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PONTE WEST

Issue 3 41st Year Mayo 2017 April Showers Bring May Flowers!
Mary McKeage of Sunset Palms shows off these great blooms on her bike! Delivered Door-to-Door by Monthly Mania Winner! \$100 • Sue Sprattler Park Residents FREE Every Month E & E Gliddon AC

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 1 Year Term
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 Janice Thiede ..203-535-5146
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 Paul Stapleton...727-437-7829

Pointe West Resident Owned Community, Inc.

Directors: 1 Year Term 2 Year Term

Art Swagler
Julie Smits
Dee Hall
Gil Himes

Joe Brophy Myrna Cashman Mike Turner Barb Reese Michael Meade

Pointe West 24 Hour Emergency 577-2200

Pointe West H.O.A. Inc. Board Members - 2017

President:	John O'Brien4-M	727-474-5474
Vice President:	Denise Beckett11-M	207-322-9190
Secretary:	Janice Thiede12-0	203-623-9643
Treasurer:	Wilma Beckett17-H	207-456-6115
Director:	Harry Hamlyn10-I	727-953-3769
Representative:	Kay McGuire22-M	727-812-2443

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

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expires 5/15/17

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Michael Ellis Pinellas Park, FL









Newsletter Delivery

el Pangburn has agreed to deliver the monthly media to the volunteers who who distribute it.

We still need a few more for the streets that we don't know who has done it in past

We still need a few more for the streets that we don't know who has done it in past summers. Please let Mel or Julie Smits know if you can help out. Thank you.

I will be doing the monthly media remotely from home. Submissions can be made to pwrocmm@gmail.com or if you do not have email stop by the office and Kristina will email it for you.

HAVE A GREAT SUMMER, SEE YOU SOON, JULIE

Christmas In July

ark your calendar the date is July 15. More info in junes monthly media









Pointe West General Information

- 1. All renters/visitors required to register and apply for background check at the office. Show proof of age. Owners check-in and also leave departure date. Update your information.
- 2. Permit required for overnight parking in **designated** areas. Overnight street parking is not permitted. Obtain permit at office (5-L) during office hours.
- 3. Speed Limit in park: 10 MPH. Be aware of other cars when parking on streets. They are very narrow. Emergency vehicles should be able to pass easily.
- 4. Information on possible sales or rentals available at office.
- 5. Children must be accompanied by resident adult to use Pool & Clubhouse. All residents are to wear cover-up or Tee shirt when in clubhouse. DO NOT WALK INTO CLUBHOUSE WITH WET FEET!
- **6.** SAFETY HINT: Use a FLASHLIGHT when working during the dark hours after 6:00P. Golf Carts turn lights **ON**.
- 7. Residents should have <u>Emergency Contact information in their office file</u>, in case of medical problem or weather emergency.
- 8. Any requests for our maintenance staff is to be submitted, IN WRITING, so work order can be generated. No verbal requests, please.

Pointe West Community Organizations

1. Residents Owned Community - ROC

- a. Residents who bought a share in community which owns the land. They displays a black permanent tag on their coach.
- b. These residents pay real estate taxes to Pinellas County
- c. They pay a monthly maintenance fee to ROC.
- d. Organization elect residents to Board to govern the running of Pointe West. This (9) directors yearly elect: president, vice-president, secretary and treasurer.

2. Recreation Association - REC

- a. All residents are eligible to join paying \$2.50 per person for life.
- b. It's managed by Board of Directors (12) for rotating three year terms. They then elect a President, Vice-President, Secretary and Treasurer each year.
- c. Plan social calendar for winter and summer seasons.

3. Home Owners' Association - HOA

- a. Coach owners who do not own property but are renting their lot.
- b. Members pay yearly dues of \$30
- c. Members elect officers and directors yearly



Darts

The date for the start of darts has not been set but will be the 1st and 3rd Monday of the month. More info next month

Travel

Sail to Cuba from Tampa!!

