OFFICE: 601 Starkey Road • Largo • FL 33771 • (727) 531-9105 EQUITY LIFESTYLE PROPERTIES, INC. Manager - Debra Puckett - 727-431-9105

June • 2019

Vewsletter.

484-7488

Thank you to Terri Campbell of Southwind MHP for the great photos from St. Pete's Sunken Gardens and her own yellow hibiscus!

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Issue 4

3rd Year

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April 2019 East Bay Oaks Monthly Media

Mich Emond EastBayOaksHOA@gmail.com

East Bay Oaks Residents, Inc. Officers, 2018 – 2019

President.....Scott Gralinski Vice PresidentMich Emond

Secretary	Wendy Rawlings
Treasurer	Lois Wysokowski
Social Director	Debbie Myers

Board of Directors: To March 2021

Ernie Ranger Wendy Rawlings Louise Long Mich Emond Scott Gralinski Lois Wysokowski Debbie Myers

Park Manager Debra Puckett EBO MONTHLY MEDIA Mich Emond EastBayOaksHOA@gmail.com

MANAGER: Debra Puckett

EDITOR: Mich Emond EastBayOaksHOA@gmail.com <u>DEADLINE FOR SUBMISSION TO MONTHLY MEDIA IS THE 7TH OF EACH</u> MONTH.

Emergency Notification (Call-Em-All * Robo-Call)

E LS has implemented an automatic messaging service (Call-Em-All) to notify you in the event of a critical or routine event such as loss of water, electricity, etc. This will be the only method used to contact you should you need to be notified of a critical or routine event. If you do not receive a call, please contact the Office.

Clubhouse Booking

Please note that all Clubhouse bookings (requests to use the Clubhouse for private events) are being handled by the Park Management Office (727-531-9105).



It Pays To Patronize the Advertisers in This Newsletteri

With our monthly cash give-a-way, <u>Monthly</u> <u>Mania</u>, residents can win up to \$100 for simply using the businesses in the newsletter. See the winners listing page toward the end of this newsletter for more info. We give out \$400 monthly to residents just like you!

Do you want more chances to win? Let us know any businesses you would like to see advertising in the newsletter. The more advertisers you use, the more chances you have to win!



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Borrowing of Tables

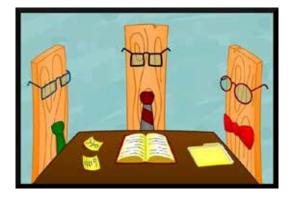
Forms are available in the Clubhouse to be completed and dropped off at the HOA mailbox at the ELS Management Office in advance. The tables and chairs in the main clubhouse are NOT available for loan. The loaner tables are located in the Continental Room and are the long metal folding tables.

NOTICE OF MEETINGS OF THE BOARD OF DIRECTORS

Agenda Meetings – Residents ma	ay attend with no participation
September 28, 2019	9:00 am
November 2, 2019	9:00 am
November 30, 2019	9:00 am
January 4, 2020	9:00 am
February 1, 2020	9:00 am
February 29, 2020	9:00 am
March 28, 2020	9:00 am

HOA Meetings – To conduct ordinary business of the HOA – all members are welcome October 2, 2019 7:00 pm

November 6, 2019 December 4, 2019 January 8, 2020 February 5, 2020 March 5, 2020 April 1, 2020 7:00 pm 7:00 pm 7:00 pm 7:00 pm 7:00 pm 7:00 pm 7:00 pm



View this Newsletter in full color at www.monthly-media.com right click with mouse to download to your computer

HOA President Scott Gralinski President

reetings Everyone!

Hope you are all having a wonderful time, wherever you may be this time of year. Father's Day is on Sunday, June 16th. HAPPY FATHER'S DAY to all of the fathers out there!

Summer officially begins this month, on June 21st. The Summer Solstice takes place at 11:54 AM, marking the beginning of summer and the longest day of our year. Enjoy everything summer has to offer, it only comes around once a year.

I want like to take a moment to thank all of those who volunteered to host so many wonderful events this past season. If not for our neighbors and friends in this community who stepped up, the activities that we so enjoy would not have taken place.

Sadly, the ending of the winter / spring season has also seen the departure of several longtime residents of East Bay Oaks. Beautiful folks having graced this community with their presence for many, many years, that have, for reasons of their own, decided to move on. To them, I send my best good wishes for a very happy future, full of joy and love.

