

COLONIAL VILLAGE

May • 2016

Issue 3 40th Year

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Al Jordan (USMC Ret.) of Serendipity in Clearwater received the Purple Heart Award for service in Korea in 1950.

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Attention Colonial Villagers Editor: JESS MCFEE

Please continue your support & contributions!! E-mail your news items by the 10th of each month for publication in next month's issue to jessmcfee@tampabay.rr.com



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Monthly Media PO Box 1023 Venice, FL 34284 (727) 484-7488



Mar 21/16

1. Peter Grenon

2. Garry McFee, Mary VanMierlobensteyn

Loners: Mary VanMierlobensteyn

Moon: Connie St.Pierre

Mar 28/16

1. Thelma Piercey

2. Nancy Price

3. Eric Weema

Loners: Thelma Piercey

Apr 4/16

1. Mary VanMierlobensteyn

2. George Bramer

3. Ken Schmidt

Loners: Thelma Piercey

Moon: Wince Sooley, Bill McNeil,

Mary VanMierlobensteyn



Apr 11/16

1. Ken Schmidt

2. George Bramer

3. Peter Grenon

Loners: Connie St.Pierre

Euchre

Mar 22/16

1. Rollie Tremblay

2. Alma Mudge

3. Wince Sooley

Loners: Marie Thomas, Judy Lohagen, George Bramer, Connie St.Pierre, Rollie Tremblay

Mar 29/16

1. Aline Schmidt

2. Judy Lohagen, Leona McNeil

Loners: George Bramer, Aline Schmidt

Apr 5/16

1. Betty Skelly

2. Sue Catellier

3. Judy Lohagen

Loners: Rosemary Atzhorn

Bowling Champions 2015 - 2016

embers of the winning team are pictured above (L-R) Paul Kenney, Jack Wilcox, Donna Stash and Ernie Bowman.

Colonial Village was well represented during the 2015 - 2016 bowling season at Liberty Lanes. The following residents bowled during the season: Ernie Bowman, Margaret Devine, Will Johnson, Lefty Peterson, Barb Wilcox and Jack Wilcox. Ernie Bowman and Jack Wilcox were members of the "Wrens" team which were "Champions" of The Hump Day Fun League. Other Liberty Lanes bowlers on this team are Paul Kenney and Donna Stash. We welcome any and all Colonial Village residents to join us in this fun time. Our league bowls each Wednesday at Noon. Bowling usually begins in October and ends in March. If you are interested in joining us, please contact Jack Wilcox #55.



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One of the most noteworthy hospitals in the nation, Morton Plant Hospital was founded because a community cared. And 100 years later, one thing remains the same — our commitment to caring for your family.



The new Doyle Tower at Morton Plant Hospital, scheduled to be completed in 2016. Another example of how the community gave back.



MortonPlant100.org #MortonPlant100

BC1600277_0116

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Colonial Village May 2016 Anniversaries

- 06 Anton & Dorothy Wiederman
- 17 Frank & Bride Janes
- 22 David & Patricia Denny



Colonial Village May 2016 Birthdays

- 01 Joe Bolis
- 01 Malcolm Foenander
- 01 Linda Spicer
- 03 Vinnie Martello
- 03 Stan Piercev
- 05 Norma Johnson
- 06 Jack Moore
- 06 Kay Smith
- 09 Bill Curry
- 09 Carmel Foster
- 13 Naomi Darpino
- 14 William Thompson
- 15 Barbara Stanley
- 17 Jack Wilcox
- 19 David Hodges
- 20 Florence Bourgon
- 24 Ray Wilson
- 26 Joan Robertson
- 29 Bernice Beaton
- 29 Connie Brinkworth
- 30 Bob Smith
- 31 Jacqueline Bugden



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

Caregiving has its rewards

s Americans live longer, families are feeling a heavier burden in the caregiving area. The Bureau of Labor Statistics estimates that some 40.5 million Americans are acting as unpaid caregivers for older family members. Most just help one person, but 22 percent are responsible for two people and 7 percent provide help to three or more. Most caregivers are between the ages of 45 and 64 (23 percent), but 17 percent of people older than 65 act as caregivers as well.