5 Night key .West, Havana and Cozumel October 25-30, 2017. Starting at \$812 pp see Terry Knapik for all the details.

WIFI

IFI is a work in progress and we are still hopeful it will be up and ready to sign up people by the fall.

Condolences

Pointe West was sad to learn of the passing of Kimberly Koroeski the wife of Kevin Koroleski Pointe West's maintenance man. Kimberly passed after a long illness. A card and memorial check were sent.

Pointe West was also saddened to hear that Dorothy Werner was injured in a car accident and passed as a result of those injuries. A card and memorial check were sent to her family as well.





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"...I am so happy with my new windows...I'd like to commend your work crew. Earbie and Larry were fantastic! I couldn't believe the clean-up EVERYDAY! The whole job took just a week even with all the rain delays. I would and WILL highly recommend your company to my friends and neighbors. Of course I won't need to say a word - the house is doing all the talking! Thank you so much for my beautiful new house.

Carol Zapiecki, Clearwater, FL



YMYL IS FINAL

expires 5/15/17

"Just a short note to express my appreciation for the work done on my mobile home. The crews that worked here...were gentlemen at all times, efficient, knowledgeable and prompt. You can be sure if I run into anybody who needs your type of work, I will surely recommend your company. It has been a very satisfying experience!"

George Lordstrom, Saint Petersburg, FL



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Recycling

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- GLASS JARS AND ANY COLORED GLASS BOTTLES PLEASE RINSE
- JUICE OR MILK CONTAINERS PLEASE RINSE
- CANS PLEASE RINSE
- PLASTIC JARS AND BOTTLES
- CLEAN PAPER (NO USED PAPER PLATES) INCLUDING NEWSPAPER.
- SHREDDED PAPER MUST BE PUT INTO PAPER BAG
- Flattened Cardboard
- PLEASE NO PLASTIC BAGS THEY ARE NOT RECYCLABLE.

Trash Collection Mondays And Thursdays

ach resident should have at least one garbage can of metal or plastic with a tight fitting lid. Garbage must be wrapped in paper, or plastic bags and all other trash, leaves, trimmings, etc must be placed in sturdy, heavy duty plastic bags and securely tied

Before being placed in cans. No waste created by contractors is allowed, however trash from residents who remodel for themselves is permitted. If there is a large amount that may need a dumpster please call the office.

On the morning of trash days and not before, tied plastic bags or covered trash cans Should be placed in front of the unit (not on the sidewalk or roadways.)





Getting into Heaven

woman died and found herself at the Pearly Gates. St. Peter approached her with a smile. "To enter, you need only pass a simple spelling test. Can you spell the word 'love'?"

"L-O-V-E," the woman replied, and St. Peter stepped aside and allowed her to enter Heaven.

Several years later, St. Peter found her on a cloud and said, "I have a big meeting today with the Boss, and I can't watch the gates. Would you mind taking my spot?"

The woman agreed. The morning passed uneventfully, and then she looked up and saw her husband approaching. "It's so nice to see you!" she exclaimed. "How have you been?"

"Just great," her husband replied. "I married the beautiful young nurse who took care of you while you were sick, and we had three more children. I won the lottery. We lived in a huge mansion. We had matching BMWs. My wife and I were taking our yacht on a second honeymoon cruise when I fell overboard and drowned." He looked around. "So, how do I get into Heaven?"

"You just have to spell one word.

He smiled. "Great! What word?"

She stared at him. "Kyrgyzstan."



Feeling the heat

man in Dublin went in for a serious operation. The surgery took some time and the man was returned to his room to recover. As he came out of the anesthetic he looked around his room and saw that all the shades had been drawn, even though it was early afternoon.

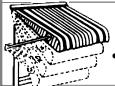
When the surgeon walked into the room to check on his patient, the man asked why all the blinds were pulled down.

"The house across the street is on fire," the surgeon told him. "I was afraid that if you saw the flames when you woke up you might have concluded that the operation was not a success."

A SMILE IS A CURVE THAT SETS EVERYTHING STRAIGHT.

