



Hi Lites



Friday LIVE!

Come on, get your oars, today, Feb. 10, in The Grove.
See pg. 2.



Las Vegas Nights

Friday, Feb. 10, 7 p.m. in Busch Hall. See pg. 6.



Busch Hall Sunday Night

Pianist Sammy Lane, Sunday, Feb. 12, p.m. See pg. 2.



Souper Bowl of Caring

The Church Association will again be collecting cans of soup or monetary donations through Feb. 12. See pg. 4.



TNM presents

Ticket to Paradise, Tuesday, Feb. 14 in Citrus East. Doors open at 6:45 p.m. See pg. 2.



CPR/AED Training

Wednesday, Feb. 15, 2 p.m. in Busch Hall. See pg. 5.

Activity Reminders

Golden Anniversary Dance

Celebrate your 50th Wedding Anniversary as honored guests at the dance on Friday, Feb. 17.

TR Talent Show

Deadline to sign up is Friday, Feb. 24. Show is scheduled for Sunday, March 12, 7 p.m. in Busch Hall. See pg. 2.

Calling Michiganders

March 4, noon, Citrus East.

Flag-retirement Ceremony

Saturday, March 11, 1 p.m., See pg. 6.

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by Margaret Emmetts

The February Forum was held in Busch Hall on Feb. 6 with a large audience in attendance. All Board members were present with the exception of Russ Marlowe and Linda Smith. Ray Hill and Donna Sullivan were also present as was Jim Weigand, Treasurer.

President Kathy Shawver complimented the TRash Talk Committee for their work as well as the residents for responding to the program. She did however suggest that if the recycle bins were full that residents not place items on the ground. Rather they should return another day.

With regard to the new key cards residents should call the TR Office if they are having any issues with the cards which are designed to improve safety and security in the park.

The new InTouch program screens are located by the Post Office and in the TR Office. They are used to keep updates to the Activities Program current.

The Garden sustained substantial damage during recent storms. The downed trees created a devastating effect. Thanks to the Board and residents, work is in progress to clear the fallen tree. The damaged walkway has been replaced.

The upcoming Irish Coffee House proceeds will go to the Garden Club to help pay for repairs. The Board has agreed to match the proceeds up to \$2,000.

Jean Cobb addressed the gathering to update residents on the status of COVID in the park. We are currently experiencing another outbreak with one victim hospitalized with COVID pneumonia.

She reviewed symptoms and reminded people that a person may be asymptomatic for up to 24 hours before they realize they are ill. She suggested that if you have a compromised immune system that you take preventative

measures, such as maintaining a distance and wearing a quality mask. If you become ill, are then feeling better, but your symptoms recur she suggested that you get medical attention.

Shawver announced that TR will have an “end of season” party on Saturday, March 18 in The Grove. Stay tuned for further details.

The AGM will be held on Tuesday, March 14, at 2 p.m. in Busch Hall. Door monitors will be present to assure only shareholders attend.

A question and answer period followed.

Q – The Pet Lovers Club would like to know if it is possible to develop a second dog park to accommodate the approximately 300 dogs in TR.

A – It is on the agenda for Board consideration, but there is no time frame for a decision.

Q – The Welcoming Committee questioned if the former white ID badges were being discontinued as well as the Red Dot program. They noted that the new blue ID cards with black lettering were difficult to read. Could they be replaced with cards with white background and large black letters?

A – It is under advisement.

Q – Could the park develop more areas for dog walking? Perhaps around the lakes?

A – The Board is looking at a recent land assessment. With limited space it is necessary to be prudent as to how space is utilized.

Statement – The Irish Coffee House, in addition to charging admission, will also take donations at the door. It was requested that residents be generous.

Q – A resident noted that for many years the TR Office weekly provided *The TR Times* with updates regarding names, addresses and phone number changes for the annual TR

Directory. This is no longer being done. Could the process be reinstated?

A – It will be taken under consideration.

Q – Residents on Golf View receive ID cards with only lot numbers, no names. It is difficult to get to know people that way.

A – The matter will be taken under advisement.

Q – Is the park saving money by recycling and if so, how much? It was noted that the recycle dumpsters are usually full and while this is good perhaps we need more recycle space.

A – The program has been in effect such a short time that no evaluation has yet been made.

Q – Were the wire-mesh bins used for collecting aluminum cans making money for the park?

A – If so, not much.

Q – A resident voiced their concern over a lack of details with regard to Board meetings in *The TR Times*. We do not hear what decisions are made in response to questions posed at Forum meetings. Too frequently questions are answered with “it is under advisement.”

A – Shawver replied that answers appear in the paper’s column *Communications from the Board*.

Q – Will all the questions posed be answered in this column?

A – The answers will come at some time, but there is no time frame for when that will be.

Q – It was noted that there are a good group of men working at the Snack Shack which is open until 1:30 p.m. Their profits go to the park. Could food vendors be prevented from working before this time and Snack Shack is open until 1:30 not 1 p.m.

A – Vendors are not to open before 1 p.m.

Statement – Vendors have been noted to open before this time.

Q – As there appears to be a rift between a resident and a Board member, how much has been spent on attorney fees in this regard?

A – Weigand stated that this will specifically be answered at the AGM when all shareholders are present.

Q – A resident stated that he understood the park would have a \$150,000 deficit this year. Has the Board researched ways to reduce this amount?

A – Weigand responded that the \$150,000 had been budgeted.

Q – Could the Board give an accounting before the AGM about what could be done to reduce this amount?

A – Weigand advised that it would not be legal to discuss this matter outside the AGM when all shareholders are present.

Q – Several residents expressed similar concerns about receiving responses to questions posed at the Forum. Could an effort be made to answer questions that could not be answered today at the next Forum? One resident suggested that residents were being “stonewalled.”

A – The next Board meeting has a full agenda. Answers will be forthcoming when available.

Statement – One resident expressed the opinion that the response “It will be taken under advisement” was offered too often and that there should be a section in each Forum that undertook to answer questions from the previous Forums.

Activities Director Guy Weik advised that the Fashion Show will take place next year. A new chair has volunteered. Watch for an article in *The TR Times* about the event. If interested in helping or modeling, please contact the new chair so plans may be made.

Note: The Forum was recorded and will be available on the Resident Only portion of the TR website.



Board President Kathy Shawver at her desk reviewing paperwork for the AGM packets.



Directors Deborah May and Barry Sellick apply labels to the proxy meeting attendance forms, assuring that the labels match with the envelopes.



Director Linda Smith helps ready the mailing labels.

AGM packets coming soon

Photos by Pam Watkins

BUSCH HALL

Sunday Night



Pianist Sammy Lane plays our requests

by Sandy and Ken Langell

Sammy Lane returns to our stage once again this year. Not only is he a skilled pianist, he will play your requests from memory. You'll find it absolutely amazing!

Blind since birth, Sammy started playing the piano at age 2-1/2, mimicking his mother who was a church pianist. While growing up in Brooklyn, N.Y., he says he often was asked to play piano when attending nursery school and that he began formal lessons when he was 7. At age 12 he learned to read music in Braille when he began attending a catholic school for the blind in the Bronx. In the late 60s his family moved to Sarasota. A graduate of Sarasota High School he then went on to Oberlin College in Ohio as a music major with a specialty in piano performance, graduating in 1976.

Following graduation he returned to Florida and for many years served as the house pianist at Longboat Key. Sammy married his wife Anita in 1983 and has since served as a church organist and pianist, maintained a frequent performance schedule and operated a piano tuning business. In



SAMMY LANE

fact, he will have tuned our Yamaha grand piano on the Busch Hall stage immediately prior to this performance.

You will surely enjoy the musical magic of Sammy Lane as you listen to the songs the audience requests. Sammy rarely turns down a request and seems to know every song ever written! The procedure for making on-the-spot requests will be explained for you at the start of the program.

The show is Sunday, Feb. 12, in Busch Hall. Ice cream treats are available from 6:15 to 6:45 p.m. Announcements start at 6:45 p.m. with the program immediately following.

Thank you TR

by Ken and Sandy Langell

We would like to acknowledge and thank the many people that helped us present this year's Entertainment Showcase on Wednesday, Feb 1. In addition to providing a full afternoon of free entertainment to our residents, it also brings in many people from around the state that have not visited Travelers Rest before. We attend showcases and performances in other venues throughout the year, and we can guarantee that those visitors are looking us over, because that's what we do at their parks. By the way, most of those other venues charge their residents to attend a showcase. It's a big event and we could not even think of doing it without your support.

The TR maintenance crew moved equipment, the office staff made copies and fielded phone calls, Tracy in the Post Office managed scorecards that were dropped in the mail. Guy Weik and Ray Hill, our EMTs that are always standing by, Bill Wise and his Parkers, Lee Brenn and all his workers from the Snack Shack, Chris DiRoma and the sound crew, Jeri Miller who ran the spotlight, the crew that set up and put away chairs and tables, Rose Williams who knows where to find anything and everyone else that supported the show have our sincere thanks. There were so many helpers. Arlene Lawrence checked out the ladies room for Ken. Jim Conant got down on his knees to clean up someone else's water spill and prevent a possible fall. It is wonderful to live in a community where so many pitch in and make good things happen.

Friday in The Grove

Come on, get your oars and row!



DONNA AND DOC

by Donna Probes

Throughout history music has provided the emotional platform for social change and healing. It is a time when people can be together and join in spirit regardless of differing points of view. That is why Doc and I love being performing musicians. Music is the tie that binds.

Today, we will celebrate all the GOOD things about our Travelers Rest community. Today, we will enjoy music together, resting in the harmonies and singing the songs that bring forth so many pleasant memories from the past.

Like any family we may encounter some bumpy waters along the way. Healthy families stay at the table; they talk it out;

they welcome and respect the expression of new information and differing opinions. Then, they just relax and enjoy each other's company. In my family, we would get out the instruments and play music together.

Doc and I will dedicate our show today to the spirit of harmony. One of the songs that we will do has a line in it that says,"Come on, get your oars and row." It talks about how when the going gets rough, we all must work together and paddle a little harder through the tides and the currents.

So, come join us as we share the healing power of music. We'll see you today, Friday, Feb. 10 at 3:30 p.m. in The Grove unless the weather turns cold or wet.

There is still time to enter the TR Talent Show



File photo

BOOGIE WOOGIE BUGLE BOY

by Donna Neer, Producer/Director

The TR Talent Show is one of the most highly attended Sunday night shows of the season.

Entertainers are TR residents who perform a three-to-five-minute act on stage. These showcase TR talent and may include singing (solo or with a group), dancing, skits, instrumental solos and so on. Because of time restraints only 15 acts are presented.

In addition to performers, assistance is needed in the following categories: production assistants, stagehands, sound/technical support, lighting, makeup artists, costume design and announcer.

The annual TR Talent Show is produced and directed by Donna Neer, lot 10-71. For more information, call 419-366-0471 or follow the articles for this great event in *The TR Times*.

2023 TR TALENT SHOW ENTRY FORM

Your Name _____

Lot # _____ Phone: _____

Name of Performing Act: _____

Title of Music: _____
(required so there are no duplicates)

Type of performance (please check):

VOCAL _____ How many performers? _____

INSTRUMENTAL _____ How many performers? _____

SKIT _____ DANCE _____ How many performers? _____

NOTE: EACH ACT LIMITED TO MAXIMUM OF 5 MINUTES.

Audio requirements:

Stage microphone (suspended ceiling) _____

Floor microphone(s) _____ (how many) _____

Stand microphone(s) _____ (how many) _____

Hand microphone(s) _____ (how many) _____

Headset microphone(s) _____ (how many) _____

CD _____ (you must provide 2 CDs)

Other _____

Other Assistance Needed:

Music stands _____ (how many) _____

Chairs _____ (how many) _____

Other _____

(please be specific)

Return entry form to Donna Neer
Lot 10-71 419-366-0471
No later than Friday, Feb. 24th



Doors open 6:45 p.m. - Movie at 7:15 pm.

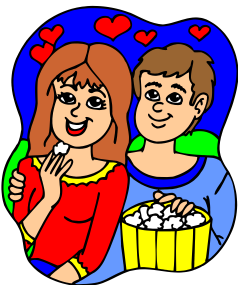
by Carol and Jim Henrikson

Tom Cruise once again demonstrated his love for flying and acting skills at the Tuesday Night Movie (TNM) on Jan. 31 in *Top Gun – Maverick*. The cinematic audio system and projection equipment performed in an impressive way to capture this movie.

