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FOUR SEASONS

• F O R U M •

S

September • 2015 **Issue 7**
39th Year

She Eagled the 7th Hole!

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hole at Fairway Village -
her score was not reported!**

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Vice Pres.	Ed Shuman	2016
Secretary	Ed Shuman	2016
Treasurer	Dave Runnells	2017

Appointments

Parliamentarian	Don Wright
Registry Agent	Lucinda Warren

BOARD OF DIRECTORS

Mandi Harman-Ashley	2017
Gerri Howlett	2017
Bruce Pimental	2017
Steve Lynn (appointment)	2016



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Vice Pres.	Evy McDonagh
Secretary	Janice Lamore
Treasurer	Natalie Eustace
Director	Linda Bodfield
Director	James Cameron
Director	Claire Martin
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Vice President	Gerri Howlett
Treasurer	Beryle Patton
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18 ★ **2**

Multiply Your Monthly Mania!

As you probably already know; patronizing the advertisers in this newsletter also pays YOU with our Monthly Mania Cash Give-a-Way. **We pay out \$400 every month to residents** who submit tickets they have received from using the businesses in the newsletter. Winning is easy, just patronize any advertiser in the newsletter, then submit either the ticket or a paid receipt to us for your chance to win!

Now You Have More Chances to Win!

We are now offering unlimited entries into our Monthly Mania drawing by just *SUGGESTING* a business to advertise.

Here is how it works:

1. Call our office and suggest a business to advertise in the newsletter
2. We will take down your information (name, address, phone number) and enter you into the next month's drawing for over \$400 in cash prizes
3. The more businesses you suggest, the more chances you have to win.
(To qualify each resident can only suggest a business once)

What businesses would you like to see advertising?

We have spots available in the following categories:

- | | | |
|-------------------------------------|--------------------------------------|-------------------------------|
| • Accountant/Tax Prep | • Foot Specialist - Podiatrist | • Moving Services |
| • Assisted Living Facility | • Golf Cart Sales & Service | • Optometrist |
| • Attorney/Lawyer | • Hair Salon/Day Spa | • Painting - Inside & Outside |
| • Automotive Painting/
Detailing | • Hearing Aid/Retail | • Pet Services |
| • Automotive Repair/Sales | • Home Care | • Pharmacy |
| • Awnings | • Home Furniture & Mattress | • Remodeling/Interior |
| • Banks | • House Cleaning | • Resale Store |
| • Bathroom Remodel | • Insurance Home/Auto/Health | • Restaurants |
| • Bicycle Repair & Sales | • Investment/Brokerage | • Screen Repair |
| • Bingo | • Jewelry Sales/Design/Repair | • Storage |
| • Chiropractor | • Manufactured Home Sales | • Taxi/Shuttle |
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Repair | • Window Washing |
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**Thanks For
The Referrals
Last Month!**

**Two
\$5 Winners
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Birthdays and Anniversaries

If there are any corrections or deletions, please feel free to email or call me. Marilyn Franz, (727) 584 -2087 or Email: moosicldy@aol.com

September Birthdays

1 Jim Schmidt
3 Deanna Bernier
3 Ellen Croft
4 Robert Binney
5 Anastasia Short
6 Geraldine Androvett
8 Prem Gupta
10 Mary Lawton
10 Angie Simon
15 Irene Reda
20 Shirley Adriaasen
20 Rose Skundrich
21 Ida Kaarsgaren
24 Barbara Moehring
25 Roger Smith
25 Leon Wolfe
25 Ralph Buczek
25 Carolyn Schum
26 Josephine Hansen
27 Wilson Adams
28 Ann Crowley
28 Binky Clausen
29 Frank Meinert
29 Muriel Moir



September Anniversaries

2 1967	Jim & Ginger Degenhart	12	Wilson & Peggy Adams
3 1966	Colman & Evy McDonagh	13 1958	Frank & Lorraine Meinert
5 1953	Chuck & Joyce Fosdick	16 1961	Glyn & Marion Davies
5 1959	John & Barbara Gilmour	16 1983	Gary & Nora Skelding
6 1958	Len & Marlene Bink	25 2007	Tony & Cissy Tokic
6 1969	Kevin & Karen Wade		

We Need Cover Pictures! Send in Your Interesting Photos!

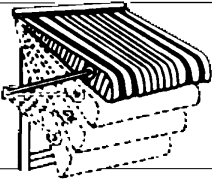
Get Your Picture on the Cover - We select a new and interesting picture every month to be printed on the cover of your newsletter. If you or your neighbors have fun events or activities please send in a picture and we'll enter it to be selected. Please include a description of the image and a brief release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



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LEST WE FORGET – SEPTEMBER 11TH



On a clear Tuesday morning in 2001, 10 terrorists from the Islamist extremist group al-Qaeda hijacked four commercial airplanes, deliberately crashing two into the Twin Towers in New York City and a third into the Pentagon in Arlington, Virginia. After learning about the other attacks, passengers on the fourth plane, Flight 93, launched a counter-offensive, and the plane crashed into an empty field in western Pennsylvania. The 9/11 attacks killed 2,977 people from more than 90 nations. The oldest victim was 85 years old; the youngest was two. More than 400 were first responders who died performing their sworn duties.

