



Hi Lites



- Irish Coffee House**
Benefits Lake Margaret Garden, Friday, March 10, at 7 p.m. in Busch Hall. See pg. 2.
- Flag Retirement Ceremony**
Saturday, March 11, at 1 p.m., Zenen Valdez's farm. See pg. 6.
- Dining with Friends**
Saturday, March 11, at 5:30 p.m. in Busch Hall.
- Annual Garden Walk**
Sunday, March 12, 2 to 4 p.m. See pg. 11.
- Busch Hall Sunday Night**
TR's Got Talent, Sunday, March 12, at 7 p.m., Busch Hall. See pg. 2.
- Travelogue**
Monday, March 13, 3 to 4:30 p.m., Citrus East. See pg. 10.
- Attend TR's AGM**
Tuesday, March 14 at 2 p.m. in Busch Hall.
- Tuesday Night Movie**
Tuesday, March 14, doors open at 6:45. See pg. 2.
- Hobby and Art Show**
Wednesday, March 15, from 1 to 3 p.m. in Busch Hall. See pg. 6.
- Root Beer Floats**
Wednesday, March 15, from 1 to 3 p.m., Busch Hall. See pg. 6.

Activity Reminders

- St. Patrick's Day Dance**
Final dance of the season. Friday, March 17, 7 to 9 p.m. in Busch Hall.
- Outdoor Fun Day**
Try a new activity at TR, Saturday, March 18, 9 to 11 a.m. See pg. 6.
- End of Year Picnic**
Saturday, March 18, 12 to 6 p.m. in The Grove.
- TR Book Browsers**
Wednesday, March 22, 2 p.m. in Citrus West. Final meeting of the season. See pg. 11.
- TR Welcome Committee**
Get together party, Thursday, March 23, 10 a.m. to noon in Jeri Miller Activities Building.
- Travelogue**
Last travelogue of the season. March 27, 3 to 4:30 p.m. in Citrus East. See pg. 10.
- 2024 Concert Series**
Great schedule for 2024. See pg. 2.

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Mock disaster strikes TR Woodshop

by Pam Watkins

Tuesday, Feb. 28, was a disastrous day for the TR Woodshop with five grievous injuries occurring in less than an hour. It was "emergency scenario training" for Woodshop members led by TR's First Responders or the "cavalry" as they call themselves. The training was designed to teach how to respond to an emergency and how to treat injuries that may occur in the Woodshop using the emergency kits supplied in the room.

Calling 9-1-1 is a given, but another early step in responding to an emergency is scene safety. Secure the scene and shut off any equipment that may cause harm. The Woodshop is equipped with two emergency shut-off buttons, either of which will power down all machines. As part of scene safety every member should know where to find first aid supplies, the closest AED and the emergency button to call for help. Following an introduction to the basics, attendees witnessed five scenarios portrayed by First Responders and the appropriate response that may save someone's limb or life.



Jean Cobb worries about treatment for her injury.

Jean Cobb presented with a severed finger. Her First Responders explained how to treat the injury: wrap, apply pressure and elevate. If bleeding persists, a tourniquet may need to be applied, and if needed, it should be applied between the injury and the heart. Once bleeding is stemmed, place the hand in a sling and immobilize it close to the body. The severed digit must also be attended: clean it if necessary with water or saline, wrap the finger with a clean bandage, place in a baggie or container and place it on ice. Responders added a further caution – don't put the digit in liquid or directly on ice. In every scenario, they stressed that it is important to monitor the injured person, watching for any signs of shock which includes sweatiness, nausea and dizziness.

Martha Bigelow presented with a finger avulsion where the skin had been peeled back from the bone. In this type of injury, it is important to first place the skin back



Bill Bigelow, left, tenderly treats wife Martha's hand while Jim Doggett waits.

into place, compress the injury to stem bleeding if necessary and then wrap the injury to secure and immobilize it. Although cleanliness is something to be desired, it is not recommended to disrupt the skin placement to cleanse the wound. Again, the injured person should be monitored closely until the cavalry arrives.



Mary Kubinec examines what is left of Jean Cobb's hand after injury.

Jean Cobb, her finger miraculously restored, returned with a crushed hand with many splintered bones present. This injury needs to be quickly and tightly wrapped to stop the loss of blood. If bleeding continues, the injury should be wrapped time and again as the blood soaks the previous layers. Compression needs to be applied. Although it may be instinctual to elevate the injury to further stop the bleeding, our First Responder cautioned against this as the bone's splinters could get lodged in the bloodstream and travel causing additional problems. If the bleeding does not stop, a tourniquet may need to be applied.

A note about bleeding: if the blood spurts, is bright red or continuous, an arterial bleed should be expected and a tourniquet will more than likely be needed. If a tourniquet is applied, the time should be noted and can be written directly on the patient. A note on tourniquets that may be contrary to what we learned years ago is that the tourniquet once applied is not to be removed or loosened by the attending responders. It remains in place until the patient gets to the hospital. Once the bleeding is under control, the affected limb should be



Alan Kenney compresses the wound on Cindy Bradley's hand while Brian Curtis stands ready with additional bandages.

placed on a board, wrapped and secured to prevent further injury.

Cindy Bradley was a victim of a puncture wound where her wood project splintered and the saw projected a piece in her hand. In this scenario, the correct response is to add a dressing, wrap the injury and elevate it above the heart if possible. If bleeding cannot be controlled, a tourniquet may need to be applied. Again, if a tourniquet is applied, make note of the time. Monitor the patient watching for signs of shock.



Photos by Pamela Watkins
Charlie McGee and Joe Colao carefully wrap Jim Johnson's injured eye.

The next injury on this disastrous day was impalement to Jim Johnson's eye. First word of caution, and again this may go against instinct, the impaled object should never be removed as that could cause bleeding or further injury UNLESS the object blocks the person's airway or impedes needed CPR. The correct response is to immobilize the object and cover both eyes to stop eye movement. In the case of an eye injury, the recommendation is to cover the object with a cup or similar item and wrap the item in place on the eye. If the impaled object is longer than the item at hand, cut a hole in the item and allow the object to extend through it. Immobilize both sides of the item to stop it from any movement.



Janice Johnson is patiently awaiting resuscitation while Charlie McGee explains how he will dress her burns.

Burns were the next injuries to be treated. Janice Johnson suffered electrocution. After the emergency button is pushed stopping all equipment, the first step is to see if the heart has stopped, and if so, CPR and an AED is needed. Check that the person is breathing and keep her airway clear. Look for the electrocution burn, and again what we have learned in the past is not the best response – never use water, salve, or cream, simply wrap with a dry bandage. Monitor the injured and wait for help. As soon as Janice was revived, Roxy Bass ran into the room with a burn on her arm. In the case of a smoldering burn such as may happen at a grill, it is important



Charlie McGee gently wraps Roxy Bass' burned arm while Janice Johnson comforts her.

to cool the skin first (cool water 20 mins. no ice) to ensure that the skin does not continue to "cook." Wrap the injury with a clean, dry bandage. Although the Woodshop did not suffer any chemical burns this day, thank goodness, First Responder Charlie McGee did explain that flush, flush with water for at least 20 minutes is the correct response for chemical burns.

Training continued with instructions for persons who may have suffered a stroke, diabetic shock or a heart attack. Key take-aways in this series included FAST (Face, Arms, Speech and Time) for incidents of stroke, be aware of physical and personality changes in cases of low blood sugar and know the difference between heart attack and cardiac arrest and when to use CPR or the AED.

Finally, Lt. Joe Colao shared advice on preparing for emergencies. Know where the closest AED is in the park and wherever you go. If you push the emergency button at the Fire Station, know that it does not trigger a 9-1-1 call and you need to stay there until help arrives so the First Responders will know where to go. When you call 9-1-1, don't get frustrated with the number of questions the emergency dispatcher asks thinking that the conversation is delaying response. TR's First Responders are notified before your call ends and often before the siren has stopped sounding. Patiently respond to all the dispatcher's questions including a four-digit lot number; your answers will help the First Responders when they are on the scene. If you need to activate an AED in an emergency situation – TURN IT ON – voice prompts will tell you what to do.

The Woodshop emergency training was excellent and included a wide range of information that was delivered in such a way as to make it understandable for the layperson. However, what impressed me the most that I want to share with readers is that TR's First Responders are knowledgeable, professional and compassionate. The TR community is truly blessed to have the cavalry on our side.

vote vote vote vote vote

AGM Reminder

Tuesday, March 14
Registration 1 p.m.
Meeting starts at 2 p.m.
Busch Hall
Bring valid ID.
Please consider your options carefully and vote your proxy.