On Tuesday, Feb. 14 we will celebrate Valentine's Day by showing the movie *Ticket to Paradise*. This movie was recently recommended to us in a conversation with a friend and TNM supporter. Other February movies will be *The Fabelmans* and *All Quiet on the Western Front*.

Specific details of each movie will be posted on the Movie Bulletin Boards in Busch Hall and at Golf View.

Carol and I thank you for your support in our continuing effort to screen outstanding film productions. Keep your movie suggestions coming and we will try to present as many as possible for your enjoyment.



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Shareholders have choices

by Pam Watkins

Shareholders who want to make a difference in TR corporate matters have choices. Shareholders may run for a position on the Board of Directors, they may volunteer to serve on the Nominating Committee and seek qualified candidates to run for the Board and they may propose changes to TR's Bylaws. Most importantly, every shareholder can and should exercise their right to vote at the Annual General Meeting.

Most of us are familiar with our opportunity to serve as a member of the Board or the Nominating Committee, but what about the process for proposing changes to TR's Bylaws?

First, what are bylaws? Bylaws are the governing rules that describe how a company will be managed. Bylaws set forth such things as management structure, meeting requirements, roles and requirements of officers and committee members, share/stock ownership, voting procedures and annual meetings. Corporate bylaws are subordinate to the law and the Articles of Incorporation. Florida Revised Code 607.0206 states that a corporation shall adopt initial bylaws and that the document may contain any provision that is not contrary to the law or the Articles of Incorporation document. Unlike the Articles of Incorporation document, bylaws do not need to be filed with the county or the state, but do become part of the corporate record. Bylaws may be adopted (new), amended (changed) or repealed (deleted) as set forth in the Florida Business Corporation Act also known as Chapter 607 of the Florida Revised Code, the Articles of Incorporation and the bylaws document itself.

FRC 607.1020(2) provides the statutory authority for bylaw modification: a corporation's shareholders may amend or repeal the corporation's bylaws even though the bylaws may also be amended or repealed by its Board of Directors. TR Policies O1010 and O1015 provide the formal process for doing so. Let's follow the process.

Once a need to adopt, amend or repeal a bylaw is identified and researched by a shareholder, it is

submitted as a proposed resolution to TR's Corporate Secretary, either directly or through the TR Office. Proposed resolutions that are to be considered for vote at the Annual General Meeting held in March, must be received by the Corporate Secretary by the first business day in November of the preceding year. By TR policy, shareholders are limited to two proposed resolutions per year.

Proposed resolutions must directly pertain to TR Bylaws. They cannot deal with policy and/or procedure which are solely under the Board's authority. Any matters or concerns not directly pertaining to TR Bylaws should be addressed to the Board of Directors, not submitted as proposed resolutions. Proposed resolutions cannot conflict with statute or TR's Articles of Incorporation, nor can they undermine the Board's authority granted in statute or delegated to them in TR's Articles of Incorporation. Proposed resolutions may make changes to the duties and powers of the Board as defined in TR's Bylaws.

Proposed resolutions that meet the criteria previously outlined must be reviewed and approved by the Board before being forwarded to the corporate attorney for legal review. If the proposed resolution is considered appropriate following legal review and modified if necessary, it can be placed on the ballot as a resolution for shareholder approval at the AGM. If the proposed resolution does not pass legal review, the opinion may be challenged and a second legal opinion must be obtained. A written copy of the legal opinion must be made available upon request. Note: Proposed resolutions must be reviewed by the corporate attorney following Board approval, so it is prudent to not submit frivolous proposals as TR (we shareholders) must pay legal fees for such reviews.

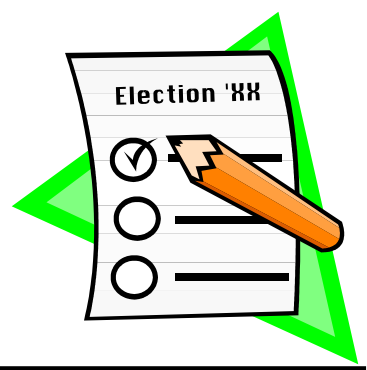
The process for amending bylaws is not specifically set forth in statute, but the process for amending Articles of Incorporation is provided in FRC 607.1003. The final steps in TR's bylaw modification process mirrors

provisions found in that section.

If a proposed resolution is approved and submitted to shareholders for vote, the Board of Directors may include a notice of voting recommendation regarding the proposed resolution in shareholders' AGM packets. The voting recommendation – for, against or none – will also include their rationale for the recommendation. Shareholders are not required to follow the Board's recommendation, they may vote as they wish for or against the proposed resolution. However, if you make the Board's designee your proxy, your share(s) will be voted in accordance with the Board's recommendation either for or against the proposed resolution. In cases where the Board has no voting recommendation, the Board's designee will simply not vote your share(s) on that issue.

The 2023 AGM packets will soon be delivered to TR shareholders. Your packet will include proposed resolutions to modify TR's Bylaws. As you review the proposals, think back on this process – how each proposal was thoughtfully drafted, timely, properly submitted and legally reviewed before being placed on the ballot. Think about the time it took to get the proposal to shareholders for a vote. Therefore, if you believe that a bylaw change needs to be made and you plan to submit a resolution to do so, now is the time to begin researching and writing your proposal. The deadline for submission to TR's Corporate Secretary is Nov. 1, 2023 for the proposal to be considered at the 2024 AGM.

Be an informed voter – research the proposals, review the recommendations and vote what you believe to be in the best interest of TR. Your vote is your choice.



TRash Talk

by Dean Peters

So what is the story regarding glass bottles and jars? The simple answer is that it is cheaper to make a new bottle from sand than it is to collect, transport, sort and clean used bottles. Several residents have noted that in their summer home community, bottles are accepted as recyclables.

Any glass bottles that end up in our recycling process increases the maintenance costs of the conveyors and other sorting equipment. They should be included in your trash which is collected by Republic and transported to their



landfill. Pasco County has a waste-to-energy plant in Springhill where garbage (including bottles) is burned, generating approximately 30MW of electricity. The glass bottles and jars end up in the bottom ash of the furnace. This material is used as an inert aggregate for landfill cover and drainage ditches. Please continue to throw any glass bottles and jars into the trash bins.

Many thanks.



Recycle Only

Aluminum Cans
Recycle or to the right of bins in wire basket.



Cleaned Metal Food Cans



Plastic Bottles and Containers
Cleaned, crushed and no caps.



Cardboard and Mixed Paper

Flatten Cardboard - NO Pizza Boxes



If in doubt - throw it out!

DO NOT Recycle



No Glass



No Milk or Juice Cartons



Nothing Wet or Dirty



No Plastic Bags



No Styrofoam



No Tangles

PLEASE NO - Tires, Laundry Baskets, Storage Bins and nothing smaller than your fist as they fall through the equipment.

From the Manager's desk



RAY HILL

by Ray Hill with Rich Kushman

If at first you don't succeed, try, try again. The cement wall for the Busch Hall garden area which Concrete Bobby installed has vanished. Most of the wall had to be removed because the installation of the forms was not solid and they failed leaving the wall somewhat wavy and not up to Ray's standards. Ray will not approve or pay for the wall until it is properly done.

Ray and I also chatted about what changes or additions, money not being an issue, he would like to see at TR. I confess to being

surprised with his remembering Jake Busch's long ago suggesting an adjacent elder care facility. According to Ray, Jake's idea was pretty clearly rejected at that time. Now, as residents reach their golden years, that thought seems more intriguing. Perhaps some ambitious stockholders will develop what would be a very ambitious plan.

A resident mentioned and had some concern regarding the open-flame fire pits currently so popular. Only propane fire pits are allowed and considered safe throughout the park. Woodburning fire pits should not be used and if encountered please advise the user of the park safety rules regarding any camp fires.

Occasionally someone raises a concern about our water or sewer systems and the possibility Pasco County might seek more control or even take over the operation of these important facilities. The built in automatic redundancy with each system and the constant careful maintenance performed insures the park will always be in compli-

ance with any government codes and offers dependable, safe and sanitary service to all TR residents.

For example, we have three wells for our water supply any one of which can supply the entire park. One well runs for a number of hours and then another automatically takes over with yet a third well standing by or helping as needed. This insures the wear and tear on the equipment is evenly distributed and makes repair and maintenance convenient. The park delivers an average of 55 psi pressure to all sites, well above minimum. Keeping these systems above par and running smoothly insures our meeting all requirements and maintaining private control.

I asked Ray what the most challenging aspect of his day-to-day job is. This provoked a few moments of thought for Ray considering the wide variety of moment to moment demands he faces. The one that warmly stood out for him was not being able to spend more individual face to face time with TR residents.

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Clarification of votes by proxies

An article in last week’s *TR Times* addressed how votes submitted by proxies could be voted by the Board. Specifically that the Nominating Committee cannot recommend votes submitted by proxies be assigned to all candidates. Florida Revised Code 607.0728 entitles shareholders to vote the number of shares owned by him or her **for as many persons as there are directors to be elected**. This year there are three and therefore, shareholders may only vote for up to three candidates. TR Policy N2065 provides that the Nominating Committee shall decide on a proxy recommendation and if the decision is to recommend, they may choose to spread votes submitted by proxies over **the maximum equal to the number of vacancies**, although they may also choose to pick only the best qualified candidate(s). In other words, the recommendation may be none, or the best but the maximum recommendation is limited to the number of vacancies. Policy N2030 provides that upon advice of legal counsel, the Board shall vote proxies in the election of candidates per the recommendation of the Nominating Committee. *mre*



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The Servant’s Plow

Bearing the burdens of others

by Anthony Shipe

There are hurting people everywhere, but at times we just don’t know what to say or do to ease their pain. Will we say the right thing? Do I have the time? Will it cost much to help them? What is the risk of getting involved? There is the famous, “I don’t want to get myself involved.”

Let me ask you a question. How do you think we would have felt at the lowest point in our lives when we reached out for help, and Jesus said, “I’m sorry but maybe another time?”

Here are some famous quotes:
*Life has burdens that no one can escape. Christianity does not remove the load. But it teaches us how to bear the burdens that rightfully fall to us.

*I do not pray for a lighter load, but a stronger back.

*Life with Jesus is an endless hope, without Jesus life is a hopeless end.

*We are never beneath hope, while above Hell, nor above hope while beneath Heaven.

*Nothing sets a person so much out of the devil’s reach as humility.

*A mountain shames a molehill until they are both humbled by the stars.

*A great many people are always ready to pray when the devil gets them into trouble; but when they get out of trouble, they soon forget God.

*Nations and men are much alike. They seldom appeal to God unless they are getting licked.

*Sure the world is full of trouble, but as long as we have people undoing trouble we have a pretty good world.

*Trouble knocked at the door but hearing a laugh from within hurried away.

So how do we help others? How do we bear the burdens of other people? The moods of most people around us are heavily influenced by the circumstances of life. Christians though have the potential to be different. The grace of God and His mercy, love and strength can dominate our minds and hearts so completely that circumstances don’t dominate us. Even when life seems unfair, we can focus on God’s kindness and forgiveness.

The Book of Romans offers a good starting point in how to focus ourselves on bearing the burdens of other people in Romans 15:1-2. Simply put it reads, “If our faith is strong, we should be patient with others whose faith is weak. We should try to please them instead of ourselves. We should



ANTHONY SHIPE

think of their good and try to help them by doing what pleases them.”

In order to do that, we have to develop an awareness of the burden that they carry. Next, we have to be willing to accept them as they are. Then, we must have the availability to help them. Paul offers some practical ways on how to help bear the burdens of others in 1Thessalonians 5: 14-19.

There are six of them.

- 1.Be there
- 2.Listen
- 3.Share
- 4.Pray
- 5.Give
- 6.Substitute

Verse 14 says that we “exhort you, brethren” or “we urge you.” Our aim is to help change them. Confront them. Another way to say it is, “My friends, we beg you to warn anyone who is not living right.”

A good way to help another is to BE THERE. Sometimes the best thing you can do is just to be present. We don’t always need someone who tries to fix everything, we just need a friend.

Comfort the feebleminded, support the weak and be patient. Sometimes that is hard to do. We are to encourage them. Stay calm and be patient. LISTEN to them. Do not attempt to correct them or set them right. Just listen.

Verse 15 says not to render evil for evil. In other words, do not

be hateful to people just because they are hateful to you. We have to SHARE this world a little while longer. Be willing to offer a solution. You might have had a similar experience dealing with a similar problem.

Verse 16 is self-explanatory. Be joyful.

Verse 17 says to PRAY. People are always willing to give you a prayer request if you ask them. There is power in speaking people’s names before the Lord. When they hear someone talk to Jesus on their behalf healing often starts to take place.