—Phyllis Diller

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Leading by example

Bill Gates, co-founder of Microsoft, has his own private jet now, but he didn't always. On the Business Insider website, former senior vice president Brad Silverberg recalls that in the 1990s, all Microsoft employees were required to travel by commercial airline—in coach, despite the fact that by that time Microsoft was a thriving organization. On one flight from Seattle to New York, Silverberg flew with Gates and some other members of the Windows team:

"And there was Bill, sitting in coach, in a middle seat. It didn't matter to him; he spent the whole flight reading. He wasn't as universally recognized then so it wasn't such an issue for him to fly commercial. It made a big impression on me, a new Microsoft employee, seeing Bill lead by example."

Different priorities

uring a Little League game, one of the batters hit a fly ball to right field that the right fielder made no attempt to catch. After the inning was over, the coach pulled his right fielder aside and asked him why he didn't even try to catch the ball.

"If I had caught that ball," replied the boy, "I would have killed my new friend." And with that, he opened up his glove to show the coach a caterpillar he had found in the field



Remember this story to remind yourself that everyone's priorities are different.

Rules apply to everyone

uring the Civil War, Ulysses S. Grant, commander of the Union forces, had to reprimand a guard who had deserted his post. "Orders must be strictly and promptly obeyed always," Grant told the young soldier.

A week later, the same soldier was told to guard a steamboat loaded with ammunition. His assignment: to make sure that nobody with a lighted pipe or cigar came near the boat. On the guard's first day at his new post, General Grant started walking toward the boat, puffing away on one of his famous cigars.

"Halt!" called the guard. "I have been taught to obey orders strictly and promptly, and my orders are to allow no one to approach this boat with a lighted cigar."

With a smile at hearing his own words repeated back to him, Grant threw the cigar in the river











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Sunday		Monday	Т
		AQUACISE 1030 AM ¹	Indoor e AM
	7	AQUACISE 1030AM INDOOR SHUFFLE 630	Indoor e
]	14	AQUACISE DARTS 15	indoor e
Mother's Day			
2	21	AQUACISE 1030am INDOOR SHUFFLE 630pm	indoor e double n
2	28	AQUACISE 1030am 29	indoor e 1000am
		Memorial Day	
		Wichional Day	

Pointe West

uesday	Wednesday	Thursday	Friday	Saturday
exercise 1000 2	KK 830AM 9AM MEETING AQUACISE 1030AM	Indoor exercise 10am, double nickel bingo 1pm, MOVIE NIGHT	AQUACISE 1030am 5	6
			Cinco De Mayo	
9 xercise 10AM	KK 830 MEETING 9AM BP CHECK AFTER aquacise 1030	11 indoor exercise 10am, double nickel bingo 1pm	AQUACISE 1030am 12	13
16 xercise	KK 830am MEETING 9am	18 indoor exercise 10am, double nickel bingo luncheon 12pm	AQUACISE 1030	POTLUCK DINNER
23 xercise 10am, iickel bingo	KK 830 MEETING 9am AQUACISE 1030 am	indoor exercise 10am, double nickel bingo 1pm	AQUACISE 1030am 26	27
xercise 30	KK MEETING AQUACISE 1030			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



Eating more fish may help prevent Alzheimer's

lzheimer's, a disease that afflicts some 5.1 million Americans, is a type of dementia that affects a person's memory, thinking, and behavior. Although at this point no cure exists, you can take measures to reduce your chances of suffering from this debilitating condition.

New evidence suggests that eating more fish—as long as it's not fried—may help to protect your brain from the shrinkage and decline associated with Alzheimer's. Researchers from the University of Pittsburgh Medical Center tracked the diets of 260 people with normal cognitive



function for more than 10 years. Using magnetic resonance imaging (MRI), they measured the brain volume and function of each participant at the beginning of the study, and again at the end. The results: The 163 subjects who ate fish on a weekly basis (the majority consuming it one to four times a week) had a larger orbital frontal cortex and hippocampus (two areas of the brain that are known to shrink in Alzheimer's patients) and better memory function that those who ate less fish

The researchers determined that the risk for Alzheimer's and mild cognitive impairment was lowered fivefold within the five years following the brain scans. So start eating more fish today.

