Fit 2 <sup>.</sup> 1 Bingo	4 25
Care/Cut 28	8 Koffee Klatch 29 9 KK Meeting 9:30 Shed Open 9:30 Aqua-Fit Last Day to purchase Labor Day Picnic tickets. See Mary Wuest	Trash/Recycle	30	9 Aqua-Fit 3 1 Bingo	<sup>1</sup> NOTE: The Shed is looking for & accepting Donations. Please help us out.

# Hurricane Season Is Here!

**Call For Your Free Hurricane Anchor** & Tie Down Inspection



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If your home moves even a few inches during a storm your home will suffer severe damage. Loose tie downs do not protect your home. they must be tightened every 3 to 5 years. Have your tiedowns inspected NOW, before the storms!



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## \*\*\*\*

## WHY EXPERTS THINK YOU SHOULD SKIP THE MILK AND BREAD AND HEAD STRAIGHT TO THE PRODUCE AISLE BEFORE AN EMERGENCY

Whenever the weather channel tells me it's about to get real, I trudge to the grocery store with my reusable canvas bags and my credit card and practically buy out the entire canned foods aisle, plus bread, milk, and bottled water.

Turns out, I've been doing it all wrong. I mean, there are plenty of things you should always keep in your pantry (from peanut butter, to crackers, canned tuna, soups and bottled water), but when you've got time to shop before a natural disaster strikes, it's most important to stock up on fresh produce, says Barry Swanson, a food scientist at Washington State University. "You want some nutrients and some fiber—something to keep your diet normal."

Although you may think of fruit and vegetables as having a shorter shelf life, Swanson says many of them can last for quite a while. Here's a list of go-to fruits and veggies, and the reason behind why you should be sure and snag a few before the next storm.

**Apples.** Skip quick-ripening bananas and reach for long-lasting apples. They're high in fiber, and can last for up to three months when stored somewhere cool and dry.

**Citrus fruits.** With high acid content and thick skin, fruits like oranges and grapefruits can last for up to two weeks without refrigeration, particularly if you buy them on the under-ripe side. Plus, think about all that vitamin C you'll be getting, and the hydration from the juice.

**Avocados.** Buy this one unripe, and it will last for at least a week at room temperature, providing plenty of vitamins and minerals (and a damn delicious meal during a crisis).

**Tomatoes.** When purchased unripe, these antioxidant-packed fruits (nope, not a vegetable!) will last for up to a week unrefrigerated.

**Potatoes, sweet potatoes, and yams**. These tasty root vegetables, loaded with potassium, will last for about a month if stored in a cool, dark place.

**Cucumbers and summer squash.** These vegetables will last a few days without refrigeration and don't need to be cooked.

Winter squash. These guys should keep for up to a few months. If you've still got access to a working stove (or outdoor grill), cooked squashes such as acorn and butternut are nutritious and delicious.

Assuming you've got a working cooking source, most of these veggies can be cooked up into a yummy soup, but plenty of them can be eaten raw and will last you quite a while and make sure you have plenty of stormy entertainment to keep you busy when you're not eating! (Alex Richards - from the internet)

## PHISHING

Submitted by Angela Shuman

When internet fraudsters impersonate a business to trick you into giving out your personal information, it's called phishing. Don't reply to email, text, or pop-up messages that ask for your personal or financial information. Don't click on links within them either – even if the message seems to be from an organization you trust. It isn't. Legitimate businesses don't ask you to send sensitive information through insecure channels.

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

#### **Examples of Phishing Messages**

You open an email or text, and see a message like this: "We suspect an unauthorized transaction on your account. To ensure that your account is not compromised, please click the link below and confirm your identity." "During our regular verification of accounts, we couldn't verify your information. Please click here to update and verify your information." "Our records indicate that your account was overcharged. You must call us within 7 days to receive your refund." The senders are phishing for your information so they can use it to commit fraud.

#### How to Deal with Phishing Scams

Delete email and text messages that ask you to confirm or provide personal information (credit card and bank account numbers, Social Security numbers, passwords, etc.) Legitimate companies don't ask for this information via email or text. The messages may appear to be from organizations you do business with – banks, for example. They might threaten to close your account or take other action if you don't respond. Don't reply, and don't click on links or call phone numbers provided in the message, either. These messages direct you to spoof sites – sites that look real but whose purpose is to steal your information so a scammer can run up bills or commit crimes in your name.

If you're concerned about your account or need to reach an organization you do business with, call the number on your financial statements or on the back of your credit card.