Reminder



Remember to change your clocks on Saturday night. Spring ahead one hour.

BUSCH HALL Sunday Night

TR's got talent

by Sandy and Ken Langell
Circle Sunday, March 12 on your calendars. This is the evening of the TR Talent Show. Come and support your neighbors and friends as they dance, sing, play instruments and make you laugh with their hilarious comedy. They will reveal talents you never knew they possessed. Everyone participating

in this annual event has worked very hard to make this night happen. This is always a standing room only event so come to Busch Hall early, get your seat and don't forget the Ice Cream Social from 6 to 6:45 p.m. Announcements are at 6:45 p.m. Showtime is 7 p.m.



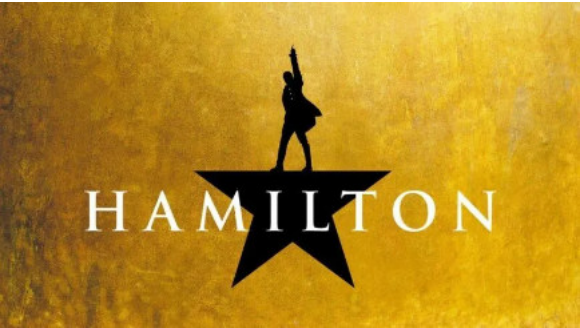
Scene from a skit performed during a former Talent Show.



Tuesday Night Movie

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





by Carol & Jim Henrikson
Last Tuesday the delightful movie *A Man Called Otto* was shown. In the week ahead on March 14, TNM will present the Broadway theater musical *Hamilton*. Following *Hamilton* and in keeping with musical shows, we will present the documentary of Leonard Cohan's life of poetry, music and his famous creation of

Hallelujah. This feature will be held on March 21. More specific details of each movie will be posted on the Movie Bulletin Board in Busch Hall and in the Post Office. This will end TNM movies for the 2023 Season. We thank you for supporting our efforts to screen outstanding film productions in our Cinematic Citrus East venue.

Irish Coffee House is tonight



IRISH

Music is Magic



by Donna Probes
Today is the day! Ken Langell, Brode Morgan along with Doc and Donna Probes will liven up Busch Hall this evening with Irish and

Celtic Music. The Irish Coffee House starts at 7 p.m. Doors open at 6:30 p.m. There will be a minimum donation of \$5 at the door. Since all proceeds will benefit the restoration efforts of the Lake Margaret Garden Club, everyone is invited to be extra generous. As a bonus the TR Board has pledged matching funds up to \$2,000. Bring your own beverages and snacks as there will be no food served.



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2024 Concert Series artists and fee increases announced



by Doug Pedersen
It is with considerable regret that I need to declare price increases for our 2024 Concert Series. The \$10/\$15 program fees had been in place for the better part of a decade and were probably the least expensive of any Florida 55+ adult community. Without an increase, we risked not being able to maintain the level of quality entertainment that is our goal and to which we have become accustomed. That said, we are still less expensive than the same shows at many other 55+ communities. Our goal has not been to make a profit for a cause but rather to bring quality programs to you at cost.

The new 2024 prices are \$15 at the door for regular programs and \$20 for the Annual Spectacular. The price for a season reserved seat ticket will be \$95 which is the same as paying at the door for all programs and you get the reserved seat at no added cost. All programs are in Busch Hall on Wednesdays at 7 p.m. with doors opening at 6:30 p.m. Notices have been sent to current reserved seat ticket holders with a coupon to renew their seats by mail for the season ahead by Saturday, March 18. Seats vacated will be available for ticket holders to exchange seats or for sale to current non-ticket holders at times to be announced.

We have an awesome collection of new and favorite performers that have been contracted for the 2024 season. The program line-up follows:



JIMMY TRAVIS

Jan. 3 - Jimmy Travis is an acclaimed humorist and songwriter from Nashville who has appeared previously and each time I am asked to please bring him back again. Jimmy is a master storyteller and an accomplished musician who never resorts to off-color topics or profanity to get a laugh. He toured for many years as the opening act for country singer Mel Tillis. He is also the recipient of the Jimmy Durante Award for outstanding achievement in the field of family entertainment. Enjoy a great entertainer.



ALAN TRIPP AND
SCOTT GRIFFIN

Jan. 17 - Captivating Keyboards with Alan Tripp and Scott Griffin. These awesome pianists virtually began their performance career on our stage and are now internationally appearing artists on the keyboards. Their performance is always a bit unpredictable, but clearly evidence of their God-given musical talent. Enjoy them once again.



CARPENTERS
REMEMBERED

Feb. 7 - *We've Only Just Begun: Carpenters Remembered* is a smash hit, internationally-touring show honoring the music of Karen and Richard Carpenter. Appearing primarily at expensive performing arts centers and in Branson, their performance here featuring Michelle Brett, backup singers and a live band will be our Annual Spectacular.



MY THREE SONS

Feb. 21 - Stephen Ditchfield and My Three Sons. Ditchfield is a highly accomplished soloist and acclaimed for being the consummate performer. He has been entertaining and inspiring audiences for over 30 years and is the Musical Director of the Ditchfield Family Singers. Along with his three sons they will provide an evening of awesome solo and group quartet musical selections. Don't miss them.



SCOTT WOODS
AND COMPANY

March 6 - Scott Woods and Company. Renowned Canadian Fiddle Champion Scott Woods and his All Star Band return to our stage with an Old Fashioned Hoedown - a family-friendly, fun and fast-paced exciting show of championship fiddling, country music, award-winning step dancing and enjoyable humor.



BILL CHRASTIL

March 20 - Bill Chrastil, an outstanding Branson tribute artist for many years, brings his hit show Country Music Legends to TR to pay tribute to the many legendary country singers and the music they made famous. Classic country entertainers like Johnny Cash, Willie Nelson, Conway Twitty, Roy Orbison, Buddy Holly and more with a special salute to Elvis.



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Last Forum of the season still draws a large crowd

by Margaret Emmetts

The Forum was opened by Board President Kathy Shawver who introduced the Board members. All members were present as was Jim Weigand Treasurer, Ray Hill Manager and Donna Sullivan Office Manager.

The first topic Shawver addressed was how the Board answers questions. She noted that Board members had no prior knowledge of questions posed at the Forum. Some questions may be answered in real time while others require research, especially if it is a maintenance item. The Board takes suggestions under consideration. Some may be doable, some impossible while others require checking into finances, material availability, etc. If a suggestion is doable, a priority is developed.

Shawver noted the Board communicates with shareholders via *The TR Times*, InTouch, email, TR website, Forum and Veranda Chats.

Jim Weigand gave an extensive presentation on Florida sales and use tax, bylaw changes and elections. His entire presentation will be posted on the website in the TR Residents only section. The following is a brief synopsis.

TR is subject to Florida sales and use taxes. Around 2013 Florida alleged that TR owed more than \$150,000 in sales and use taxes. TR appealed that finding. After months of work by TR staff, outside attorneys and a CPA, TR was able to settle the liability in 2014 for less than 10% of the original claim. Since that date TR has continued paying sales and use taxes consistent with the 2014 audit.

In March 2022 a question was raised about whether TR had properly collected sales and use taxes on cash receipts from group activities, specifically the Snack Shack, fundraiser meals and ice cream sales. TR has been working

with our activity groups and legal counsel to determine what was owed for past seasons. Based on these records TR has negotiated a settlement with Florida of approximately \$15,000 for past taxes, including penalties and interest.

Regarding bylaw changes. In keeping with Florida statutes the Board of Directors may amend bylaws unless the organizational documents specifically deny that right. The shareholders may amend bylaws. Or the shareholders may override a Board amendment. TR allows shareholders to propose amendments to the bylaws in writing in a timely manner.

The Board, in writing, either agrees or disagrees with the proposed change and gives their reasoning. The proposed bylaw change, along with both pro and con written explanations, is submitted for a vote at the next AGM.

Regarding voting in political vs corporate elections. Weigand pointed out that in a *political* election your vote is confidential. However, in a *corporate* election according to Florida statutes you are required to identify yourself to certify that you are eligible to vote in the election. Your vote must be able to be tracked because you may opt to change your vote at any time up until the moment the polls are closed. TR has submitted its current voting procedure to legal counsel for review and to ensure we are complying fully with the letter and intent of the law.

Weigand concluded by stating that he is not an attorney and his opinions are not intended to be legal advice. However, he was for 10 years one of three members of a task force charged with overseeing the annual corporate elections for a NYSE listed SEC regulated corporation.

