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May • 2019

ewsletter

484-7488

A Rosseta Spoonbill and a little Blue Heron!

Thank you to Kathy Kettelkamp of Ranchero Village for the great photo!

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Issue 3

43rd Year

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Golden Crest Chairpersons - 2019 - 2020

Bingo Coordinator Bulletin Board (Inside)	Carol Aldrow
Clubhouse Outdoor Sign	
Clubhouse Properties	Marquis Guimond
	Gordon Blanchard
Fun Shuffleboard	Larry Peterson
Library	George Bodie
News Bulletin	Val & Bob Pippy
News Bulletin Distribution	Peter & Donna Brotherhood
Pancake Breakfast	Larry Peterson & Crew
Rummage Sale	Carole Seely
	Eloise Blanchard
Shed Contents	
Water Aerobics	Rosella LeBlanc





Leaving Florida for the summer?

Don't miss the summer issues of your community newsletter. Sign up with Monthly Media (your community newsletter publisher) to <u>have your summer issues mailed</u> to you.

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GOLDEN CREST BULLETIN MAY, 2019 N





Golden Crest Birthdays for May 2019:

- 2 Sheila Dewart 315 404
- John Webb 4
- 5 A. Kyle Foster 317
- 7 Carol Aldrow 339 462
- 10 Brenda Mattson
- 14 Isabella Perino
- 18 Judith Auger 390
- 22 Gary Ward 309
- 24 Shirley Hendricks 400



Golden Crest Anniversaries for May 2019:

448

- 7 Neil & Carole Seely 448
- 18 Nels & Judith Auger 390
- 19 Rick & JoAnne Pascoe 343
- 23 Joseph & Kathleen Parlato 319
- 25 Brian & Milly Levy 349
- 25 Hans & Susan Grannell 383



In Memorial of Golden Crest Residents in the period May 1, 2018 to April 30, 2019:

n remembrance and a Final Good Bye to our friends and neighbors who have passed away since the end of our last season together.

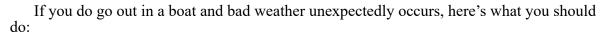
- 1. Ruth Pettifer
- 2. Arnold Aldrow
- 3. Wally Waldrop
- 4. Howard Gardner
- 5. Wade Hirsh
- 6. Gary Rellinger
- 7. Betty Johnson
- 8. Jay Caldwell

\$\$\$ \$\$\$ \$\$\$ \$\$\$ \$\$\$ \$\$\$ \$\$\$ \$\$

Stay safe during boating season

ere are some basic do's and don'ts for boating safety this summer. Follow these tips for fun, safe boating with your friends and family:

- Wear your life jacket. It floats; you don't.
- Never mix alcohol and boating.
- Know and follow nautical rules.
- Never stand in a small boat.
- Check the weather forecast before you get underway.
- Never overload your boat.
- Always keep a good lookout.



- Put your life jacket on, and prepare for rough seas.
- Get below deck, and stay there if possible.

• Keep away from metal objects that are not grounded in the boat's protection system.

• Do not touch more than one grounded object at a time, or you could become the shortcut for electrical surges passing through the protection system.

The one permanent emotion of the inferior man is fear fear of the unknown, the complex, the inexplicable. What he wants above everything else is safety.

—H. L. Mencken





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BEFORE







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Health tips for the 60+ crowd

aintaining good health is a lifelong activity, but it can get more difficult as we age. The NBC News website offers this healthy advice for people over 60:
Buy good sneakers. Look for top-quality sneakers specifically designed for walking. Start slowly, then increase your walks as time goes on. Good shoes will protect your feet, giving you more motivation to get moving.

• **Practice your balance.** Falls are a big hazard for seniors. Try standing on one leg for 30 seconds a day to get a handle on your equilibrium.

• Eat a healthy breakfast. Skip the sweet rolls and sugary cereals. Start your day with fruit, yogurt, and whole grains.