Follow this 'Golden Rule' to reduce cancer risk

Tant to cut your risk of developing cancer? Check the color of your food—particularly your toast and potatoes. Scientists in the United Kingdom day that cooking those two items too long can increase levels of a naturally occurring chemical called acrylamide, which has been linked to cancer in rats.

Acrylamide is formed when starchy foods like potatoes and root vegetables are cooked at over 120 degrees. To reduce it in your foods, follow these guidelines:

- Cook until golden. Whether you're making toast, roasting potatoes, or baking vegetables, cook until the food is gold-colored, not brown.
- Check the instructions. Follow instructions for baking or frying packaged vegetables like fries or parsnips.
- **Keep raw potatoes fresh.** Don't put them in the refrigerator if you're going to roast or fry them. Colder temperatures can increase acrylamide levels.







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- 6. Apollo astronaut Slayton
- 10. Fraud
- 14. Audio communications
- 15. Visual organs
- 16. Container weight
- 17. Proxy
- 18. Dregs
- 19. Violent disturbance
- 20. A decorated dart
- 22. Backside
- 23. Short skirt
- 24. A boring movie
- 26. Residence hall
- 30. Directed
- 31 Bro or sis
- 32. Murres
- 33. Alleviate
- 35. Liabilities
- 39. Used to stabilize a ship
- 41. Chevrotain
- 43. Streamlined
- 44. Wicked
- 46. Govern
- 47. Very Important Person
- 49. French for "Summer"
- 50. Cry of pain
- 51. A loose robe
- 54. A few
- 56. False god
- 57. Nationalism
- 63. Wash
- 64. 62 in Roman numerals
- 65. Move furtively
- 66. Not now
- 67. Aquatic plant
- 68. Blockage of the intestine
- 69. Classify
- 70. Bobbin
- 71. Approaches

1	2	3	4	5		6	7	8	9		10	11	12	13
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66					67					68				
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DOWN

- 1. Fourth sign of the zodiac
- 2. Indian music 3. Biblical garden
- 4. A region of SE Pakistan 27. By mouth
- 5. Clan emblem
- 6. Trace
- 7. Anagram of "Seedily"
- 8. Ship part
- 9. Literary compositions
- 10. A type of berry
- 11. A marker of stones
- 12. Got up

- 13. Gauge
- 21. Angers
- 25. Assistant
- 26. Anagram of "Buds"
- 28. Anger
- 29. Evil
- 34. An article of opinion
- 36. Color of the sky
- 37. Express in words
- 38. Stair
- 40. Analogous

- 42. Lacquer ingredient
- 45. Trace
- 48. Cottonwood
- 51. Skirts
- 52. Potato state
- 53. Relocation company
- 55. A red fluorescent dye
- 58. Spindle
- 59. Scrabble piece
- 60. Bright thought
- 61. Aspersion
- 62. Untidyness











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To see if you or a loved one with severe aortic stenosis may be eligible for this trial, or for more information on the trial, call the Center for Advanced Valve and Structural Heart Care at Morton Plant Hospital at **(855) 44-VALVE** (855-448-2583) or visit MortonPlantValveTrial.org.



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POINTE WEST PROFILE MAY, 2017 S



May Is Also...

Monthly

ALS Awareness Month. Sponsored by the ALS Association to focus the public spotlight on ALS—amyotrophic lateral sclerosis, commonly known as Lou Gehrig's Disease. ALS is a progressive neurodegenerative disease that affects nerve cells in the brain and the spinal cord. It usually strikes people ages 40 to 70 and afflicts about 20,000 Americans.

Clean Air Month. Supported by the American Lung Association, Clean Air Month educates people about the importance of clean air in their lives. It's also a time to celebrate the Clean Air Act of 1970 and its impact on the way people think about the environment and on the overall health of everyone.