In Verse 18 we are instructed to GIVE thanks in everything. Giving involves more than thanking God for all that He has given us. It involves giving a firm handshake or a comforting hug. It might include giving something material or giving your time to help somebody. One of the best measures of sincerity is how much we are willing to give others. Jesus gave us His everything to help us.

Last but not least Verse 19 states, Quench not the Holy Spirit. This means to not turn away from God’s Spirit. A good word to use here is SUBSTITUTE. You may know of an individual who bears the burden of caring for someone else. If you step in and take his or her place for a while, you are acting like a savior as Jesus was a substitute for us because we are unable to do it ourselves. Jesus bore all of our sin and troubles. Be blessed.



Don’t forget to vote for your favorite team by donating cans and/or dollars to Daystar Hope in the team-designated collection boxes available in Busch Hall now through Sunday, Feb. 12.

TR Church Association
Sunday
Choir Rehearsal.....8:30
Bible Study.....9:00
You have seen Him (John 9:24-38)
Hymn Sing.....9:45
Barb Swartz
Worship Service.....10:00
Anthony Shipe


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Vigil Mass
Saturday, 4 pm
Sunday Masses
8 am & 10:30 am
Daily Masses
7:30 am Monday - Friday
RELIGIOUS EDUCATION CLASSES
Sunday, 9:05 am - 10:20 am
Rev. Krzysztof Gazdowicz, Pastor
(352) 588-3641

The Siren



by Jean Cobb

Congestive heart failure, sometimes known simply as heart failure, occurs when the heart muscle doesn't pump blood to the lungs and/or the body as well as it should. It is estimated that over 5 million people in the U. S. have been diagnosed with heart failure and that heart failure affects 6 to 10% of all people over 65 years of age.

Certain conditions such as a previous heart attack, coronary artery disease, high blood pressure or heart valve abnormalities, can gradually leave the heart too weak or stiff to fill and pump efficiently. The result of decreased pumping effectiveness by the heart is a back-up (congestion) of blood in the lungs and/or other areas of the body. In addition, impaired pumping effectiveness of the heart deprives tissues of necessary oxygen and nutrients and frequently causes the kidneys to save fluid rather than filtering and eliminating it. Extra fluid saved by the kidneys increases the problem rather than solving it. Heart failure can be ongoing (chronic) or sudden (acute).

Symptoms of **chronic heart failure** can include shortness of breath with exertion or when one lies down, swelling in ankles, feet and lower legs that increases during the day, persistent cough or wheezing, increased need to urinate at night or general fatigue or weakness.

In many cases, chronic heart failure can be managed with medications that control high blood

Congestive heart failure

pressure, reduce excess fluid in the body, improve circulation, reduce workload on the heart and/or strengthen heart contractions. Most healthcare providers will prescribe a diet that is limited in salt to avoid fluid retention which can aggravate heart failure. Daily weights at the same time and in the same clothing can help to identify short term weight gain that is due to retention of water because a pint of water weighs just a bit less than a pound!

It is very important to work closely with a healthcare provider to effectively diagnose and manage heart failure because they have a wide variety of diagnostic tools and treatments that can be individualized for each patient. It is also critical to take medications and follow instructions as prescribed to help avoid episodes of acute heart failure.

Acute heart failure is characterized by a sudden increase in symptoms with acute respiratory distress caused by accumulation of fluid in pulmonary (lung) circulation and/or a severe decrease in blood flow to the body triggering dangerously low blood pressure.

Typical respiratory symptoms include sudden, severe shortness of breath making it impossible to tolerate lying flat and a cough that is productive of pink, foamy mucus. Oxygen levels in the blood drop, pulse and respiration rates increase markedly and the person generally feels restless and anxious.

Talking is reduced to a few words at a time between breaths. Most often there has been a rapid weight gain caused by fluid retention, although swelling (edema) in the feet and legs may or may not occur.

If there is a sudden decrease in blood flow from the heart, it quickly leads to dangerously low blood pressure (shock), poor delivery of oxygen to the brain and other organs, weakness, dizziness and confusion.

Left untreated, acute heart failure can progress to loss of consciousness and death. **Acute heart failure requires prompt action - Dial 911.** Do not attempt to drive the person to medical care because they may get worse quickly and an ambulance is better equipped for emergency care enroute. If the person is short of breath, help them to sit in an upright position. If the person is weak and dizzy but not short of breath, assist them to lie down so blood can more easily reach the brain. Stay calm – help is on the way!

Want to learn “hands on” CPR and AED use? Joe Colao and the First Responders will be teaching a class in Busch Hall on Wednesday, Feb.15 at 2 p.m. Come and learn how to save your valentine!



CPR/AED instructions for TR residents

by Joe Colao

TR First Responders will be holding a class to teach residents how to save the life of a family member, a friend, a neighbor or stranger. At the end of this class you will be familiar with the use of CPR and AED. The class will be held in Busch Hall on Wednesday, Feb. 15 at 2 p.m. Everyone is most welcome. The class will be approximately one hour.

Healthy Tips

Volunteerism provides healthy benefits

by Donna Neer, RN (retired)

The Merriam-Webster Dictionary defines volunteer as a noun, an adjective and as a verb. As a noun, a volunteer is someone who willingly “offers to do something without being forced to or without getting paid to do it.” Used as an adjective, to volunteer is to engage in an activity. As a verb, to volunteer refers to the activity of giving of one’s self to a program or function. Isn’t it interesting that this nine-letter word can be used in so many ways? What prompted me to write this article discussing the health benefits of volunteering? Truly, it was quite simple. Let me explain.

According to the Corporation for National and Community Service “the first and biggest benefit people get from volunteering is the satisfaction of incorporating service into their lives and making a difference in their community and country.” The article further states that pride, satisfaction and accomplishment are worthwhile reasons to serve. When we share our time and talents, we feel a sense of satisfaction.

Stephen G. Post, PhD, professor of preventive medicine and author, states that volunteerism has lasting physical and psychological benefits. Those who volunteer regularly have healthier hearts,

less chronic pain and bolstered immune systems. Older volunteers are most likely to receive greater benefits due to the greater sense of purpose. A volunteer establishes a stronger relationship with others, increases functional physical abilities and can lower rates of depression. By volunteering we shift our attention to the needs of others rather than ourselves; while our cortisol (stress hormone) levels decrease. A 2013 study of over 1,500 adults found that those who volunteered at least 200 hours per year (4 hours a week) were 40% less likely to develop high blood pressure as compared to non-volunteers.

Here at TR volunteers are critical. I look around and I truly marvel at the volunteering spirit that helps to make TR what it is. A look into *The TR Times*’ bulletin board’ section speaks to the heart of the success of our park. By volunteering here at TR you would not only benefit your overall health status, but you will make new friends and continue the traditions/activities that we all enjoy.

Think about it. Make volunteering here at TR your New Year’s Resolution!

(Reference: *WebMD, Corporation for National & Community Service.*)



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I’m taking this opportunity to publicly thank Janet Stevens and Lynda Pecora who are First Responders at TR. They were sent to our home when I damaged the skin of my forearm. They performed so professionally while showing me a warm caring atmosphere. It is comforting to have these well trained volunteers in our Park. I am most grateful.

Sue Brackin

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Activity Affairs

Where is the closest AED?

by Guy Weik

I want to thank Joe Colao and his cadre of First Responders for their presentation on AEDs and CPR at last week's Coffee Seminar. As Jean Cobb mentioned in her TR Times article, there are four AEDs available here at TR. Always being aware of the location of the closest AED, no matter where you are in the park, is critically important. After calling 911, one person would immediately start CPR while another individual retrieves the AED and you don't want to waste even one precious minute thinking about where to go to get it. Again, three of our AEDs are in white boxes with red lights on top. One of these is located on the outside wall of Citrus East, the second is located on the outside wall of Busch Hall near the pool and the third is on the outside corner of the Snack Shack Pavilion, to the left of the door across from the Snack Shack. The fourth AED is kept on the front seat of the TR First Responder Cart.

CPR has been simplified since I first took the course many years ago, focusing on rapid compressions only. Appropriately doing the compressions is exhausting, that's why getting that AED as quickly as possible is so important.

If you didn't get to attend Joe's Coffee Seminar, try to attend the CPR and AED class being held on Wednesday, Feb.15, at 2 p.m. in Busch Hall. You couldn't ask for a more helpful group of First Responders to teach the class. It's only one hour, but a very valuable one that could help you save a life.

Activity Schedules

This is a reminder of where to find schedules for all of our activities. An online version for the current month can be found on the TR website. When you get to the website, you can use two methods to get the current monthly schedule.

1. If you scroll down from the heading "Florida Resort Living at an Affordable Price," you'll see links with the following labels: For Sale, Golf Course, Park Map, *The TR Times* and then Activities. Click the Activities box once and the current monthly schedule appears. Unless you have vision like Superman, you'll have to enlarge the print when viewing this on your phone. Buildings are abbreviated and the key is at the top left side of the schedule.

2. Above the picture you first see the TR sign with the words "Central Florida Living," on the right side there are three horizontal



GUY WEIK

lines. Tap this once. You'll see "Activities" listed under "Things to Do." Tap this once and that same current monthly schedule appears. The daily version of the monthly schedule can be viewed on the TV monitor outside the door going into the Post Office.

If you prefer to view a hard copy of the schedule, the locations and times of our activities are listed in the center Bulletin Board section of *The TR Times*. This is updated weekly. There are copies of the daily schedules for each building posted in the Post Office display case, on the Activities Bulletin Board in Busch Hall and on the board in the Golf View Pavilion. The building schedules were updated Feb.1.

Flag Retirement Ceremony scheduled for Saturday, March 11



Photo by Pam Watkins

FLAG RETIREMENT CEREMONY VENUE

by Ken Hankinson

This year's Veterans Flag Retirement Ceremony has been scheduled for Saturday, March 11 at 1 p.m. The ceremony will be held at a private property very close to TR on Bellamy Brothers Road. The reason for the new location is that it will allow us to burn hundreds of flags collected during the Covid pandemic which will require a much larger burn site.

Many thanks to Gunny Gundrum for his efforts in exploring nearby properties and securing the site that has been selected for this year's event.

The property is a large working farm owned by Zenen Valdez who has enthusiastically and generously offered to host the event on his beautiful property. Mr. Valdez is a Cuban immigrant and a very successful businessman who believes in and supports American values with great

respect for our military veterans.

His property is very large and he has created a beautiful area designed to host celebrations and events such as ours. We are fortunate to have secured such an impressive site that is so conveniently located to TR. We are extremely appreciative and excited about the new site and this year's ceremony.

As with previous Flag Retirement Ceremonies, the actual ceremony will last approximately 20 minutes after which refreshments will be served and there will be opportunity to explore the property. Additional information will be provided in upcoming articles in *The TR Times*.

Be sure to mark your calendars for the March 11 event. Please direct any questions concerning the ceremony to Ken Hankinson at 860-377-5299.

"Quill" we see you again?



Samples of some of the delicate designs possible to quillers.

by Pat Daubenmier

Although the new activity, Quilling on a Budget, got off to an enthusiastic start, it nearly got stopped before it got started. Just before the first class started, Pat Daubenmier, class volunteer, got a call that her order for supplies had been canceled with no information on when materials might be available again. Probably another whammy from Covid! For now, we are forging ahead on Thursdays, 1 to 3 p.m. in Citrus West with the first attendees having priority on the available stockpile.

Quilling, not quilting, is a nearly forgotten art form that was believed to have its beginnings in ancient Egypt and was widely

practiced in the 15th century by nuns and monks who decorated religious objects to save money. Later it became popular in the 18th century in France, Italy and England and has recently enjoyed a resurgence in popularity.

Quilling uses strips of paper to form different shapes that can be arranged to form pictures. Although it can be intricate, it can be something that even children can enjoy. There is actually a national organization, The North American Quilling Guild, that recognizes shapes and techniques used in competitions. Most commonly these shapes include solid coils, loose coils that can morph into various teardrops and geometric forms and scrolls.



Quilling

Quilling on a Budget is just as its name implies....simple shapes and simple equipment. If you can roll a piece of paper around a toothpick or a meat skewer, then you, too, can make a card that will impress your family and friends. Cost for the class varies depending on the design of the card, but will generally be \$2-3 payable at each class. If you decide to come and see what it is all about, helpful items to bring are scissors, tweezers, waxed paper, pop/milk jug cap, carton lid, round toothpicks, a ruler, a pencil and a sandwich bag.



Cheryl Smith talks alternative tools with instructor Pat Daubenmier.