• **Practice getting up.** On a regular basis, practice getting down on the floor and standing up again. More practice will improve your ability to get up if you fall.

Women's brains age more slowly than those of men

Good news for women: Your brains age more slowly than males'. According to an article on the NPR website, researchers have found that the metabolism of women's brains remains healthier and more youthful than that of their male counterparts, making women better equipped to be creative during the later years of their lives.



The findings come from a study of 205 brain scans of people ages 20–82. At first scientists studied brain metabolisms to determine a person's age. Then they observed a significant difference between the age of some people's brains and their chronological ages, leading to the discovery that older women's brains, on average, were about four years younger in terms of metabolism than men's brains. The reason is unknown, but the scientists say a higher brain metabolism may give women an advantage in learning and creativity as they age.

A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world.

-Paul Dudley White







04

We Need Cover Pictures! Send in Your Interesting Photos!

Get Your Picture on the Cover - We select a new and interesting picture every month to be printed on the cover of your newsletter. If you or your neighbors have fun events or activities please send in a picture and we'll enter it to be selected. Please include a description of the image and a brief release allowing us to reprint the picture. Our mailing and email address are here: Picture



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The most important lesson

well-known businessman received an award for his philanthropy. During the ceremony honoring his good works, he was asked to share some of the lessons he had learned throughout his life and career that inspired him to think of others.

He spoke of his childhood and the poverty his family endured in the rural South. "No matter how tough times were, my grandmother was always looking to help anyone she felt was in need.

"One day a neighbor came to our kitchen door and told my grandmother he was hungry and hadn't eaten in days. She invited him in and served him a good portion of what she'd been preparing for our supper. When the man left, I asked my grandmother why she was always feeding other people when there was barely enough for us to eat.

"My grandmother said, 'The only thing that matters in life is giving and serving. That's the most important lesson you need to learn.""

The businessman went on to tell how he took his grandmother's words to heart. Throughout his life and career, he made sure to share his wisdom and good fortune with others and include them in his successes as well. "I don't believe that old saying, 'It's lonely at the top.' I believe you don't really make it there until everyone who is a part of what you're doing can get there with you."

It's all in the name

P.T. Barnum was sometimes referred to as the "Shakespeare of Advertising" for his clever use of language. He used that prowess to entice curious masses to pay to view his many attractions and sideshows. He also used that wit to get them to move along as well.

Barnum noticed that patrons visiting one of his museums tended to hang around the building after taking everything in, which prevented others from entering the property. Worried that his profits would suffer, Barnum had a huge sign installed at the last exhibit that read, "This Way to the Egress."

Undoubtedly, most probably thought they were being put on the path to view some sort of never-before-seen spectacle. Imagine their surprise when they discovered they'd been directed to the exit.



Renting a house? Here's what to know beforehand

any people choose to rent a house instead of buying one. It's a legitimate choice, but the details are somewhat different. The Ladders website offers this advice to first-time renters:

• Know the Fair Market Rent (FMR). FMR is set by the Department of Housing and Urban Development and can be accessed at RentData.org. You can also simply check rental listings to compare rents, although you should be aware that you may be comparing very different types of housing.

• Be ready for a background check. Landlords will probably look at your financial background before renting to you, so take care of anything that might affect your credit rating and be ready for some investigation into your overall financial situation.

• Negotiate. You don't have to capitulate to a landlord's demands. Be prepared to negotiate move-in dates and the like so you can make the best deal for yourself.

• Ask about subletting. Check the details of your lease for any restrictions on subletting

your home. You may not be planning to do so when you move in, but the option can be useful if your circumstances change.

• Know what you can change. Can you repaint walls or remodel your kitchen while you're renting? Who's responsible for the upkeep? Make sure you know this ahead of time before you're stuck with surprise fees or get a chunk of money taken out of your security deposit.

Riches may enable us to confer favors, but to confer them with propriety and grace requires a something that riches cannot give.