The 9/11 Memorial opened on the 10th anniversary of the attacks. It consists of two pools set in the footprints of the original Twin Towers. Thirty-foot waterfalls – the largest in North America – cascade into the pools, each then descending into a center void. The names of the victims are inscribed in bronze parapets around the pools. (From the 9/11 Memorial Mission Statement – 911memorial.org)

Four Seasons Estates ROC, Inc.

Derm Doyle, President, Lot #165

Dear Four Seasons Family,
Can you believe that September is here and our summer is just about over – Fall will be upon us and many of our northern neighbors will soon be preparing to head south for the winter.

Our full-time residents have had record-breaking weeks of rain this summer. We have all seen photos on Facebook and television of the flooding in Palm Harbor, Tampa, Tarpon Springs and other communities. We are thankful that Four Seasons and our Pinellas County area were spared from such devastation.

Unfortunately, the weather put a ‘damper’ on our Sealcoat project for July and August, but hopefully by this time, we are back on schedule and the project is completed.

Kathy and I wish each of you safe travels in the coming months and look forward to seeing you all once again to enjoy our time together this winter. With best regards, Derm.



Homeowners Association

Doc Wells, Parliamentarian, Lot #115

As the summer season ends many of our neighbors will be coming back from the north to spend the winter months with the year-round residents that have remained here in rainy, sunny Florida. We again wish you all a safe journey and a quick return to Four Seasons and the Homeowners Association. We have great plans for next year and early in 2016 as we will host a get together for all residents of Four Seasons. Watch for further information and updates in the Four Seasons Forum newsletter.

Our HOA Secretary Janice Lamore has sent an email to the President John Jones saying summer is going by fast. She has been working five and six days a week as a volunteer at the Habitat ReStore but it doesn't leave her much time to get things done around her home. She hopes everyone is well and safe.

President John Jones and I are still researching the history of Four Seasons Estate and will be preparing a report in forth coming issues of our monthly park newsletter. If you have stories to share of the development of our park and its history, please contact us, every little bit helps.

We must give thanks to Natalie Eustace our HOA Treasurer for the hard work in preparing a spread sheet phone list to be used by a new phone committee that will let all residents be informed of emergencies or other pertinent park information. Calling volunteers are needed, so contact Natalie or Beryle Patton to obtain a call list.

We want to reinforce the tips regarding hurricanes and proper preparations and preventive measures to take before a disaster and the difficult post-disaster period. Everyone should have an emergency check list. These are available at the clubhouse and throughout the county at Fire Departments, Sheriffs and Police Departments, etc. If you haven't gotten one, please pick one up.

To help protect your investment, the HOA helps you stay informed on matters here in the park concerning your home, state and county mandates concerning mobile homes, the roof, or insurance, etc. This information helps all of us stay current on new rules and by-laws. We encourage all homeowners to be paid members so that you may have a vote in various matters. This is a simple process, just \$20 per coach paid annually. Either bring payment to the next meeting or drop it off at our treasurer's (Natalie Eustace) home # 115. Most importantly, WE NEED YOU AT THE MEETINGS. WE VALUE YOUR SUPPORT.

Park Manager's Report

Michael W. Davis, Office phone: 727 584-1413

As everyone is well aware we have had record rainfall the month of July and into early August. I am very thankful that we have actually weathered the storms quite well with no serious flooding such as we've seen in other areas of Tampa Bay. There have been

Continued on page 13

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many folks displaced from their homes, many seeking shelters throughout the Tampa Bay area. We have been very fortunate and hopefully the rain and storm pattern that we've experienced will soon pass as fall begins.

- The lawn service & sealcoat process is a day by day game plan. Alexander's was able to cut Wednesday, August 12th, after two weeks. Hopefully, we can get back into our once a week cutting soon.
- Safety hitches had been applied to the trash & recycle dumpsters.
- Our PVC fencing has been cleaned by brush & hand with an organic compound recommended by West Coast fence called Simply Green.
- Concrete will be moved in its final stages to the banks of the canal as the sogginess dissipates.
- Renovation of coach #300 is complete and work is about to commence at #229.
- The pool lights have newer controls & the shower area has been remodeled, two ceiling fans are on order & that area is being addressed for further beautification & qualitative enjoyment.
- Tampa Bay Plumbers will be back in the park once the Sealcoat project is completed to finish the valve discovery on the north end of the park.
- We are looking at the cart path area again for beautification as well. I had Alexander's cut back their trees by about 3 feet all along any adjacent fencing.
- The Manager's First Draft Budget has been prepared & we are gearing up for our fall meetings & agenda items.
- Palm tree trimming shall be commencing shortly, as the seed pods decline in their spurts & growth on the queen palms. This, of course, weather permitting.
- Much attention is being done to eliminate invasive plants/trees from the park entirely. We have had & are having quite a busy summer in all echelons.
- We had an informational meeting / discussion on insurances at Koffee Klatch on Wednesday, August 12th, by Barry Scarr of Scarr Agency and Jessica McCracken, Commercial Lines Agent.

Thanks again to all residents for your steadfast support & cooperation!