Announcements

A Nominating Process Seminar led by Linda Smith will be held on Thursday, March 30


from 12:30 to 2:30 p.m. in Citrus East. Residents are urged to attend.

Shawver announced that an End of Season Party will be held for residents in the Grove on Saturday, March 18 from noon to 6 p.m. Activity Director Guy Weik advised that on the day of the End of Season Party he would also like to highlight the park's outdoor activities. For two hours in the morning he hoped residents would visit bocce, the sailboat races, bird watching, shuffleboard and the motor-sports racing among others. It will be an opportunity to get acquainted with the outdoor activities TR offers.

Residents were reminded to attend and vote at the AGM on Tuesday, March 14 at 2 p.m. in Busch Hall

Jean Cobb, representing our Fire/Rescue team requested that people comply with the park's vehicle parking requirements. On two recent occasions, the First Responders had difficulty reaching the problem site due to cars parked in the roadway, especially in RV South.

A resident commended Jim Weigand for helping to get TR into a good financial position and his work to negotiate tax settlements.



Last issue of the paper is Friday, March 17.

Deadline for all submissions is today, Friday, March 10.

This is the last opportunity to announce events for the remainder of the season.

From the Manager's desk



RAY HILL

by Ray Hill with Rich Kushman

Ray and I started our chat about the new cement garden wall at Busch Hall. I was curious about the section just to the left of the stairway that is still bordered by railroad ties and wondered why that was not replaced. Ray assured me when budget and time allows that small area will be addressed to match the new wall.

A few friends again raised the question about some dog owners bringing their pets onto the sidewalk areas near Busch Hall. There are existing posted signs that some people do not see or simply ignore. I raised the idea about lettering placed on the edge of the cement walkway warning *No Pets on Sidewalk* and maybe *No Pets or Bikes on Sidewalk*. Ray has previously mentioned not favoring countless signs and that all dog owners are made aware of the rules. His belief, I think supported, is that these rules are often just disregarded, however, he has agreed that it might be a good idea

and will consider giving it a try.

Recently there was a report of a man dying from a brain eating amoeba after washing his face with tap water here in Florida. This prompted warnings around the state so I thought learning about the TR Water system might be healthy and hopefully reassuring.

TR water is supplied by the Grand Floridian Aquafer (not the one in Disney World) using three deep wells up to 465 feet deep. The water flows into a closed sealed system which keeps it safe from any contamination and includes a tank where chlorine is introduced, electronically monitored and physically tested. TR uses **WasteWater Services** and every single day they spend as much as 6 hours testing the water from two different external household taps, rotating throughout the park, and performing tests and maintenance on all parts of the water and wastewater system. These systems at TR must follow the same rules and meet all the requirements of any Florida county run system. The water we drink and wash with must be safe. The nitrates in our wastewater must be at the proper level to allow for dispersion.

Ray was very reassuring that the attention and level of maintenance these two critical systems receive, here at TR, keep us all safe. He also hinted at some future plans to improve the taste and smell of our typical Florida water. Maybe a good topic for next week's chat with Ray.

Letter to the Editor

Respect

What we need at TR starts with respect, communication, truthfulness, understanding and acknowledgment that no matter how much we love TR, if we are to remain successful, we must meet the standards that are required for business at this time. Communication is key.

Fortunately, or unfortunately for us, our world has developed rules, supposedly designed to keep us safe and healthy. We may not like it, but if we are to remain a business, the standards must be met. In my role as Risk Manager for several companies I had to educate the company about the risk versus benefit of taking action.

Any successful business needs a business model and a plan. Businesses owned by shareholders requires that the shareholders choose a Board of Directors to help define the plan and how it will be implemented. That is where the respect comes in. Once the election is complete, it is incumbent on the BOD to represent the shareholders and communicate shareholders concerns to the Board as well as helping to ensure that the shareholders receive adequate responses to their concerns. Truthfulness is certainly required from both sides. Understanding what the business plan is, how it will be rolled out, and what is going to be implemented is easier to obtain if the findings of a risk assessment is communicated to the shareholders. Sharing a cost analysis is also key to promoting a feeling of respect and transparency.

Here at TR we may have lost some of the respect for our leaders. Can we gain that back and what will it take to get there? Respect, communication, truthfulness and understanding: can we get there? Not without a real effort from us all.

Cathy Locke

Board approves policy changes

submitted by Linda Smith

First Vice President

Policy Changes: 2-21-2023

D6285 FREE STANDING SCREEN ROOMS:

ANSI Park trailers (such as Trophy, Breckenridge, Franklin, etc.) *5th wheels and Destination trailers* that are permanently set, and fully skirted in RV South may have permanent free standing screen rooms constructed on the patio side of the unit. Free standing screen rooms may not exceed the width of the patio, but patios may be lengthened to include the entire length of the unit. Floors shall be concrete at ground level, and cannot become usable living space. Glassed in free standing screen rooms are no longer permitted by Pasco County on ANSI Code Units.

NOTE: Not all sites will accommodate a screen room and still leave adequate parking if portions of the patio were taken to accept a larger unit.

Sites which are occupied by a *5th Wheel*, Travel Trailer, Motor Coaches or any type of RV (*other than 5th wheels and Destination trailers*) that is considered towable are excluded.

Prior written approval must be obtained from the TR office before any screen room project may begin. All work must be done by a Florida licensed contractor and meet all State and Pasco County codes. No do-it-yourself projects are permitted.

The "Sell-On-Site" Option will be required of all sites adding a free-standing commercially built screen room within 30 days after completion. Failure to do so will result in the screen room being taken down at the Lessee's expense. (Approved 03-30-10) (Revised 02-07-12) (Revised 01-22-13) (Revised 2-21-23)

O1010 STOCKHOLDER RESOLUTION SUBMISSION:

>Resolutions must be received by the Corporate Secretary either directly or by the office (where it will be date stamped) by the first business day of ~~November~~ *September* for consideration at the next regularly scheduled Annual Meeting.

(Revised 01-23-18) (Revised 01-03-22) (Revised 2-21-23)

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A message to TR from Pope Francis

Sharon Gilbert Zile recently used the following during the Call to Worship at the Sunday morning church service. In light of the current atmosphere in the park, I felt it was something we all should read. I hope you will not only read this, but act on the Pope’s advice. *mre*

Pope Francis’ Advice for Lent

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your heart with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words so you can listen.



The Servant’s Plow Looking or Following

by Chaplin Anthony Shipe

At one time Jodie and I were seated at the Akron/Canton Airport waiting on a flight. I noticed some very familiar faces of people I strangely knew, but not personally. I stared a bit at this group of people and sure enough, recognized the band members of Ricky Skaggs. Then all of a sudden, I saw a glimpse of the man himself sitting right in front of us reading a newspaper.

I glued my eyes to him saying to myself... “That’s, ... that’s, ... that’s, ... Ricky Skaggs!”

I whispered to Jodie and told her who he was and she went over to ask if it was really him. I was right!

How many times do we get excited when we see some celebrity close to us? In John 12:20-22 we have a similar situation. It was the time of Passover and people were coming to the temple to worship. It wasn’t just the Jews who came to Passover, others came also. On this occasion there were some Greeks coming. Greeks often wanted to worship the *One God* but didn’t like the route of conversion which meant circumcision. They came to worship, but stopped short of the ritual to become a full worshipping Jew.

These Greeks had also heard that Jesus was there and they wanted to meet him. They approached the disciple Philip asking if they could *see* Jesus. Philip tells them he will go and see what Jesus can do for them. That’s the last we hear of the Greeks, but they set the stage for a gripping story.

Many people sought after Jesus. He had gained great acclaim among the people and many wanted to just see this miracle worker, this great preacher, this man who had received so much



ANTHONY SHIPE

notoriety near and far. Just a glance!

But the story moves from their wish to *see* Jesus to teaching about *who* He is and how that fits with *what* He is about. He taught two important principles. First, He uses the illustration of a seed. Secondly, He talks about the way He came to be in Jerusalem teaching in the area at that time.

The seed: I don’t have to tell you folks from an agricultural community about seeds and how they produce their fruit. But Jesus uses this illustration to talk about who He is looking for. There is a particular trait He wishes His followers to have. What is that trait? It is DEDICATION. He knows that many have come to see Him, to get a look. They are curious. They want to be able to say that they saw the Great Teacher so they can feel important.

Isn’t it true, that we are all about telling others about the famous people we have met, but we aren’t as good at telling people about who we have met who made our lives better.

Jesus wasn’t looking for ONLOOKERS. He was looking for true, tried, FOLLOWERS. People who like the seed would die, if necessary, so the seed He

planted inside them would bear fruit.

