

# Park Royale Post



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# Home Owners Association Officers – 2018

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Vice President Valerie Spampata vjeanne58@gmail.com	224 Milton	727-458-9602
Secretary:Gloria Evansbutterfly1058@verizon.		.727-623-4536
Treasurer Marsha Cameron		.727-800-2387
Director: Sue Simms	66263 Oxford Rd	.727-504-2001

Reserving Community Space: Kris Mohn (727-483-5576) is the person in the office to contact in regards to requests for the Club House and/or library. Whether the event is a Club activity or a private event, be sure to have Kris verify the availability before applying for use of the space. And, remember to leave the areas clean and as neat as you found them to have the deposit fully refunded.

#### **Community Staffing at Park Royale**

General Community Manager: Joanne Davis, 727-547-1676 Maintenance Manager - Mike Milleman, 727-600-2370 Office Coordinator: Kris Mohn, 727-483-5576

Office Hours: Monday - Friday, 9 a.m. to 5 p.m. Emergency Phone Number - 877-786-6048

News Editor
Jackie Raffaele, 412-559-7492
66120 Essex Road
4litehous@gmail.com

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#### A Message from Joanne Davis

1. The birthstones for October are the tourmaline and the opal. Tourmalines display a wide spectrum of colors, such as yellow, pink, blue, red, green, black or brown and they are believed to help you stay calm under

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pressure, bring peace and tranquility and defeat emotions like anger and jealousy. Opals exhibit different colors (green, white, yellow, blue, pink etc.) depending on the conditions under which they were created. Opal gemstones are believed to cure eye infections, strengthen memory, calm nerves and enhance creativity.

- 2. The zodiac signs for October are Libra (September 23 October 22) and Scorpio (October 23 November 21).
- 3. The traditional flower of the month of October is the calendula, symbolizing comfort, healing, protection and grace.

#### **YARD OF THE MONTH**

January was Rosaire & Barb Leblanc 66286 Cambridge Rd. February was Randy & Michelene Smith at 66269 Oxford Rd. March Winner was Lonnie Holliday 66025 Stratford Rd. April winner was Iwan & Patricia Iwanoff 66295 Cambridge Rd. May winner was Beverlee Whalen 66187 London Rd June Winner was Deborah & Leonard Beaulieu 66294 Cambridge July winner was Peg & Bill Gay 66060 Cambridge Rd. August winner was Dan & Diane Hogan – 66291Cambridge Rd September winner was Timothy & Dixie Simon 66175 London Rd. October Winner is: Kathy & Paul Rogers at 66285 Cambridge Rd.

<u>GUESTS</u> – Friendly reminder if you have a guest please sign them in the guest book. Guests cannot stay more than allotted time. Residents can have guests of any age for up to three (3) weeks during any six (6) month period, or a maximum of six (6) weeks in any twelve (12) month period. Guests may not bring pets.

Addition to Mobile Homes such as flag poles, sheds, patios, screen rooms and fences must be approved in writing by the Park manager. Please check with management before making exterior alterations or additions to your home. If required by local laws, permits must be obtained prior to any alterations or improvements.

<u>Digging</u> – Residents may plant additional landscaping shrubs. No holes may be dug deeper than (1) foot. Please no vegetable growing. We don't want to attract any pesky creatures. Please call One Call 811 before you dig it's the law.



#### Thinking of Selling your home??

#### We Don't Want You To Leave

But if you need to.... List with Joanne!

• WHY LIST WITH US??

• Where do people go when they are looking? The Sales Office — We get a High volume of walk-in traffic!

We are on the premises M-F 8:00 a.m. - 5:00 p.m. and Saturdays and Sundays by appointment.

- All Listings will be posted on the Park Royale and Sun Communities Websites as well as 15 other selling sites to attract additional buyers for your home!
- Professional flyers will be printed on your home and available in the Clubhouse. We list on Zillow and Trulia

#### **Important information and the Facts**

- Outside realtors do not work for Park Royale
- We cannot show homes listed By Owner or Realtor/Brokers
- Joanne's main job is to sell homes used or new.
- I sell more homes in the park than realtors.

Please give me a call or stop in the office. I look forward to serving you! Joanne Davis, Community Manager/Sales Manager

#### JDavis6@suncommunities.com

Park Royale

10611 66th St. N., Pinellas Park, FL 33782

(727) 547-1676 | suncommunities.com or parkroyalefl.com

### From the H.O. A. Director Mike Skrzypkowiak

Park Royale has an HOA and a board of directors. If you are a new resident, please come to the next HOA meeting. When you get settled in, there are several things that you should do:

1. Join the Home Owners Association (HOA). The annual cost is only \$20. This is a great bargain and it the best way to take advantage of the many amenities and activities in Park Royale. Being a member of HOA also keeps you apprised of resident/management issues that affect all of us. Learn what HOA is all about, and how we can help you.

2. The Resident Directory, published once a year, is a valuable resource and it is free to HOA paid members. Non-HOA residents are eligible for a directory at the cost of 10.00.



# Apurva Shah, M.D., M.P.H.

Board Certified in Internal Medicine

Dr. Shah is a board-certified MD in Internal Medicine and has been in practice for twelve years. He received internal medicine training from New York Medical College and also holds a Master's in public health from the University of South Florida.

Dr. Shah specializes in geriatric care. With his training and experience, he has been very successful in managing and treating high blood pressure, diabetes, back pain, heart problems, respiratory problems, and obesity.