IMPORTANT TIPS FROM ASSOCIA REGARDING HURRICANE PREPARATION

Hurricanes are frightening, but can be survived with minimal impact given the proper preparation. The following guide is designed to help you minimize damage and save lives through quick response and clear thinking that come from having a complete plan in place. Following you will find information to help you weather the storm, including checklists to make sure you have everything you need, tips for preventative measures you can take to facilitate a fast

response, and helpful guidelines for evacuation, damage assessment, and rebuilding your community. At Associa, we consider our clients to be family and we want you to be safe this hurricane season.

Listed below are suggestions for preventative measures to take before a disaster.

GATHER PERSONAL SUPPLIES:

- Water – at least 1 gal. per person for three to seven days
- Non-perishable packaged or canned food/juices
- Snack foods
- Non-electric can opener
- Paper plates/plastics utensils
- Garbage bags
- First-aid kit
- Flashlight(s)/batteries
- Rain gear
- Medicines/prescriptions
- Cash – ATM and/or banks may not be open for a few days/weeks
- Gas – fill your car with fuel in case of an evacuation
- A fully-charged emergency cell phone
- Keys to unit
- Waterproof container of important documents (medical, insurance, financial, social security, etc.)
- Reading material, games, etc.



WHEN YOU EVACUATE: • Contact family/friends as to the situation • Let the FSE office know where you will be staying. Leave in daylight if possible • Secure/lock mobile; remove everything from carport or deck • Place towels on all window and door sills in case of water • Do not tape windows, this will not strengthen them • Turn off all water faucets • Disconnect all electrical items at the switches in the breaker panel box (except refrigerator) • Remove antenna(s) or satellite dish, be careful not to touch electrical wire • Have a primary and secondary evacuation route (traffic may be heavy) • Relocate ASAP prior to winds/rain becoming too dangerous • Bring any of the provisions listed that can be managed; add a pillow and blanket. We strongly recommend you evacuate in the event of a hurricane. If you choose to remain, please remember that you do so at your own risk.

SHOULD YOU CHOOSE TO STAY: • Clean, sterilize and fill available containers with water for emergency drinking purposes • Fill bathtub with water for bathing and to flush the commode • Move to an interior room or closet of your unit without windows • Be aware that as the hurricane approaches you should remain in your mobile. There will be no help available until after the storm passes.

Where in the World Have You Been?

Marilyn Franz, editor, email: moosicldy@aol.com

This is a new feature for our FSE Forum! Write a paragraph or two to tell us where you've been this summer. Traveling? Home up north? Even if you stayed in Florida and visited someplace for the first time, tell us about it! Articles will be reviewed and published as space permits.

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right click with mouse to download to your computer**

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Social Activities Club

Nora Skelding, President, Social Activities Club, #399, gn.skelding@hotmail.com

I have been watching on Facebook the lousy summer being experienced in the park and in some of the home states/provinces of our residents. The Ontario summer has actually been wonderful and quite hot and humid, not bragging, just stating a fact. I am looking forward to the Florida heat with less humidity though.

Come join your neighbors on Monday, Labor Day, September 7th at noon in the clubhouse for our annual Labor Day Picnic. Tickets are available at KK or from Mary W. - \$3.00 per person. Thanks to Beryle and Jim Patton for hosting this final summer picnic of 2015.

Friday afternoon Bingo will continue for the month of September at 1pm in the clubhouse. Special thanks to Tom Ritchie for a fun-filled Friday afternoon all summer long!

Our regular Friday night Bingo will begin on the first Friday of October – October 2nd. Doors open at 5PM, cards sold until 6:30, play starts at 6:45. Pass the word to your neighbors and friends and invite them to our clubhouse for another season of Jackpot Bingo with Betty and her team.

The full-timers look forward to being together for Wednesday morning Koffee Klatch. Come out for coffee and bring your visitors, too – it's a good time to get caught up on all the park news!

Continued on page 18



35
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I received information from Julie Williams, our Largo Police Community Services Officer, about an initiative planned for October 6th in the City of Largo. It is called National Night Out and has been popular in both Canada and the US for many years. It's about enhancing the relationship between neighbors and law enforcement while bringing back a true sense of community.

The Largo Police are supporting and encouraging events in communities across the city and are placing more awareness on crime prevention. As I won't be at Four Seasons on October 6th, I need a volunteer who will be there to coordinate an event for the park and report same to the Largo Police, as a community that has participated. The event doesn't have to be anything fancy – a cookout/bbq, ice cream party, game night, simple refreshments at the clubhouse with the distribution of crime prevention handouts or even a group walk of the park – demonstrating we are taking back our homes from 'would be' criminals. Please give me a call at 519-582-1777 or email at gn.skelding@hotmail.com if you would like to do this.

Annual Flea Market

The only other critical message I have, is that I still have not heard from anyone willing to take the lead on the Flea Market in January. This will be on the agenda for the November meeting to cancel, if no one comes forward. I am sure there are some people in the park who could manage this with or without a few others to assist. I encourage you to give it some thought as the Flea Market represents revenue of about \$10,000 to our coffers. There is a lot of assistance available, but there needs to be a lead.

A Calendar of Events

"At a Glance" will be prepared for the fall and posted at the clubhouse for those interested in planning out the events they want to attend for the season. We currently have dances scheduled – one per month starting in November. New Year's Eve Dance at Pointe West will be open to Four Seasons residents.

OLD/WORN FLAGS

Place your old/worn flags in the bin (inside new cupboards at main entrance) in the clubhouse (American and Canadian). These will be collected throughout the year and used for the Flag Retirement Ceremony on November 14th 2015.