Jesus was looking for people who would be dedicated to His mission.

The mission: Jesus’ mission was to seek and save the lost. It meant He would die like the seed. He explained in plain language how He wrestled with His mission following this path. Jesus knew it was not going to be pleasant, yet He knew that this mission wouldn’t have a chance to grow if He turned away from this path His Heavenly Father had chosen. That last night in the Garden of Gethsemane He wrestled with the mission. “If it is possible, remove this cup from me ... YET ... not my will but yours be done.”

If Jesus was going to accomplish the mission God the Father sent Him to fulfill, He would need the fruits of the seeds planted to continue after Him. Those who were DEDICATED to God’s mission to the extent He was.

As this Lenten season comes to a close, we ask ourselves once again, “Am I an ONLOOKER wanting to SEE Jesus? Or am I a FOLLOWER of Jesus DEDICATING my life to Him? We are the seeds that were cast to bring fruit into the world in which we live.

We close every service with a song written by former Chaplain Kenneth White that says:

Go in peace and the peace of God on this day be blest.

Go in peace and the peace of God giving Travelers Rest.

Celebrate and share the joy! Celebrate new life!

Go in peace and the peace of God blessing Travelers Rest.

May your journey home this season be safe and enjoyable.

The TR Times

TRAVELERS REST RESORT, INC.
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To view *TR Times* newspapers in color online go to www.travelersrestresort.com and click on *Newspaper*.

TR Church Association

MUSIC SUNDAY

Choir Rehearsal.....8:30 a.m.
NO Bible Study
Hymn Sing.....9:45 a.m.
Barb Swartz
Worship Service.....10 a.m.
Anthony Shipe

Praise and Worship

Saturday, March 25
4:30 p.m. in Busch Hall

Sacred Heart Catholic Church

32145 Saint Joe Road,
Dade City, Florida 33525

MASS SCHEDULE

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,
RN and First Responder

A feeling of being unable to breathe well that begins over a period of minutes or hours, is referred to as acute shortness of breath. Because our lungs function to move oxygen from the air we breathe into our bloodstream and to our cells, anything that decreases the amount of oxygen in the air like traveling to really high altitudes interferes with our respiratory muscles, impedes the oxygen movement or transfer at the lung/blood interface, or reduces the blood's ability to carry the oxygen can make us feel short

Acute shortness of breath

of breath. Intense activity, as well as anxiety, can trigger that feeling as well. Several medical conditions can be associated with acute shortness of breath, including pneumonia, congestive heart failure, heart attack, asthma, allergic reactions, collapsed lung, blood clots in a lung, carbon monoxide inhalation, sudden blood loss or obstruction from choking on an object in an airway. Also we all know that a COVID infection may be associated with shortness of breath. While fever, sore throat, body aches, fatigue, cough and GI symptoms such as nausea or diarrhea can be bothersome, shortness of breath is the most frequent symptom of COVID that triggers a 911 call for help. What should you do if you experience acute shortness of breath? First, find a place to sit

upright comfortably, leaning forward a bit if it helps. Try to stay calm and decrease physical exertion to decrease oxygen needs. If the feeling persists and affects your ability to function, call 911, especially if your shortness of breath is accompanied by chest pain, fainting, nausea, a bluish tinge to lips or nails or a change in mental alertness. Don't wait—call 911 so we can help you get ready for transport to the hospital. During your 911 call, the dispatcher will probably ask whether you have other symptoms of COVID. If so, tell the Pasco Dispatcher as well as the TR First Responders when they arrive at your residence. TR First Responders also have a supply of oxygen and can provide oxygen for you to breathe while the Pasco ambulance is enroute. Stay calm, help is on the way.

Please keep our streets clear

by Chief Larry Polzin

This past week we had several emergency calls. On two of the calls we were unable to easily navigate the streets of TR. This was due to vehicles not being properly parked or parked on the street. The street was almost blocked and the emergency vehicles had difficulty maneuvering past the illegally parked vehicles. A medical emergency or fire will bring multiple large emergency vehicles into the park. We need to all work together to be sure that all roadways are navigable. Failure to do so will result in delayed emergency response. Please remember if you have visitors they should park in the office parking lot or Busch Hall parking lot. Please review the TR parking policy and park as directed. **D5200 PARKING** **D5205 PARKING ON STREET:** Except for special weather conditions, or as may be authorized by the Office, no vehicle shall be parked overnight on any street. During extremely wet weather, when it is necessary to park on the street, all vehicles should be parked on only one side of the street to allow emergency vehicle passage. For North-South running streets, park on the West side. For East-West running avenues, park on the North side. (Exceptions: 21st park on South side and 14th park on North side.) (Revised 12-7-04) **D5210 PARKING ON LEASED SITE:** All motorized vehicles, including golf carts, are to be parked parallel to the RV Unit, unless parking is otherwise designated. (i.e. corner lots) No motorized vehicle shall be parked in the grass in front of any RV Unit. TR Management must approve all exceptions. (Revised 01-21-14).

First Responders have fun during training



“Joe, Joe, I only want Joe” cries Jean Cobb as she runs into the room.



Jim Doggett is using an interesting technique to assist Bill Bigelow in calming his wife, Martha.



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by Dean Peters Here are some bits and pieces to help with your waste management. **Styrofoam** shows up in your life every once in a while, both the solid pieces and the "peanuts." It is not recyclable in Pasco County, however Publix stores have receptacles outside their main entrances for limited quantities. Otherwise, its home is the trash bin. (Did you know that the styrofoam in a 50-foot transport weighs about 1,200 lbs? It's mostly air.) **Aluminum** cans are valuable and you have been doing a great job depositing them in the wire

TRash Talk



cages where we prefer they go. They are worth about \$1,400/ton on the market. Did you know it takes about 58,000 cans to make a ton? Pasco County only recycles aluminum cans. Plates (including those used at the Snack Shack), foil and other products must be disposed of in the trash.

Healthy Tips

Caffeine consumption: Good or bad for you?

by Donna Neer RN (retired)

I generally wake up quite pleasant every morning. Yet I don't have that burst of energy I so need to start my day. In other words, don't ask a whole lot of me until I have my first cup of coffee! My coffeemaker is all set to go the night before. Heaven forbid that I waste any valuable time in the morning making my coffee. As soon as I smell that wonderful aroma of the brewing coffee, I begin feeling energized. I am sure that this is similar to so many of us here at TR. Coffee is such an important part of the lifestyle of TR that we even have Coffee Socials in Busch Hall every morning Monday through Friday. I would like to take a moment here to thank the wonderful people who chair and organize those Coffee Socials. I decided to investigate caffeine. Caffeine is a bitter substance that is found not only in coffee, but also tea, soft drinks, chocolate, kola nuts, new energy drinks and is even found in some medications. Truly the Internet was 'chock full' of information about caffeine. Researchers have had a field day investigating caffeine pros and cons. Needless to say, the information can be overwhelming and at times contradictory. Give me a minute while I refill my coffee cup so I can continue on. What is it about caffeine that can give us that boost of energy, enhance our level of alertness and can be considered "comfort food" (according to *LifeScript: Healthy Living for Women*). Simply put, caffeine is a stimulant and has numerous effects on the body's metabolism. According to the Center of Science for Public Interest, caffeine binds with certain receptors in the brain to prevent drowsiness and subsequently gives our central nervous system a wake up call. According to M. Ganio, a professor at the University of Arkansas, caffeine can improve physical performance in endur-

ance exercise such as running. Interestingly he further states that the effect of caffeine is decreased for short bursts of movement for example lifting weights or sprinting. How many of us reading this article can relate to consuming coffee by the gallons while staying up all night when in college to study for an exam? However, how much caffeine is too much? *Medline Plus* states that "for most people, the amount of caffeine in 2 to 4 cups of coffee a day is not harmful." A moderate amount of caffeine, approximately 300 milligrams = 3 cups of coffee, apparently does not cause a problem in most healthy adults. Keeping in mind that we are different, our response to caffeine consumption may differ. Our body quickly absorbs caffeine, however it takes an average of five to seven hours to eliminate half of it from the body. What does that mean? Consuming caffeine later in the day can interfere with sleep. According to *WebMD*, regular use of caffeine does cause mild physical dependence. L. Juliano, a professor at of psychology at the American University in Washington, D.C. reports that our brains "...become dependent on (regular) use of caffeine." I'm in trouble. Caffeine, when consumed in higher amounts, may increase calcium and magnesium loss in urine. *WebMD* states "recent studies suggest caffeine does not increase your risk for bone loss or osteoporosis, especially if you get enough calcium....by adding just two tablespoons of milk" to your cup of java. The article further states research has also noted a link between caffeine and hip fracture in older adults. Some studies do not, however, link caffeine to high cholesterol, irregular heartbeats or an increased risk of cardiovascular disease. Now that I am effectively energized, I think I will go and practice my clogging. (References: *WebMD*, *Medline Plus*, *Life Script*.)