Two Las Vegas Nights to support Bocce Ball

by John Dennison

The Bocce group is sponsoring a Las Vegas Night at Busch Hall on two nights, Friday, Feb. 10 and Friday, Feb. 24. The evening begins at 7 p.m. and runs until all the chips are gone. The cost is \$5. You will get 9 chips to play 3 games of L-R-C, a dice game. It's an easy to learn, fun game and there are big payouts. All money will be paid out to the winners. Life is short, have some fun. Join us.

Travelettes need more ladies



by Nan Lance

Do you like to sing? The Travelettes are looking for soprano and alto women voices to join our singing group. We sing popular and traditional music. This season we are singing songs from *My Fair Lady* and 50s and 60s TV show themes such as *Laverne & Shirley*, *Bonanza*, *Beverly Hillbillies* and *Green Acres*, etc. if you like to sing, join us at the Jeri Miller Activities Building on Wednesdays from 12:30 to 2 p.m.

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Amateur Radio Club news

by Dan Zile

As of the writing of this article, your Travelers Rest Amateur Radio Club (TRARC) has just completed a very successful Winter Field Day exercise. It was the first time we have actually tested our ability to provide emergency communications without any power from the electric grid. We were prepared to provide power using both solar panels and a generator but it was not necessary to use the generator as the solar panels worked just fine. Temporary antennas placed in the trees by using a sling shot and a fishing pole, were also successful.

Many other groups around North America were also testing their emergency communications capabilities during the same 24-hour period. Using solar panels provided by club members to provide the power for two separately operating radio positions, the group of operators made 163 contacts in North America in about 11 hours of operating. Contacts were made as far west as California, British Columbia and Washington, as far north as Prince Edward Island and as far south as Puerto Rico. The radio contacts included 36 States and 5 Canadian Provinces. Sixty-five percent of the contacts were made in the South, Central and Southeast U.S. Several of the contacts were in Florida including the local Tampa Bay area. This exercise proves that your Travelers Rest Amateur Radio Club could not only provide emergency communications for Travelers Rest but could become part of a network to provide



Dave Bauer and Jim Zigrosser appear to be in deep thought.



Photos by Dan Zile

Russ and Jackie Thackery take part in the exercise.

emergency communications regionally. The TR ARC is currently making initial contacts with the Pasco County Emergency Operations Center (EOC) to test our equipment and coordinate any additional training required to become part of their emergency network. We are working to improve our tower and update the antennas on it.

Many of our members are currently in Orlando attending the second largest Amateur Radio Convention in the United States. A caravan of eight trailers left TR last Wednesday to set up camp on the fairgrounds where it is held. Some folks refer to this convention as being like “kids in the candy store for hams” because there are so many vendors and radio equipment flea markets.

The members of the TR Amateur Radio Club wish to thank everyone who supports our Club by purchasing Coffee and Donuts on Flea Market and Yard Sale days. The proceeds help purchase necessary items used in the TR Communications Center and contribute to potential emergency radio communications.

The Travelers Rest Amateur Radio Club conducts a net at 8 a.m. daily except Sundays. The net meets on 146.43 MHz (100Hz CTCSS) and on EchoLink at K4TRR-L. Club meetings are held the second and fourth Thursdays at 6:30 p.m. in the Jeri Miller Activities Building and normally include an optional program after the main meeting. Visitors are always welcome at TRARC events.

Model Railroad Club news



Photo by Brian Krupicka

The Brooksville Train Museum since 1885 and still worth a visit.

Visiting Brooksville Train Depot Museum

by Brian Krupicka

We are planning a trip to the Brooksville Train Depot Museum which is comprised of four areas – Ticket Office, Freight Room, Storage Dock and Cook/Freight Car. The Train Depot has been in the same location since it was built in 1885. Any question should be directed to Larry Babbitt or Brian Krupicka. The date and time will be determined based on the number of interested people and time availability. If you have any interest in the model railroad hobby here at TR, call Brian Krupicka at 630-961-1243. We meet on Fridays at 9:30 a.m. until noon in the Jeri Miller Activities Building. All are welcome.



Photo by Bill Watkins

Bud Wuebker and Joe Politsky are shown with a new cabinet built in the Woodshop to be used to store Model Railroad equipment in Citrus Hall. Not shown are helpers Dwight Green, Mike Biser and Vic Bowser who helped with the construction.



Photo by Brian Krupicka

A sample of the type of dioramas that may be created.

How to build a diorama

by Brian Krupicka

If your mind can conceive a diorama, you can build it. We have members with all skill levels who are willing to help you achieve your dreams. We all learn from each other and strive to share our creations with the whole TR community. Come see what you can create. It is rewarding and exciting to see your dream come true. If you have interest in this hobby, please call Brian Krupicka at 630-961-1243. We meet on Friday, 10 a.m. to noon in the Jeri Miller Activities Building.



Geocaching Adventure Labs



by Nan Lance

Geocaching isn't always finding a solid treasure piece. Sometimes you learn something totally new. Isn't that like a treasure also?

You find your nearby Adventure Lab on your phone on the Geocaching app. You follow the clues to a location where your phone pings and you know you're close. A question pops up on your phone about your location that can only be answered by the clues around you. For example, what date was that building built? What is the title of that sculpture? What shape is that tombstone? You answer the question on your phone and move on to the next one. There are usually five questions to one Adventure Lab.

Did you know that we have two Adventure Labs within 10 miles of TR: Spring Lake and San Antonio. The San Antonio Adventure Lab was made up by TR's own Barbara Colson. Call Barb for more information about Adventure Labs and Geocaching. Her phone number is 352-206- 3210.

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Bulletin Board

Travelers Rest Resort Activities

ACOUSTIC JAM SESSION	BOWLING	CREATIVE ART GROUP (CAG)	FRIDAY NIGHT DANCES
PICKIN’ & GRINNIN’ - Wednesdays, 3:30-5:30 p.m., Hobby House. December thru March. Rob Werner Harold Keefer	Fridays at 2:15 p.m. at Pin Chasers Bowling Lanes, Zephyrhills. Sign up on Bulletin Board if you plan to go. Lin Buczek	Wednesdays, 3 to 5 p.m. in Citrus East. Linda Spencer	Fridays from 7 to 9 p.m. in Busch Hall, starting January 20. The dance schedule and themes will be listed in The TR Times and online. Need Chairperson
AMATEUR RADIO CLUB	BRASS ENSEMBLE	DIGITAL PHOTO - CAMERA	GAMES NIGHT
2nd and 4th Thurs., 6:30 p.m. in the Jeri Miller Activity Center. November-March Meetings open to all. Amateurs can check into the 8 a.m. Two Meter Net on 146.430 Mhz Monday thru Saturday. Dan Zile	Wednesdays, 2:30 to 4 p.m. in the Jeri Miller Activity Center. We can always use more brass players. Bill Watkins Steve Bowman	Mondays, 8:30 a.m. to noon in Jeri Miller Activity Building. Carey Box	Mondays, 7 to 9 p.m. at Snack Shack Pavilion. Non-contact games. New game each week. Linda Smith Joan Colao
AQUATICS - (WATER AEROBICS)	BRIDGE: BEGINNERS	DIGITAL PHOTO - POST PROCESS	GARDEN CLUB
Mondays, Wednesdays, and Fridays 9:30 to 10:45 a.m. at the pool. November thru March Linda Smith	Tuesdays, 1 to 3 p.m. in Hobby House Jim Weigand	Tuesdays, 1 to 3 p.m. in Citrus East. Carey Box	Tuesdays and Thursdays, 9 to 11 a.m. at Lake Margaret. Stacy Grier
BALLROOM DANCING	BRIDGE: INTERMEDIATES	DINING WITH FRIENDS	GENEALOGY
Mondays, 7 to 8 p.m. in Busch Hall. January thru March. Jeffrey Duquette	Tuesdays, 1:30 to 3 p.m. in the Jeri Miller Activity Center. Connie Bradley	2nd Saturdays, Busch Hall, 5 to 7 p.m., January thru March. Harold and Marlene Hughes	Fridays, 1:00 to 2:30 p.m. in Citrus East. Denise Anderson
BEADAHOLICS	BRIDGE: PARTY/PARTNERS	DOMINOES	GEOCACHING
Mondays, 10:15 a.m. to 12:30 p.m. in Citrus East. January thru March. Kathy Kushman Kathy Lemke	Party Bridge with partners - Tuesdays and Thursdays, 6:30 to 9 p.m. in Citrus West. Partner not required. Singles will be teamed up. Barb Aubrey	Thursdays, 6:30 to 9 p.m. in Busch Hall. Linda Gough	Tuesdays, 9 to 10 a.m. in Citrus West. January thru March. Barbara Colson
BEADAHOLICS, TOO	BULLETIN BOARD IN BUSCH HALL	DULCIMER JAM	GLUTEN FREE SUPPORT GROUP
Tuesdays, 2 to 4 p.m. at Hobby House Porch.	For information or help with a notice or ad contact: Betsy Behler Guy Weik	Thursdays, 6:30 to 9 pm in Citrus East Lois Showers	Tuesdays 11 a.m. to noon in Citrus West. Linda Murphy
BIBLE STUDY- CO-ED	CALLIGRAPHY	DULCIMER LESSONS	GOLF - LADIES LEAGUE
Mondays, 10 a.m. at Vanishing Lake and 6 p.m. in Busch Hall Green Room. Anthony Shipe	Fridays, 7 to 8:30 p.m. in Citrus East. Richard Peebles	Mondays in Citrus West. Beginners: 9 to 10 am. Advanced: 10 am to noon. Lois Showers	Wednesday mornings at 9 a.m. at Starter Shack. Dee Branchaud
BICYCLING	CHAIR YOGA	ENTERTAINMENT SUNDAYS	GOLF - MENS LEAGUE
Tuesdays and Fridays, meet at 8:45 a.m. at parking lot behind Busch Hall. Watch Cycling Bulletin Board in Busch Hall for rides. Susan Delaney	Wednesdays, 10:30 to 11:45 a.m. in Citrus East. Begins Jan. 4. Donna Smith	Announcements begin at 6:45 p.m. with program following. Performances will be in Busch Hall. Ken and Sandy Langel	Thursdays at 8 a.m. and 10 a.m. at Starter Shack. Barry English
BINGO	CHOIR PRACTICE	EUCHRE	GOLF - SCRAMBLES
1st and 3rd Saturdays, 7 to 9 p.m. in Citrus East. Linda Smith	Fridays, 9:30 to 11 a.m. and Sundays 8:30 a.m. in Busch Hall. Join us. Bernie Gutridge	Fridays, 7 to 9:15 p.m. in the Jeri Miller Activity Building. Chairperson Needed	2nd, 3rd and 4th Saturday mornings at Starter Shack. Tom and Pat Butler
BIRDING	CHURCH ASSOCIATION	EUCHRE/BID	GOLF ASSOCIATION MEETINGS
Tuesdays, 8 a.m. at Post Office Veranda. Bring binoculars and cameras. Tom Butler	Sunday Activities: All events in Busch Hall, 8:30 a.m.-Choir Practice 9:15 a.m.- Bible Study. 9:45 a.m.-Hymn Sing 10 a.m.-Worship service, Holy Communion 1st Sunday of the month. Anthony Shipe	Thursdays, 6:30 to 9 p.m. in Busch Hall. Chairperson Needed	Monthly meeting 2nd Thursday, 1 to 4 p.m. in Hobby House. All members/golfers are welcome. Roy French
BLOOD DRIVE AT TR	CHURCH COMMITTEE	FIRE/RESCUE 33	GOLF LESSONS
Blood drives are held the 1st Monday in December and March. The Blood Mobile will be parked next to the TR Fire Station from 8 a.m. to 2 p.m. unless announced otherwise. Ken Neer	3rd Fridays, 1 to 3 p.m. in Jeri Miller Activity Center. John Daubenmier	Firemen-Tues, 8 to 11 am- Paul Rife Room. First Responders-Tuesday, 11 to 1, Jeri Miller Activity Center. Thursdays, 8:30 am to 12:30 p.m., Paul Rife Room. Business Meeting - 3rd Tuesdays, 9 a.m. in Paul Rife Room. Larry Polzin	Tuesdays, Practice Range with all levels of expertise from 9 to 11 a.m. Hazel English, Joan McLean Joan McLean
BLOOD PRESSURE SCREENING	CLOGGERS OF TR	FIVE CROWNS	HABITAT FOR HUMANITY
Tuesdays, 10:30 to 11 a.m. in Paul Rife Room. Larry Polzin	Tuesdays and Thursdays 9 to 11:30 a.m., Saturdays 10 to 11:30 a.m. in Citrus East. Donna Neer Donna Smith	Wednesdays (non-concert nights only), 6:30 to 9 p.m. in Citrus West. Jackie Thackery	Volunteer to help build homes in Pasco County. Projects January thru March TBA. Barb Colson
BOCCE (FALL)	COFFEE & DONUTS - RADIO CLUB	FIVE HUNDRED - CARDS	HAND AND FOOT
Sundays thru Fridays, 1:30 p.m. November and December. Bob Fisher	1st Saturday (during Flea Markets), 8:30 to 11:30 a.m. or until sold out. Donuts and coffee will be in Busch Hall. Dan Zile	Saturdays, 6:45 to 9 p.m. In Citrus West. Pat McCallum	Thursdays, 6:30 to 9 p.m. in Busch Hall. Come learn this easy game. Deborah May
BOCCE (WINTER)	COFFEE SEMINARS	FLEA MARKET/YARD SALE	HARMONAIRES
Scheduled games and competitions, Mondays, Wednesdays, Thursdays, Fridays and Sundays, 1:30 p.m. Tuesdays, 7 p.m. January thru March. Laverne Dennison	Thursdays, 8 to 9 a.m. in Busch Hall. Watch The TR Times and online calendar for updates. Guy Weik	Flea Markets return to Busch Hall first Saturday of each month, November thru March, 8:30 to 11:30 a.m. Setup at 8 a.m.. Betty and Walt Gilson	Bring your harmonica and play with us. Beginners welcome. Thursdays 7 to 8:30 p.m. in Hobby House. Joe Shipe
BOOK BROWERS	COFFEE SOCIAL	FRIDAY AFTERNOON LIVE!	ICE CREAM SOCIAL
2nd and 4th Wednesdays, 2 to 3 p.m. in Citrus West. Nan Feeney Lance	Monday thru Friday, 7:30 to 9 a.m. in Busch Hall. Please bring your own mug. Jim Matkovich	Certain Fridays, 3:30-5:00 p.m. at The Grove Stage. Check dates online. Donna Probes	Sundays, 6 to 6:45 p.m. in Busch Hall. Rosita Williams