The practice of Dr. Shah and Jill Coots, ARNP strives to remain open minded when building relationships with patients. A trusting relationship with atients and their families enables them to provide the most comprehensive and compassionate care. Emphasis is placed on preventive medicine, screening tests, timely interventions, and follow-up care. Dr. Shah and Jill have been successful with managing acute and chronic medical problems, reducing hospitalization and emergency room visits, and helping patients maintain a healthy and productive lifestyle.

We strongly believe patients are the biggest asset of our practice and customer service is the main motto of our practice. Patient feedback is extremely valuable and has helped us over the years to provide high quality and compassionate care. Dr. Shah does make personal rounds for his hospitalized patients and believes in continuity of care.

#### **Services Offered:**

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HEALTH CARE PHYSICIANS

### Jill Coots, ARNP

Jill Coots, ARNP has been with the practice since 2015. She has been a great addition to the team and is a valuable resource for our patients. Jill is board certified in family practice and is a member of the American Academy of Nurse Practitioners and American Diabetic Association. Prior to joining Access Health Care, Jill worked at the VA Hospital in Tampa for six years in acute care and oncology. Jill, in pursuit of her passion and interests, is on track to be a certfied diabetic educator in the near future.





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#### From the Editor:

Author: Jackie Raffaele

ne of my favorite times of the year!

This is one of my favorite times of the year. I reflect on many past fall seasons spent in Pennsylvania with fond memories. Fall is a bit different in Florida. No leaves change colors, no crisp fall mornings, no chill from the cool night air and no dew on the cars or grass. I do miss the hayrides, hot chocolate and hotdogs! I think we all get a bit nostalgic thinking of fall -if you ever experienced this season in any of our northern states. There are a few changes Floridians may notice as we enter this season:

People try to turn off their air conditioning.

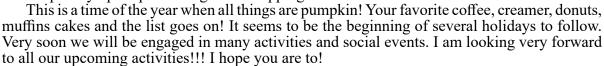
People start looking for snowbirds.

People stop worrying about hurricanes.

People live and die for their football teams.

People start going to farmers markets.

People dry up-stop sweating when stepping outside



You are invited to share ideas, suggestions, or observations with others in the Park. We would love to hear from you! Please submit your articles to <u>4litehous@gmail.com</u> or you can drop it off @ 120 Essex.

#### **Features of the October News**

- 1. Birthdays
- 2. Common cold
- 3. October Recipe
- 4. Veterans Care Package information

#### A little Humor

The patient who came to my radiology office for abdominal X-rays was already heavily sedated. But I still had to ask her a lot of questions, the last one being, "Ma'am, where is your pain right now?" Through her medicated fog, she answered, "He's at work."

#### **Bob's Business Report**

Periodically Bob provides a report of a local business and posts it on the board. At this time the report is on the Pinellis grill located ½ mile to the left when exiting our park. When you have a moment stop by and review Bob's tips & thoughts. Thank you, Bob, for the information!

#### **Birthdays**

October 8th - Marie Schwebel

October 25th - Bill Hill

October 26th - Susan Brown

October 28th - Penny Thompson

There is a sign-up sheet in the hall between the gym and the kitchen where you can provide your birthday, so it will appear in the media. If you are not sure I have your birthday—place your birthdate on the sheet anyway!! Everyone has a special day and we want to acknowledge it!



#### **Coffee and Donuts**

n the second Thursday of the month come to the Clubhouse to hear speakers, Park Royale updates or just visit with friends from 9:00 AM to 9:30 AM. The required signup sheet is located on the board in the clubhouse. This ensures enough donuts will be available for everyone! Bring your suggestions, questions and comments. Many thanks to Sustainable Landscape for providing the delicious donuts and for selecting the ones that we like the best. This month's meeting included a representative from Pinellas Park Public Utilities informing us on ways to conserve water and how to check for leaks. This was presented well, and we learned a great deal of new information. The next coffee and donuts will be Thursday, October 11th at 9:00 AM. Don't forget your coffee cup. Please note: The Royalites postponed their meeting in September till later in the month. The date will be displayed on the outside board for all to see. The usual monthly meeting/update is scheduled for Thursday, October 11th at 9:30 AM following Joanne's coffee and donuts meeting.

#### **Health and Wellness**

Ticki Miller has volunteered to send wellness cards to residents who are ill, in the hospital, rehab or with other arrangements until they are feeling better and able to return to Park Royale. The "Get well wishes" will brighten their day. If you would like to have Vicki send out a card, call her at 1-727-483-4528.

#### **Recent Deaths:**

Barbara Jean Rockwell LeBlanc George Zehrung Please keep their families in your prayers!



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Carol Zapiecki, Clearwater, FL





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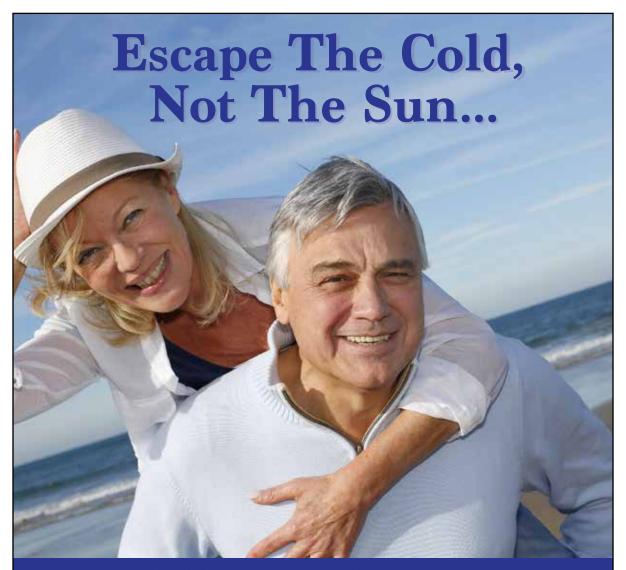
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#### Stay Healthy!