#### **Action Steps**

You can take steps to avoid a phishing attack:

- Use trusted security software and set it to update automatically. In addition, use these computer security practices.
- Don't email personal or financial information. Email is not a secure method of transmitting personal information.
- Only provide personal or financial information through an organization's website if you typed in the web address yourself and you see signals that the site is secure, like a URL that begins https (the "s" stands for secure). Unfortunately, no indicator is foolproof; some phishers have forged security icons.
- Review credit card and bank account statements as soon as you receive them to check for unauthorized charges. If your statement is late by more than a couple of days, call to



### AVOID FLORIDA PROBATE COURT

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

If you live in one of the following Mobile Home Parks: Boca Ciega - Caribbean Isles - Colonial Village - Four Seasons - Glenwood -Holiday Shores - Island in the Sun - Lake Seminole Resort - LincoInshire -Palm Hill - Paradise Island - Pointe West

Attorney Paul Herzfeld says: Follow my step-by-step plan to protect your lease, park share and mobile home from an unnecessary probate court filing.

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: <u>paul@herzfeld.net</u> visit: noflprobate.com













confirm your billing address and account balances.

• Be cautious about opening attachments and downloading files from emails, regardless of who sent them. These files can contain viruses or other malware that can weaken your computer's security.

#### **Report Phishing Emails**

Forward phishing emails to <u>spam@uce.gov</u> — and to the company, bank, or organization impersonated in the email. Your report is most effective when you include the full email header, but most email programs hide this information. To find out how to include it, type the name of your email service with "full email header" into your favorite search engine. You also can report phishing email to <u>reportphishing@antiphishing.org</u>. The Anti-Phishing Working Group — which includes ISPs, security vendors, financial institutions and law enforcement agencies — uses these reports to fight phishing.

If you might have been tricked by a phishing email, file a report with the Federal Trade Commission at <u>www.ftc.gov/complaint</u>. Visit the FTC's Identity Theft website. Victims of phishing could become victims of identity theft; there are steps you can take to minimize your risk.

### **RESIDENT UPDATE**

Angela Shuman, #144, red5hot0moma@hotmail.com, phone, 727 200-3240

where the week's birthdays, anniversaries and activities are discussed.

Reminder - if you have update on our residents please email me their name, lot number, information on health/passing and their northern address so I can mail card. My email is <u>red5hot0moma@hotmail.com</u>. Thank you. Continued good summer and please keep us in your prayers for a quiet, storm free summer.





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## **IT'S HERE FOLKS!** Tropical Storm Season June – November

Te are starting month #3 and have already experienced Tropical Storm Alberto, Beryl and Hurricane Chris. Thankfully none of these storms affected Florida!

But are you prepared? Because we live in a mobile home community we will be required to evacuate in case of a hurricane. Where will you go? Do you have your medications at the ready with a supply of them in case you are gone for an extended length of time? What about food and water? Clothes? If you need help due to medical issues, there is a form that must be completed and returned to the Largo Fire Department before it's needed. You must be in their data base now. Check with our FSE office for the necessary form - copies are also on the credenza in the clubhouse.

First thing - where would you go? Friends or family? Hotel? Shelter? Which hotel would you go too? How long will it take you to get ready to evacuate? Remember you have to also prepare the outside of your home. Bring in "flying" objects like outside chairs, tables, plants, decorations, BBQ grills, etc. How long will this take? Put your awnings down! Will you need help? Is there gas in your car? The gas pumps won't work if no power? Do you have cash available in case there is no power and you can't withdraw from an ATM? Most stores won't take a credit/debit card.

FOOD? What do you have in your evacuation kit? Put high protein non-perishable food items like tuna, chicken, spam, beans, peanut butter, spam, maybe some dry cereal cups, crackers. How about non-refrigerated milk. Can opener? Plastic ware? Paper plates, and napkins?

BEDDING? If you have to leave, do you need to bring bedding supplies with you? Your favorite blanket or pillow? What about bath towels and toiletries?

CLOTHING? What will you need for a couple of days? What about a week? Warm clothes in case of a chill? Rain gear? Footwear?

MEDICATIONS? Do you have your medications together? Do you have enough for a couple of weeks in case pharmacies are closed or shipments can't get in? If hurricane is called you can get a two week supply before you have to evacuate. Call your pharmacy. If the medications are in refrigerator do you have a note in your evacuation kit to remind you to grab them? Do you need needles? Alcohol swabs? Do you have a first aid kit?