Benefits

- ✓ BOOSTS ENERGY LEVELS
- ✓ HELPS CLEANS THE STOMACH
- ✓ REDUCES DEPRESSION
- ✓ REDUCES RISK OF CANCER
- ✓ BENEFICIAL FOR THE LIVER



Side Effects

- ➔ Digestive Issues
- ➔ Muscle Breakdown
- ➔ High Blood Pressure
- ➔ Rapid Heart Rate
- ➔ Anxiety

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Activity Affairs



GUY WEIK

by Guy Weik,
Activity Director

I have been approached by some of our creative residents who thought it would be fun to have a day when residents could go around the park and learn more about the outdoor activities we offer here at TR.

We settled on the morning of Saturday, March 18 for our first Outdoor Fun Day!

For two hours, from 9 to 11 a.m., you are all invited to try an activity you've never played before, or haven't played for awhile. Maybe you've passed people enjoying Bocce as you walked or drove up Snack Shack Road and thought about joining

Outdoor Fun Day

them some day, but never made the time. Well, now's your chance! Learn the game and find out how to access the equipment. The same goes for Shuffleboard. Maybe you'd like to try your hand at maneuvering the Sailboats or RC Motorboats on Mirror Lake! The RC Motorsports group is running their big end-of-season Championship Races that day and they have invited everyone to come and observe. You are also welcome to ask any of their members questions about their activity. The TR Birding Group will lead a bird walk around the park so you have a better idea of where to best observe our many species of birds. Pickleball is inviting you to stop by and ask questions, observe games in play and even try hitting a few balls yourself!

It's just two hours so everyone has plenty of time to head down to Vanishing Lake for the TR Parkwide Party with bands and food trucks that starts at noon. Mark your calendars for Saturday, March 18, and come out for TR's Outdoor Fun Day in the morning and the parkwide Party in the afternoon!

Plan to visit the Hobby and Art Show

by Margaret Emmetts

The Hobby and Art Show has been a long-standing tradition at TR. It is an opportunity for residents to show off the wide variety of talents that are here in the park.

The majority of the displays are generated from park activities such as the Camera Club and the Quilters.

The show will take place on Wednesday, March 15 from 1 to 3 p.m. in Busch Hall.

Once again the Travelettes will be selling their delicious root beer floats. If you plan on enjoying

one of their floats, please remember to keep your drink in the designated area. We really don't want to have any accidental spills on the beautiful handmade quilts.

Be sure to add the event to your calendar. It is a great showcase for our park's many talented people.



Veterans Flag Retirement Ceremony



by Ken Hankinson

This year's Veterans Flag Retirement Ceremony is scheduled for Saturday, March 11 at 1 p.m. As previously reported, the ceremony is being held off-site at 16316 Bellamy Brothers Road which is approximately 2.7 miles or eight minutes from the TR entrance. Details of the event have appeared in three earlier editions of *The TR Times*.

Maps and directions will be available on the morning of the event in the flag box outside of the Post Office. Plan to arrive early in order to get parked and seated. Please remember to bring your own chairs for the ceremony. We hope that many TR residents will attend this year's Flag Event. If you have any questions or concerns please contact Ken Hankinson, lot 2609, 860-377-5299.



Come One! Come All!

by Nan Lance

The Travelettes Root Beer Float Sale is back. Where?.... Busch Hall When?.....March 15 (The Ides!) What time?.....1 to 3 p.m.

Special Ministries March events



by Marilyn and Darold Long,
Special Ministries Food Drive

Special Ministries is having their Food Drive for the entire month of March since some of you are already leaving. There will be a table by the north door of Busch Hall for you to put your food items. We also will take your unopened frozen food. Please bring it to lot 01-15. The food goes to Daystar Hope Center's Food Pantry. There are more and more people needing food folks. Thanks for helping them.

Sunrise Shelter

The shelter has asked us if we could furnish twin sheets, pillow cases and bedspreads for the women and children who have come there to get away from a violent home. Most of them have come with only what is on their backs. When they leave the shelter, they are given their bedding and towels. We give them all the bedding and towels you put in the

trailer but it is not enough. They need donated linens all year round. Last year they helped over 300 people.

The Quilt-A-Rama ladies are giving us all the quilts they are making. Gertie Wilbur already gave us 18 and we had a donation for the sheets to go with them. The quilting ladies have been wonderful. They have been working on the quilt bedspreads for Sunrise all season and some even longer than that. We are asking for a \$15 donation for a sheet set or bring us a set to go with the quilts. We will be giving these to the Shelter after the Quilt-A-Rama. Please make checks payable to TR Church Association and note sheets on the memo line.

If you have any questions please contact Darold and Marilyn Long at 352-99-2719 or lot 01-15.

TR Genealogy Class seeks instructor

by Denise Anderson

If you enjoy Genealogy research and discovering your family history, please consider sharing your knowledge and experience with others and becoming the new facilitator/leader for the TR Genealogy Class for the 2023-2024 season. Although the class has been held on Fridays from 1 to 2:30 p.m. in Citrus East, you could make changes to the time and place according to your schedule and classroom availability. To discuss this rewarding volunteer opportunity, please contact me at 248-348-8363 or email me at deniserutha@yahoo.com.

DUST IF YOU MUST

by Rose Milligan
Submitted by Sandy Sasuta

Dust if you must, but wouldn't it be better to paint a picture, or write a letter, bake a cake, or plant a seed; Ponder the difference between want and need? Dust if you must, but there's not much time, with rivers to swim, and mountains to climb; music to hear, and books to read; friends to cherish, and life to lead. Dust if you must, but the world's out there with the sun in your eyes, and the wind in your hair; a flutter of snow, a shower of rain, this day will not come around again. Dust if you must, but bear in mind, old age will come and it's not kind. And when you go (and go you must) You, yourself, will make more dust.

Model Railroad Club News



Photo by Brian Krupicka

RAILROAD CROSSING

by Brian Krupicka

We see train signal crossing gates every day. If you have ever wondered how they operate, come to the next Model Railroad Club meeting and find out. The mechanical, electrical, bells, lights and train approach controls, all need to work in harmony. We will be installing them on the new freight ward modules for next year. If you have any interest in this hobby, call Brian Krupicka at 630-961-1243. We meet 9:30 a.m. until noon on Friday in the Jeri Miller Activities Building. All are welcome.

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What do you like about Ham Radio?

by Stan Patterson and Eric Youngpeters

Every morning except Sunday the TR Amateur Radio Club (TRARC) has an on-the-air meeting called a net. In order to learn more about each other we often have a question which the members will be asked to answer as they check into the net. On Wednesday of this past week the question was “what do you like about Ham Radio?” The answers were interesting and enlightening.

Bob Jackson, WB2BJW, answered that he liked the way hams help each other. Bob gave an example of needing a better antenna and when he was having trouble keying up the mike the hams in the club came up with a solution. Bob also mentioned the emergency communications aspect of ham radio. When a group of hams went to Puerto Rico after a hurricane the hams were able to help with many other things because of the things they learned from being a ham. His wife Linda, KC2CZH, who is also a ham, answered that she liked that she could use it for safety when



traveling before the days of cell phones, particularly when driving in upstate New York during the winter months. In addition she said “It is a great hobby.”

John Deegan, K9XT, said that he likes the technology, social aspect and friendships that are made as a result of being a ham. Cal Bacon, KC2KD, answered that he likes the connection to his boyhood heroes, Tesla and Marconi among others, then and now. Brian Krupicka, KD9PWM, likes the newer digital ham radio modes D-Star and Fusion. Patsy Nagel, KO4SFT, says that when RVing it is a way to communicate without relying on the infrastructure and there is so much to learn. Charlie McGee, K4CFM, likes the friends made through ham radio and the new things to experiment with. Jim Johnson, WW7N, likes the technology and making things work. Chris Bracknell, KD4OLY, likes the ability to take a handheld

radio backpacking. John Walters, KO4YKA, likes the social side along with the safety aspect of being able to communicate using a ham radio. Brad Nau, AB4NT, who checked in from outside the park, likes the variety and says “the sky is the limit.” He is learning Morse code now even though it hasn’t been required to get a license for many years. As for your author Stan Patterson, KK4PF, while I like all aspects of ham radio, I love learning new things.