Author: Jackie Raffaele

It is that time of the year when many experience the annoying common cold. Here are some facts you may not know.

Most adults have two to four colds a year

- 2. More than 200 viruses are responsible for the cold. The most common are called human rhinoviruses (HRV) and cause up to 40 percent of all colds.
- 3. There are around 100 known serotypes of HRV, meaning that a vaccine cannot be made ... and that we have the potential to be infected around 100 times by this alone. Plus, mutations cause an eternal number of new strains of the virus
- 4. Rhinoviruses survive for three hours outside of the body and can sometimes live for up to 48 hours on touchable surfaces, including everything from door knobs and subway poles to shopping carts and light switches.
- 5. A single cold virus can have 16 million offspring within the course of a day.
- 6. Colds are spread by touching infected surface and then touching your nose or eyes, and to a lesser extent the mouth; or inhaling virus-harboring droplets in the air after an infected person sneezes or coughs.
- 7. While a person's breath can travel 4.5 feet per second, droplets from a sneeze can travel at an amazing 100 miles per hour.
- 8. The droplets from a sneeze can spread a distance of six feet.
- 9. A single sneeze can spray 100,000 germs into the air which is why you should keep a six-foot distance from a sneezing sick person.
- 10. People are thought to be most contagious when symptoms are at their worst; though they can also infect others even before symptoms develop.
- 11. The lower the humidity, the more moisture evaporates from sneeze and cough droplets, the farther the germs can travel. Dry air also dries out the mucous lining in our nasal passages, alleviating an important protective barrier. Both of these contribute to the increase in colds during cold, dry weather.
- 12. Vitamin C won't cure a cold. But, according to Smithsonian Magazine, taking at least 0.2 grams of vitamin C every day may decrease the duration of a cold by a day or two.
- 13. The single best way to avoid getting a cold, aside from becoming a hermit, is to <u>wash</u> <u>your hands</u>. A lot. Use soap and wash them in water for 20 seconds. It's cheap and easy and more effective than alcohol-based hand sanitizers; but if you don't have soap and water, sanitizers will do in a pinch.

#### What to expect if you do catch a cold

You can expect to be sick for one to two weeks. That doesn't mean you have to be miserable. Besides getting enough rest, these remedies might help you feel better:

- Stay hydrated. Water, juice, clear broth or warm lemon water with honey helps loosen congestion and prevents dehydration. Avoid alcohol, coffee and caffeinated sodas, which can make dehydration worse.
- Rest. Your body needs to heal.
- Soothe a sore throat. A saltwater gargle -1/4 to 1/2 teaspoon salt dissolved in an 8-ounce glass of warm water- can temporarily relieve a sore or scratchy throat.

...continued on page 14

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- You can also try ice chips, sore throat sprays, lozenges or hard candy.
- Combat stuffiness. Over-the-counter saline nasal drops and sprays can help relieve stuffiness and congestion.
- Relieve pain. Take acetaminophen (Tylenol, others), ibuprofen (Advil, Motrin IB, others) or aspirin.
- Sip warm liquids. A cold remedy used in many cultures, taking in warm liquids, such as chicken soup, tea or warm apple juice, might be soothing and might ease congestion by increasing mucus flow.
- Add moisture to the air. A cool-mist vaporizer or humidifier can add moisture to your home, which might help loosen congestion. Change the water daily and clean the unit according to the manufacturer's instructions.
- Try over-the-counter (OTC) cold and cough medications. OTC decongestants, antihistamines and pain relievers might offer some symptom relief. However, they won't prevent a cold or shorten its duration, and most have some side effects.
- Take medications only as directed. Some cold remedies contain multiple ingredients, such
  as a decongestant plus a pain reliever, so read the labels of cold medications you take to
  make sure you're not taking too much of any medication. Check with your physician for
  which over the counter medications are safe to take with antihypertensive medications if
  this applies to you.

#### **Cold remedies with conflicting evidence**

- Vitamin C. It appears that for the most part taking vitamin C won't help the average person prevent colds. However, taking vitamin C before the onset of cold symptoms may shorten the duration of symptoms. Vitamin C may provide benefit for people at high risk of colds due to frequent exposure.
- Echinacea. Study results on whether echinacea prevents or shortens colds are mixed. Some studies show no benefit. Others show some reduction in the severity and duration of cold symptoms when taken in the early stages of a cold. Different types of echinacea used in different studies may have contributed to the differing results. Echinacea seems to be most effective if you take it when you notice cold symptoms and continue it for seven to 10 days. It appears to be safe for healthy adults, but it can interact with many drugs. Check with your doctor before taking echinacea or any other supplement.
- Zinc. There's been a lot of talk about taking zinc for colds ever since a 1984 study showed that zinc supplements kept people from getting as sick. Since then, research has turned up mixed results about zinc and colds.

Some studies show that zinc lozenges or syrup reduce the length of a cold by one day, especially when taken within 24 hours of the first signs and symptoms of a cold. Zinc also has potentially harmful side effects. Talk to your doctor before considering the use of zinc to prevent or reduce the length of colds.

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#### **Glasses**

Please note there is a box near the board for the purpose of collecting Eye Glasses for the Lyons club. Please donate your old glasses for a great cause.

#### **HOA Meeting**

The HOA meeting was cancelled for September. The next meeting is scheduled for October 8th @ 7pm in the club house. Come join the HOA!! If you have any suggestions, concerns or questions, please feel free to contact any member on the board. Now, more than ever, we need your support! Election process is in January; so please consider being a part of the HOA.