DO YOU HAVE A NOAA weather alert radio/device? Make sure you have it on and if it needs batteries put them in in case of electrical outages. Are you listening to the weather to keep track of what the updates are? DONT PANIC BUT BE PREPARED! Also if you have a CELL PHONE and there is no power how will you charge your phone? If you need to purchase a power bank, make sure it is fully charged before evacuating. If you have a C- PAP or other MEDICAL DEVICE how will you run it if we have no power? You can check on Amazon or other places for a personal generator. They can be recharged with home AC, car cigarette socket, or solar. BE PREPARED IN CASE!



IMPORTANT PAPERS - take them with you. If you have a fireproof box take that! Let your family and friends know where you will be staying for the duration. Have one person be your immediate contact and let that person spread the information. Let the office at Four Seasons know where you are going and when you are leaving. Let the office know when you return.

Additional information is on the credenza in the clubhouse. Please take what you need. God Bless and Keep Us Safe

### **TRAVEL AND ENTERTAINMENT**

Sandra Hansen, hansens167@gmail.com, 76 5-653-5570

pace still available on the Dec. 5-7 - FT. LAUDERDALE CHRISTMAS PAGEANT - final payment is Sept. 21st, includes 2 nights hotel, the Pageant, narrated cruise, 2 dinners, 2 breakfasts, bus, gratuities, escort. \$529 dbl; \$639 sgl.

THE COLORS OF THE FALL: Oct.15-20 - Spend 2 nights in the Atlanta area, 3 nights in Pigeon Forge, TN. Includes: motor coach, 5 nights at first class hotels, 4 dinners (2 light dinners with cocktails at Drury Inn), lunch cruise on the Southern Belle, 5 breakfasts, admission to Dollywood, 2 shows, city tour, and gratuities. \$999 dbl; \$1289 sgl. Final payment due Aug. 18, 2018.

I am still promoting the NCL Pearl, 14 day (includes 9 ports & Panama Canal) Nov. 4-18. Call Advantage Cruises (give my name) for current availability and pricing. Final payment is due now - by talking direct to Advantage Cruises & Tours - all info will be current. Phone: 866-824-1613.

Look at your calendar for NCL Pearl 10 night Eastern Caribbean Cruise doing Key West, Tortola, St. John, St. Martin, San Juan. Again contact Advantage Cruises - 866-824-1613, for current cabin availability and perk promotion choices.

KEY WEST & MIAMI: Jan. 12-15, 2019--\$699 dbl; & \$979 sgl. Includes motor coach, 3 nights hotel, trolley tickets, Key West tour, 1 dinner, 3 breakfasts, gratuities, and escort. On return trip a stop will be made at Everglades Safari Park, where you will enjoy an airboat ride. Final payment 11-9-2018.

I am available by calling 765-653-5570 to help you with any travel idea you may have. The travel board at the clubhouse has many flyers to view.

#### View this Newsletter in full color at www.monthlymedia.info right click with mouse to download to your computer

## Love the Outdoors? **Be Sun Smart!**

Sunscreen **Helps Reduce** The Risk Of **Skin Cancer!** 

**Call To Schedule Your Free Skin Cancer Screening!** New patients only | Offer expires 9/30/18 | Code - MM



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> Belleair | 727.446.6217 609 Indian Rocks Rd. Belleair, FL 33756



FOUR SEASONS FORUM AUGUST, 2018 S

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## **SOCIAL ACTIVITIES CLUB (SAC)**

Tom Ritchie, President

**ABOR DAY PICNIC ON THE FIRST MONDAY OF SEPTEMBER**. Enjoy a fun time and celebrate the unofficial end of summer with other park folks. This is the final summer picnic of the season – thanks to all who have helped and attended Memorial Day and July 4th – fun photos on our Facebook page – Four Seasons Social Activities Club.

And Friday Bingo continues at 1PM in the clubhouse. Bring a neighbor!

The **Puzzle People** are still doing their thing in the clubhouse – why not come out and join them – it's a great way to socialize and get out of the heat!

## **DID YOU KNOW?**

**ROC**: (Resident Owned Community). If you own a share in FSE, you are a share-owner and are encouraged to attend all ROC Board meetings.

HOA: (Homeowners Association). If you own your home in FSE, but do not own a share, you are a homeowner and are encouraged to attend all HOA Board meetings.

SAC: (Social Activities Club). ALL residents of Four Seasons Estates (share-owners, homeowners and seasonal renters) are members of the SAC. Everyone is welcomed and encouraged to attend the SAC meetings.

Our Board members are listed on the inside front cover of our monthly newsletter. All Board meetings will resume in the fall and will be noted on the monthly calendar.