If you are not already involved with the TRARC we would like to invite you to join us and maybe discover what you like about ham radio. The Travelers Rest Amateur Radio Club (TRARC) conducts a net daily at 8 a.m. 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 Thursday at 6:30 p.m. in the Activities Center and normally include an optional program after the main meeting. Visitors are always welcome at TRARC events.

A visit to John Chestnut Sr. County Park

by Barbara Colson

As you know, the Geocachers are always out looking for new places and I think we found one at the John Chestnut Sr. County Park. It is located by Lake Tarpon at 2200 E. Lake Road, Palm Harbor. It is a nature preserve with hiking trails, picnic shelters, clean restrooms, play things for kids to climb on, boardwalks, a boat launch area, geocaches and wild animals to see. All this and no



Photos by Barb Colson and Nan Lance
The boardwalk at the park.



The Crow's Nest which provides spectacular views.

entrance fee. It is about 32 miles from TR so it will take approximately an hour to get there. We visited on the previous two consecutive Tuesdays and had a ball. We found just over 20 caches in the two day trip. A special thank you goes to Louie Zanca for helping us solve the puzzle caches. On the days we went, there was a great breeze off the lake that kept us cool. The Park's many attractions are well worth the drive.



Monday Sew Nice Sewing and Embroidery news



by Joan Ledbetter

Monday Sew Nice Sewing and Embroidery meets weekly in Busch Hall. Tables for sewing and pressing are set up from 9:30 a.m. to 3 p.m. This is a diverse group of sewers that work on a variety of projects. It is cochaired by Rosita Williams, who is primarily involved with the embroidery portion of this group, and Laura Lilawski the sewing chairperson.

Monday Sew Nice has been responsible the last few years for making Ryans Cases for Smiles, unique and colorful cotton pillowcases for area children's hospital patients. To date this season there are 86 completed cases and over 100 will be ready for delivering to selected hospitals. Monday Sew



Photo by Pam Watkins
Quilt ladies with their art work are: Cherie Richman, Cathy Stuart, Cloie Morgan, Pat Greene, Laura Lilawski, Peggy Sander, and Sharon Fosnight.

Nice has also been making Pretty Pockets, soft flannel sleeves which are helpful for women after breast surgery.

Laura has been responsible for organizing the materials and instructions needed for these worthwhile and useful community

projects. Rosita as a year-round TR resident has many ideas for the off-season months and new ideas are always welcome.

This last January TR resident Darlene Livengood instructed a class of eight on making The Exploding Pineapple table runner. Darlene was an excellent instructor and the participants enjoyed creating this colorful and unique design.

This picture shows the class with their in-process and completed Exploding Pineapple table runners. It was great way to learn a new skill, have a fun time and make new friends. We all hope Darlene will be back next season with more creative ideas for Monday Sew Nice.



Photo by Joan Ledbetter
Rosemary Summers shows off her project.



TR residents perform at The Gardens of Westbrook



Photo by Jerry McRoberts

Members of the dance troupe include: Louise McRoberts, Donna Neer, Alex Adair, Donna Smith, Trish Horney, Lois Allen, Lin Buczek, Laurie Lasure, Linda Gough and Debi Newbury.

by Donna Neer

On Wednesday, March 1, eleven of our TR Family, representing the TR Cloggers, TR Pom-Poms and the TR Line Dancers, traveled to Zephyrhills to bring joy to the residents of the Gardens of Westbrook. Jerry McRoberts provided sound and

technical support while Debi Newbury assisted with photographing the program. The group delighted the residents as they performed routines to various music genres including patriotic, country, contemporary Christian, Broadway music hits and rock n' roll.

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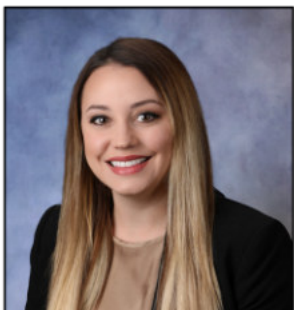
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Bulletin Board

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. Sharon Fosnight
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, 5:30 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
Saturdays, 7 to 9 p.m. in Citrus East. Linda Smith Jim Walsh	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. Joan McLean, Sandra Yeager, Lynn Meyers, Charlie Bouchard. 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. Billie Doell	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 BROWSERS	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	PICKLEBALL	SNACK SHACK	VILLAGE HAPPY HOUR
Thursdays, 12:30 to 2 p.m. in Jeri Miller Activity Center. Susan Stahley	Over a dozen Pickleball activities from beginner to competitive play offered weekly. Check the TR website under Activities > Pickleball for current schedule. Delia and Carey Box	Currently weekdays, 11:30 a.m. to 1:30 p.m. Additional volunteers needed to add a Saturday crew. Lee Brenn Mickey Cobb	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. Sandy Post
JOKER	PINOCHLE	SPORTS CLUB	WAIST WATCHERS
Mondays, 6:30 to 9 p.m. in Citrus West. Fridays, 6:30 to 9 p.m. in Citrus West. Deborah May	Thursdays, 6 to 9 p.m. in Busch Hall. John Delaney	Meet at Snack Shack Pavilion 2nd Tuesdays 7 to 8 p.m. (January thru March) All welcome. Ray LoPresti	Thursdays, 8:30 to 9:15 a.m. in Hobby House. Jackie Thackery
KARAOKE	POKER TEXAS HOLD'EM	STAINED GLASS	WINTER WALKING AEROBICS
Non-concert Wednesdays, 7 to 9: p.m. in Busch Hall. Starts in January. Glenn and Gabriella Young Alan West	Tuesdays and Saturdays, 7 to 9:30 p.m. in Hobby House. Jack Davis	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 Shari Harberts	Monday thru Friday, 7:15 to 7:45 a.m. in Citrus East. (Nov. 8 thru April 10) Gloria Polzin
KNOTTY KNITTERS	POM-POM DRILL TEAM	TABLE TENNIS/PING PONG	WATERCOLOR PAINTING
Thursdays, 9:30 to 11:30 a.m. in Citrus West. Diane Fisher	Tuesdays, 3 to 4 p.m. and Fridays, 10:30 to 11:30 a.m. in Citrus East. Donna Neer Deb Niles	Mondays and Thursdays, set up at 2:30 p.m., play from 3 to 5 p.m. in Citrus East. Extra paddles available. Ron Hicks	Wednesdays, 1 to 3 p.m. in Citrus East. Amy Grier
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. Mary Kosbab Kay Blunda	Mondays and Fridays, 8 a.m. to noon at Mirror Lake. Dean Peters	Mondays, Wednesdays and Fridays 9 to 11 a.m. Betty Teichert	Mondays, Wednesdays and Fridays, 8 to 8:45 a.m. in Citrus East. Year-round. Sheila Schencke
LINE DANCING (IMPROVERS)	PRAISE & WORSHIP	STONE & TIGHTEN	WELCOMING & RED DOT SPOT
Mondays and Thursdays, 1 to 2:30 p.m. in Citrus East. Alex Adair	Contemporary Church Services - 1st and 3rd Saturdays, 4:30 to 5:30 p.m. in Busch Hall. January thru March. Marty Schencke	Mondays, Wednesdays and Fridays, 9 to 10 a.m. in Citrus East. Strengthen your muscles. Bring mat and weights. Betty Clark	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. Diana Hill
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. Alex Adair	Thursdays, 1-3 p.m. in Citrus West. Pat Daubenmier	1st Mondays, 7 to 8 p.m. in Hobby House to plan rides. Gene Cribbs	Tuesdays, 6:30 to 8:30 p.m. in Busch Hall. Deborah May
MAH JONG CHINESE	QUILTING	TR SINGING MEN	WOOD SHOP
Mondays and Fridays, 1 to 3 p.m. in Citrus West. Marcia Hatfield	Thursdays at 9:30 a.m to 3 p.m. in Busch Hall. 2nd Thursday Guild Meeting/Show and Tell. Ethel Polsdofer Cloie Morgan	Wednesdays from 9 to 10:30 a.m. in the Jeri Miller Activities Center. All men are invited to sing along. Gene Gough Dennis Ledbetter	Monday thru Friday, 8 a.m. to 2:45 p.m. Membership \$20. Larry Kurkowski
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. Bette Gorman	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. James Morrow, Sr.	Planned events advertised on Travel Board in Busch Hall. Watch for articles in TR Times. Sharon Gilbert Zile	Wednesdays, 8 a.m. to noon in Citrus West. Linda Murphy
MATS FOR THE HOMELESS	RC MOTORSPORTS	TR TRAVELAIRES Ochestra	YOGA
Thursdays, 9:30 to 11:30 a.m. in Busch Hall Pat Dellamuth	Wednesdays and Saturdays, 9:30 a.m. at RC Motorsports track by Snack Shack. John Toombs	Tuesdays, 12:45 to 3 p.m. in Busch Hall. New members welcome. Gene Cribbs	Thursdays, 11 a.m., Location TBD, January thru March. Jean Renee DeTar
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. Jerry McRoberts, Commodore	All Thursdays except the last Thursday of the month, 10 a.m. to noon in Jeri Miller Activity Center. Diana Hill	Wednesdays, 12:30 to 2 p.m. in the Jeri Miller Activity Center. Mary Beth Coldren	Thursdays, 8:30 to 9:30 a.m., Jeri Miller Activity Center. Starts Jan. 12. Bev Weissinger
YACHT CLUB SAILBOATS	RUG HOOKING	TRAVELOGUE	
Sailboat Practice: Tuesdays, 8 a.m. to noon. Sailboat Races: Wednesdays and Saturdays 8 a.m. to noon. Barry Sellick	Tuesdays, 9 to 11 a.m. in the Green Room, Busch Hall. A small avid group. Join us and make something beautiful! Tawnya Rowden	2nd and 4th Mondays, 3 to 4:30 p.m. in Citrus West. January thru March. Bert Contractor	
MODEL RAILROAD	SCRABBLE	TUESDAY NIGHT MOVIES (TNM)	
Fridays, 9:30 a.m. to noon in Jeri Miller Activity Center. Brian Krupicka	Thursdays, 7 to 9 p.m. in Busch Hall, depending on interest. Jeffrey Duquette	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. Jim and Carol Henrikson	
OIL & ACRYLIC PAINTING	SEW SPECIAL AND EMBROIDERY	UKULELE CLUB	
Fridays, 9 a.m. to noon in Citrus West. Mary Kubiniee	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. Rosita Williams	Tuesdays, 3 to 4:00 p.m. in the Hobby House. Players share tips and tunes without weekly instruction. January thru March. Donna Probes	
PET LOVERS CLUB	SHUFFLEBOARD	VETERANS MEETING	
Jan. 23, then 2nd Mondays, 3 to 4:30 p.m. in Jeri Miller Activity Building. Kim Roberts	Tuesdays, 1 to 3 p.m., Competition. Thursdays, 1 to 3 p.m., Dimes Day. Richard Von Qualen	2nd Mondays, 10:03 to 11 a.m. in the Hobby House. Darold Long, Commander	