#### **Ladies Luncheon**

ach month a Ladies Luncheon is scheduled on the second Tuesday of the month. This has always been a good time doing some of our favorite activities-eating and socializing! So please come and join us. A signup sheet is on the clubhouse board with more information. The ladies leave the clubhouse at 11:15 AM as reservations are set for 11:30 AM. So please come a few minutes early as ridesharing is also offered. If you would like to host a Ladies Luncheon in the future, please contact Janet Hazen at 712-209-1838.

#### **Movie Night**

ovie Night is the second Friday of the month. There is a movie request form on the bulletin board in the clubhouse, so you can let Gloria know of the movies that you would like to see on Movie Nights! October's feature will be '42 the Jackie Robinson Story'. Details include: In 1947 Jackie Robinson becomes the first African-American to play in Major League Baseball in the modern era when he was signed by the Brooklyn Dodgers and faces considerable racism in the process. Stars include: Chadwick Boseman, T.R. Knight, Harrison Ford

#### **Suggestions**

Te value your thoughts and opinions would like you to share new ideas for clubs, activities, games and events etc. There have been some recent suggestions for new activities-look for upcoming events. You can email, call or reach out to any of the officers to contribute your suggestions. Your participation is valued.

#### The Royalites

Author: Cathy Mariner and Janet Hazen

Royalties Report – For everyone's convenience: the meetings follow Joann's coffee/update meeting on the second Thursday of the month. Regular meetings will begin in October. The officers are:

Director: Janet Hazen: 712-209-1838 or jmh0353@yahoo.com.

Assistant Director: Cathy Mariner: 608-385-2858 or cmaringer@acegroup.cc.

Secretary: Rosemary Tregaskis: She can be reached at 570-871-5240 or <u>rstregaskis@icloud.</u> com.

Treasurer: Susan Seibert: give her a call at 610-780-6637 or <a href="mailto:crazygmama@gmail.com">crazygmama@gmail.com</a>

#### **Something Smells Good!**

n envelope is posted on the board in the club house for your convenience to share your favorite recipe in the Media. We have some great cooks in the Park as witnessed by our many food events. Favorites are salads, cookies and casserole dishes. October recipe of the month is:

#### **Pumpkin Ginger Scones**

#### **Ingredients:**

- 2 cups all-purpose flour
- 7 tablespoons plus 1 teaspoon sugar, divided
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon ground ginger
- 1/4 teaspoon baking soda
- 5 tablespoons cold butter, divided
- 1 large egg, lightly beaten
- 1/4 cup canned pumpkin
- 1/4 cup sour cream

#### **Directions**

- 1. In a large bowl, combine the flour, 7 tablespoons sugar, baking powder, cinnamon, salt, ginger and baking soda. Cut in 4 tablespoons butter until mixture resembles coarse crumbs. Combine the egg, pumpkin and sour cream; stir into dry ingredients just until moistened.
- 2. Turn onto a floured surface; knead 10 times. Pat into an 8-in. circle. Cut into eight wedges. Separate wedges and place on a greased baking sheet. Melt remaining butter; brush over dough. Sprinkle with remaining sugar.
- 3. Bake at 425° for 15-20 minutes or until golden brown. Serve warm.











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Sunday	Monday	Ti
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8:30 AM Pickle Ball	9:00 AM Exercising 11:00 AM Card making 1:00 PM Billiards 1:00 PM Table Tennis 7:00 PM Crafts HOA meeting 7:00 PM	8:30 AM Ladies Lu AM Club 1:00 PM Cards 6:00 PM
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8:30 AM Pickle Ball 21	9:00 AM Exercising 11:00 AM Card making 1:00 PM Billiards 1:00 PM Table Tennis 7:00 PM Crafts	8:30 AM 1:00 PM Cards 6:00 PM
8:30 AM Pickle Ball Pet Parade & Costume Contest 3:00 PM*	9:00 AM Exercising 11:00 AM Card making 1:00 PM Billiards 1:00 PM Table Tennis 7:00 PM Crafts	8:30 AM 1:00 PM Cards 6:00 PM

# **Park Royale**

uesday	Wednesday	Thursday	Friday	Saturday
Pickle Ball Women's Men's cards	9:00 AM Exercise 11:00 AM Card making 11:00 AM Table Tennis	8:30 AM Pickle Ball 9:00 AM Swimming 6:00 PM Men's cards 6:30 PM Women's cards	9:00 AM Exercise	8:30 AM Pickle Ball
9 Pickle Ball Incheon 11:15 House* Women's	9:00 AM Exercise 11:00 AM Card making 11:00 AM Table Tennis	8:30 AM Pickle Ball Coffee & Donuts 9:00A* 9:00 AM Swimming Royalites Meeting 9:30 AM 6:00 PM Men's cards 6:30 PM Women's cards	9:00 AM Exercise Movie Night 7:00 PM*	8:30 AM Pickle Ball
16 Pickle Ball Women's Men's cards	9:00 AM Exercise 11:00 AM Card making 11:00 AM Table Tennis	8:30 AM Pickle Ball 9:00 AM Swimming 6:00 PM Men's cards 6:30 PM Women's cards Make & Take Social 6:30 PM*	9:00 AM Exercise	8:30 AM Pickle Ball
Pickle Ball Women's Men's cards	9:00 AM Exercise 11:00 AM Card making 11:00 AM Table Tennis	8:30 AM Pickle Ball 9:00 AM Swimming 6:00 PM Men's cards 6:30 PM Women's cards	9:00 AM Exercise Card Bingo 7:00 PM*	8:30 AM Pickle Ball Best Friends Pet Club Halloween Party 6:00 PM*
Pickle Ball Women's Men's cards	9:00 AM Exercise 11:00 AM Card making 11:00 AM Table Tennis	Startup times are a arrive early!  Please note that a require a sign-up	activities with the *	
	Tiunoween		<u> </u>	

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#### Octoberfest Make and Take Social

n October 18, 2018 @ 6:30 pm to 8:00 pm we are having a fall make and take social at the clubhouse. Come make a fall decoration to take home or if you just want to come for dessert and socializing that's fine too.