NEXT MEETING

The next SAC meeting is Thursday, November 19th, 2015 at 10 am at the clubhouse. Please join in on the discussions. We provide opportunities for feedback from the general membership so tell us what you like or don't like, or what you think we should be looking into. Your input helps to provide us as board members with a broad perspective of the membership's views, particularly when a board vote is necessary. We look forward to seeing you and hearing your ideas!

Continued on page 22

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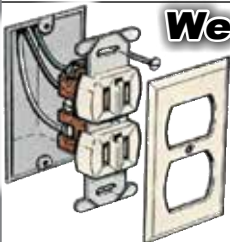
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Sunday	Monday	Tuesday
9 AM Worship	6 OFFICE CLOSED AM Garbage pickup 12 noon Picnic <i>Labor Day</i>	7
9 AM Worship 12-4 Private Party	13 AM Garbage pickup	14
9 AM Worship	20 AM Garbage pickup	21
9 AM Worship	27 AM Garbage pickup	28

Four Seasons

Tuesday	Wednesday	Thursday	Friday	Saturday																																										
1	2 8-9 AM Koffee Klatch 9 AM KK Meeting Shed open after meeting 9:30 AM AquaFit	3 AM Garbage pickup	4 9 AM AquaFit 1 PM Bingo	5																																										
8	9 8-9 AM Koffee Klatch 9 AM KK Meeting Shed open after meeting 9:30 AM AquaFit	10 AM Garbage pickup	11 9 AM AquaFit 1 PM Bingo <i>Patriot Day</i>	12																																										
15	16 8-9 AM Koffee Klatch 9 AM KK Meeting Shed open after meeting 9:30 AM AquaFit	17 AM Garbage pickup	18 9 AM AquaFit 1 PM Bingo	19																																										
22	23 8-9 AM Koffee Klatch 9 AM KK Meeting Shed open after mtg 9:30 AM AquaFit <i>First Day of Autumn</i>	24 AM Garbage pickup	25 9 AM AquaFit 1 PM Bingo	26																																										
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A glimpse into the past...

Do you recognize these folks? Photos from past events – Harold and Renie Bell (dinner out with friends); Pete and Marianne Hanson (1991); Roseanne Monaco, Billy Scagos & Gary Skelding (friendly visit); and Dorothy Grannan and Maxine Thompson (1992). Anyone with photos of current or past residents for possible future inclusion in our newsletter, please forward to me in digital format.



Four Seasons Chapel

Chaplain Chuck Truitt, #414, 727-902-8094 or 863-521-6688, email: truittwc@aol.com

ARE YOUR WINDOWS CLEAN?

From the Internet

A young couple moved into a new neighborhood. The next morning, while they are eating breakfast, the young woman sees her neighbor hang the wash outside. “That laundry is not very clean,” she said, “She doesn't know how to wash correctly. Perhaps she needs better laundry soap.” Her husband looked on, but remained silent.

Every time her neighbor would hang her wash to dry, the young woman would make the same comments. About one month later, the woman was surprised to see a nice clean wash on the line and said to her husband, “Look! She has learned how to wash correctly. I wonder who taught her this.”

Continued on page 25

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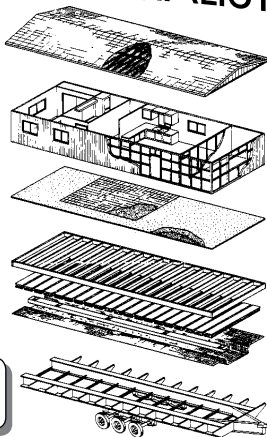
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The husband says, “I got up early this morning and cleaned our windows.” And so it is with life: What we see when watching others depends on the purity of the window through which we look. Before we give any criticism, it might be a good idea to check our state of mind and ask ourselves if we are ready to see the good rather than to be looking for something negative in the person we are about to judge.

Join us for Chapel services every Sunday, 9:00 AM, at the Four Seasons Clubhouse.

Potted Plants at Poolside

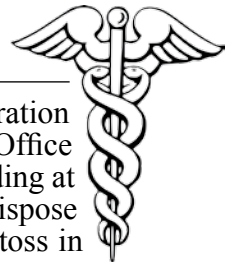
If you are a regular at our beautiful pool, please take a moment to check the plant pots around the perimeter; water them if they need it, pull a weed or two – in other words, they need a little TLC.

Have You Read a Good Book Lately?

Summertime reading can be very relaxing. If you’ve read a good book recently and would like to recommend it to your FSE neighbors, write a brief synopsis and email it to the newsletter editor at moosicly@aol.com. Submissions will be printed as space permits.

Operation Medicine Cabinet

Drop off your expired or unused medications during business hours at Operation Medicine Cabinet drop boxes located at any Pinellas County Sheriff’s Office locations. Closest one to FSE is the new Sheriff’s Administration Building at 10750 Ulmerton Road, Largo (across from Lowe’s). This is the safest way to dispose of unwanted prescription drugs. Do not flush medication down the toilet or toss in trash. Phone # 727-582-6200.