All changes, additions or corrections to any Activity.

Contact Guy Weik
activities@travelersrestresort.com
352-584-6377



“Volunteers don't get paid, not because they're worthless, but because they're priceless.”
~ Sherry Anderson

Beyond the Resort



LINDA SPENCER

by Linda Spencer

Last reminder, 88th Annual Florida Strawberry Festival is Friday, March 10 to Sunday, March 12, 303 Berry Fest Place, Plant City.



Here is a list of the last of the big name performers:

Friday, March 10

Wayne Newton at 3:30 p.m.
Train at 7:30 p.m.

Saturday, March 11

Sawyer Brown at 3:30 p.m.
Keith Sweat at 7:30 p.m.

Sunday, March 12

Country Gold Tour featuring Leroy Van Dyke, T.G. Sheppard, Mandy Barnett and T. Graham Brown at 3:30 p.m.
Lynyrd Skynyrd at 7:30 p.m.

Wicked is at The Straz Center Wednesday, March 8 to Sunday,



March 26. *Wicked* will come all the way from Broadway for our entertainment. The Straz Center will house this spectacular award-winning hit. Long before Dorothy arrives, there is another young woman, born with emerald-green skin, smart, fiery, misunderstood and possessing an extraordinary talent. When she meets a bubbly blonde who is exceptionally popular, their initial rivalry turns into the unlikeliest of friendships...until the world decides to call one good and the other wicked. Please contact the Straz Theater for ticket information at 800-955-1045. Location: 1010 N. MacInnes Place, Tampa. (Approximately 46 miles from TR.)



The Florida Orchestra plays Wednesday, March 15 and Thursday, March 16, at 11 a.m. The Florida Orchestra welcomes *Morning Coffee Concert Divine Inspiration*, music that is simply heavenly. Featuring Vaughan Williams' *Fantasia*, Bach's *Jesu, Joy of Man's Desiring* and more. The performance on March 15 will take place at Ruth Eckerd Hall in Clearwater and on March 16 at the Duke Energy Center for the Arts, Mahaffey Theatre in St. Petersburg. For tickets and additional information please call 727-892-3331 or on the web www.floridaorchestra.org (Venues approx. 60 mins. from TR.)

Travelogue News

by Bert Contractor

On Feb. 27, Dan and Sharon Zile presented their experiences traveling through Atlantic Canada. We thank Dan and Sharon for taking time out of their extremely busy schedule to share this amazing journey with friends at TR.

Now for the next Travelogue. Have you ever been to Tahiti or to Antarctica? Would you like to experience these places for free? Well, attend the next Travelogue presented by Barbara Colson scheduled on Monday, March 13 from 3 to 4:30 p.m. in Citrus East and you will be able to experience these wonderful places.



Many shades of blue can be seen in the beautiful waters of Tahiti.



Photos by Barbara Colson

This little Antarctica fellow appears to be welcoming his visitors.

Travel News



DAN AND SHARON ZILE

by Sharon Gilbert Zile, TR Tour Director

The TR community has historically been a traveling community, and our 2022-23 season is true to TR beginnings. In a week's time, the following happenings have engaged TR travelers and kept Dan and me busy.

The March 1 day-trip tour of **Tampa by Land and Sea** was an excellent introduction to the history and recent developments in downtown Tampa and Ybor City. With a quick stop at the Columbia Restaurant to meet Melissa, our guide for the day, our excellent bus driver Sherrie navigated the narrow streets of Ybor City, an historic neighborhood just northeast of downtown Tampa. This neighborhood was founded in the 1880's by cigar manufacturers and populated by thousands of immigrants, mainly from Cuba, Spain and Italy. As chickens roamed freely in the streets, we learned that the city hires a chicken-keeper to feed the protected creatures.

We continued our tour by visiting the very beautiful historic Tampa Bay Hotel. Built in the 1890's by Florida railroad and steamboat magnate Henry B. Plant, the hotel is a stunning example of Moorish and Turkish architecture and served as a meeting place for the officers in the Spanish American War. A National Historic Landmark, the hotel is now the home to the University of Tampa. After a delicious lunch at Steelbach's in the historic Armature Works Building our group boarded a water taxi on the Hillsborough River where our excellent guide directed our attention to city landmarks, a railroad drawbridge and downtown residential development.

One day trip remains in the 2022-23 season, the **Yacht Starship St. Patrick's Day Cruise** and luncheon. Our Small World Tours motor coach will depart from Busch Hall at 10:15 a.m. returning at 3:15 p.m. Thirty-eight TR residents are registered for the trip, exceeding our minimum required passenger count. I am continuing to accept reservations so do call me if you'd like to be added to this festive tour and holiday luncheon.



Photos by Dan Zile

Boarding the water taxi.



HISTORIC TAMPA BAY HOTEL



TAMPA LANDMARK DRAWBRIDGE

2-for-1 Norwegian Cruise Line airfare pricing offers significant savings in airfare from Tampa to Honolulu where our cruise begins. Passengers who select the NCL airfare special will receive their flight schedule approximately 45 days before sailing and may choose to fly 1 or 2 days prior to cruising. TR tour directors are currently researching trip insurance options, Honolulu hotels and the possibility of group transportation to Tampa International Airport. A private Facebook group has been established for TR's Hawaiian Island Hoppers to foster sharing of information related to this exciting trip circumnavigating America's 50th State. "Looking forward to leis, alohas and Hawaii days!" – Sharon Gilbert Zile, 740-360-3819

The most exciting development in TR travel news is the booking of the March 2, 2024 **TR Hawaiian Island Hoppers Cruise**. This is our first TR cruise since just prior to the Covid-19 pandemic. I was able to block just 25 balcony cabins and 3 obstructed ocean-view cabins. After a Coffee Seminar on March 2, it appears that all 25 balcony cabins on the *Pride of America* will be reserved by TR residents. Our travel agent, JJ Kuykendall of Cruise Planners is continuing to return phone calls to potential TR cruisers in the order received. At this writing, she is hoping to be able to add other cabins to our TR block, although these additional cabins may be larger with increased prices.