## **DONATIONS TO THE SHED**

Tom Smith, SAC Chairman of Information, tom200486@yahoo.com, 585 737 3589

The SAC is looking for donations to the Shed. We are looking for new or slightly used items. Maybe you are making room in your home by cleaning out some of the items you no longer need. Please think of donating them to the Shed. They can be left outside the Shed door (if the weather is nice) or we could arrange to pick them up. Thanks for supporting the Shed. Also remember our Flea market in February will be needing donations.



## MEDICAL SHED

Chris Helopoulos, #372, 954-895-4681

e currently have walkers, wheelchairs, quad canes, bedside commodes, and shower chairs in the Medical Shed. Please give Chris a call if you need to borrow any of these, or if you have something to donate.

## MONTHLY MEDIA NEWSLETTER DISTRIBUTION

Mandi Harman-Ashley, #373, 255-2437

LL RESIDENTS MUST PROVIDE A CONTAINER SO THAT YOUR MONTHLY NEWSLETTER DOESN'T BLOW AWAY. We cannot put the newsletter in the US Postal Box/Mail Box.

The publisher delivers only enough newsletters for our park - one per coach. We generally don't have any extras and many are blown away or get wet unless there is a park mail pouch. If you don't get a newsletter delivered to your door, please pick one up in the clubhouse on the credenza by the office, after the 1st of the month. You can also view the newsletter online at www.monthly-media.com.

These are our current Four Seasons Forum delivery people. Sometimes your delivery person will be moved to fill another route as needed and there may be changes as new people come on board. Back-up volunteers are always needed. Please let me know if you are interested and available to be a substitute when needed.

100-123 Natalie Eustace 643-2758 124-146 Judy Clark-Redmon 321-626-0337 148-185 Paul Rumbold 584-6685 186-209 Lloyd Wilson 720-234-5022 211-227 Kathy Simmons 720-234-5022 228-243 Judy Ingram 603-769-0710 300-321 Tom Smith 585-737-3589 323-348 Hazel Cyr 481-0051 349-377 Ann Crowley 584-9253 378-397 Barbara Lowe 586-2057 398-422 Linda Truitt 902-8094 423-453 Angie & Ernie Simon 330-414-7761 454-484 John Karnes 584-4564 485-504 Harold Bell 508-833-0001









Moving is the best medicine. Keeping active and losing weight are just two of the ways that you can fight osteoarthritis pain. In fact, for every pound you lose, that's four pounds less pressure on each knee. For information on managing pain, go to fightarthritispain.org.





## BATHMASTERS.

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#### **EVENTS & PROGRAMS**

HOLIDAY BAZAAR 11/10/18 All indoor craft show. First Lutheran Church. 1644 Nurserv Rd.. Clearwater. Vendors; 727-744-3806 or eobrien2429@gmail.com

#### **ARTICLES FOR SALE**

YOUR ITEMS HERE!

#### WANTED TO BUY

FURNITURE, good clean, pre-owned. Top dollar paid. Joe, 224-9780

inexpensive doublewide Buying mobile homes, St. Pete, Largo area. 801-550-9461

Adjustable dress form needed for sewing projects (reasonable). Barbara 443-926-1793

#### **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 great things. Remember to think about this the next time you're planning something.

-Monthly Media Staff

## **SEPTEMBER AD DEADLINE - AUGUST 10, 2018**

 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. FOUR SEASONS FORUM AUGUST, 2018 S



#### Monthly Mania: It Pays (Up to \$100) To Patronize the Advertisers in Your Newsletter

**THOUSANDS** manufactured home residents have won over \$144,000 since our contest began. It's simple to play ... when you patronize a current advertiser, ask for a Monthly Mania ticket (or a reasonable facsimile) and fill it out completely. Put the ticket in our Monthly Mania drop box in your community or <u>mail your paid receipt</u> to us at Monthly Media • 220 Bahama St. • Venice, FL 34285. That's all you do. At the end of the month the Publishers will pick up the tickets and hold a drawing. If your ticket is drawn, we mail you a check.

