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May • 2019

A Rosseta Spoonbill and a little Blue Heron!

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Issue 3

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PARADISE ISLAND UPDATE

Pat Walker, Association Secretary

It's the merry month of May! This month will see the balance of the seasonal residents head for home—the season sure went quickly, but in what seems the blink of an eye it will be autumn and we'll start the fun times all over again. Here in Paradise Island we have events throughout the summer because we have many full time residents, so we extend an invitation to all Lake Haven residents to attend our social events, you will be warmly welcomed so please join us.

Speaking of events, you surely won't want to miss the annual Kentucky Derby Party; flyers are posted in all clubhouses with details. Lei Crance organizes and hosts this event and ensures that everyone has a fun time. It's open house style, no tickets to purchase, just bring your beverage, a dish to share and playing money – a good time is guaranteed. Ladies, wear your hat for the parade and contest – the more outlandish, the better – you might even win a prize.

Weekly bingo will go through May then once per month through September. A Bingo Special is scheduled May 2nd featuring out-of-the-ordinary games and special prizes. Come join us!

Wow, we were so very pleased to have the clubhouse tables completely filled at the April Pot Luck Dinner. Kendra Perenyi and Terri Jo Oller (or was it Chuck [©]) prepared a delicious meatloaf and folks were generous with side dishes. What a wonderful way to end "the season", sharing a time of fellowship with friends from all three parks. But, as I said, it's not really the end for Park #1 as pot lucks continue throughout the summer although they tend to be more casual affairs often featuring BBQ and pool time. Having said that, there will be no pot luck dinner in May since it always falls on Kentucky Derby Day.

The Association Members free steak night was a fantastic success. Imagine that, everyone showing up for a free steak, how incredible! (LOL) It was a great celebration in recognition of the members who generously give of their time and talents in support of our Association – the Officers so appreciate your contributions and your support throughout the year. Again this year, Carolyn Bailey and Chuck Oller grilled the steaks to everyone's individual preference and Irene Haskell prepped the potatoes for baking. What a tasty meal shared with good friends and neighbors. Thanks to everyone who worked to make it a successful event.

For those who attended Taco & Trivia Night, thanks for coming. I've lost track, but this must be at least the fourth Trivia Night over the years – everyone enjoys the challenge, or do they?? Players often moan and groan at the questions (I'm partial to asking "out-of-the-box rather than just memory testing questions) so they need to engage the brain a bit more, but at the end of the evening folks always ask that we do it again. I couldn't have pulled off the taco meal without the assistance of a lady who loves Mexican food – Janel Balogh. She provided her own recipe for the taco meat sauce and for the refried beans. So thanks to Janel and the *Continued on page 5*



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LAKE HAVEN HAPPENINGS MAY, 2019 N





"regulars" (you know who you are) who always pitch in and help not only with the cooking, but the serving and clean up, and a special thanks to Richard Crance who always assists with the trivia games.

The Hobby Ladies enjoyed their annual English High Tea – and they all wore hats; however they drew the line at white gloves! Just prior to the tea, we had a fun hobby session where we made Fascinator hats to wear to the tea – perhaps you'll see them on Derby Day as well. Some were dainty and feminine and some were just outlandish; a fun time with special thanks to Marcia Lilley who provided the inspiration and most of the materials. So many ladies made the tea itself a success – Nancy Chauncey made the table cloths (yes, cut the fabric, dyed, sewed and decorated them) and provided the table decorations – she is one talented lady with impeccable taste, we so appreciate her. Other members provided tea sandwiches, scones, fruit and desserts; and as always Irene Haskell was in charge of making and pouring the tea. A nice way to bid farewell to our seasonal members.

April found us saying goodbye to Mike & Martha McLaughlin and to Joan Thomas. Mike & Martha have lived here about five years, but Joanie many, many more. We wish them safe journey, good health and much happiness.

Happy Mother's Day to all the moms, nanas and great-grands in Lake Haven – we hope you have a fantastic day. See you at the meeting and at the Kentucky Derby Party.

LAKE HAVEN HOA NEWS

Pat Walker, HOA Secretary

I OA President Lei Crance appointed Tim Biggs - Lot #419 to fill the open Director position created when Linda Parker resigned as President of Park 3. Tim, along with Ralph Crance, will be valuable in presenting Park #3 resident concerns to the board and to ELS Park and Regional management.