Welcome Lady

Angie Simon, Lot 103 telephone 330-612-5822

Hi! This is your Welcome Lady, Angie Simon, reminding all new residents that even if you do not want to have an interview with me, I would like to have information such as your birthday(s) and anniversary, if applicable, so this can be passed along to the newsletter editor. We announce birthdays, anniversaries, and special occasions at the Koffee Klatch meetings and, now that all of you are part of our Four Seasons family, we want to include your name(s). I hope to hear from you soon! Please give me a call. Thanks!

Sunshine Report

Angela Shuman, #144, red5hot0moma@hotmail.com, phone, 200-3240

While Angela traveled in August, Beryle reported that Irene Reda had a fall and is in a rehab in Tampa near her son. Renie Bell is in Rehab. Nancy Chenevert also had a fall and has three breaks in her shoulder. She is recuperating at her home in Rhode Island.

If you have updates on our residents, please let Angela know - stop by Lot 144. There is a basket on the 2nd set of steps that you can put notes in. You may also call her or email her.

Please keep all of our friends and neighbors in your thoughts and prayers for comfort and support. Cards are always appreciated.



Travel and Entertainment

Sandra Hansen, #452, hansens167@gmail.com, 727-586-1985

Are you looking for some travel ideas for the holidays? If you don't see what you are looking for in my article, just contact me for more information.

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Continued on page 29

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party---you are invited but not obligated to join in the dance classes. But classes are fun, you meet new people, and you work off calories so that you can enjoy the food more! Inside cabin @ \$639pp - Ocean view @ \$729pp. Visit ports of Belize, Roatan, Cozumel, and Costa Maya

All of the above can be arranged thru me, via e-mail or phone 765-653-5570—or call Advantage Travel direct at 727-576-3976 or 1-866-824-1613. Give them my name and proceed to tell them what trip or what information that you want. I am still in Indiana and will return to our park in mid-November. CHECK THE TRAVEL BOARD FOR INFORMATIONAL FLYERS.

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4. Mulch
5. Attract wildlife
6. Manage yard pests responsibly
7. Recycle
8. Reduce storm water runoff
9. Protect the waterfront

These nine principles emphasize sustainable landscaping choices. For more information, visit www.floridayards.org.

Be sure, also to notify the office, and get approval for plantings outside of your planter. Underground cables for phone and electricity and fragile water lines need to be protected. A written request to the office staff will help to ensure that you have park approval.

Clubhouse Scheduling

Bob Mendes, #124, bmendes@comcast.net, 727-437-2340 or 781-326-7685 (both numbers work all year)

If you wish to schedule the clubhouse for a function or private party, please contact me at least one month in advance so it can be placed on the calendar. For private parties, there is paperwork to complete and a deposit is required. Thanks for your cooperation.



I am Gluten Intolerant

By Angela Shuman

I do not have celiac disease but my insides don't tolerate gluten very well. My symptoms are bloating, gas, and going between diarrhea/constipation, plus my skin itches like heck. I am also exhausted all the time. I was originally gluten free back in November 2008. I stopped being gluten free December 2011 after I had my stomach removed. My symptoms started coming back and it took me a while to put two and two together so in January 2015 I went back gluten free even though my test came back negative. Within two weeks (both times) my symptoms pretty much went away. I have had my Michigan doctor suggest this to me the first time I just didn't decide to go gluten free. Then I had the blessing of my Florida doctor too. As they both said, humans were not made to eat gluten especially since it is so processed now.

What is gluten...wheat, ryes, malt, oats may or may not depending on where processed, couscous, barley...etc.; you would be amazed where you will find gluten. MSG is gluten. Soy Sauce is gluten unless it says gluten-free on label. Seasoning may have gluten because sometimes flour is added so it won't clump; the same with shredded cheese. Luncheon meats, but there are a couple of brands that are OK. French fries can have a coating on them or be fried with other things that are breaded. Mashed potatoes, as they may have flour added to thicken. Creamed soups, if flour is used as thickener. Believe it or not make-up, crayons, gum, candy, etc. could have gluten in them - weird I know. How about medications and vitamins, as they may have gluten.

What can I eat? Since I am intolerant I can sometimes take a chance and eat fries out. I do try to eat grilled or baked fish or chicken. If I have a salad I sometimes have to watch the dressing I use since many have gluten in them. Ed worries about me since he has been there when I have had flare ups. We try to check websites before we go to dinner to see if they have gluten free choices. More and more do. I try to be especially cautious when traveling since don't want a flare up. It is a challenge, but what in life isn't!

I am collecting gluten free recipes, but I am making many baked goodies substituting gluten-free flour for regular flour. Some things work, but many do not. It is a learning experience. I am of Italian heritage, so not having good crusty bread or great pasta or even a pizza has been a challenge. I have made my Anise Pizzelle cookies with much success with this substitution. Bread not so much. Pasta is getting better in the stores but it is hit or miss. Pizza is like eating cardboard. Poor Ed has been a real trooper with this. Many times I will make a spaghetti squash instead and that works out.

Here is a gluten-free buckwheat and oat pancake recipe I have made several times. Add either blueberries or pecans - delicious.

Continued on page 33

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CRAFT FAIR! Southwind MHP in Palm Harbor is seeking talented crafters for this community Craft Fair event Nov. 14th. 9-1 Tables are \$15.00 Call Jane 727-781-9238

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Crafters Wanted : Paradise Island Annual Craft Fair Sat. Nov 7, 2015 Tables \$10 & \$15 Call Marcia 727-953-3616

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ATTENTION RESIDENTS!
 Did you know this Emporium/ Classified listing reaches over 21,000 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 great things. Remember to think about this the next time you're planning something.