Bulletin Board		Travelers Rest Resort Activities	
IPHONE CLASS	PET LOVERS CLUB	SHUFFLEBOARD	VETERANS MEETING
Thursdays, 12:30 to 2 p.m. in Jeri Miller Activity Center. <div>Susan Stahley</div>	Jan. 23, then 2nd Mondays, 3 to 4:30 p.m. in Jeri Miller Activity Building. <div>Kim Roberts</div>	Tuesdays, 1 to 3 p.m., Competition. Thursdays, 1 to 3 p.m., Dimes Day. <div>Richard Von Qualen</div>	2nd Mondays, 10:03 to 11 a.m. in the Hobby House. <div>Darold Long, Commander</div>
JOKER	PICKLEBALL	SNACK SHACK	VILLAGE HAPPY HOUR
Mondays, 6:30 to 9 p.m. in Citrus West. Fridays, 6:30 to 9 p.m. in Citrus West. <div>Deborah May</div>	Over a dozen Pickleball activities from beginner to competitive play offered weekly. Check the TR website under Activities > Pickleball for current schedule. <div>Delia and Carey Box</div>	Currently weekdays, 11:30 a.m. to 1:30 p.m. Additional volunteers needed to add a Saturday crew. <div>Lee Brenn Mickey Cobb</div>	Thursdays, 4 to 5:30 p.m. at host residence. Meet in Hobby House if temperature is <60 or if it's raining. November thru April. <div>Sandy Post</div>
JUBELLATION HAND BELL CHOIR	PINOCHLE	SPORTS CLUB	WAIST WATCHERS
Mondays, 10:30 a.m. to 12:30 p.m. in Busch Hall. <div>Jean Cobb</div>	Thursdays, 6 to 9 p.m. in Busch Hall. <div>John Delaney</div>	Meet at Snack Shack Pavilion 2nd Tuesdays 7 to 8 p.m. (January thru March) All welcome. <div>Ray LoPresti</div>	Thursdays, 8:30 to 9:15 a.m. in Hobby House. <div>Jackie Thackery</div>
KARAOKE	POKER TEXAS HOLD'EM	STAINED GLASS	WINTER WALKING AEROBICS
Non-concert Wednesdays, 7 to 9: p.m. in Busch Hall. Starts in January. <div>Glenn and Gabriella Young Alan West</div>	Tuesdays and Saturdays, 7 to 9:30 p.m. in Hobby House. <div>Jack Davis</div>	All times in Jeri Miller Activity Center, beginning in January: Mondays, 12:45 to 2:45 p.m. Wednesdays, 4 to 7 p.m. Fridays, 3:30 to 5:30 p.m. Instructor - Shari Harberts <div>Shari Harberts</div>	Monday thru Friday, 7:15 to 7:45 a.m. in Citrus East. (Nov. 8 thru April 10) <div>Gloria Polzin</div>
KNOTTY KNITTERS	POM-POM DRILL TEAM	TABLE TENNIS/PING PONG	WATERCOLOR PAINTING
Thursdays, 9:30 to 11:30 a.m. in Citrus West. <div>Diane Fisher</div>	Tuesdays, 3 to 4 p.m. and Fridays, 10:30 to 11:30 a.m. in Citrus East. <div>Donna Neer Deb Niles</div>	Mondays and Thursdays, set up at 2:30 p.m., play from 3 to 5 p.m. in Citrus East. Extra paddles available. <div>Ron Hicks</div>	Wednesdays, 1 to 3 p.m. in Citrus East. <div>Amy Grier</div>
LIBRARY	POWERBOAT RACING	TENNIS	WEIGHTS & STRETCHING
Located in northwest corner of Busch Hall. Open 24/7. Honor system sign-out. Please reshelve your own books if you can. If not place in cart behind desk. <div>Mary Kosbab Kay Blunda</div>	Mondays and Fridays, 8 a.m. to noon at Mirror Lake. <div>Dean Peters</div>	Mondays, Wednesdays and Fridays, 9 to 11 a.m. <div>Betty Teichert</div>	Mondays, Wednesdays and Fridays, 8 to 8:45 a.m. in Citrus East. Year-round. <div>Sheila Schencke</div>
LINE DANCING (IMPROVERS)	PRAISE & WORSHIP	STONE & TIGHTEN	WELCOMING & RED DOT SPOT
Mondays and Thursdays, 1 to 2:30 p.m. in Citrus East. <div>Alex Adair</div>	Contemporary Church Services - 1st and 3rd Saturdays, 4:30 to 5:30 p.m. in Busch Hall. January thru March. <div>Marty Schencke</div>	Mondays, Wednesdays and Fridays, 9 to 10 a.m. in Citrus East. Strengthen your muscles. Bring mat and weights. <div>Betty Clark</div>	Welcoming Committee: LAST Thursdays, 10 to noon in Jeri Miller Activity Center. Next Red Dot Spot: Thursday, March 2, 10:30 a.m. to noon in the Jeri Miller Activity Center. <div>Diana Hill</div>
LINE DANCING (BEGINNERS)	QUILLING ON A BUDGET	TR ROADRIDERS (MOTORCYCLE)	WIZARD
Citrus West: Tuesdays, 10 to 11 a.m. and Wednesdays, 1 to 2 p.m. Saturdays 3 to 4 p.m. in Citrus East. <div>Alex Adair</div>	Thursdays, 1-3 p.m. in Citrus West. <div>Pat Daubenmier</div>	1st Mondays, 7 to 8 p.m. in Hobby House to plan rides. <div>Gene Cribbs</div>	Tuesdays, 6:30 to 8:30 p.m. in Busch Hall. <div>Deborah May</div>
MAH JONG CHINESE	QUILTING	TR SINGING MEN	WOOD SHOP
Mondays and Fridays, 1 to 3 p.m. in Citrus West. <div>Marcia Hatfield</div>	Thursdays at 9:30 a.m to 3 p.m. in Busch Hall. 2nd Thursday Guild Meeting/Show and Tell. <div>Ethel Polsdofer Cloie Morgan</div>	Wednesdays from 9 to 10:30 a.m. in the Jeri Miller Activities Center. All men are invited to sing along. <div>Gene Gough Dennis Ledbetter</div>	Monday thru Friday, 8 a.m. to 2:45 p.m. Membership \$20. <div>Larry Kurkowski</div>
MAH JONGG - NATIONAL PLAY	RC AIRPLANE FLYING	TR TRAVEL	WOODCARVING
Mondays, Wednesdays and Fridays, 1 to 3 p.m. at Hobby House. Lessons on Mondays. <div>Bette Gorman</div>	Parlor - Thursdays, 3 to 5 p.m. and Saturdays, 1 to 3 p.m. in Busch Hall. Outdoor - Tuesdays, 8 a.m. to noon, at the Golf Course 9th hole. <div>James Morrow, Sr.</div>	Planned events advertised on Travel Board in Busch Hall. Watch for articles in TR Times. <div>Sharon Gilbert Zile</div>	Wednesdays, 8 a.m. to noon in Citrus West. <div>Linda Murphy</div>
MATS FOR THE HOMELESS	RC MOTORSPORTS	TR TRAVELAIRES OCHESTRA	YOGA
Thursdays, 9:30 to 11:30 a.m. in Busch Hall <div>Pat Dellamuth</div>	Wednesdays and Saturdays, 9:30 a.m. at RC Motorsports track by Snack Shack. <div>John Toombs</div>	Tuesdays, 12:45 to 3 p.m. in Busch Hall. New members welcome. <div>Gene Cribbs</div>	Thursdays, 11 a.m., Location TBD, January thru March. <div>Jean Renee DeTar</div>
MIRROR LAKE YACHT CLUB	ROCK PAINTING	TRAVELETES/WOMEN'S CHORUS	ZUMBA
RC Powerboat and Sailboat Activities at Mirror Lake. Powerboat Races: Mondays and Fridays 8 a.m. to noon. <div>Jerry McRoberts, Commodore</div>	All Thursdays except the last Thursday of the month, 10 a.m. to noon in Jeri Miller Activity Center. <div>Diana Hill</div>	Wednesdays, 12:30 to 2 p.m. in the Jeri Miller Activity Center. <div>Mary Beth Coldren</div>	Thursdays, 8:30 to 9:30 a.m., Jeri Miller Activity Center. Starts Jan. 12. <div>Bev Weissinger</div>
YACHT CLUB SAILBOATS	RUG HOOKING	TRAVELOGUE	<div></div> <div>All changes, additions or corrections to any Activity.</div> <div>Contact Guy Weik activities@travelersrestresort.com 352-584-6377</div> <div></div> <div>“Volunteers don't get paid, not because they're worthless, but because they're priceless.” ~ Sherry Anderson</div>
Sailboat Practice: Tuesdays, 8 a.m. to noon. Sailboat Races: Wednesdays and Saturdays 8 a.m. to noon. <div>Barry Sellick</div>	Tuesdays, 9 to 11 a.m. in the Green Room, Busch Hall. A small avid group. Join us and make something beautiful! <div>Tawnya Rowden</div>	2nd and 4th Mondays, 3 to 4:30 p.m. in Citrus West. January thru March. <div>Bert Contractor</div>	
MODEL RAILROAD	SCRABBLE	TUESDAY NIGHT MOVIES (TNM)	
Fridays, 9:30 a.m. to noon in Jeri Miller Activity Center. <div>Brian Krupicka</div>	Thursdays, 7 to 9 p.m. in Busch Hall, depending on interest. <div>Jeffrey Duquette</div>	Tuesdays, doors open at 6:45 p.m., movie will start at 7:15 p.m., in Citrus East. Movie Night runs January thru March. <div>Jim and Carol Henrikson</div>	
OIL & ACRYLIC PAINTING	SEW SPECIAL AND EMBROIDERY	UKULELE CLUB	
Fridays, 9 a.m. to noon in Citrus West. <div>Mary Kubinieć</div>	Mondays, 9 a.m. to 3 p.m. in Busch Hall. Welcome to cut out and sew. Bring machine, projects, ideas. 3rd Mondays - Show and Tell. <div>Rosita Williams</div>	Tuesdays, 3 to 4:00 p.m. in the Hobby House. Players share tips and tunes without weekly instruction. January thru March. <div>Donna Probes</div>	

Beyond the Resort

Local live theatre

by Linda Spencer

The Richey Suncoast Theatre, 6237 Grand Blvd., New Port Richey. Please call 727-842-6777 or visit <https://www.richeysuncoasttheatre.com/> for more information. (52 minutes from TR.)