The demands may be high, but many Americans find the work worthwhile. Yes, 32 percent describe caregiving as stressful, but 88 percent say helping out an elderly loved one is a rewarding experience.

Try these year-round common cold remedies

ou can catch a cold any time of the year, no matter what the weather is. Although you can't cure it, you can relieve its symptoms with some simple remedies. Try these:

- Honey. Honey mixed with tea or warm lemon water can relieve coughing and sore throat.
- Zinc. Zinc supplements taken within the first few days of having a cold can shorten your illness and could prevent a cold in the first place.
- Hot liquids. Hot tea or water can loosen up congestion in your chest and sinuses.
- Salt water. Evidence suggests that rinsing your mouth with salty water can clear up nasal congestion and unclog your sinuses.
- Vitamin C. Evidence that vitamin C can help you avoid or shorten colds is mixed, although research does hint that it may be effective for those with a vitamin C deficiency.

We must respect the past, and mistrust the present, if we wish to provide for the safety of the future.

—Joseph Joubert

Salt



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ALS Awareness Month. ALS, also known as Lou Gehrig's disease, is caused by the death of neurons, leading to stiff muscles, twitching, and gradually worsening weakness. No cure is known, but this month is an opportunity to spotlight and support research to fight this deadly disease.

Better Hearing Month. Approximately 36 million Americans suffer from some form of hearing loss—and more than half are under 65. Visit an audiologist today to learn how to protect your hearing and ensure that your ears stay healthy throughout your life.

National Military Appreciation Month. As designated by Congress, National Military Appreciation Month celebrates the history of our armed forces and recognizes the brave people who have served in every branch of military service. It also allows Americans to educate each generation on the historical impact of our military through community participation.

National Bike Month. Sponsored by the League of American Bicyclists and celebrated in communities from coast to coast, National Bike Month is a chance to showcase the many benefits of bicycling and encourage more folks to giving biking a try.



Children's Mental Health Awareness Week, May 1-7. A yearly event aimed at raising awareness of the issues and causes integral to the children's mental health field nationwide. Sponsored by the National Federation of Families for Children's Mental Health, this year's theme is "Healthy Families, ResilientChildren: Mental Health is a Family Affair."

National Nurses Week, May 6-12. One of the nation's largest health care events, National Nurses Week ends on the birthday of Florence Nightingale, the mother of modern nursing, and recognizes the contributions nurses make. It also educates the public about the significant work they perform.

American Craft Beer Week, May 16-22. American craft brewers are small, independent, and traditional. The average American lives within 10 miles of a brewery, and the United States now has more beer styles and brands to choose from than any other market in the world. Enjoy a cold one (responsibly) all month long.

May Day, May 1. An ancient northern hemisphere spring festival celebrated in many cultures. Dances, singing, and cake are usually part of the activities.

Mother's Day, May 8. Don't forget to tell your mother (and mothers everywhere) how much she means to you.

Memorial Day, May 30. A U.S. federal holiday honoring those who have given their lives while serving in the armed forces.





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Rod Runners	/2/-394-9534





MAY•2016

Sunday	Monday	Γ	
1	2:00 Poker 6:30 Cards "65"		
8 Mother's Day	9 2:00 Poker 6:30 Cards "65"		
15	2:00 Poker 6:30 Cards "65"		
22	23 2:00 Poker 6:30 Cards "65"		
29	2:00 Poker 6:30 Cards "65"		

Colonial Village

luesday	Wednesday	Thursday	Friday	Saturday
3	5:00 Poker	6:30 Cards "65"	6 2:00 Poker 6:30 Bingo	7 7:00 - Card Bingo
10	5:00 Poker	12 10:00 – Coffee & Goodies 6:30 Cards "65"	2:00 Poker 6:30 Bingo	14
17	4:00 - Park Lun- cheon 5:00 Poker	6:30 Cards "65"	20 2:00 Poker 6:30 Bingo	5:00 – Pot Luck
24	25 5:00 Poker	26 10:00 – Coffee & Goodies 6:30 Cards "65"	27 2:00 Poker 6:30 Bingo	28
31				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