God Bless!

Scott

"I am learning to trust the journey, even when I do not understand it." - Mila Bron



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EAST BAY OAKS HOMEOWNERS ASSOCIATION ANGEL FUND

Thanks to the generosity of numerous EBO residents a fund has been set up to help neighbors attend a variety of the park's social events from luncheons, to dances or socials or trips. Donations are still being accepted for a specific person or event or general donation, but we are also looking to distribute the funds. Nominations will be kept anonymous and may be given to anyone on the EBO Board or Sue Cooper #166.

NOMINATION FORM

I would like to nominate for the fund:

The activity I'd like them (or I) to attend:

Cost of Activity____

Please nominate at least 2 weeks prior to deadline for event

East Bay Oaks Clubhouse Activities

Susan Cooper

CRIBBAGE: played weekly on Monday night at 6:30 pm. **HAND AND FOOT:** played weekly on Tuesday nights at 6:30 pm. **POKER:** played weekly on Tuesday night at 6:00 pm **PINOCHLE:** played weekly on Thursday night at 6:30 pm **CARDS:** played weekly on Friday night at 6:00 pm

Saturday Morning Coffee and Donuts at the Clubhouse

oin us every Saturday morning at 8:15 am for coffee and a donut – a great value at just \$1.00. Come meet your neighbors, have some conversation and get an update on activities here at East Bay Oaks.



Puzzle Table

The puzzle table is in the Continental Room and we have plenty of puzzles in stock to keep you occupied for months!

Welcoming Committee

Bev Gulliver, Coordinator

f you know of someone new in the neighborhood, we are anxious to meet them and welcome them with a goodie bag and lots of information and some freebies. Please contact Bev with any new arrivals to our community!

Sick Bay and Condolences

Barbara Gallagher

Please contact Barbara Gallagher with news of any illness and/or passing. She can be reached at 603-970-0124 or tntgrammie@yahoo.com (Lot #57). Please try and contact her as soon as possible so that she can get a card sent out. If the family wishes to have a memorial service or collation, please contact Helga Kelly soon as possible.

Card donation – For any resident wishing to donate extra cards, Barb can use get-well cards, sympathy cards, encouragement cards or blank note cards.

Library

Sandy Crockett

Then returning books to the Library, please DO NOT place your books back on the shelf. Place them in the "BOOK DROP OFF" slot provided for that purpose.

Please drop off any magazine donations at the Laundry Room as the library is not able to handle magazines. Thank you for your cooperation.





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CollisionACV - \$500 Deductible
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Additional Exp\$30 Per Day / \$900 Each Occurance
Annual Paid In Full Premium \$994.55*

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

*NOTICE: Acceptability of all proposed applicants subject to underwriting approval, premium rates are subject to change. Rates will vary based on age of operator, driving





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Social Committee Schedule of Events

Date	Event	Event Host(s)
May-Sept	Summer Events – To Be Determined	Need Hosts
October 31, 2019	Halloween Dance	Need Host
November 3, 2019	Pancake Breakfast	Colleen Huckins
November 11, 2019	Veteran's Day Breakfast \$5.00 non veterans	Mich Emond
November 24, 2019	Breakfast & Cornhole at Eldorado Village	Our Friends at
		Eldorado Village
November 28, 2019	Thanksgiving Dinner at Eldorado Village	Our Friends at
		Eldorado Village
December 1, 2019	Pancake Breakfast	Colleen Huckins
December 13, 2019	Trolley Ride \$18	Shannon and Roxie
December 22, 2019	Christmas Dinner	Steve Lowe
December 24, 2019	Luminaries	Bev and Bill
December 31, 2019	New Year's Eve Party	Shannon and Roxie
January 5, 2020	Pancake Breakfast	Colleen Huckins
February 2, 2010	Pancake Breakfast	Colleen Huckins

A note from the Shuffleboard coordinators

The shuffleboard team could use more players for the 2019-2020 season. If you are interested in joining the team or would like more information, please see Collen Huckins or call her at 727-550-6397.

Saturday Night Summer Shuffleboard

ome join us for a Saturday night shuffleboard social. We meet 7 pm. at the shuffleboard courts. All players are welcome. Cues provided, as well as instruction on how to play. Come out and join us, have some fun, meet new people. Contact Colleen Huckins at 727-550-6397 if you have any questions. Hope to see you all there.