***All Aboard and Then Some**, written by John Smitherman and directed by Susan Capicotto. Friday, March 3 and Saturday, March 4, 8 p.m. and matinee Sunday, March 5, 2 p.m. If you have ever been on a cruise ship or if you ever plan on taking a cruise, you won't want to miss this laugh-filled comedy set on the high seas!

***Sherlock Holmes and the Portal of Time**, written and directed by Michael Druce. Friday, March 10 and Saturday, March 11, 8 p.m. and matinee Sunday, March 12, at 2 p.m. Only one man can change the outcome of WWII-Professor Moriarty. Only one man can stop this evil mastermind from changing the fate of the world-Sherlock Holmes. In this witty, fast-paced and wildly inventive adventure, Sherlock Holmes and Dr. Watson must travel from London in 1921 to Berlin in 1939 to stop Moriarty from changing the outcome of history. With the help of H.G. Wells, his delightful wife, Jane, and two Albert Einsteins, Holmes and Watson pursue Moriarty through time.

The Suncoast Broadway Theatre, 16128 Hwy. 19, Hudson. Please call 727-863-7949 or visit <https://www.suncoastbroadway.com/> for more information.

***Sister Act**, Friday, Feb. 24 to Thursday, April 2. Thursday, Saturday and Sunday noon and 6 p.m., Friday and Saturday 6 p.m. Based on one of the most successful movie comedies in the last generation, this rollicking musical pits Diva against Divine. What ensues can only be described as musical magic! Featuring original and songs inspired by Motown, soul and disco by Tony® along with 8-time Oscar® winner Alan Menken (Disney's Aladdin and Beauty and the Beast, Newsies, Enchanted), dazzling dance routines and more glitz than Vegas and the Vatican combined. *Sister*



LINDA SPENCER

Act is certain to be one of the funniest and funkiest musicals to grace the Suncoast Broadway altar...(a-hem)...stage.

***Tenors of Rock**, Friday, April 7 to Saturday, April 8. Friday 6 p.m., Saturday noon and 6 p.m. Formed in London, England in 2010, *Tenors of Rock* has gone on to be the most successful rock vocal harmony group in the world. Their popularity exploded when they appeared on *The X Factor* (UK's version of *American Idol*), playing to weekly television audiences of over 10 million people in 2016 and were offered their own show in Las Vegas. Experience all your favorite songs from Guns n Roses, Bon Jovi, Eric Clapton, Queen, ACDC, The Eagles, Aerosmith, Whitesnake, KISS and many more in a whole new way.

***Easter Sunday Broadway Brunch**, Sunday, April 9, doors open at 11 a.m. Come together this Easter for an entertaining Sunday Brunch. Your ticket will include a premium brunch buffet followed by a beautiful Broadway Cabaret-style show.

***Escape to Margaritaville**, Friday, April 14 to Sunday, May 14. Thursday, Saturday and Sunday noon and 6 p.m., Friday and Saturday 6 p.m. Suncoast Broadway is transformed into a Caribbean paradise where boy meets girl, girl is unimpressed and boy does everything he can to win her over, while their two best friends fall for each other. Told through the music of Jimmy Buffett, *Escape to Margaritaville* is the musical comedy featuring your most-loved classics, including *Fins*, *Volcano*, *Cheeseburger in Paradise* and many more. *USA Today* calls it "A little slice of paradise" and *Entertainment Weekly* raves, "It will knock your flip-flops off!" So don't let the party start without you!

Travel News

by Sharon Gilbert Zile, TR Tour Director

More than 225 TR residents have participated in or made a reservation for one or more of this season's day trips. What a great response! The Gaylord Palms ICE Show involved 50 plus TR travelers. So many folks were eager for the Calypso Breeze Luncheon Cruise that a second bus was scheduled so that 110 folks could enjoy the St. John's Pass cruise. Tampa By Land and Sea is full with 40 travelers for the March 1 tour, though a few more names on the wait list would be nice when last minute cancellations occur. The Yacht Starship St. Patrick's Day Cruise with its Irish menu and cash bar still has a number of openings, but will be limited to one 56-passenger bus. Day trips clearly are giving us an opportunity to enjoy Florida venues, and the luxury Small World Tour buses take us to places we might not have explored on our own.

With such a positive response to our scheduled day trips, I was surprised at the limited interest in the Hollerbach's German Restaurant with oompah band and German shopping venue. The 20 TR residents who did make a reservation were most enthusiastic, and like me, they were surprised at the need to cancel the Friday evening outing. I'm still wondering why this trip didn't go. Was it scheduling? Limited interest in German cuisine? I'm listening.

Selecting and scheduling day trips for TR travelers from the wide variety of trips offered by Small World Tours is a spring task. It's combing through a huge list of possible trips and guessing what will have greatest appeal for TR. Some trips, like a boat cruise in January, have great general appeal and give us an opportunity to begin the season with renewing friendships. Other trips attract a more specialized interest group, for example, Kennedy Space Center. Two TR clubs have reached out to



DAN AND SHARON ZILE

me with specific requests for 2024 trips that extend the knowledge of their groups, and we are currently researching those venues for distance, docents, cost and time necessary. Of course, I'll depend on club members to share the trip news with friends. As always, all trips will be open to all TR travelers. What venues might be of particular interest to your club or group? Maybe the Daytona Speedway or the Chihuly Collection or the Golf Hall of Fame? I'm listening.

Selecting potential cruises for a TR trip involves listening, as well. We have such a diversity of travel desires. Folks have mentioned how much they appreciate departure from TR, alleviating the need to drive to and park at the port. Others have mentioned that

a huge ship makes it challenging for the TR group to "be" a group. Another said how much they preferred it when our TR group shared a common dinner time. Two individuals said how much they enjoyed small ships as thousands of passengers can become overwhelming. Several folks have mentioned the desire to go to a unique location, as they have already experienced multiple Caribbean cruises. Two folks recently said they loved Caribbean cruises and would love to do one with TR folks. Interestingly, cost is rarely mentioned. Port of departure is rarely mentioned.



Rita Knoble and Phil Leatherman on recent cruise.

Selecting a cruise for our very diverse bucket lists is challenging. Decisions, decisions. I'm listening.

"Though we travel the world over to find the beautiful, we must carry it with us or we find it not." Henry David Thoreau



Photos submitted by Sharon Gilbert

Joan Ledbetter, Ray and Joan Wilson, Colleen and Leland Bradley with Kathy Bocchino in the cool sunshine.

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Library News



TR passionate readers

by Loretta Whitfield

I was informed that one of TR’s most avid readers was living at lot 14-44. The gentleman introduced himself to me as Knarf, then laughed and said he was Frank Swanson, better known as Swanee. Frank and Connie are from Bergen, in western New York, and have been part of TR since 2000. They have been married 45 years. Frank has just turned 95 on Feb. 1. They have 6 children, 12 grandchildren and 14 great-grandchildren. In his younger years, Frank enjoyed golfing and fishing. And as you can tell, he has quite the sense of humor.

Frank has read all his life. He was fortunate enough to live next door to a teacher who had an extensive library. He used it freely while growing up. He also uses our TR Library and frequently makes donations.

Frank reads every day by his front window. Although he has many favorite books, his favorite authors are Connelly, CJ Box, Daniel Silva, James Patterson, Lee Child and Dan Brown. He has also



Photo by Loretta Whitfield

CONNIE AND FRANK SWANSON

enjoyed all the Outlander books by Diana Gabaldon.

As you can see, Frank has eclectic taste when it comes to reading.

Connie also enjoys reading. She particularly enjoys animal stories. But she too has read all the Outlander books. She is a volunteer in our TR Library.



Two new books in the TR Library

by Loretta Whitfield

This is how it always was by Laurie Frankel

Rosie, a doctor, her husband Penn, an author, and their four boys welcome the newest member of their family home in rural Wisconsin.

No one is surprised it’s another baby boy. At least their large, loving and chaotic family knows what to expect.

But Claude is not like his brothers. One day he puts on a dress and refuses to take it off. He wants to bring a purse to kindergarten. He wants hair long enough to sit on, to wear barrettes. When he grows up, Claude says, he wants to be a girl.

Penn and Rosie aren’t panicked at first. Kids go through phases, after all and make-believe is fun.

But soon the entire family is keeping Claude’s secret, until one day it explodes. The novel is about fairy tales, revelations and unconditional love.

The Wrong Side Of Goodbye by Michael Connelly

Connelly has won many awards for his journalism and his novels. He has written a series of mystery/detective novels about a private eye, Harry Bosch.

In this novel, Bosch accepts a private eye job, searching for the heir of an unmarried billionaire industrialist, Whitney P. Vance, who believes he fathered a child when he was just 18 years old. The search leads him to some of the events involved in the Vietnam War, where Bosch also served.

As a semi-retired police officer, Bosch is also working to help solve some older cases, presently working on a case of the Screen Cutter serial rapist. This case becomes a life-and-death situation for one of his fellow officers. His skills and talents are, in the end, highly valued by his fellow officers.

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Garden News

Are you a plantaholic?



by Leslie Ewing

Are you someone who can't resist the urge to buy a plant? Lake Margaret Garden Club had a successful Plant Sale at the February Flea Market last Saturday. The Club thanks everyone who stopped at our tables to buy a plant or make a donation. We will have more Plant Sales in the future when we have more plants ready for sale.

What are we going to do with the money that we make at the Plant Sale? How about a wild party with Chippendale dancers? Unfortunately our plans are much more mundane than that. We will be buying some plants and fertilizer and some replacement tools and oil. We need to put some money aside for some new projects for the front lawn. After the lawn has been graded, the Club is talking about building a short retaining wall to prevent soil from building up around the boardwalk.

One of our hard-working Club members, Mary DeWeerd, will be planting new crotons near the boardwalk to add a bright pop of color. Crotons are evergreen woody shrubs with large colorful glossy leaves. They can grow to a height of eight feet.

Crotons also make good houseplants for a sunny window. When raised in pots, they tend to grow to about three feet tall.



Photo by Leslie Ewing

Beautiful crotons may be easily seen when walking or driving along Snack Shack Road.

They are dust magnets. They need to be wiped with a soft moist cloth about every two weeks. Crotons have a milky sap that can cause itching and swelling when it comes into contact with human skin. It is a good idea to wash your hands immediately after handling crotons without wearing garden gloves. Pets should be kept away from these plants.

The Maintenance Department has completed repairs on the damaged portion of the boardwalk. It looks great. Residents can now enjoy viewing the Garden along the entire boardwalk.

It has been a multi-year project to get the entire boardwalk replaced with new wood. The Club thanks the Maintenance Department, the TR Board and Park Management for completing this task.

Mike and Laura Lilawski are working on the fish pond on the east side of the Garden. They are removing overgrown plants and cleaning the rocks. There is a white goldfish in the pond now. When residents bring their grandchildren to the Garden, the Club notices that the children like to spend time looking at the fish.

Dick Burns is our Tool Man who helps keep track of our tools and maintains them. Club members and volunteers are asked to wash the tools and oil them before putting them away in the sheds.

The Garden Walk committee is making plans to have our first Garden Walk since 2020. Although we will not be able to use the front lawn, we are planning to have musicians in the Garden. There will be art displays and the Club will have refreshments. We will have a Guest Book for people to sign. Please set aside Sunday, March 12 from 2 to 4 p.m. for the Garden Walk. It is a time to relax with our fellow residents and just enjoy the day. We are really looking forward to seeing everybody in the Garden!



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Pets on Parade



by Judy Leister

The American Kennel Club (AKC) has 200 recognized breeds. A few years ago the Biewer Terrier was the 197th breed to be added to the list and now there are 1,424 Biewers registered with the association. Many said it was an offshoot of a Yorkie and has the same characteristics but through extensive genetic testing it has been proven the Biewer Terrier is truly a breed of its own.

By now I'm sure you have tried several ways to pronounce Biewer. I raised my eyebrows when a friend who breeds Biewers explained to me that the name came from the couple who developed the breed. They were of German descent and their last name was Biewer, pronounced beaver just like those large rodents that eat wood. Luckily these adorable little Biewer dogs are not wood eaters. Well, maybe as a puppy you might find a few teeth marks on a table leg that don't belong there but Biewers eat dog food like any other canine.

TR is honored to have its very own Biewer resident. Her name is Rosie and she is loved by Loraine Lachance and her doggie sister Daisy, a MultiPoo. Rosie is



Photo by Judy Leister
ROSIE

five months old and weighs a whopping two pounds.