Effective April 29, Stephanie Lopez was hired as Lake Haven Community Manager and Shane Steele as Assistant Manager. Being new to the ELS organization we know you will extend them time to not only learn ELS internal procedures and programs, but to become familiar with Lake Haven Prospectus and Rules & Regulations. We look forward to a congenial working relationship and wish them success in their new positions.

There was a lot of initial anxiety with the announcement of the new parking enforcement procedures. None of the existing parking rules changed, it has always been against the rules to park on the streets overnight, park on sidewalks or grass, or to allow commercial vehicles to park overnight in the Community. Unfortunately over the years these rules have not been consistently enforced resulting in many resident complaints. It is anticipated this program will not only ensure the rules are followed but will result in high resident satisfaction.















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BEFORE





COMMENTS FROM THE "CAY"

Ralph Crance, (President, Acting)

enerally, summer for Park Three arrives in May and ends in November. So there's hardly anything to do.

Are you kidding?

To start, the Board had its first "new" member meeting – much was discussed. A summary is posted on the clubhouse bulletin board.

No one came to blows...surprise, we pretty much agreed.

Thanks to Glo Biggs for her on-going job as the Entertainment Chair. Check it out - Glo would love to get a group of potential committee members – what she does is not a solo activity. Call her at 315-723-3908 to join her team.

ELS (our much admired and beloved landlord) staged their Annual Member Parks Golf Tournament on Friday, April 12th. Lake Haven's A-Team, Nancy Amiraian, Tim Biggs, Dan Hanagan and Paul Watts nearly pulled off a comeback win at 12 under par. Wow! Special "Cay Kudos" to them.

Both Teams B & C gave the tournament leaders a scare and run for the leader board, Seven of our LH Linkmasters and a company ringer might have pulled it off. Our members were Nancy Benoit, Al Deblois, Bill Lucci, Don Bel, Bob Aitken, Bob Piotrowski and Dick Proulx. (guess work name spelling)

Worth noting...the Lake Haven swat team showed up with a back-up mission. Job well done, it backed-up all 18 holes. Shirley Cole, Sheila Wison, Rich Crance & YT (that*s me) offered the contending Lakers as many stokes as they wanted. We had 10 to spare.

Here's another thought - it's hard not to realize that there is a significant turnover of residents. The office refuses to provide names or any other details. My hope is all of us in Park Three be alert. If you see a move-in, give anyone on the board a call. One of us will make a welcome call, tell our new neighbors what goes on, describe membership and "so on".

Those are my thoughts - if you have one - or more, call!

Happy May!







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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.

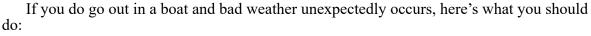
National Bike to Work Week, May 13–19. Who needs cars, buses, and trains? If you have the wheels and a safe and manageable route to your workplace, pedal it out. It's great exercise that will get you pumped up at the start of your workday and help you wind down in the evening. It benefits the environment,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

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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Sunday	Monday	Г
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 5 LRC 6:30 pm Park 3 Cinco De Mayo	6 8:00AM – Trash Pickup* Pool 3 Water Aerobics 9:30 am with Richard "Torpedo" Lilley 6:45PM – Ladies Poker – 1*	9:30AM 1*
12 LRC 6:30 pm Park 3 Mother's Day	13 8:00AM – Trash Pickup* Pool 3 Water Aerobics 9:30 am with Richard "Torpedo" Lilley 6:45PM – Ladies Poker – 1*	9:30AN 1*
19 LRC 6:30 pm Park 3	20 8:00AM – Trash Pickup* Pool 3 Water Aerobics 9:30 am with Richard "Torpedo" Lilley 6:45PM – Ladies Poker – 1*	9:30AN 1*
26 LRC 6:30 pm Park 3	8:00AM – Trash 27 Pickup* Pool 3 Water Aerobics 9:30 am with Richard "Torpedo" Lilley 6:45PM – Ladies Poker – 1* TBA – Memorial Day Event – 1* Memorial Day	9:30AN 1*