-Monthly Media Staff

OCTOBER AD DEADLINE - SEPTEMBER 10, 2015

• Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at P.O. Box 1023, Venice, FL 34284.
 • 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.

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1/2 c buckwheat flour (THIS IS GLUTEN FREE FLOUR)
1/2 c gluten free oat flour (you can ground oatmeal into flour)
1 T honey or agave nectar
2 t baking powder (make sure gluten free)
1/2 t baking soda
1/2 t xanthan gum
1/4 t salt
2 T flax seed meal...optional
1/4 t nutmeg
1/4 t cardamom...optional
1 c buttermilk or almond milk
2 T coconut oil - melted
1 large egg or egg substitute
1/2 t vanilla extract...make sure gluten-free



Preheat a large heavy skillet over medium-low heat, combine the dry ingredients in a medium-sized bowl and mix with whisk. In separate bowl mix the milk, oil, egg, agave/honey, vanilla and then add them to dry. Mix gently until all ingredients are moist. The batter will be lumpy.

Brush skillet with oil. Pour 1/8 c batter onto skillet. Turn pancakes when they bubble on top and bottom is slightly brown. May take 2-3 minutes. Carefully flip and continue until cooked another 1-2 minutes.

When I add berries/nuts, I add when I first drop on skillet. Or you can serve with fruit/nuts when completely cooked. This makes approximately 12 -1/8 cup pancakes. **MAKE SURE YOU COOK LOW AND SLOW.** Delicious and nutty tasting. Bon Apetit!

View Our Monthly Newsletter on Line

Marilyn Franz, Editor

If you are computer savvy, go to www.monthly-media.com and see our Four Seasons Forum in full color. It looks great! You will also be surprised to see how many other parks are serviced on a monthly basis by our publisher. There are 5 zones, 60 parks, and over 21,000 homes! Four Seasons is listed in the Sandpiper Zone. Our newsletters come to us without charge due to the advertising in each issue. I encourage you to check out the Services Directory printed each month, use the vendors listed and thank them for choosing to advertise with Monthly Media.

Don't be Confused!

FSE: Four Seasons Estates – official name of our community.

ROC: (Resident Owned Community). If you own a share in FSE, you are a share-owner and are encouraged to attend all ROC Board meetings.

HOA: (Homeowners Association). If you do not own a share, but own your home in FSE, you are a homeowner and are encouraged to attend all HOA Board meetings.

SAC: (Social Activities Club). ALL residents of Four Seasons Estates (share-owners and homeowners and seasonal renters) are members of the SAC. All of you are welcome, and encouraged to attend the SAC meetings.

All Board meetings will resume in the fall - please note the meeting dates for each of these Boards on the monthly calendar.

RECYCLING PROGRAM AND TRASH COLLECTION

We appreciate your cooperation in helping to make our recycling program so successful. The following items should be put into your blue bin and put by the curb on our trash pickup days;

Glass jars and any color glass bottles

Juice and milk containers

All types of cans

Plastic jars and bottles

Clean papers including newspapers

Flattened card board

Shredded paper (only if placed in a paper bag)



NO PLASTIC BAGS OR STYROFOAM SHOULD BE PLACED IN YOUR BLUE BIN. THEY SHOULD BE PLACED IN YOUR REGULAR TRASH CONTAINER. UNDER NO CIRCUMSTANCES SHOULD ANY TRASH BE PUT INTO YOUR BLUE RECYCLING BIN.

There are also recycling bins in the Clubhouse for eyeglasses, cell phones, flags, and Labels for Education. Recycle containers are also by the soda machine in the clubhouse and in the pool area. We will pick up trash and recyclables EVERY MONDAY AND THURSDAY. Please rinse any jars, bottles, and cans. THANK YOU FOR HELPING OUR ENVIRONMENT.

Trash may be deposited 24/7 in the garbage dumpster behind the gate in the maintenance area. Do not leave anything outside the gate. Our trash pickup days are Monday and Thursday – unless a holiday falls on the usual pickup day. This will be noted in the monthly calendar. Please put your trash in a can with a lid to deter animals from getting into it and spreading food, etc. all over the streets.

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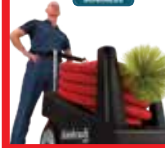
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14,492 manufactured home residents have won over \$124,374 since our contest began. It's simple to play ... when you patronize a current advertiser, ask for a Monthly Mania ticket (or a reasonable facsimile) and fill it out completely. Put the ticket in our Monthly Mania drop box in your community or mail your paid receipt to us at **Monthly Media • PO Box 1023 • Venice, FL 34284**. That's all you do. At the end of the month the Publishers will pick up the tickets and hold a drawing. If your ticket is drawn, we mail you a check.