We will be making two different projects to pick from. All material will be supplied. Just bring yourself and enjoy a night of crafting and socializing.

Harvest desserts and refreshments will be served.

A signup sheet will be in the clubhouse.

Please sign up by October 12, 2018 so we know what supplies we will need.

Hope to see you there!

Questions? Contact Janet Hazen or Sue Seibert



#### **Paint Class**

lease note: The painting class is not located on October's calendar. The class will resume after the holidays!

#### **Veterans in Park Royale**

Author: Valerie Spampata

#### Regarding Care Packages

From the Park Royale Military Support Ministry

Hi All!

Just wanted to convey the plans for the care packages going out for Christmas and to let you all know who they are going to this year. As I stated earlier, active duty military, overseas and stateside will receive a package from our park. This is your chance to let me know if you have any active duty family members that you would like included!

PLEASE call me at 727-458-9602 ASAP!

These are the 4 stages I use to prepare:

- 1. Sept.- Nov. 1st Collect items (listed in September's and this month's Media) There will be a drop off box in the clubhouse, which will be kept safe by the office. Thank you, Joanne and Chris!
- 2. November 11th Card signing in the clubhouse at 3:00pm (All are welcome to show your support for our troops) the more the merrier! I will supply the Christmas Cards. I have plenty!! (You might want to bring a pen).
- 3. Nov. 11 after the card signing Sorting and boxing.
- 4. Nov. 22nd Mailing. I will take the packages to the post office.

Now for the fun part!

Here are the names of our active duty this year:

Rick Croff (Diane Feagan's grandson) Marine Corp E-4 stationed in NC.

Austin Miller (Dear friend of Anthony Suglia) Air Force E-4 currently serving in Afghanistan. continued on page 29

# **SUB-FLOOR & FLOORING EXPERTS!**











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### 

Clint Williams (Valerie & Frank's son) Air Force SSGT, just returned from Qatar, currently stationed in LA.

Evan Keough (Donna & Rick Yeoman's Nephew) Air Force E3, currently serving in AK. Jerrod Williams (Valerie & Frank's son) SGT Army, 2 tours Afghanistan, currently stationed in GA.

Elliot R. Cameron, (Elliot and Marsha's son) Navy, E6 Petty Officer, re-enlisting at NOSC Schenectady Sept 20th. Location will be determined soon.

As always, I am blessed to have such caring and generous neighbors in the park.

And PLEASE if you are new to the park, please contact me if you are a veteran or have a loved one serving our country at this time.

This is a list of what our troops want based on what they have asked for. Take your time and collect what you can. I typically send the packages the middle of November. Going forward, I will be sending birthday packages as well. I do NOT need candy; I still have plenty from the last donation. PLEASE let me know if you have a loved one serving our country actively, stateside or overseas. I would love to send them a care package on behalf of the Park Royale residents.

God Bless you all,

Valerie ~ 727-458-9602

Food/Treats

Soldiers love getting treats from back home but remember that they need to be non-perishable. The key to sending treats is to make sure they are portable. Soldiers like to be able to carry sna

Evan Keough (Donna & Rick Yeoman's Nephew) Air Force E3, currently serving in AK.

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God Bless you all,

*Valerie* ~ 727-458-9602

Food/Treats

Soldiers love getting treats from back home but remember that they need to be non-perishable. The key to sending treats is to make sure they are portable. Soldiers like to be able to carry snacks on them. This means looking for packaging that is smaller and won't burst open easily. You could also include ziploc bags so that your soldier can portion snacks.

Snack bars (we send alot of Moose Crunch Bars)

small, hard containers fo snacks



snack cakes cheese crackers

gum

sunflower seeds

nuts trail mix

chips of any kind

gummies ramen noodles

seasoning salt hot sauce

flavoring packets for water individual packets of condiments

powdered drink mix

energy bars

tuna fish sardines

beef jerky summer sausage instant mac and cheese

tea bags peanut butter

coffee whole bean or ground

red bull

monster energy drinks

v8 perrier

Hot cocoa or coffee

coffee mug

small packets of creamer and sugar

gatorade

#### **Toiletries**

Lots of soldiers say that toiletries are also great to send, soldiers really appreciate receiving personal care items. Here are some things to send:

Glass cleaner or lens cleaning cloths (for cleaning sand off their glasses)

Axe Body Spray Cotton balls Finger nail clippers Toothpicks Matches Q-Tips First aid kits Baby powder Toilet paper Shampoo Toothbrush Conditioner Toothpaste Hair gel Mouthwash Hairspray

Dental floss (pump NO aerosol)

Breath strips Lotion
Soap with case Eye drops
Shower gel (moisturizing)

Anti-bacterial hand soap
Hand sanitizer
Saline mist nose spray
Travel size Kleenex

Nail files (emery boards)

Tweezers

Q-tips

Deodorant

Combs/brushes

Contact lens cleaner

#### **Entertainment**

Entertainment options are great to send as soldiers have downtime to spend while they are not out on a mission.