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A lbert Einstein was a scientific genius, and stories about him are legendary. Three stories illustrate that he was as human as the rest of us:

- When Einstein went to Princeton University in 1953, someone asked what he would need for his office. His reply: "A desk, some pads and a pencil, and a large wastebasket to hold all of my mistakes."
- A student visited Einstein in his Princeton office one day
 with a copy of this year's final exam in his hand. "Professor,
 all the questions on this year's test are the same as last year!"
 "Yes," Einstein replied, "but this year all the answers are different."



• After finishing a paper, Einstein and his assistant could find only one paper clip in his office to hold the pages together. Unfortunately, it was bent out of shape and impossible to use. They searched the desk for something to use as a tool to straight the clip, and found a full box of paper clips in one drawer. Instead of taking one of those clips, Einstein used one as a tool to straighten out the bent clip.

The assistant asked why he didn't just use one of the fresh clips. Einstein answered, "Once I am set on a goal it becomes difficult to deflect me."

Too much of a good thing

farmer went to church one Sunday. To his surprise, he and the minister were the only people there.

"This is a little embarrassing," the minister said. "Since you're the only one here, would you really like to hear my sermon?"

The farmer said, "Well, I'm not too smart, but if I went to the barn to feed my cattle and only one showed up, I'd still feed him."

So the minister began his sermon. He spoke passionately for an hour and a half. When he finished, he asked the farmer what he thought.

The farmer answered, "Well, I'm not very smart, but if I went to feed my cattle and only one showed up, I sure wouldn't feed him all the hay."

Exercise: More isn't necessarily better

osing weight is just a matter of exercising, right? Actually, that may not be the case, according to a study of exercise and weight loss reported on the CNN website.

Researchers looked at 332 adults in the U.S., Jamaica, and Africa, measuring their activity level over a week. The volunteers displayed a variety of exercise levels from sedentary to active. Although those who exercised and were active more burned away more calories than the others, their activity tended to hit a plateau—after a certain level, more exercise didn't produce more weight loss.

Switching exercises helped a little, since using different muscles can make your body use more energy. But in the long run, a combination of exercise and a reduced-calorie diet may be your best bet for losing those unwanted pounds.

Don't get zapped at work (or home)

lectrical hazards at home and in the workplace injure thousands every year from burns and shocks. Faulty or overloaded wires cause the majority of accidents, so protect your family and your co-workers by following these guidelines:

- Get inspected. If your electrical panel hasn't been inspected for more than 10 years, get a qualified electrician to look it over.
- Unplug heat appliances after use. At home, that includes toasters, hair dryers, and irons, among others. In the office, unplug space heaters or anything else that can cause a fire.
- Use the correct wattage. Putting a 75-watt bulb in a 60-watt light socket is asking for trouble
- Don't overuse extension cords. They're meant for short-term use, not as way to plug in as many appliances as possible into one outlet.
- Use surge protectors. They'll keep computers and other appliances safe from overloaded circuits
- Keep appliances away from water. If an appliance that's plugged in falls into water or gets wet, unplug it before you reach for it.
- Don't yank cords. When unplugging an appliance, always grip the head of the cord. Yanking and tugging can damage the cord's wire and insulation, which can lead to an electrical shock or fire.

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Space Station experiment points to possible life on Mars

Lungi from the dry, frigid environment of Antarctica took a trip to the International Space Station to determine their ability to survive under the harsh conditions of the planet Mars. Their endurance suggests that primitive life may indeed be viable on the red planet's surface.

As reported by the NBC News website, scientists took samples of the fungus from the McMurdo Dry Valleys in Antarctica, then had them sent up to the ISS, where the crew placed them on a sealed platform outside and exposed them to various types of conditions, including one which simulated the sparse atmosphere and the exposure to radiation present on Mars.

After a year and a half, the fungi had retained 60 percent of their cells, providing evidence that simple forms of life can survive under the toughest conditions in space and on distant planets.