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

Merrill King.....\$100Boss Electric Corp.	Rosemary Merrill.....\$5Haseney Electrical Services
Steve Vague.....\$10Shawn & Shawn Moving	Marilyn Ventura.....\$5Kathy's Cleaning Service
Gary Nowlyn.....\$10Air Masters of Pinellas	Al Taufiq.....\$5Modern Pest Control
Mary Lon Robinson.....\$10Buggin Out Termite & Pest Control	Sharon Rop.....\$5Knobloch Hearing Care
Madeline Narkewicz.....\$10Ron Wyngarden MH Washing	Edward Hendricks.....\$5Dr. Peter M. Mason
Barry Kelly.....\$10Heller's Mobile Home Washing	Marilyn Stringham.....\$5Jones & Sons Plumbing, Inc
Bob Andreas.....\$10E & E Gliddon Air Conditioning	Richard Williamson.....\$5Dunedin Plumbing, Inc.
Thelma Payne.....\$10Largo Plumbing	Margie & Bud Barr.....\$5Chambers Specialties, Inc.
Steven Wood.....\$10Natures Resource Pest Control	Linda L. Wagler.....\$5Debbie's Salon
Gloria Biggs.....\$10Jones & Sons Plumbing, Inc	Joan Hermann.....\$5Knobloch Hearing Care
Hal Gray.....\$10Bob's Appliance Repair	Linda Littell.....\$5Heller's Mobile Home Washing
Donald Terrill.....\$10Ray Duncan Plumbing	Ben Roth.....\$5Haseney Electrical Services
Bud Mueller.....\$10Appliance Specialty	Irene Haskell.....\$5Bob's Mobile Home Washing
Ruth Ann Zandy.....\$10Barron's AC & Appliance	Barbara Whitman.....\$5Doll Brothers Carpet & Upholstery
Nancy Stierle.....\$5Ron Wyngarden Mobile Home Wash	Gloria Lamoureux.....\$5Modern Air Conditioning & Appliance
Maureen Koebel.....\$5Bob's Mobile Home Washing	Susan Halloian.....\$5Doll Brothers Carpet & Upholstery
Edward Lowell.....\$5Boss Electric Corp.	Joe Haberstroh.....\$5Bill the Carpet Guy
Kenny Eckhart.....\$5Battleline Termite & Pest Control	Clyde Walker.....\$5Sunset Appliance Service
Linda Reed.....\$5Appliance Specialty	Barb Kansorka.....\$5Jones & Sons Plumbing, Inc
John Deveau.....\$5Medicine Shoppe of Dunedin	Diane Heath.....\$5Natures Resource Pest Control
Joseph A. Lopez.....\$5Bob's Appliance Repair	Jerry Hadley.....\$5Modern Air Conditioning & Appliance
Steve Lynch.....\$5AMS West Coast, Inc.	Pamela Hill.....\$5Heller's Mobile Home Washing
Scott Ditto.....\$5Air Masters of Pinellas	Kerren Sanders.....\$5Advertiser Referral
Gwendolyn R. Burgess.....\$5Bill the Carpet Guy	Dolores Colonita.....\$5Advertiser Referral

- 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 • Green tickets available at participating Monthly Media advertisers.



SHED SALES & PICK UP

Alan Fullerton #437 603-455-2783

If you have donations for the shed, please call Alan Fullerton Lot #437 at 603-455-2783 to arrange for a pickup. The shed is generally open each Wednesday after Koffee Klatch. If you are looking for something special, call Alan. He may have just what you need at a very good price!

Medical Shed

Call Paul Rumbold if you need anything from the medical shed. Remember that there are many items in there on loan for as long as you may need them. Paul's phone is 584-6685. Thanks to Tom Ritchie for taking over the medical shed duties for the month of August while Paul was away.

Four Seasons Forum Articles

If you would like to contribute an article to our Four Seasons Forum, please contact Marilyn Franz, editor, by email at moosicldy@aol.com or stop by coach #411. Articles of interest to our community will be reviewed and printed as space permits.

Alexander's Landscaping

With all the record-breaking rain in recent weeks, it's been a challenge to keep our lawns cut and trimmed. But a special thanks goes out to our landscaping company, Alexander's, for keeping our park in good order during the summer months. If you need to have them tend to your planter and shrubs while you are away, please contact Desiree in the FSE office. Office hours are Monday-Friday 9-3PM. Call 727-584-1413.

Veterans Wall of Honor

Dan Gregorio, #378, 584-8236

If you have served in the military, we would like for you to take your place on the Wall of Honor in our clubhouse. We would like to have a picture of you in uniform and a current picture. Bring your photos back in the fall and pick up an info sheet from me to provide certain stats. I will prepare them for the wall. THANK YOU FOR YOUR SERVICE.

Our Pool Rules!

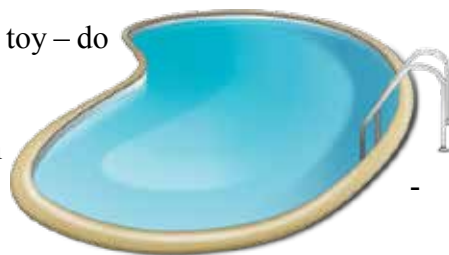
These rules are published each month in the newsletter for you and your guests. Why not pull out this page and post it on your refrigerator or bulletin board for reference. We want everyone to have a good time, but be safe in the water.

- If you are the last one out of the pool, always be certain that the rope is secured across the pool. Please ask your guests to be aware of the importance of this as well.

- If you are a smoker and use the ‘butt’ buckets – please clean them out once in a while. Make sure the ‘butts’ are completely out before you put them in the trash can.