-Charles Caleb Colton





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	/2/-/34-4011
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O. E. Wilson	727-535-0524



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144	Plumbing Patrol, Inc	727-726-9193
	Ray Duncan Plumbing, Inc	727-733-0968
308	RESTAURANT	
134	Chicken Salad Chick	727-205-8603
522	ROOF COATING	
	Community Roofing of Florida, Inc	/2/-536-9999
342	ROOF REPLACEMENT	~~~ ~~~ ~~~~
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321	ASC Aluminum Specialty Contr	/2/-54/-8300
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333	Heller's Mobile Home Washing TIE DOWNS/MOBILE HOMES	/ 2/-545-2665
556	Florida Anchor & Barrier Co	707 000 7004
160	VAPOR BARRIER	/ 2/-330-/821
+00	Florida Anchor & Barrier Co	707 220 7021
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Memorial Day	26	27	
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Golden Crest

uesday	Wednesday	Thursday	Friday	Saturday
	1	2 9am Coffee Hour Social 9:30a Coffee Hour Meeting National Day of Prayer	3	4
7	8	9 9am Coffee Hour Social 9:30a Coffee Hour Meeting	10	11
14	15	16 9am Coffee Hour Social 9:30a Coffee Hour Meeting	17	18
21	22	23 9am Coffee Hour Social 9:30a Coffee Hour Meeting	24	25
28	29	30 9am Coffee Hour Social 9:30a Coffee Hour Meeting	31	

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*Cancer Facts and Figures 2019. American Cancer Society.

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Everyone plays games on the smartphone

Martphone owners play lots of games on their devices, but don't call them "gamers." That's what USA Today says in a story on its website. Fifty-five percent of Americans play some kind of game on their devices to help pass the time, according to a survey of more than 2,000 smartphone owners. However, even though they play an average of four times weekly, two-thirds don't consider themselves "gamers."

Games are popular across all ages and genders, though. The survey found that 33 percent of baby boomers (adults 55 or older) play games every day, along with 39 percent of Generation Z (16–24). More women than men play games (86 percent versus 81 percent), and 40 percent of women versus 32 percent of men play daily.

Mobile games generated \$61.3 billion in revenue in 2018, and they make up 36 percent of all mobile apps, along with 77 percent of mobile app revenue. Of the top 100 mobile apps downloaded last year, 83 were games.

Doctors' advice on staying healthy

E xercise, healthy eating, and a positive outlook are important to maintaining good health, but there's more you can do. From the Good Housekeeping website comes this advice from doctors on further steps you can take:

• **Don't overdo antibiotics**. Although antibiotics are useful in fighting infections, overuse can weaken your immune system and cause weight gain (because of their effect on gut bacteria). Talk with your doctor about alternatives.

• Watch your Vitamin D levels. The sun is an important source of Vitamin D, but for people who don't (or can't) get outside that much, supplements can prevent Vitamin D deficiency.

• Stay hydrated. Drink plenty of water throughout the day. Dehydration can cause bloating, constipation, headaches, and fatigue.

• Get enough rest. Getting enough sleep is important, but so is resting while you're awake. Practice yoga and meditation so you're not just rushing through your day until you crash.

• **Be skeptical.** Don't believe the hype behind every new diet or health fad. Investigate before launching into a new routine that might not provide all the benefits it claims.



Fuel from plastic? It could be coming

Recycling to reduce waste and protect the environment isn't a new idea. However, a new process may be able to recycle up to 25 percent of our plastic waste into fuel, according to the Science Alert website. Chemists at Purdue University have been able to liquefy the polymers that make up about a quarter of plastic waste and turn it into diesel-like products that can be used as a blendstock for fuel.

The process, called hydrothermal liquefaction, involves heating water under heavy pressure to work as a solvent and catalyst for transforming the molecular makeup of polymers. With the addition of some hydrogen atoms, this converts the plastic into a fluid called naphtha.