### 

Letter writing supplies

Frisbies/balls

Holiday decorations

Board games

Cards Books

DVDs & VHS Movies (lol you can tell

how long ago I wrote this list to include VHS)!

Music CDs

Electronic Hand-Held Games

Puzzle Books/Mad Libs/Joke Books/Comic Books

Newspapers Magazines

Paperback books

Jump rope Stress ball

Travel Board Games Mini Etch-a-sketch

Playing Cards

Crossword Puzzle Books

**Birthday Care Packages:** 

Birthday Card

Favorite Food Items (don't send

restricted items though)

Bag of Birthday Balloons (trust me

they will have fun with these over there) Birthday Cake in a Jar Plastic Spoon, Napkin Tub of Icing Birthday Hat Noise Makers Candles

Any present (wrapped of course) that they might like, such

as movies, etc...

**Other Things:** 

Blankets

Standard bed pillow

Pillowcase

Single sheet sets

AT&T Prepaid Global

Calling Cards Ziploc Bags

Journals (Pilot Precise is often requested)

V5 Stick Rolling Ball Pens Ankle socks, boot socks,

and work gloves.

AAA batteries are also in demand

Cozy Shower Towels Blank Greeting Cards (for soldiers to send home)

Stationary/journals/ return address labels

Headphones Drawing pads

Construction paper

Phone Card Blanket

Pair of Slippers or Cozy Socks

Book

Writing paper Envelopes

Stamps

Black ink pens

Mechanical pencils Lip balm/chapstick

Sunscreen (bottle & roll

on kind)

Bug repellent spray Bath towel/wash cloth

(dark colors)

Bandanas (desert & woodland cami)

Mini fans

Batteries (all sizes especially AA) Band-aids Neosporene

Hydrocortizone cream Calamine Lotion

Sewing kit
Sunglasses
Small flashlight

Motrin/Tylenol/Dayquil capsules/cough drops/ No Water Excedrin (mint)/ Sinus Meds/Benadryl

Imodium AD/Pepto/ Tums or Rolaids (all pill forms)

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#### **Welcome New Residents**

note to new Residents:

Author: Jackie Raffaele

We want to thank you for choosing Park Royale as your new community. I think you will find our residents and staff to be friendly and informational. There are many clubs and events as well as volunteer opportunities that you may be interested in. We hope you explore all there is to offer in our park. There are many opportunities to meet residents and exchange information about Park Royale and the surrounding area. See Septembers newsletter for Welcome social event. Events such as this will most likely continue sometime in the future as many social events are planned in the fall and winter, including a Welcome back party in November.

A list of new residents was provided to the editor dating from August 10th to September 14th is:

Richard Gazzola -44 Herman Garrison -124 Karen Revels -196 Dianna Day -276



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### **Highlights of Events for October**

October	8	HOA meeting 7:00 PM
October	9*	Ladies Luncheon 11:15 AM Club House
October	11*	Coffee and Donuts 9:00 AM
October	11	Royalites Meeting 9:30 AM
October	12*	Movie Night 7:00 PM
October	18*	Make & Take Social 6:30 PM
October	26*	Card Bingo 7:00 PM
October	27*	Best Friends Pet Club Halloween Party 6:00 PM
October	28*	Pet Parade & Costume Contest 3:00 PM

Startup times are accurate so please arrive early!

#### Please note that activities with the \* require a sign-up in advance!

Sign-up sheets are posted on the main easel (aka the board) in the entrance of the clubhouse. Be sure to sign up for your favorite activities. We don't want you to miss out on any of the social events! As we near the Holidays and other special events it may be necessary to purchase tickets in advance. The Clubhouse can only accommodate a certain number of residents at a time; and we want everyone to enjoy the events. Be sure to check the outside bulletin board regularly for additions or corrections to any of the activities as some changes are unavoidable. Thank you for your understanding!

#### **Balance and Stretching Activity**

The Balance and Stretching Exercise Program is on Monday, Wednesday and/or Friday at 9:00 AM for 40 minutes of low impact stretching all year long. Come and observe or call Debbie at 216-835-7303. The number of participants continues to increase. Keep on exercising as it will strengthen your body and increase your level of daily activity.

#### **Best Friends Pet Club**

#### The Officers are as follows:

Assistant Director: Ralph Heusinger - tiger1763@aol.com 727-548-7773
Treasurer: Penny Calkin - penny218@gmail.com 727-310-7959
Secretary: Annette Woodcock - awood2357@aol.com 203-215-5185
Event Coordinator: Carol Molter - gmkool438@aol.com 727-545-5430
Karen Fairfield - klbfair2018@yahoo.com 727-440-9075

**Remember:** all are welcome to be members of Best Friends. You do not have to own a pet to be a member of this Club. We will be planning a lot of fun events so consider being a member. Membership is only \$5.00.

Best Friends Pet Club is hosting a **Halloween Party** on October 27th @ 6:00 PM. Costumes are optional. Social hour is @ 6pm snacks will be provided. BYOB. Music will be by the Kaleidoscopes from 7-10 pm. Tickets are 7.00 each. Please see the club's officers for tickets. Tickets will also be available after the October 11th coffee & donut event.

continued on page 37



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#### **BOB NEEDS OUR HELP!**

Our delivery driver, Bob Davis (whom many of you know and have liked over the years), had a **SERIOUS FALL** while trimming a tree for a needy person on Sunday, August 5th.

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!!!

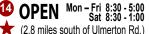
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**Pet Parade & Costume Contest** will be held on October 28th @ 3:00 pm in the Pet Park. Treats will be awarded for the best dressed pet.

Volunteers are needed for set up & clean-up of the Halloween dance. Contact Karen Fairfield @ 727-440-9075 or 813-766-4600.