June Fun EBO Style

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Attorney Paul Herzfeld 1715 East Bay Drive, Suite C Largo, FL 33771 email: <u>paul@herzfeld.net</u> visit: noflprobate.com



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TRASH/DUMP AREA SCHEDULE

Dump hours: Monday - Friday 8:00 am - 3:30 pm Pick-up hours: Tuesday and Friday 8:00 am till 12 noon **DO NOT PLACE TRASH OUT THE NIGHT BEFORE TRASH PICK UP**

Closed: Saturday and Sunday

Trash pick-up services:

- All garbage MUST be placed into plastic bags and securely tied weighing no more than 25 pounds.
- Please do no place trash into boxes. Boxes must be flattened and tied with string. All broken glass/mirrors must be placed into a box and taped securely.
- Dispose of all medical needles and medicines properly. Do not place in trash bags.
- All newspaper should be bundled and tied securely with string.
- Trees and brush trimmings must be cut into no larger than 4-foot lengths and bundled in no more than an 18-inch diameter to be picked up.
- All weeds, leaves and lawn trimmings must be placed in plastic bags and tied closed for pickup. Bags are to weigh no more than 25 pounds as specified above.
- Furniture and construction debris will not be picked up. Place in open top dumpster.
- NO TVs, ELECTRONICS, TIRES OR PAINT FOR DISPOSAL INSTRUCTIONS, PLEASE CALL PINELLAS COUNTY SOLID WASTE DIVISION 727-464-7500. (Paint must be dried up!)

Uncontained garbage and fluids are a great health risk if inhaled by your neighbors and our staff. These rules are for everyone and not a certain few. People are still putting trash out before Tuesday or Friday mornings. Please try to obey these rules. They are for everyone.

Thank you for your cooperation.





Services Directory

AIR CONDITIONING SALES/SERV	
Air Masters of Pinellas, Inc.	727-586-6969
E & E Gliddon, Inc	727-546-4343
Modern A/C Service Co.	727-541-5541
APPLIANCE REPAIR	
Appliance Specialty, Inc	727-520-6002
Rick's Appliance Repair	727-637-4789
ATTORNEY	
Law Offices of Paul Herzfeld	727-587-0009
AUTO BODY & PAINTING	
Auto Painters Plus	727-504-6891
AWNINGS	
Bay Area Aluminum Services, Inc	727-585-4442
Century Awnings Co.	727-559-8811
Century Awnings Co.	
BathMasters	727-333-7997
BLINDS & DRAPERIES	
Rod Runners	727-394-9534
CARPET CLEANING	
CARPET CLEANING Bill the Carpet Guy	727-521-4163
Doll Brothers Carpet/Upholstery Clnrs.	727-596-2249
CLEANING/INTERIOR	
Above and Beyond Cleaning	727-307-0507
Betty's Cleaning & Custom Services	727-280-4841
Debbie's Cleaning Services	774-225-1225
COMPUTER SERVICES	
Discount Computer Repair	727-320-2965
Largo Tech Services, LLC	727-474-4285
DERMATOLOGIST	
Florida Dermatology & Skin Cancer	727-548-9196
DOCTOR - INTERNAL MEDICINE	
Suncoast Family Medical Assoc	727-588-9572
ELECTRICAL CONTRACTOR	
Boss Electric Corp	727-791-1308
Haseney Electrical Services, Inc	727-441-8434
Palm Harbor & Dunedin Electric	727-773-1622
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At Home Floors - Carpets + Tile	727-584-3711
FLOOR REPAIR	
FLOOR REPAIR Flatworks	727-288-4680
Florida Anchor & Barrier Co	727-330-7821
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Sunday	Monday	7
JULY 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 31	,	
2	3 Aquacize 9:30 am Cribbage 6:30 pm	Trash Pi Aquaciz Poker 6 H/F 6:30
9	10 Aquacize 9:30 am Cribbage 6:30 pm	Trash Pi Aquaciz Poker 6 H/F 6:30
16 Father's Day	17 Aquacize 9:30 am Cribbage 6:30 pm	Trash Pi Aquaciz Poker 6 H/F 6:30
23	24 Aquacize 9:30 am Cribbage 6:30 pm	Trash Pi Aquaciz Poker 6 H/F 6:30
30		