Mental Health Awareness Month. One in five Americans lives with a mental disorder, with depression topping the list of health-related productivity costs in the workplace, responsible for more than \$51 billion in absenteeism. Strive to make mental health at work a top priority for employers.

National Bike Month. Sponsored by the League of American Bicyclists and celebrated in communities from coast to coast. Established in 1956, National Bike Month is a chance to showcase the many benefits of bicycling—and encourage more folks to give biking a try.

Weekly

Children's Book Week, May 1-7. Established in 1919, Children's Book Week is an annual celebration of books for young people. Every year, commemorative events are held nationwide at schools, libraries, bookstores, homes—wherever young readers and books connect.



Drinking Water Week, May 7-13. For more than 35 years the American Water Works Association and its members have celebrated Drinking Water Week—an opportunity for water professionals and the communities they serve to join together in recognizing the vital role that water plays in our daily lives.

National Women's Health Week, May 14-20. National Women's Health Week is an observance led by the U.S. Department of Health and Human Services Office on Women's Health. The goal: to empower women to make their health a priority.

Hurricane Preparedness Week, May 21-27. Tropical cyclones are among nature's most powerful and destructive phenomena. If you live in an area prone to tropical cyclones, you have to be ready. The National Hurricane Center and the Central Pacific Hurricane Center issue watches, warnings, forecasts, and analyses of hazardous tropical weather.

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		E & E Gliddon Air Conditioning, Inc.
Betty Van Tassell	\$10	Hagarty Home Improvement, Inc
Tracy Adomeit	\$10	Buggin Our Pest Control, Inc.
Al Slager	\$10	Florida Anchor & Barrier
Sharon Groom	\$10	Battleline Termite & Pest Control, Inc.
Mildred Little	\$10	Boss Electric Corp.
Eric Boling	\$10	Air Masters of Pinellas, Inc.
Joe Murphy	\$10 .	ASE - Auto Service Experts
		Dunedin Plumbing, Inc.
Max Skinner	\$10 .	Largo Plumbing Co.
Patty Schuyler	\$10 .	
Helen Garceau	\$10 .	Discount Computer Repair
Beverly Hamel	\$10 .	E & E Gliddon Air Conditioning, Inc.
Donna Beach	\$10 .	
Robert Waite	\$5	Jones & Sons Plumbing, Inc.
Ellen Benner	\$5	Battleline Termite & Pest Control, Inc.
Fred Rixley	\$5	Sunset Appliance Service
Karin Russell	\$5	Royal Interprises
Carol Woodward	\$5	Battleline Termite & Pest Control, Inc.
Sandra Schumacher	\$5	AMS North West
Beverly Spike	\$5	Doll Brothers Upholstery Cleaners
Bob Poirler	\$5	
Jules McLean	\$5	Bob's Appliance Repair
David Huddleson	\$5	

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Joyce Chaput	\$5	Bill The Carpet Guy
Maryann Matty	\$5	Jones & Sons Plumbing, Inc.
Bonnie Demarr	\$5	Doll Brothers Carpet Cleaners
		Modern Air Conditioning Co., Inc
Donald VanDamia	\$5	Hellers Mobile Home Washing
Ross Steele	\$5	Natures Resource Pest Control, Inc.
Joyce Shumaker	\$5	Penneys Automotive Repaire
Jean Woolf	\$5	Hellers Mobile Home Washing
		Ron Wyngarden MH Washing, LLC
Nancy Hinkelman	\$5	Florida Anchor & Barrier
Ivan İwanoff	\$5	Jones & Sons Plumbing, Inc.
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Ed Morgan	\$5	Suncoast Auto and Tire, Inc.
David Havens	\$5	Sunset Appliance Service
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Danny Clark	\$5	Jones & Sons Plumbing, Inc.
David Gerry	\$5	Battleline Termite & Pest Control, Inc.
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		Ron Wyngarden MH Washing, LLC
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