#### **Pets make great Companions**

Author: Jackie Raffaele

Tith almost no effort at all, pets manage to bring so much joy into our lives. They make us laugh, comfort us when we're sick or upset, and are always there for us no matter what. Not everyone understands the bond between human and beast, though, or even realizes how much pets do for their owners.

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Prevents Strokes

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#### **Billiards**

Park Royale has two new pool tables and Dan Hogan coordinates these games on Monday afternoon at 1:00. This is for your enjoyment, no cost and everyone is welcome! Stop by the Club and try it out. Contact: Dan Hogan for further information.

#### **Bocce**

Bocce is a fun out door ball game. The recent renovations to the court have greatly improved the game. Six teams will be selected but alternates are always welcomed or/needed. Please arrive well before 9:30 as the games begin sharply at 9:30 AM each Tuesday. Rosaire LeBlanc coordinates this activity each year and Janet Oke is the assistant.

#### Cards @ Park Royale

The Women's Card Group has been in existence for almost as long as Park Royale has been here in Pinellas Park. The card players have maintained an informal schedule of card playing two times a week. During these times together, some very close friendships have been established and have been valued by each of the players for many years.

Card games are on Tuesday afternoons from 1:00 PM to 3:00 PM and Thursday evenings from 6:30 to 8:30. Everyone is invited to join in (yes, even men). We are always willing to help or/learn new games.

#### **Card Making**

ard making is usually takes place on Monday and Wednesdays from 11:00 AM to 3:00 PM. Come see the beautiful cards that are made by our residents. The card makers are very dedicated to this art form and the results are stunning. Visit the club house to see what I am talking about.

#### **Crafts**

There are several opportunities in the clubhouse during the week to learn new crafts, share ideas and/or just work on favorite projects with friends. Some examples of craft activities are card making, knitting, quilting and open craft night. This is available Monday 7:00 to 9:00 and throughout the week.

#### **Euchre**

Luchre has been the card game played on Wednesday evenings at 6:30 PM in the Club house from mid-October to mid-April. Everyone is welcome; however, it is important to learn the game before joining in on Wednesday evenings.

#### **Men's Cards**

n Tuesday and Thursday afternoons (6:00 PM until the last man leaves) in the clubhouse, there are several Park Royale men who enjoy the game, Texas Hold 'Em. For more information, contact Rosaire LeBlanc at 727-544-0566.





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#### **EVENTS & PROGRAMS**

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

Bazaar/Community Wide Sale. Clubhouse & Carports. Crafts, Homegoods, Bake Sale, Raffles, 50/50, Music. Regency Heights MHP 2550 SR 580 Clearwater (next to Kohl's). Vendors wanted; 727-265-8515

Paradise Island Annual Craft Fair, Sat. Nov. 3, 2018. Tables, \$10 and \$15. Call Delores at 727-754-5569

CRAFT SHOW, Saturday, October 13th, 9am – 3pm, St. Paul United Methodist Church, 1199 Highland Avenue, Largo, FL. 98 Vendors/98 Prizes. Indoor & Outdoor Show. Food Court & Pumpkin Patch. \$1.00 Admission goes toward the homeless.

Art/Craft Sale: Park Royale Mobile Home Park 10611 66th street. 11/17/18 9am-2pm Vendors 727-545-5430

Welcome one and all to our Japanese Garden Art sale and Craft Bazaar. 12/1/18. We still have room for painters as well as crafters. Call: Charlotte, 727-531-3651, for details. A raffle, coffee, and lunch will be available.

Holiday Craft Fair: 11/10/18 Clearwater Cascade MHP 9790 66th St N. - clubhouse Pinellas Park 9am-2pm.

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Silver Dollar Investors - Collectors 1878-2018 must see. 727-317-3005

### **NOVEMBER AD DEADLINE - OCTOBER 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.

#### The Welcoming Lady

The Welcoming Lady is Gloria Evans at 66252 Oxford (727-623-4536). If you have not been contacted, please contact Gloria. This is the time when you can submit your address and phone number to Carlotta Linck (727-346-3455) for the Park Royale directory.

#### Pickle Ball

Pickle ball is social, easy to learn, great exercise, and there's no cost to participate. The game is played every day (weather permitting) starting at 8:30 a.m. at the Park Royale tennis/pickle ball courts. Equipment is provided free. If interested, just show up! The players would love to have more full-time participants during the summer and fall seasons. Please contact Rick Pightling at 727-641-5489 for more information. Park Royale is the only private facility with 4 private courts in Pinellas Park! We also support adjacent Rec. Centers when it is raining or too windy.

Please contact Rick, Roy, Mike or Darlene as they would love to have more full-time participants through the summer and fall seasons. Thank you to Joanne and Park Royale for supporting us as we grow our players.

#### **Shuffle Club**

We welcome new people who are interested in shuffle every year. Our season begins in December and goes through March. The next meeting will be the first Monday in December. Come to this meeting so you can hear what the plans for 2019 are all about. You can sign up for one day, two days or three days and play at your own speed. You don't have to play three days a week. If interested, contact Grant Sloan at 727-290-9352.

#### **Swim Aquatics**

This summer the swim aquatics is now offered at 9:00 AM on Thursdays. Please adjust your schedule. The program lasts about 30 minutes and you will feel so good at the end of the lesson. Penny Calkin does a wonderful job. Thanks Penny! Sign up on the board by the front door.

Mark your calendars for the fall of 2018 as our newest activities are already added to our winter schedules. Both line dancing and Yoga are already scheduled for the fall. Stretch and Balance classes are provided all year long.