East Bay Oaks

ſuesday	Wednesday	Thursday		Friday	Saturday	
					Coffee 8:15 am Shuffleboard 7 pm	1
4 ck-up 8:30 am e 9:30 am pm) pm	5 Aquacize 9:30 am	Aquacize 9:30 am Pinochle 6:30 pm	6	7 Trash Pick-up 8:30 am Aquacize 9:30 am Cards 6 pm	Coffee 8:15 am Shuffleboard 7 pm	8
11 ck-up 8:30 am e 9:30 am pm) pm	12 Aquacize 9:30 am	Aquacize 9:30 am Pinochle 6:30 pm	13	14 Trash Pick-up 8:30 am Aquacize 9:30 am Cards 6 pm	Coffee 8:15 am Shuffleboard 7 pm	15
18 ck-up 8:30 am e 9:30 am pm) pm	19 Aquacize 9:30 am	Aquacize 9:30 am Pinochle 6:30 pm	20	21 Trash Pick-up 8:30 am Aquacize 9:30 am Cards 6 pm First Day of Summer	Coffee 8:15 am Shuffleboard 7 pm	22
25 ck-up 8:30 am e 9:30 am pm) pm	26 Aquacize 9:30 am	Aquacize 9:30 am Pinochle 6:30 pm	27	28 Trash Pick-up 8:30 am Aquacize 9:30 am Cards 6 pm	Coffee 8:15 am Shuffleboard 7 pm	29





EAST BAY OAKS EXPRESS JUNE, 2019 E

Birthdays in June

(I am using the lists from last year's Media for birthdays and anniversaries – please let me know of any necessary additions, corrections or deletions)

Date	Name		Lot#
1	John	Assaff	159
4	Brenda	a Thomas	239
5	Dawn	Mechem	250
6	Paula	Herbers	145
6	Alice	Freyer	104
7	June	Roy-Mullen	291
8	Diane	Germscheid	320
12	Brigitt	e Schlinkhoff	9
12	Judy	DeMarre	19
12	Gary	McDonal	115
12	David	MacAskill	313
13	Judy	Langren	109
13	Byron	Jacobs	214
25	Debbie	e Jardine	74
28	Gordo	Ford	208
29	Bill	Finn	319



Anniversaries in June

Date	Names	Lot#	
1	Tim & Diane Krook	268	
6	John & Elaine Fisher	4	
9	Nic & Pat Tymchuk	11	
17	Jimmie & Michelle Smith	110	
20	Jim & Judy Tilley	271	
26	Bob & Sarajane Kiker	292	
27	Dan & Shelia McKeag	167	



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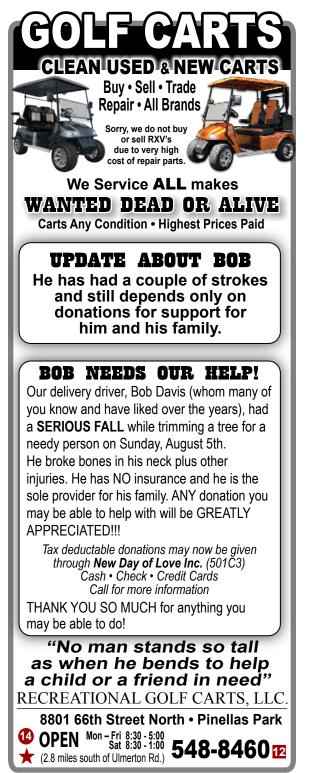
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BEFORE







Bingo

B ingo is finished for the season. Bingo will resume in November on Thursday nights.

Manager's Corner

Debra Puckett, General Manager, East Bay Oaks and Eldorado Village

June Facts

- First Weekend in June: National Doughnut Weekend
- Accordian Awareness Month
- Adopt A Cat Month
- African-American Music Appreciation Month
- Aquarium Month
- Candy Month
- Caribbean American Heritage Month
- Dairy Month
- Fight The Filthy Fly Month
- Fresh Fruit and Vegetables Month
- Gay and Lesbian Pride Month
- Great Outdoors Month
- Iced Tea Month
- Papaya Month

June has the Summer Solstice, the day with the longest daylight of the year, typically on June 21st, which is also National Nude day.

June is often considered a "summer month", whereas September is not. This is despite the fact that September has twice as many summer days as June.

June is the sixth month of the year in the Julian and Gregorian calendars and one of the four months with a length of 30 days. June is the month with the longest daylight hours of the year in the Northern Hemisphere and the shortest daylight hours of the year in the Southern Hemisphere. June in the Northern Hemisphere is the seasonal equivalent to December in the Southern Hemisphere and vice versa. In the Northern hemisphere, the beginning of the meteorological summer is June 1st. In the Southern hemisphere, the beginning of the meteorological winter is June 1st.