Lake Haven

uesday	Wednesday	Thursday	Friday	Saturday
	1	2 8:00AM – Trash Pickup* Pool 3 Water Aerobics 9:30 am with Richard "Torpedo" Lilley 7:00PM – Bingo – 1* National Day of Prayer	3	4 8:30AM – Koffee Klatch – 1 9:00AM – Assn Mtg – 1 4:30PM – KY Derby – 1*
7 I – Hobby –	8	9 8:00AM – Trash Pickup* Pool 3 Water Aerobics 9:30 am with Richard "Torpedo" Lilley 7:00PM – Bingo – 1*	10	11
14 I – Hobby –	15	16 8:00AM – Trash Pickup* Pool 3 Water Aerobics 9:30 am with Richard "Torpedo" Lilley 7:00PM – Bingo – 1*	17	18 5:30PM – Hot Dog Night – 1
21 I – Hobby –	22	23 8:00AM – Trash Pickup* Pool 3 Water Aerobics 9:30 am with Richard "Torpedo" Lilley 7:00PM – Bingo – 1*	24	25
28 I – Hobby –	29	30 8:00AM – Trash Pickup* Pool 3 Water Aerobics 9:30 am with Richard "Torpedo" Lilley 7:00PM – Bingo – 1*	31	

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- 1. Narrow fissures
- 6. Bawdy
- 10. Among
- 14. Tag
- 15. District
- 16. Disabled
- 17. Sheeplike
- 18. Fiber source
- 19. Rich soil
- 20. Composition board
- 22. Therefore
- 23. Flippant
- 24. A vast multitude
- 26. Dry riverbed
- 30. 3 in Roman numerals
- 31. Hearing organ
- 32. Distinctive flair
- 33. Foot covering
- 35. Odd-numbered page
- 39. French for "New"
- 41. Snuggled
- 43. Prohibit
- 44. Not barefoot
- 46. Anagram of "Note"

1. Swill

2. Magma

3. Nile bird

5. Slumber

6. Difficult

7. Fickle

9. Caress

8. Don

tempo

4. Canvas dwelling

10. A moderately quick

11. New Zealand native

12. Insect stage

- 47. Get prone
- 49. Female sheep
- 50. Probabilities
- 51. Extreme cruelty
- 54. Charity
- 56. Feces
- 57. Administrative official
- 63. Bright thought
- 64. Dry
- 65. Objectives
- 66. Enumerate
- 67. Water chestnut
- 68. Girlfriend (Spanish)
- 69. Fail to win
- 70. A magician
- 71. Radiolocation

DOWN

13. An evil

supernatural being 21. African antelope 25. Hearing organs 26. Make (one's way) 27. Found in some lotions 28. Apply 29. Annul 34. Information 36. Lummox 37. Care for 38. Poems 40. Twin sister of Ares

- 42. Swelling under the
- skin 45. Earshot
- 48. Preserve a dead body
- 51. Motionless
- 52. Sound
- 53. Put on clothes
- 55. Sweetener
- 58. Murres
- 59. Unwakable state
- 60. Police action
- 61. Aquatic plant
- 62. Russian emperor



LAKE HAVEN HAPPENINGS MAY, 2019 N





Everyone plays games on the smartphone

S 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

Exercise, 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.



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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



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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.

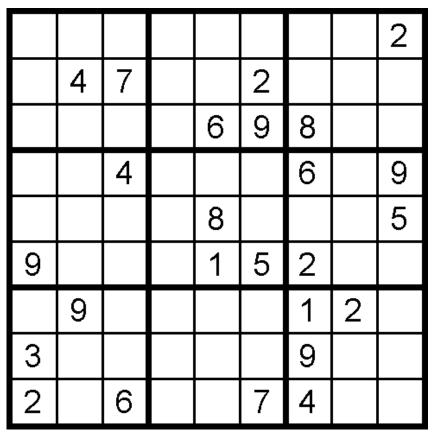
Barnum noticed that patrons visiting one of his museums tended to hang around the building after taking everything in, which prevented others from entering the property. Worried that his profits would suffer, Barnum had a huge sign installed at the last exhibit that read, "This Way to the Egress."

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.





May Sudoku





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RIUM 10 WORDS for \$8.55 – Each additional word is 80¢ Your Ad Will Appear in 60 Mobile Home Park Newsletters NO ADS ACCEPTED BY PHONE OR EMAIL

WANTED TO BUY

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

ARTICLES FOR SALE

2013 BMW 128i Black 2DR. Great Condition, 130K, \$9,000.00. 727-542-1002



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

-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 \$5 Air Masters of Pinellas, Inc.					
Larry Hoffman	Jeanette Mullery \$5Bill The Carpet Guy					
John Tirone \$10	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 \$51st 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 \$10 O.E. Wilson Insurance	Al Hartin \$5 Bob's Mobile Home Wash					
Joseph Caserotti \$5 Discount Computer	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.					

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.
 LAKE HAVEN HAPPENINGS MAY, 2019 N