Previous results were disappointing, but the Purdue team of chemical engineers recently converted more than 90 percent of the polypropylene used in an experiment into fuel-grade naphtha. Further analysis suggests that the process could be a more efficient and environmentally friendly way of dealing with plastic waste than burning it or recycling it.

Mysteries of the ancient stone monuments

S tonehenge is probably the most well-known monument built by ancient humans, but it's not alone. As The New York Times reports, there are as many as 35,000 such structures in Europe, ranging from stone circles to dolmens (tablelike structures) and standing stones. Recent radiocarbon dating reveals that the earliest of these stone structures were built in France some 6,500 years ago and their construction spread to England, Ireland, and Scandinavia, as well as along the Atlantic and Mediterranean coasts over 200–300 years.

Many of the dolmens were used as tombs and could be reopened to permit additional burials. The earliest known dolmen was built in central western France between 4371 and 4262 B.C.

Sicily, Apulia and the Balearic Islands saw a wave of megaliths built between 1000 and 2000 B.C. Stonehenge was constructed sometime late in the megalithic heyday, in approximately 2500 B.C.

Breakthroughs arise when someone can combine many ideas together. Think broadly, not deeply.

—Joshua Krook





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He broke bones in his neck plus other injuries. He has NO insurance and he is the sole provider for his family. ANY donation you may be able to help with will be GREATLY APPRECIATED!!!

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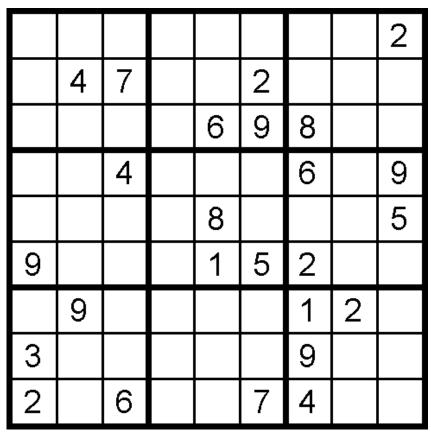
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Monthly

Better Hearing and Speech Month. The American Speech-Language-Hearing Association uses this month to raise public awareness of communication disorders and the treatments and strategies necessary to overcome them. The 2019 theme is "Communication Across the Lifespan." To learn more, visit https://www.asha.org/bhsm/

Clean Air Month. The quality of the air we breathe affects our general health, well-being, and ability to function daily. Are there hidden toxics lurking in your home, community, or workplace? If so, what can be done about it? Visit the American Lung Association website to learn more and read its annual State of the Air report.

Gardening for Wildlife Month. If you're planting a garden this year, make sure to include plenty of native flora. Restore the balance of nature by creating a thriving ecosystem that will attract and sustain insects, birds, and other animals. Locate resources and other ideas on the National Wildlife Federation website.

Get Caught Reading Month. Librarians, teachers, and other advocates will take up the charge launched by the Association of American Publishers 30 years ago. Read for pleasure, read for fun, read to your children, and encourage them to read and grow intellectually and linguistically. If you're going to get caught doing something this month, let it be reading.



Weekly

National Hurricane Preparedness Week, May 11-19. Hurricane season typically runs July through October, but it's not too early to plan for disaster if you live in an area where these storms are common. Visit the Department of Homeland Security at https://www.ready. gov/hurricane-toolkit for safety tips and tools, and bookmark the National Weather service site at https://www.weather.gov/wrn/hurricanepreparedness for even more information.

National Women's Health Week, May 12–18. Women's health needs change as they age. Visit https://www.womenshealth.gov/nwhw/to take a quiz, get your health score, and find out where to focus your efforts to maintain your optimal health.

National Bike to Work Week, May 13–19. Who needs cars, buses, and trains? If you have the wheels and a safe and manageable route to your workplace, pedal it out. It's great exercise that will get you pumped up at the start of your workday and help you wind down in the evening. It benefits the environment, too. Go to https://bikeleague.org/ for more information.