Robot cockroaches could save lives

Evaluation when the spaces are as maligned as the lowly cockroach. But scientists have found something worth emulating about them—their ability to squeeze into even the tightest spaces. Cockroaches on the run are about ½ inch tall, but they're able to compress their bodies to a 10th of an inch when they're trying to hide. Scientists at the University of California-Berkeley have been able to adapt that flexibility in a small, soft, multi-legged robot dubbed CRAM (Compressible Robot with Articulated Mechanisms). Constructed with an "origami-like" manufacturing technique, CRAM is seven inches long, three inches tall, and 1.6 ounces, and it's able to compress itself just like a cockroach to get inside tiny spaces. The scientists hope that CRAMs could be deployed in swarms to search for survivors inside collapsed buildings.

Antilock brakes: Use them properly

ntilock braking systems in cars are designed to improve safety, but they won't do the job unless drivers know how to use them correctly. Here's the right way to use the ABS when you need to stop quickly:

- Apply steady, firm pressure. Never pump or "feather" your brakes. The ABS regulates the braking pressure so the brakes don't lock up. If you pump or slightly release pressure on the pedal, it confuses the computer system and shuts it off.
- Don't let up. The grating noise you may hear is the sound of the ABS working.
- Don't yank the wheel. You can steer your car safely, but if you yank the wheel, you could lose control.

Tarantulas have their own 'Man in Black'

new species of tarantula has been identified by a postdoctoral researcher at the Florida Museum of Natural History. Actually, Chris Hamilton discovered 14 previously unidentified species during his Ph.D. researcher at Auburn University, but only one of them was named after one of his favorite entertainers: country singer Johnny Cash.

Aphonopelma johnnycashi can be found, appropriately enough, near Folsom Prison in California, the setting of one of Cash's most famous songs and the site of several concerts the "Man in Black" performed during his lifetime. Tarantulas have more than 50 different species, and Hamilton examined more than 3,000 specimens, narrowing the field initially to 29 possibles and finally to 14 completely distinct species. Given that Hamilton has a tattoo of Cash himself, the name came naturally.



Shark attacks on the rise

he movie Jaws scared lots of people off the beach, but the danger of shark attacks is very real—and it's increasing. Last year saw a record number of shark attacks, totaling 98 around the world, according to the Florida Museum of Natural History.

The U.S. had the most attacks in 2015, with 30 in the waters off Florida, eight in the Carolinas, seven in Hawaii, two each in California and Texas, and one apiece in New York and Mississippi. Other attacks occurred near the island of Reunion in the Indian Ocean, along with Australia, New Caledonia, and Egypt.

Scientists believe that attacks are rising because the shark population is recovering from low levels, and human populations are increasing as well.

Do not sit still; start moving now. In the beginning, you may not go in the direction you want, but as long as you are moving, you are creating alternatives and possibilities.

-Rodolfo Costa



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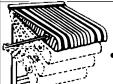
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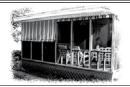
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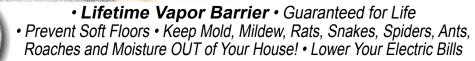
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EVENTS & PROGRAMS

HUGE YARD SALE! Abundant Life Ministries, 1550 Belcher Rd. S., Largo, FL 33771. Saturday, May 14th 8AM-4PM. Refreshments and Lunch available. ALL proceeds will benefit Missions.

Moving Sale: Doral Village, 29250 US Hwy 19 N. Lot #19, 33761. Bassett Furniture, S/S Gas Grill, King & Twin beds, Sleeper Sofa, Tools, Fishing Poles, Bikes, Housewares & Tons More. May 6th & 7th.