The month of June is probably named after Juno, the wife of Jupiter, and queen of the gods [Hera in Greek mythology]. It was held sacred to her, and was thought by the Romans to be the

... continued on page 28

luckiest month for marriage, since Juno was the Goddess of Marriage. Wherever the goddess went she was attended by her messenger Iris (the Rainbow), who journeyed so quickly through the air that she was seldom seen, but after she had passed there was often left in the sky the radiant trail of her highly-coloured robe.

Juno is always represented as a tall, beautiful woman, wearing a crown and bearing a sceptre in her hand, and often she is shown with a peacock at her side, since that bird was sacred to her. A story is told of one of her servants, Argus, who had a hundred eyes, only a few of which he closed at a time. Juno set him to watch over a cow which Jupiter wished to steal, for it was really a beautiful girl named Io, whom Jupiter had transformed.

Mercury was sent by Jupiter to carry off Io, and by telling long and wearisome stories to Argus at last succeeded in lulling him into so deep a sleep that he closed all his eyes. The god then seized Argus's own sword and cut off his head. Juno was very sad at the loss of her servant, and gathering up his hundred eyes scattered them over the tail of the peacock, her favourite bird."

The Latin name for June is Junius. Ovid offers multiple etymologies for the name in the Fasti, a poem about the Roman calendar. The first is that the month is named after the Roman goddess Juno, the goddess of marriage and the wife of the supreme deity Jupiter; the second is that the name comes from the Latin word iuniores, meaning "younger ones", as opposed to maiores ("elders") for which the preceding month May (Maius) may be named.

In ancient Rome, the period from mid-May through mid-June was considered inauspicious for marriage. Ovid says that he consulted the Flaminica Dialis, the high priestess of Jupiter, about setting a date for his daughter's wedding, and was advised to wait till after June 15.



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



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Early birds versus night owls—who's better off?

The early bird gets the worm, and early risers enjoy other benefits, according to a story on the *New York Post* website. A survey of sleep habits involving 2,000 people found that, among other things, self-identified early birds have more sex on a weekly basis than their night owl counterparts.

The survey also found that early birds generally make more money, are more likely to work in an office setting, and describe themselves as happy. They're also more likely to be married with children in their home. On the other hand, night owls are typically shy and sarcastic, likely to believe in ghosts and cryptids, and more often single.

They tend to sleep about the same amount—seven hours a night for early birds and six hours for night owls. However, early birds are light sleepers, and they feel more well-rested when they get up than night owls.

Disconnecting may not lead to the benefits you're looking for

Ver feel the need to disconnect from your devices for a "digital detox"? The Yahoo Finance website reported on a survey by Mojo Vision (Saratoga, California), which found that people tend to use technology as much, if not more, after distancing themselves from their smartphones and tablets for a while.

The survey of 1,000 Americans found that 67 percent agree that technology makes life

easier, but 55 percent believe that all that tech is a distraction, with one-third worrying that it hurts people's ability to connect with one another. Still, 54 percent said that abstaining from their devices didn't produce the positive benefits they'd hoped for—or at least were unsure whether it had a beneficial impact.

The most common strategies for "subtracting" tech are setting devices to send fewer notifications, putting them on a "Do Not Disturb" setting, scheduling times to not use their devices, or simply turning them off for a period of time.



A good decision is based on knowledge, and not on numbers.

-Plato

Flower power

dairy farmer in Japan, Toshiyuki Kuroki, found a novel way to help his wife, Yasuko, cope with her failing health. When complications from diabetes robbed her of her vision, he began planting shibazakura around their farm. It's a species of phlox and a hearty groundcover that blossoms March and April.

Though he knew his wife of 30 years would no longer be able to see the beautiful fuchsia-colored petals, he hoped the sweet fragrance of the flowers would lure her outdoors and out of her deepening depression. It didn't, for a while, and then something pretty wonderful happened.



As the farmer continued to plant more flowers, they thrived and spread across the farmland. People from surrounding areas, even tourists, began to visit the farm. Everyone wanted to see the beautiful pink fields and walk among the spring flowers. With so many new and different people showing up on their land, the farmer's wife began to wander outside and interact with the visitors. She was happy again.