Two-year-old big sister Daisy had developed into quite the diva and needed to learn the world didn't revolve around just her. She wanted Loraine to play with her 24/7. Maybe another dog, a playful puppy, could give Loraine a bit of a break.

After some research on toy breeds, a Biewer was sounding very interesting to Loraine and to top it off there was a local kennel breeding Biewers. Because of

Rosie's extremely small size the breeder didn't release her to go to her new home until she was 12 weeks old but since she lived close by Loraine was able to visit her often.

Rosie might be tiny but is she ever feisty. She has lots of dog toys but one day Loraine accidentally dropped the little plastic box that dental floss comes in. Wow, did Rosie think that was neat. It was like playing doggie hockey with lots of yips and wags with that new toy. All those wonderful dog toys have now taken a back seat to the dental floss box.

Like many of us with small dogs we provide steps to make getting on the bed or couch easier. When I went over to visit them that little two-pound bundle of fun landed on the couch right next to me with just one boing. She follows Daisy everywhere and does everything that Daisy does. At the end of the day when it's time to go to bed Rosie follows Daisy up on the bed. Daisy will cuddle next to Loraine. What comes next is a bit different though. Daisy snuggles close to Loraine and then Rosie jumps on top of Daisy and that's where she sleeps. Aren't our pets fun?

Birding Activity



by Tom Butler

That question is easily answered in most households. That is, of course, if you are only interested in the identity of the chef. Who cooks for you is not a question in this case but is the first half of a call made by the incredible Barred Owl. Open the Audubon app and listen to the many sounds of this large owl and you will find that it's a real hoot (sorry)! *Who cooks for you, who cooks for you all* is, according to Audubon, a barking call that clearly identifies this TR resident.

Found throughout the eastern half of the U.S. from Canada down to Florida, this nocturnal beauty nests in old-growth trees with hollow trunks. A member of the true owl family, Strigidae, the Barred Owl was first identified in 1799 by a Philadelphia naturalist named Benjamin Smith Barton.

This large owl can reach a height of 20 to 24 inches, and with this size, you would never guess that they could have predators. One main threat to the Barred Owl is the Great Horned Owl. The reason for this predation is just speculation. Does this occur for food, to reduce competition for prey or just a desire for prime nesting locations? Hoo knows (sorry again)?

The Barred Owl is an opportunistic feeder that enjoys a variety of delicacies found in the wooded locations they prefer. That is if you consider mice and voles fine dining. They will also eat large insects, small reptiles and just about any creature small enough to grasp in their talons. This owl will also wade in shallow water seeking fish, crustaceans and amphibians.

I realize that you may have questions as to how researchers know what a night-hunting bird could possibly be devouring. The answer is simple – Pellets. Huh, what are they talking about? If you are not familiar with this type of research the answers can be found on the ground. The pellets in this case are the end result of digestion.



Photo by Tom Butler

BARRED OWL

P--p. I hope we don't have to spell it out further. Small fragments of bone, hair, scales and feathers provide the information necessary to understand what an opportunistic feeder seeks out in their habitat. This provides incredible clues to the important protections we need to put into place for this amazing example of nature.

Owls in general are uniquely equipped to hunt these night-dwelling food sources. Large eyes allow an increase in the amount of light available, similar to a larger objective lens on a pair of binoculars. Ultra-soft tips on the feathers produce a near-silent approach and powerful talons complete the trifecta of tools needed for catching food. The Barred Owl relies on constriction of their prey rather than the impact trauma used by many raptors. With a wingspan up to 49 inches you might think this

owl would swoop in from great heights to snatch a meal off the ground, but in truth, the Barred Owl moves from perch to perch making short approaches to the game. This helps to explain the use of constriction to secure prey rather than impact.

The population of the Barred Owl seems to be improving which is a bright spot, considering the loss of habitat worldwide. With an estimated count of 3 million and expansion to new locations in the northwest, things appear to be moving in the right direction for this incredible owl. Even though some researchers believe the expansion west is the result of new sub-species, the growth still seems to be a positive sign. Don't let conservation efforts fail our feathered friends. Remember their survival is directly linked to our survival.



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Pet Lover's Club



Photo by Kim Robertson

Participants in the dog training session sitting calmly with their dogs.

by Kim Robertson

We had our first guest for our Jan. 23 meeting, Kathleen Clark. Kathleen is a licensed and insured dog trainer. She has volunteered to give us some free dog training. We had our first class on Jan. 30 and 12 dogs and their humans attended. She helped us to sit calmly with our dogs. We were also introduced to the concept of "Place" which identifies a safe place for our pets to sit and rest on command. Lessons are free to club members and there is a suggested \$10 donation for non-club members. There will be other classes offered so check out our Facebook page. Sign-up sheets are also posted weekly at Busch Hall on our Bulletin Board.

Did you know that about 300 dogs reside at Travelers Rest when we are at full capacity? Wow! I was a little surprised by that when I found out. We are pushing for a second dog park. With this many

dogs (I know not all use the Puppy Park), we really need one. We spent a lot of time and money to improve our current Park and it looked beautiful for the first month but with all the traffic, it has really taken a beating. A second park would also allow us more flexibility to set additional hours for small dog use. Ask your Board of Directors to consider a second dog park and support those in favor of it. With the number of dog owners in the park, we have a lot of power.

There is an updated list of dog sitters if you need one in an emergency or if you need to be away from the Park for the day. Lists are posted at Busch Hall and the Puppy Park and the Fire Department also has one.

Our next meeting is Monday, Feb. 13 at the Jeri Miller Activities Building at 3 p.m. Hope to see you there.



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Introductory CPR training offered at recent Coffee Seminar



This AED is located outside Busch Hall near the door to the pool. There are also units outside Citrus East and the Snack Shack. Of course a unit is always on the First Responder Cart.

by Pam Watkins

Lieutenant Joe Colao and TR First Responders Martha Bigelow, Jim Doggett, Alan Kenney, Charlie McGee, Lise Minnick and Lynda Pecora led an introductory CPR training at the Coffee Seminar last Thursday, Feb. 2.

Colao opened the seminar with asking his audience, “What is the difference between cardiac arrest and a heart attack?” The answer is a heart attack is a plumbing problem – blood flow to the heart is blocked. Cardiac arrest, on the other hand, is an electrical problem that stops the heart. The difference is important. Cardiopulmonary Resuscitation or CPR is performed in cases of cardiac arrest.

CPR, if immediately and properly performed, increases the likelihood of resuscitation by keeping the blood flow active. Each compression pumps the blood in the heart to the brain. The goal of the seminar was to learn to do quality compressions to save someone’s life.

First, you should determine if the person is in cardiac arrest – stimulate them or shake them and if there is no response or if there is no pulse, CPR is needed and quickly. Call 911, call for help and begin CPR. CPR needs to be performed on a hard surface such as the floor. Move the person, if needed. Kneeling beside their torso, straighten your arms, lock your elbows and place your hands together interlacing the fingers.

Lean over the patient, focus on their breastbone, and using the weight of your body quickly and rhythmically compress the breastbone about 2” to the time of 100 to 120 compressions per minute. It is important to quickly get assistance to help with CPR. CPR increases survivability by 4.5% without automated external defibrillation or AED.

The use of CPR with additional use of an AED within 4.5 minutes of cardiac arrest increases survivability rates to 74%. TR has three AEDs – one outside Busch Hall at the south door near the pool, one at the Snack Shack and one on the outside wall of Citrus East. An additional AED is kept on the front seat of the First Responder Cart. If there is a cardiac arrest emergency, and an AED is needed, simply open the door to the AED box and a siren will sound to summon additional help. Take the AED and TURN IT ON; it will tell you what to do. Learning to perform CPR and to use an AED are important skills that may save the life of a loved one or neighbor. Learn where each TR AED is and look for AEDs in public buildings. They all work the same; turn it on and follow the vocal prompts.

Lt. Colao is leading another class on CPR/AED for TR residents on Wednesday, Feb. 15 at 2 p.m. in Busch Hall. Everyone is welcome to attend and learn these life-saving methods.

Photos by
Bill and Pam Watkins



Charlie McGee stands by as Joe Colao addresses the class.



Martha Bigelow works on the CPR manikin.



Darold Long and Jim Doggett observe as Guy Weik demonstrates.



Lise Minnick gives a few pointers on how to perform the procedure.



Darold Long, on left, watches wife Marilyn, on right, practice as Jim Doggett supervises.



Libby Trimble, Arline Lawrence, Dee Manos and Diane Krupicka are serving the coffee and donuts during the event.



Lynda Pecora, standing, and Charlie McGee kneeling, watch Linda Gavin perform.



Gunny Gundrum works while Lise Minnick supervises his technique.



Jim Doggett gives some advice to Peggy Biser on how to hold her hands.



Lise Minnick coaches Laura Harper who is one of the lucky ones who gets to stand during the session.

TR Sports

Ladies’ Golf League results for Feb. 1

by Dee Branchaud

We had 38 golfers in total. Congratulations to the winners!

Low Handicap 0-12	High Handicap +13
Low Gross	Low Gross
1 Hazel English.....34	1 Janet Beisel41
2 Sylvia Cole.....39	2 Nan Lance44
3 Vicki Brooks, Shirley-Ann Appleby40	3 Susan Stahley45
Low Net	Low Net
1 Mary DeWeerd, Pat Daubenmier, Eleanor Buchser, Stella Loiselle.....33	1 Sue Troyer.....32
Fewest Putts: Eleanor Buchser, Shirley-Ann Appleby	2 Val Smith, Joan McLean34
Closest to pin #5: Hazel English	Birdies: Shirley-Ann Appleby, Linda Beausoleil, Nan Lance, Hazel English, Janet Beisel
	Chip-Ins: Sue Troyer, Stella Loiselle

Golf and Fear: the art of relaxing under pressure

by George Paquette

I recently read an interesting article entitled *Golf and Fear: The Art of Relaxing Under Pressure*. I thought the article was very pertinent because we all have a certain fear of failure when we swing that golf club. After all when you think about it having the proper stance, executing the appropriate swing and swing speed can be daunting. Combine that with hitting this tiny white ball and then expecting the ball to go in the direction and distance intended can elevate your anxiety level considerably if you let it. So I thought I would share with you some of the ideas in the article.

The article explains how astonishing a role fear plays in the game of golf. The author describes those first trial efforts when you are learning to swing the club. A new golfer will hit the ground off and on or miss the ball completely and then fear immediately sets in. Along with the fear comes physical tension in the hands, arms and shoulders. As well, breathing tightens resulting in missed shots or shots that only go ahead several yards.

The author explains that later, as your swing improves, you develop one of those incredible slices that goes halfway down the fairway, magically makes a right turn in mid-air and goes straight across the adjacent fairway. That was my game for quite a while. If I had been consistently bad it might have been easy to quit, but every once in a while, especially on hole #9, I would hit a beautiful drive that would convince me that I had it (those darn golf gods).

Dominoes

by Linda Gough

Thursday, Jan. 26
Table 1.....Linda Murphy
Thursday, Feb. 2
Table 1.....Linda Murphy
Table 2.....Pat Long



Mirror Lake Yacht Club

by Bill Wise

Power Boats	Monday, Jan. 30
Stealth Wake	Doug Smith
Power Vee	Don Meddles
Traxxas Blast	Bob Troyer
Friday, Feb. 3	
Stealth Wake	Jerry McRoberts
Power Vee	Don Meddles
Traxxas Blast	Bob Troyer
RC Sailing	
Saturday, Feb. 4	
DF 95 Class	Barry Sellick
Soling 1M Class	Barry Sellick

by Douglas Hatfield

Wednesday, Feb. 1
John Cristiano, Dick Bowman, Russ Marlowe36
Saturday, Feb. 4
Chris Farler36
Scott Tartaglia35
Dick Bowman32

Pickleball Jam

by Laurie Gardner

Tuesday, Jan. 31

There was a big crowd out at the pickleball courts today as we cheered for our 12 round robin players. They endured some hot temperatures, but that didn’t slow them down. We were all treated to some fantastic pickleball play. Join the TR Pickleball group on Facebook for the latest news.

Winners

Carey Box	1
John Cristiano	2
Bruce Duttonhofer, Mark Fedus	3



Golf Scramble

by Pat Butler

Saturday, Jan. 28

A special thank you to Sandy Nelson for hosting the Dice game. Winners were Jim Colborne, Wayne Branchaud, Frank Bovenberg and Kathy Reimann with a combined score of 32.

Join us on Feb. 11 for the next game. Come see what “Quota Golf” is all about.

As a special Valentine surprise, our own baker extraordinaire, Sylvia Cole, will be bringing homemade goodies for all golfers!