National African Violet Week, May 26–June 2. Serious gardeners take note: If you want to learn more about growing, caring for, and showing these beauties, pack your bags and get to Houston, where the African Violet Society of America will host its 73rd annual convention and exhibition. "Violet Fun in the Texas Sun" is the theme for this year's event.

JCS Medical Associates Dr. Sherif Serag & Dr. Maha Lewis



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-Monthly Media Staff

JUNE AD DEADLINE - MAY 10, 2019

• 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.



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

THOUSANDS manufactured home residents have won over \$147,600 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:					
Frederick Jackson \$100 All Weather Roofing	Kenneth Daves				
Ellen Benner	Robert Mendes				
Larry Hoffman \$10 Aluminum Specialty Contractors, Inc.	Jeanette Mullery \$5Bill The Carpet Guy				
John Tirone \$10Battleline Termite & Pest Control	Leslie Bianchini \$5 Ron Wyngarden MH Washing				
Deb Siniak \$10 Mitchell Siding, Inc.	James Ayers \$5 Appliance Specialty, Inc.				
Florence Sullivan \$10Imperial Electric Service of Pinellas	Dan Corrigall \$5Jone & Sons Plumbing. Inc.				
Dan Karpb \$10 Appliance Specialty, Inc.	Linda Wolf				
Gord Spafford \$10 E & E Gliddon Air Conditioning, Inc.	Greg Waller \$5 1st Class Handyman Service				
Laureen May \$10Community Roofing of Florida	Cheryl Blake \$5 Modern Pest Control				
Richard Montano \$10 Natures Resource Pest Control, Inc.	Toni Passeio \$5 Sherman's Painting				
Delores Lange	Georgia Goetting \$5 Haseney Electrical Sevices, Inc				
Mike Hendrixson \$10 Dunedin Plumbing, Inc.	Teresa Blasik \$5 Natures Resource Pest Control, Inc.				
Judy Slagle \$10 Debbie's Salon	Darthea Hartgerink \$5Heller's Mobile Home Washing				
John Knol	Al Hartin				
Joseph Caserotti	June Eldridge \$5 Doll Brothers Carpet & Upholstery				
Tom Roberts	David Buckley				
Diane Corr \$5 Bob's Mobile Home Wash	Gary Hammond \$5Community Roofing of Florida				
Sonny Neglia \$5 Tarpon Pest Control	Dan O'Brien \$5 Discount Computer Repair				
Robert Frig \$5 1s Class Handyman Service	Mary Ann Lawson \$5Buggin out Pest Cotntrol				
Irene Engel	Rhonda Gillispie \$5 Ron Wyngarden MH Washing				
Carol Schaus \$5 Doll Brothers Carpet & Upholstery	Joan Athey \$5				
Mark Harrington \$5	James Stanley \$5 Nature's Resource Pest Control				
Gerald Burnard \$5Community Roofing of Florida	Jane Hatch				
Ruth Moyer \$5 Hellers Mobile Home Washing	Cindy Fletcher \$5 Appliance Specialty, Inc.				
. Lineit of one ticket new visit . Adventices were here up to Avvis	are nor month. Advertiser must have hill not surrent to qualify				

• 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.



Golden Crest Homeowners Association 2019 – 2020

President Vice President Treasurer Secretary Director Director Director Neil Seely Susan Jarema Eloise Blanchard Bert Fitzgerald Valerie McCormick William Donaldson Carol Aldrow





- No Roof Damage
- No Move-Out
- No Odor Other Services
- Rodent Control
 Subterranean Termite Treatments
- Once-A-Year Pest Control



• Convenient • Family Owned • Serving Pinellas County Since 1993 12 ★ • 12410 Trotter Court, Tampa, FL 33626

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Golf Car Depot