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

(Allow 4-6 weeks for maning of check). This month's cash	winners are:
Michael Larocca \$100Ray Duncan Plumbing	Ralph Kennedy \$5 Jones & Sons Plumbing, Inc.
Mary Bettis	Richard Vitale \$5 Doll Brothers Carpet Cleaners
Karen Cook	Madeline Bright
Robert Korzi \$10 Royal Enterprises	Lorraine Sharpe
Sandy Medina \$10 Modern Pest Control, Inc.	Theodore Hamilton \$5
Elin Gottschalk \$10Community Roofing of Florida, Inc.	Ron Buman \$5 Jones & Sons Plumbing, Inc.
Joseph Piacentini \$10 Modern AC & Appliance Service	Donald Johnson \$5 Bob's Mobile Home Washing
Barbara Coffman \$10 Appliance Specialty, Inc.	Darlene Coburn
Joanne Cross \$10 E & E Gliddon Air Conditioning, Inc.	Donna Trott
Carol Dufrey \$10 Rod Runners, Inc.	Alfred Vaz \$5Buggin Out Pest Control, Inc.
Vickie Kayko \$10 Shanna Bender, LMT	Virginia Craghill \$5 Boss Electric Corp.
Ron Wallace \$10 Recreational Golf Carts, LLC	Ted McKissack \$5 At Home Floor, Carpets, Plus Tile
Judy Malofey \$101st Class Handyman Service. Inc.	Robert Russell \$5 Air Masters of Pinellas, Inc.
Scott Drury \$10Imperial Electric Service of Pinellas	Shirley Raymond \$5 Boss Electric Corp.
Bud Farmer	Marilyn Hale
Patty Booth \$5Ron Wyngarden MH Wash, LLC	Barb Wood \$5 Doll Brothers Upholstery Cleaners
Michael Hendrixson \$5 The Plumbing Patrol, Inc.	Dennis Fallon \$5 AMS WC Inc.
Linda Ritchie \$5 Natures Resource Pest Control, Inc.	Linda Stewart
James Burlton \$5 Discount Computer Repair	Marion Hagen
Nancy Tompkins	Laura Keuling \$5 Air Masters of Pinellas, Inc.
Norman Sundin	Patty Budzien \$5 Jones & Sons Plumbing, Inc.
Maryann Matty \$5 Denny's Plumbing, Inc.	Ernest Clark \$5 Modern AC & Appliance Service
Karen Lipa \$5 AMS WC, Inc.	Frank Washburn \$5 Natures Resource Pest Control, Inc.
Caroline Bosland \$5Modern Pest Control, Inc.	Paul Brown \$5Battleline Termite & Pest Control, Inc.

• Limit of one ticket per visit • Advertiser may have up to 4 winners per month • Advertiser must have bill paid current to qualify

• No purchase necessary • Contest void where prohibited by law • Tickets available at participating Monthly Media advertisers.



## **Dial 2-1-1 Help for those in need!**

Just dial 2-1-1 for telephone crisis intervention services and information/referrals to local health and human services in Pinellas County. Food, shelter and clothing; physical and mental health services or support for seniors and persons with disabilities. This service is available day or night, 7 days a week in over 150 languages and is FREE and CONFIDENTIAL.

Your call will be answered by a trained information and referral specialist and that person will tap into the 2-1-1's extensive database of area services, programs and resources as he or she guides you toward appropriate answers.

## **Committee Chairpersons**

Arts & Crafts...Cathy Mendes Bingo...Betty Gurn/Tom Ritchie Birthdays & Anniversaries...Marilyn Franz Bridge...Evy McDonagh Court Whist... Cribbage...Claire Martin Decorations...Betty Gurn Defibrillator Program...Bob Mendes Emcee of Koffee Klatch...Betty Gurn & Jim Patton Euchre...Don Wright Flea Market... FMO Representative...Janice Lamore Golf Tournament....Donna Robertson & John Fisher Kitchen Supplies...KK Chair Koffee Klatch...Doc & Natalie Wells. Jim & Beryle Patton Ladies Luncheon...Jackie Gregorio

Librarian...Martha Roman & Janice Lamore Medical Shed...Chris Helopoulos Men's Luncheon...Leon Wolfe Name Badges...Terry Helopoulos Neighborhood Watch...Dan Gregorio Newsletter Editor...Marilyn Franz Newsletter Distributor...Mandi Harmon-Ashlev Pancakes... Potluck...By Volunteer Quilting...Brenda Runnals RCS Food Bank...Ed Shuman Resident Updates...Angela Shuman Shed Keeper...Kathy Simmons Shuffleboard....Jim Cameron Split Club (KK)...Joyce Fosdick Telephone Directory...Tom Smith Ticket Master...Linda Pelland; (summer) Betty Gurn Travel...Sandy Hansen

EMERGENCY CONTACT PHONE 727-577-2200 – this number will go directly to our management office (Associa), day or night 24/7. If you need Largo Police or an ambulance call 911.