Chinese Mah Jong

by Marcia Hatfield

Friday, Jan. 27

Deb May.....	4
Betty Brown, Connie Bradley....	3
Jen Furman, Kathy Bocchino, Marcia Hatfield, Nancy Moschler	2
Dawn Pulleyn, Joan Ledbetter, Rachel Brooks.....	1
Thursday, Feb. 3	
Deb May.....	5
Jen Furman, Marcia Hatfield.....	4
Connie Bradley, Kathy Bocchino	3
Anne Amico, Rachel Brooks.....	2
Pat Polisky	1



Photo submitted by Marcia Hatfield
Marcia Hatfield displays her 1,000 point “All Pairs” hand.

“All Pairs” hand

by Marcia Hatfield

An “All Pairs” hand is difficult to create because you must draw every tile from the wall and cannot pick up any discard. It is worth 1,000 points; a common hand is worth 20-100 points. This is a mixed pairs hand meaning that there are pairs in all three suits. There is also a pair of Flowers. This is only the second all pairs hand in over 10 years of playing Chinese Mah Jong at TR. The first all pairs hand was created by Kathy Bocchino in February 2022.



Party Bridge

by Jen Furman

Tuesday, Jan. 31

Pat Dellamuth, Jen Furman..	2630
Connie Bradley, Ron Hicks..	1720
Janet and Harold Baal	870
Sandy Gardner, Tawnya Rowden.....	540
Thursday, Feb. 2	
Connie Bradley, Ron Hicks..	4130
Marcia and Doug Hatfield....	3250
Pat Dellamuth, Barry Sellick	2600
Jen Furman, John Cyr	2410
Janet and Harold Baal	1380
Tawnya Rowden.....	850

Men’s Golf League results for Feb. 2

by Barry English

It was a fantastic day at this week’s men’s league. Closest to the hole was a hole-in-one on both holes! Some great scores this week and 50 gentlemen had a good time.

Low Handicap (0-8)	Low Gross
Low Gross	1 Gary Carter.....29
1 Gary Carter.....	2 Ralph Smith32
2 Ralph Smith	3 Jay Jager, Dan Varner.....35
3 Jay Jager, Dan Varner.....	Low Net
Low Net	1 Barry English, Al Horney, John Scime30
Birdies:	1 Gary Carter.....3
1 Gary Carter.....	2 Roy French, Lloyd Marsh, Ralph Smith2
2 Roy French, Lloyd Marsh, Ralph Smith	3 Bruce Anderson, Mark Fedus, Frank Bovenberg, Barry English, Jay Jager, Serge Loiselle, Wolf Reimann, Dan Varner, John Wedell1
3 Bruce Anderson, Mark Fedus, Frank Bovenberg, Barry English, Jay Jager, Serge Loiselle, Wolf Reimann, Dan Varner, John Wedell	High Handicap (9+)



Photo by Al Horney
Gary Carter and John Goodger congratulate each other for their recent holes-in-one!

National Mah Jongg League

by Bette Gorman

Monday, Jan. 30

Kathy Ellison	135
Pat Anderson	100
Linda Gower, Pat McCallum, Beannie Wise	75
Arlene Wykoff, Bette Gorman, 50 Pat Butler	30
Janet Stevens	25
Wednesday, Feb. 1	
Kathy Ellison	160
Linda Gower	150
Pat Anderson	100
Arlene Wykoff, Janet Stevens ..	75
Pat Butler, Sue Guffy, Bette Gorman.....	50
Pat McCallum	25
Friday, Feb. 3	
Kathy Ellison, Pat Anderson ..	150
Bette Gorman.....	85
Pat McCallum	50
Linda Gower, Janet Stevens	25



Five Crowns

by Jackie Thackery

Wednesday, Feb. 1

Table 1
Game 1 Deb May
Game 2 Sheila Zanca
Table 2
Game 1 Diane Krupicka
Game 2 Jackie Thackery
Table 3
Game 1 Barb Overly
Game 2 Marcia Hatfield

Bowling Results



by Lin Buczek
Friday, Feb. 3

Men's Scratch High Game	
Bill Buczek.....	205
Steve Niles	204
Ken Neer	182
Men's Scratch High Series	
Bill Buczek.....	572
Steve Niles	549
Ken Neer	479
Men's Handicap High Game	
Bill Buczek.....	262
Mark Fedus	254
Ken Neer	250
Men's Handicap High Series	
Bill Buczek.....	743
Mark Fedus	695
Ken Neer	683
Men's High Average	
Steve Niles	204

by Lin Buczek

Friday, Feb. 3

Women’s Scratch High Game	
Leslie Price.....	185
Deb Niles	171
Lin Buczek	162
Women’s Scratch High Series	
Leslie Price.....	527
Deb Niles	460
Pat Markle	428
Women’s Handicap High Game	
Leslie Price.....	263
Pat Markle	255
Deb Niles	250
Women’s Handicap High Series	
Leslie Price.....	761
Pat Markle	716
Deb Niles	697
Women’s High Average	
Lin Buczek	153

Wizard



500

by Deborah May
Tuesday, Jan. 31

Table 1	
Game 1	Elaine Schwartz
Game 2	Elaine Schwartz
Game 3	Sheila Zanca
Table 2	
Game 1	Sean Davis
Game 2	Barb Overly

by Pat McCallum

Saturday, Jan. 28

John Goodger.....	1560
Pat McCallum	1260
Connie Bradley	1230
by Deborah May	
Saturday, Feb. 4	
Nan Lance	1690
Jackie Thackery	1510
Carol Jean Beard.....	1420

Obituaries

FRANK D. HOOVER

Frank Hoover, 81, of Lakemont, Penn. went to be in the loving arms of Jesus, Sunday, Jan. 29, 2023.

Born in Lakemont, son of the late Marie (Hoover) Clark, he graduated from Hollidaysburg High School in 1959 and worked for 43 years as a Rehab Supervisor for the Office of Vocational Rehabilitation. Frank also served in various capacities in his community as a volunteer helping others for most of his adult life.

Frank attended Grace Bible Church, was a member of Heidelberg Country Club, Park Hills Country Club and a 30-year-plus member of the Eldorado Kiwanis Club.

He loved playing golf, rollerskating, traveling and being a snowbird at TR where he resided on lot 14-13 for several years. At the age of 16 he had the opportunity to caddy for Arnold Palmer at the Park Hills Country Club.

He enjoyed spending time with his family and friends, especially his grandchildren who he adored. Surviving are a daughter Traci (Robert) Hanley of Altoona, a son Frank (LaShae) Hoover of New Paris, three grandchildren and a great grandson.

In lieu of flowers, please make memorials to Grace Bible Church, 164 Laurel Lane, Hollidaysburg, Penn., 16648.

BARBARA H. WHITE

Barbara Hadley White passed away May 6, 2022 at her home in The Villages in the presence of her husband Robert White and their daughter Ann White.

Barbara was born March 14,

1935 in Claremont, N.H. She resided in the Upper Valley for over 55 years and was a member of the Norwich Congregational Church and also attended Valley Bible Church in White River Junction, Vt.

She and husband Bob were co-managers of TR for several years. During that time they lived in The Village on lot 2605. Bob's brother Kenneth White also lived here at the same time and was the TR Chaplain, residing on lot 2602. It was during this time that Ken wrote the two songs dedicated to TR that appear inside the Hymnal.

Prior to coming to Florida Barbara had a variety of jobs during her working career. She was employed by the New England Phone Company, A&T, Bell Labs and Hitchcock Medical Center. She left the latter job to join Bob in the Property Management Business. After selling the business they traveled extensively in their Airstream, eventually settling at TR.

Barbara loved music. She was a gifted pianist and in her teenage years sang with the Glenn Miller Band on several occasions. In fact she was invited to join them full time but her parents vetoed that idea.

Survivors included her husband, four children and several grandchildren. She was preceded in death by her son William Robert White.

Barbara was a very caring and loving person and was always willing to help others. She extended this beyond her physical death by donating her body to one of Florida's major universities for medical research. Her favorite saying was stay strong and she did!



STEVE GORDEN
Military Service
Friday, Feb. 24, 11 a.m.
National Cemetery,
Bushnell, Fla.
Celebration of Life
Saturday, Feb. 25, 1 p.m.
Citrus East.
All are welcome to attend either service.



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Nestle Drumstick Cones
Vanilla, Vanilla Caramel, Vanilla Fudge
Kit Kat Drumstick Cones
Chocolate Wafer, Vanilla Wafer with Fudge
Yasso Frozen Greek Yogurt Bars
Butter Pecan, Chocolate Chip Cookie Dough, Coffee Chocolate Chip, Fudge Brownie, Mint Chocolate Chip, Sea Salt Caramel
Outshine Fruit Bars
Strawberry, Pineapple, Grape, Tangerine, No Sugar Added



SkyMed Pizza Luncheon
by William Johnjulio
Come and have a pizza lunch with Sandy and JJ on Saturday, Feb. 18 at noon in Citrus West and learn about the new benefits offered by SkyMed. Bring a guest and you will get an extra three months added to your membership when they become a member. Everyone at TR is invited including members and our friends on Golf View and Oak View.
Please be sure to sign up on the sheet hanging on the wall in the Post Office so JJ will know how many pizzas to order.

Classifieds

1999 Travel Supreme Model 36RLSS. Includes 2012 Yamaha, 48-volt electric motor and one share of TR stock. RV may stay on lot 19-20. Asking \$20,000.
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Classified Ad submission
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Sunday, Feb. 12, noon to 6 p.m.
Steve D's Philly Cheesesteak

Monday, Feb. 13, 1 to 3 p.m.
Glavich Produce

Monday, Feb. 13, 1 to 7 p.m.
Road Side Snack

Wednesday, Feb. 15, 4 to 7 p.m.
Got Lobstah?

Thursday, Feb. 16, 1 to 3 p.m.
Glavich Produce

Friday, Feb. 17, 1 to 3 p.m.
Glavich Produce

Friday, Feb. 17, 4 to 7 p.m.
Mo 'Rock' In Mediterranean

Located at Oak View Pavilion

Looking Back

by Nan Lance
10 Years Ago - 2013

- Resident Forum announced new signage at the park entrance will read: Travelers Rest Resort, RV Resort and Golf Course. New signs will also be installed at the exit from I-75 as well as on Johnston Road as part of a new marketing strategy.
- Rita McKenzie appears in *Ethel Merman's Broadway* at Busch Hall Extravaganza.
- Birdwatchers flock to Vanishing Lake to see Black-bellied Whistling Ducks, a new species usually rare in Florida.
- TR Traveling Shoes dance team hits the road. They danced at Royal Oaks and Heritage Park nursing homes in Dade City.

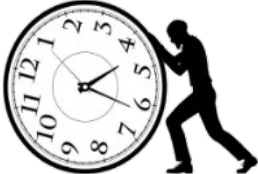
20 Years Ago- 2003


- To Bee or not To Bee- no African bees in TR.
- TR residents to host WBCCI Florida State Rally. Wag Wagoner and his wife Jo and Ray and Barbara Lanman will host in Cypress Gardens.
- Check out Travelers Rest's new website.

30 Years Ago - 1993

- Bearded Buddies on patrol in the park through Feb.19. The Bearded Buddy Face Patrol will be issuing Bearded Buddy Stickers to all men who pay a friendly fine of one buck.
- Place your trailer wires into a piece of plastic pipe to keep them together and prevent tripping. Anchor it with tent stakes.
- Creative Writing Class to submit articles to *The TR Times*.
- Oldest golf cart is a real old timer. Rufus Tallon enjoys driving his 1946 three wheeler.

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AdventHealth Dade City and AdventHealth Zephyrhills Hosts Free Health Talks

Join *AdventHealth Dade City* and *AdventHealth Zephyrhills* for a variety of free health talks.

FEBRUARY HEALTH TALKS:
Understanding Congestive Heart Failure and Atrial Fibrillation (A-Fib)

Guest Speaker: Binu Jacob, MD, Board-certified Cardiologist
Date and Time: Thursday, Feb. 16, 11:30 a.m.
Location: The Genesis Community Center
38112 15th Ave
Zephyrhills, FL 33542

Registration Information: Call 877-534-3108 or visit AHZephyrhills.com/Events to register.

Women's Hearts Are Different

Guest Speakers: Jennifer Roller, MD, Board-certified Gynecologist
Date and Time: Thursday, Feb. 23, 2 p.m.
Location: AdventHealth Dade City
Suites 107 and 108
13020 Fort King Road
Dade City, FL 33525

Registration Information: Call 833-300-2371 or visit AHDadeCity.com/Events to register.



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