For the past 25 years, the shibazakura fields that surround the home of Toshiyuki and Yasuko Kuroki have sparked joy and wonder in the hearts of many. The Kurokis receive about 7,000 visitors a year at the farm during March and April, and they no longer raise dairy cows.

Their story is a reminder that love and flowers are a powerful healing force.

That's what friends do

story recently went viral on social media that attracted the attention of national news outlets:

A teenager from a small town in Arkansas saved two years of earnings from his part-time job to buy a motorized wheelchair for his best friend and fellow high school classmate. It was a selfless act that speaks volumes about friendship and goodwill while serving as an example of how each of us can do and give more to contribute to the greater good.

A flower cannot blossom without sunshine. A man cannot live without love.

—Max Muller

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The Bay Area's Finest

33 Years - Same Owner

OFFICE OPEN DAILY 12700 Walsingham Road

Phone: 727-596-8678

indianrockssto@tampabay.rr.com

Largo, FL 33774

Great Prices!

MEN'S HAIRCUT

Take \$2.00 OFF

a haircut with this ad

5 EVERY

adies \$1095

WANTED TO BUY

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

EVENTS & PROGRAMS

CARPORT SALE: Gateway MHP, Saturday, June 1st and Sunday, June 2nd, 8am-3pm. 10100 Gandy Blvd., St. Petersburg.



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

JULY AD DEADLINE - JUNE 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. **NeatherRoofi**

Home of the Lifetime Transferable Warranty! Florida Licensed Contractor #CCC058045 & #CCC1330500

INSPECTION

Your #1 Mobile Home Roofing Company Ne shoot a detailed VIDEO of /our roof so **you** can see EXACTLY what the problems are 011 B est 0 at the time of our FREE estimate.



SAVE OUR FLYER FOR OF.

Since 1984

RO

For over 3 decades, we have made it our aim to provide the highest quality mobile home roofing services in our community. You can always count on us to give you an honest assesment of your roof. Not only will you get the best experience at a fair price, you'll also get the best warranty coverage available on the market! Don't risk getting a cheap job or being taken advantage of by another company, call us today!



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

THOUSANDS manufactured home residents have won over \$148,000 since our contest began. It's simple to play ... when you patronize a current advertiser, ask for a Monthly Mania ticket (or a reasonable facsimile) and fill it out completely. Put the ticket in our Monthly Mania drop box in your community or mail your paid receipt 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.

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

(, men i e neeke ier mannig er eneek).	The month o baom		
Steve Ray \$100	Dunedin Transmission	Patty Schuyler \$5	5 Debbie's Salon
Phil Houpt \$10 Bo	b's Mobile Home Washing		5 Buggin out Termite Inc.
Edith Winter \$10Com	munity Roofing of Florida	Marilyn Moore \$5	5Community Roofing of Florida
Nancy Underwood \$10 George's 1	Mobile Home Service, Inc.	Carolyn Hooper \$5	5 Air Masters of Pinellas, Inc.
Eric Vogel \$10	All Weather Roofing	Robert Morgan \$5	5 Bob's Mobile Home Wash
Anne Burr \$10 A	ir Masters of Pinellas, Inc.	Roy Martin \$5	5 Boss Electric Corp.
David Havens \$10 Ron	1 Wyngarden MH Washing	Betty Flynn \$5	5Jones & Sons Plumbing, Inc
Edward Bates \$10 Natures I	Resource Pest Control, Inc.	Howard Florczak \$5	5 Haseney Electric
Jean Cahill \$10 Doll Bro	others Upholstery Cleaning	Leland Armstrong \$5	5Battleline Termite & Pest Control, Inc.
Earl Foster \$10 I	Debbie's Cleaning Services	Lois Ayotte \$5	5 Heller's Mobile home Washing
Sally Ericson \$10	Tarpon Pest Control	Barbara Maglia \$3	5 O.W. Wilson Insurance
Victor Bartlett \$10 E & E Glid	don Air Conditioning, Inc.	Tom Crowley \$5	5Battleline Termite & Pest Control, Inc.
John Knippel \$10 Palm Harbo	or & Dunedin Electric, Inc.	Masion Mein \$3	5 All Weather Roofing
Jackie O'Dell \$10	Appliance Specialty, Inc.	Patricia O'Flaherty \$:	5Jones & Sons Plumbing, Inc
Thomas Miller \$5	The Plumbing Patrol		5Bob's Mobile Home Wash
Sue Baker \$51st Cla	ss Handyman Service, Inc.	Arnold Alloway \$5	5 Jones & Sons Plumbing, Inc
Peggy Gronek \$5	Royal Enterprise	Theresa Lorentzen \$5	5J. Timothy Doerner, D.D.S., P.A.
James L. Cates \$5 Jo	ones & Sons Plumbing, Inc	Sandra Losiniecki \$5	5 Heller's Mobile home Washing
Mary Wuest \$5 Roi	n Wyngarden MH Washing		5 Discount Computer Repair
Helen Blond \$5Battleline Te		Diane Nichols \$5	5 Doll Brothers Upholstery Cleaning
Paul Boone \$5 Natures I			5Jones & Sons Plumbing, Inc
Raymond Bundy \$5		Albert Carey \$	5 Air Masters of Pinellas, Inc.
Delmar Haynes \$5			51st Class Handyman Service, Inc.
Iris BroceDol	l Brothers Carpet Cleaning	Brenda Milobowski \$	5 Debbie's Cleaning Services