Carport Sale LaPlaza 6700 150th Ave N. #335 Clearwater, FL 33764. May 14th & 15th 8am

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(Allow 4-6 weeks for mailing of check). This month's cash w

(Allow 4-6 weeks lot	IIIaIIII	ig of clieck). This informit s cash
Beverley Hamel	. \$100	Bill the Carpet Guy
Mr. Storts	\$10	Florida Anchor and Barrier
		Air Masters of Pinellas, Inc.
John Dodge	\$10	Faling Construction, Inc.
		Bob's Appliance Repair
Beverly Duhlen	\$10	Jones & Sons Plumbing, Inc.
Leslie Simms	\$10	Appliance Specialty, Inc.
Dorothy Kraus	\$10	Denny's Plumbing, Inc.
Marvin Dyshaw	\$10	Professional Plumbing Inc.
Arthur Paul	\$10	AMS West Coast
Beverley Blattner	\$10	Barrons AC & Appliance Service, Inc.
Jean Woolf	\$10	Heller's Mobile Home Washing
Leroy Berg	\$10	Community Roofing of Florida, Inc.
Linda Reed	\$10	A1 Appliance Repair
Vince Malorni	\$5 .	Modern AC & Appliance Service, Inc.
Richard Rueger	\$5 .	Dunedin Plumbiing, Inc.
Hal Gray	\$5 .	Imperial Electric Service, Inc.
Terry LaCasse	\$5 .	The Plumbing Patrol, Inc.
Robin Gosnell	\$5 .	Natures Resource Pest Control
		Doll Brothers Carpet Cleaners
Catherine McGettigar	1 \$5 .	Buggin Out Pest and Termite Control
		Ron Wyngarden MH Washing
		Sunset Appliance Service
Norbert Natzke	\$5 .	Southeast Mobile Home Supplies

vinners are:		
Martha Blake	\$5	Royal Enterprises
Danice Leal	. \$5	Boss Electric Corp.
Daryl Lahiff	. \$5	Battleline Termite & Pest Control, Inc.
Yvonne Large	. \$5	Denny's Plumbing, Inc.
Charles Smith	. \$5	Doll Brothers Carpet Cleaners
		Debbie's Salon
		Boss Electric Corp.
Rick Hodgson	. \$5	Jones & Sons Plumbing, Inc.
Joan Henderson	. \$5	Marti's Hair Salon
		Bill the Carpet Guy
		Knoblach Heariing Care
		Appliance Specialty, Inc.
		Community Roofing of Florida, Inc.
		Barrons AC & Appliance Service, Inc.
		Sunset Appliance Service
		Air Masters of Pinellas, Inc.
		Bill the Carpet Guy
Joy Olson	. \$5	Battleline Termite & Pest Control, Inc.
		Modern AC & Appliance Service, Inc.
		Largo Plumbing Co.
		Mobile Home Depot, Inc.
		Heller's Mobile Home Washing
Denis Mullen	. \$5	Largo Plumbing Co.

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Colonial Village Activities

Anniversaries & Birtl	ndays		Jess McFee, #70
	Thursday		
Bingo	Friday	6:30 p.m	Bea/Lefty Peterson, #71
Bowling	Wednesday	Noon	Jack Wilcox, #55
Building Better Bone	sMonday & Wednesday	1:00p.m	Lillian Migliorini #129
CARDS:			
Bid Euchre	Monday	7:00 p.m	Leona McNeil, #161
Euchre	Tuesday	7:00 p.m	Garry McFee, #70
Men's Poker	Mon & Fri at 2pm & We	ed at 5pm	David Denny, #139
Texas Hold 'Em	Wednesday	7:00 p.m	Garry McFee, #70
"65"	Mon. & Thurs	6:30 p.m	
Coffee/Social	Friday	10:00 a.m	Edna Price, #31
	Each February		
Line Dancing	Tuesday	1:00p.m	Betty Clarke #67
Memorials			Evelyn VanDuyne, #57
Newsletter	Items in by the 10th of ea	ch month	jessmcfee@tampabay.rr.com
Park Luncheon	3rd Wednesday each mor	nth	Joyce Shumaker, #25
Shuffleboard	Thursday	3:00p.m	Betty Clarke #67
Social Activities	Chairman/Secretary		Jan Tremblay, #26
Social Activities	Treasurer		Garry McFee #70
Water Aerobics	Monday	9:30a.m	Effie Hillier #180



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