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		Recreational Golf Cars of Florida
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Debby BurKey	\$10 .	Rod Runners
Gary Cornely	\$10 .	Doll Brothers Carpet Cleaners
Kammie Tipton	\$10 .	Bill The Carpet Guy
Ruth Young	\$5	Discount Computer Repair
Susan Halloran	\$5	Buggin Out Termite & Pest Control
Carol Vensrim	\$5	Imperial Electric Service of Pinellas
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Heather Deitch	\$5	1st Class Handy Man Service, Inc.
Susan Craig	\$5	Rod Runners
Donna Fluno	\$5	Palm Harbor & Dunedin Electric, Inc
Jerry Dixon	\$5	Appliance Specialty
William Pisano	\$5	Heller's Moble Home Washing

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Charles Goas	\$5	Doll Brothers Carpet Cleaners
Joan Hermann	\$5	Nature's Resource Pest Control
Larry Shutske	\$5	Air Masters of Pinellas, Inc
		Haseney Electric Services, Inc.
Ruth Heyza	\$5	Bill The Carpet Guy
Linda Williams	\$5	Appliance Specialty
		Jones & Sons Plumbing, Inc
Teresa Joseph	\$5	Buggin Out Pest Control
		Boss Electric Corp.
Alice Jarvis	\$5	Ron Wyngarden MH Washing
Ron Deer	\$5	Hellers Mobile Home Washing
Sharon Anderson	\$5	1st Class Handy Man Service, Inc.
Richard Yatuni	\$5	Air Masters of Pinellas, Inc
Judy Brady	\$5	1st Class Handy Man Service, Inc.
Patrick Rosenheim	\$5	Jones & Sons Plumbing, Inc
Patricia Schmitz	\$5	Hellers Mobile Home Washing
Geri Allen	\$5	Imperial Electric Service of Pinellas
Velma Bouxsein	\$5	Doll Brothers Carpet Cleaners
Patricia Lardi	\$5	Air Masters of Pinellas, Inc
Christine Swank	\$5	E & E Gliddon Air Conditioning, Inc.
		Doll Brothers Carpet Cleaners
Maryann Delzer	\$5	Hellers Mobile Home Washing
Richard Daw	\$5	Battleline Termite & Pest Control
Darline Kaiser	\$5	Discount Computer Repair

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#### **Table Tennis Group - Schedule**

Author: Susan Brown

Join us for table tennis at the Clubhouse Mondays, Thursdays, and Fridays from 1:00 to 3:00 p.m. Other times may be available when interested people make their times known. Our schedules are flexible, and we welcome all skill levels. If you have never played and would like to learn, join us! We have fun, laugh a lot, and its great exercise. You don't need to sign up, just show up and play. We provide the table, rackets, and balls. Questions? Call Sue Brown at 727-200-2582 or Rick Pightling at 727-641-5489. C'mon, let's have fun together!

#### Women's Cards

omen's card games are a lot of fun. The game 13 is scheduled for Tuesdays
1:00 PM to 3:00 PM and a myriad of other short games are played on Thursday
evening at 6:30 PM to 8:30 PM. Contact Linda Fogle at 727-547-8618 for more
information.

#### Yoga

Author: Cathy Maringer

Yoga will continue in the clubhouse in November. These low impact, beginner Yoga sessions, are from You Tube videos by certified Yoga instructors and will be shown on our large screen. Bring a Yoga mat and join us. If you have any questions, please contact me at 608-385-2858.

#### \*\*\*Future Events\*\*\*

### A preview of some of the activities planned for the 2018/19 season-more information to come:

#### November 2018

November 10 - Scavenger Hunt

November 11 - Veterans Day event

November 13 - Welcome Back Potluck Dinner

November 17 - Art & Craft Sale 9-2 p

November 22 - Thanksgiving Dinner

A Play at Largo Central Park Performing Arts Center

#### December 2018

Ladies Luncheon Out with Dessert and White Elephant Exchange

Holiday Dinner

Largo Park Christmas Light Display Walk

New Year's Eve Party

#### **Block General**

Block General Linda Fogle has been busy organizing the Media distribution. The Block Captains duty is to deliver the Monthly Media to each resident on their street. Park mail boxes should be placed at the end of your car port by your USPS mailbox. Park Mail cannot be put in the postal service box.

The Office is now notifying residents of any water turn off issues or other updates. Be sure that the Office has your current email address and phone numbers. We also suggest that you keep a jug of water under each sink for emergencies.

Gloria Evans takes care of the Park mail boxes. If you are new to the Park, you can ask her for one of your own. Her phone number is 215-623-4536.

Carlotta Link oversees the Park Royale directory. Please contact her if you need to make changes in the Directory. Her number is 727-346-3455. The Directory comes out once a year and is free to HOA members and \$10 for non-members.

#### **Block Captains\***

Vicki Miller	Thames	727-483-4528
Sandy Kleiman	London	727-600-9223
Sue Brown	Eaton	720-810-6988
Joannie Finazzo	Milton	636-875-3974
Elliot Cameron	Baker	727-800-2387
Pat Post	Oxford	727- 202-7067
Lynn Conlen-Henderson	Windsor	727-492-9027
Pat Howe	Cambridge	727-599-5839
Jeanette Paquin	Essex	727-547-8618
Al Seibert	Tudor	610-781-2817
Judi Pelker	Stratford	636-875-3974

#### **Substitutes**

Lynn Conlen-Henderson	FT	727-492-9027
Judi Pelker	FT	630-875-3974
Al Seibert	FT	610-781-2871
Bonnie Pijanowski	S	727-544-3783
Janet Oke	S	727-368-2334







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