· 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.

Comment Form

E LS corporate has asked that residents begin using the below form instead of the previous Nelson complaint form. Copies can be obtained from the Management Office or any HOA member. There are also copies available in the clubhouse. When submitting the form to the Management Office, please remember to also give a copy to any HOA member.

mment Form		
Compliment	□ Suggestion	Concern
Phone Number:		
S	ite:	
Too	lay'sDate:	
	Phone Number:S	□ Compliment □ Suggestion _ Phone Number: Site: esident or address, fill out the below in

Watch for these hidden causes of high blood pressure

any factors affect your blood pressure, including genetics, diet, and even your sleeping patterns. The Healthline website advises you to be mindful of these possible contributors to high blood pressure, as well:

- **Over-the-counter medications.** Common medications used to address everyday aches and pains can increase one's blood pressure. These include anti-inflammatory drugs like Aleve, Advil, and Tylenol, as well as decongestants. You don't have to stop taking them, but check with your doctor.
- Caffeine and alcohol. Both of these can heighten your blood pressure. Limit yourself to less than 300 milligrams of caffeine a day—two to three cups of coffee—and one alcoholic beverage a day for women and two for men.



• Food ingredients and supplements. Some herbal supplements, for example, use licorice, which can raise blood pressure. In addition, some cheeses, cured meats, and also soy products contain high levels of tyramine, which can interact with medications like antide-pressants, causing a spike in blood pressure.

Pill offers an alternative to insulin injection

People with type 2 diabetes may have a new alternative to insulin injections, according to the Science Daily website. A research team at MIT has developed a capsule that patients can take orally to receive their insulin through the stomach.

The blueberry-size pill contains a tiny needle filled with compressed, freeze-dried insulin. The needle itself is made of a biodegradable substance and is attached to a compressed spring held in place by a disk of sugar. The capsule is designed to orient itself so the needle can contact the lining of the stomach. When the needle is injected, the insulin dissolves at a controlled rate and then passes harmlessly through the digestive system.

Tests in animals found that the device can deliver sufficient insulin to lower blood sugar at a rate comparable to injections through the skin. The device can also be adapted to deliver other medications.

> Calm mind brings inner strength and self-confidence, so that's very important for good health.

> > —Dalai Lama



2019/2020 Activities Chairpersons

Activities/Social Director	Debbie Myers
Activities Bulletin Board	Chris Lowe
Aqua - Power	Sue Cooper
Bingo Coordinator	Debbie Myers
Budget	Lois Wysokowski
Chaplain	
Clubhouse Reservations	Park Management 727-531-9105
Coffee Hour	-
Crafting	Wendy Copeland
Entertainment Coordinator	
Keeper of the Flag	Brownie
Kitchen Supplies	Chris Lowe & Sue Cooper
Library	Sandy Crockett
Lock-Up	Bill Burnett/Drew Fry
Memorial	
Monthly Media	Mich Emond
Monthly Media Deliveries	Chris Lowe & Volunteers
Neighborhood Watch	Open
Outings and Travel	Debbie Myers
Pancake Breakfast	
Pool (Billiards) League	Mike Mahony
Social Committee	
Shuffleboard	Colleen Huckins
Shuffleboard Courts Keeper	Colleen Huckins
Sick Bay, Well Wishes	
Welcoming Coordinator	
	-