- The life preserver is for emergencies only – it is not a toy – do not let children play with it in the pool.

- Observe special times for your young visitors. Children under the age of 16 may use the pool between the hours of 10AM 1PM and 5PM till dusk, and should be accompanied and controlled at the pool by their host/s or a designated adult.



- Straighten the chairs and tables whenever you move them around – don’t leave them for someone else to rearrange.

- If you put an umbrella up – make sure you put it down and tie it when you leave the pool. Winds can blow up quickly - we wouldn’t want anyone to be injured by a flying umbrella.

- The green wrist bands serve to identify residents and guests – it’s important for everyone’s security to know who belongs here and who doesn’t. PLEASE WEAR THEM.

- Be sure to dispose of trash properly – there is a special covered can for aluminum cans and other recyclables – do not put household/personal trash in the trash can – NO GLASS ALLOWED IN THE POOL AREA (this is for everyone’s safety).

EMERGENCY CONTACT AFTER HOURS 727-577-2200 – this number will go directly to our management office (Associa), day or night 24/7. If you need Largo Police or an ambulance call 911.



Dial 2-1-1 Help for those in need!

Just dial 2-1-1 for telephone crisis intervention services and information/referrals to local health and human services in Pinellas County. Food, shelter and clothing; physical and mental health services or support for seniors and persons with disabilities. This service is available day or night, 7 days a week in over 150 languages and is FREE and CONFIDENTIAL.

Your call will be answered by a trained information and referral specialist and that person will tap into the 2-1-1's extensive database of area services, programs and resources as he or she guides you toward appropriate answers.

4 Seasons Social Activities Club Facebook Page

Mandi Harman-Ashley, #373

For those of you who are traveling or away from the park at any time during the year, you can keep in touch with Four Seasons friends and neighbors through Facebook. We have many people who LIKE our page & our viewing has dramatically increased with postings of videos & photos of park happenings. Our membership is now 148 & growing as more people are discovering us.

There were day to day updates from Carolyn Schum who is recovering from surgeries. There have been up to the moment posts such as emergency water shut offs in the park. We also saw the transformation of the pool shower, thanks to Clay! The page has also sought to keep readers informed of computer scams and potential viruses. Residents appreciate this on-the-spot information

As you may know, the page acts like the "phone tree" of old but you have to "Like" our page. To "Like" our page & see what is happening: Go to your Facebook page - Type 4 Seasons Social Activities Club in the white search bar at the top. When you are on that FB page, look under the banner picture (currently fireworks in the sky). Find the box marked "like", when you click on it there should be a drop down box with choices. One of them is "get notifications". Click on it - this should put a check mark next to those words. This should send a notification when something is posted here to your e-mail box.

Put the Glass Down

From an email

A psychologist walked around a room while teaching stress management to an audience. As she raised a glass of water, everyone expected they'd be asked the 'half empty or half full' question. Instead, with a smile on her face, she inquired, "How heavy is this glass of water?"

Answers called out ranged from 8 oz. to 20 oz.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, it's not a problem. If I hold it for an hour, I'll have an ache in my arm. If I hold it for a day, my arm will feel numb and paralyzed. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it becomes."

She continued, "The stresses and worries in life are like that glass of water. Think about

them for a while and nothing happens. Think about them a bit longer and they begin to hurt. And if you think about them all day long, you will feel paralyzed – incapable of doing anything.”

Remember to put the glass down.

Monthly Media Newsletter Distribution

Mandi Harman-Ashley, #373

These are our Four Seasons Forum delivery people. Please DO NOT call them until AFTER the 1st of the month if you haven't received your newsletter. There may be extras at the clubhouse. Sometimes your delivery person will be moved to fill another space as needed. There may be more changes as new volunteers come on board in the fall. Please take note.

100-123 Natalie Eustace 643-2758
 124-146 Judy Clark-Redmon 321-626-0337
 148-185 Paul Rumbold 584-6685
 186-227 Hazel Cyr 481-0051
 228-243 Hank Uto 333-7213
 300-321 Bernard Weaver 703-371-3848
 323-348 Hazel Cyr 481-0051

349-377 Ann Crowley 584-9253
 378-397 Barbara Lowe #380
 398-422 Linda Truitt 902-9084
 423-453 Angie & Ernie Simon 330-414-7761
 454-484 John Karnes 584-4564
 485-504 Jo Hansen 559-7137

Committee Chairpersons

Arts & Crafts..... Cathy Mendes
 Bingo.....Betty Gurn
 Birthdays & Anniversaries
Marilyn Franz
 Bowling.....Sharyl Mann
 Bridge..... Deanna Bernier
 DecorationsMandi Harman-Ashley
 Emcee of Koffee Klatch.....Betty Gurn
James Patton
 Flea Market.....
 Flea Market Pickup..... Alan Fullerton
 FMO Representative Janice Lamore
 Kitchen Supplies Jackie Gregorio
 Koffee Klatch..... Lorraine Meinert
 Ladies Luncheon..... Jackie Gregorio
 Librarian..... Martha Roman
 Janice Lamore
 Medical ShedPaul Rumbold
 Gerald Moir
 Men's Luncheon.....Pete Vanderplow

MusicMarilyn Franz
 Neighborhood Watch Paulette Meeks
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