One particularly attractive amenity for our TR booking, the

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Lisa Judy
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Tues-Fri 9-5
Sat 9-3

Library News



New arrivals at the Library

by Loretta Whitfield

When We Were Vikings by Andrew MacDonald.
Zelda is a lady maneuvering her way through life as a young adult with her brother Gert. Her special needs make her life and that of her brother challenging to say the least. Zelda needs rules to help her make sense of daily activities. Her fascination with the Vikings runs throughout the story; their quests, villains and heroes. She lives her life with loyalty and courage for her ‘tribe’ especially her heavily tattooed, shaven thug-like brother. Her own heroism and love for her brother are at the root of her Viking bravery and her actions.
This copy is signed by the author, a Canadian from Alberta, who is known for his award-winning short stories.

When Justice Sleeps by Stacey Abrams.
Avery Keene is an astute and brilliant court clerk in the office of the cantankerous Supreme Court Justice, Howard Wynn. When the judge becomes ill, he surprisingly appoints her as his power of attorney. She finds herself in the midst of murder, scientific mergers and intrigue, a drug addicted mother and political conspiracy. He leaves her with multiple hidden and coded clues using chess game terms for the solution to the material on which he was working before he fell into a coma. She finds help with Wynn’s lawyer Noah, Ling her doctor roommate and Wynn’s estranged son, Jared.
This political and legal thriller is one of several books written by this author, politician, activist and lawyer. She has authored fiction and nonfiction books previously using the pen name, Selena Montgomery.

TR Avid Reader

by Loretta Whitfield

Arlene and Charlie Bouchard were on Golf View last year and then they bought on 4th St. Arlene has just retired from a 42-year career in nursing. She was born and raised in New York while Charlie was born in Edmunston, New Brunswick, Canada. They now live on Long Island.

Arlene has three daughters and two grandsons all of whom love reading. She shares and swaps books with family members and friends. She is a part of a Book Club at home with a group of nurses she connects with, often in Zoom calls. I discovered Arlene was an avid reader because she was sharing books with her neighbor Gloria and I got in on one of those book shares.
Arlene enjoys all kinds of books and authors. You can find her reading and sharing historical fiction, murder mysteries, thrillers or romance. Her favorite series is



ARLENE BOUCHARD

Pillars of the Earth, a number of historical novels by Ken Follett set in the 12th century.
Charlie, Arlene and family are actively planning a cross country trip later this year. One of the highlights of this adventure will be the well-known balloon festival in Albuquerque, NM.

TR Book Browsers

The next meeting of the Book Browsers will be on Wednesday, March 22 at 2 p.m. in Citrus West. The book under discussion will be *The Light Between Two Oceans* by M. L. Stedman. This will be the final meeting of the season. Selections for next year will be discussed. Please bring your suggestions for next year’s reading list.



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Garden News

by Leslie Ewing

Lake Margaret Garden Club members start working in October when some of our early birds come back to TR. The season begins in earnest in January. The Garden Walk Weekend activities are the culmination of all the work that we have done and we are ready to have a party!
Doc and Donna, Ken Langell and Brode Morgan kick off the festivities tonight at 7 p.m. in Busch Hall with the Irish Coffee House. These excellent musicians will entertain us with some wonderful Irish music. Doors open at 6:30 p.m.

They decided to make this performance a benefit for the Garden Club to help repair the damage to the front lawn of the Garden when the live oak tree came down. When they applied for the benefit, the TR Board of Directors said that they would match the proceeds from tonight up to \$2,000. Admission is \$5 per person. Garden Club members will be there to welcome you and to hand out party favors for as long as they last as thanks for donating to the Garden.
Garden Club members continue the party this Sunday with the Garden Walk from 2 to 4 p.m. Musicians will be playing throughout the Garden. Quilts and artwork will be displayed. The entire boardwalk has now been renewed with fresh wood by our Maintenance Department, for which we are very appreciative. We have refreshments and a



Photo by Leslie Ewing

GARDEN WALK

guestbook for you to sign.
The backdrop for all of this is our wonderful Garden. Phyllis Zitzer, our Master Gardener, hopes to have some butterflies ready to release during the Garden Walk. The butterflies decide when to fly away. When you arrive at the Garden Walk ask club members when and where this will occur if you want to see it. All Garden Club members are asked to be in the Garden by 1 p.m. in order to finish getting the Garden ready before 2 p.m.
While everyone is enjoying the Garden Walk, visiting with old friends and meeting new ones, we

don't want you to overlook the beautiful azaleas on the opposite side of Snack Shack Road. They are in full bloom.
Garden Club members and volunteers are having a Garden Party at Stacy and Amy's place on Tuesday, March 14 at 5 p.m. Bring something to drink and a dish to share. Sadly we will be saying goodbye to Ann Chalk. She has a lot of stories to tell as she has been a Garden Club member for many years.
The musicians are tuning up. The club members are dusting off the boardwalk. Everything is ready. See you in the Garden!



Photo by Cindy Watson



Some of the critters you might encounter during your Garden Walk.

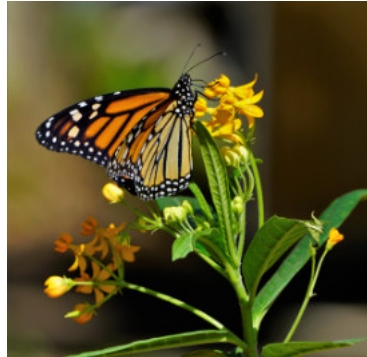


Photo by John Goodger

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Pets on Parade



by Judy Leister

TR has a resident kitty that is old enough to vote. She is 21 years old. According to Google she is 100 years old in human years.... well within the 55+ age bracket of most of the TR residents. She is still very active for her advanced age. She easily jumps up on the bed and can still make it to the top perch of her cat tower.

She has been with John Hannah for all of her 21 years. John had a cat that was getting up there in years and he felt maybe a second companion would be good for her. He went to a pet store that had several litters of kittens. He had picked one out to bring home when suddenly he felt a tap on his shoulder. Another kitten had reached over and was saying "Take me too." How do you turn that down? Katie joined the family.

As years went by, the other cats passed on and Katie became an only kitty. She has displayed her ornery side on occasions like the time she escaped from the truck and disappeared. She had ridden with John to a store and he needed to go inside to pay a bill. He rolled up the windows and went in. When he came out, one of the truck windows was open and Katie was gone. Oh no. Everyone joined the search party. Luckily one of the workers at the business happened

Katie the kitty



Photo by Judy Leister

KATIE

to see Katie crouched down behind some yard tools. John scooped her up and returned to the truck. He discovered he had forgotten to lock the windows. Katie figured out how to push the button that opened them and out she went for a little adventure.

At first Katie didn't like to be petted but now that is one of her favorite things. She loves to lie on John's lap while he strokes her back and ruffles her ears. When she wants something, she talks in a cute little kitty voice for attention.

John used to raise Dobermans. Katie quickly learned how to get along with dogs. Actually she is very friendly with many animals. She is especially attracted to turtles and followed a whole group of them at a

campground they were staying at. She had to be reminded that checking out the alligators was probably not the safest thing to do.

There is also a very caring side to Katie. John's first wife became very ill and was bedridden for 18 months before she passed away. With the exception of quick trips to the litter box or her food dish, she was on the bed lovingly watching over the patient.

Katie loves to travel. John's work takes him all over. Katie has lived in nine different states plus many additional states while on camping trips. In fact in the last two years they have been to 48 different campgrounds. Every time they go to a new campground she likes to explore all around their campsite. She has well examined their lot here at TR.

Dog safety on our golf carts



Photo by Judy Leister

Practicing poodle safety in the golf cart.
by Judy Leister

Not only does your golf cart haul your clubs around the golf course there are so many other uses for them. They are like mini-trucksters when doing major yard work. We can tote our dirty clothes to the TR laundromat, pick up our mail at the Post Office and give a guided tour around TR when friends and family come to visit. Oh, and don't forget.....your golf cart can provide some much needed entertainment when the grandkids are here. We have such beautiful sunsets at TR so a leisurely drive in the evening is so enjoyable. Based on the number of happily wagging tails I see on golf carts here at TR, I think it's safe to assume the majority of our canine family members like to go for rides too.

After seeing a small dog accidentally fly out of a golf cart

while going around a corner, I realized how important safety was when taking our dog for a ride. Our dog is smaller and loves to sit on the seat and let the wind blow through her poodle locks. She wears a safety harness attached to the frame of the seat. I cut a leash to a length that is long enough for her to stand or sit comfortably but not long enough for her to fall off the seat. I then attached that strap to a D-ring mounted to the frame where the back of the seat is attached. A harness is left attached to the strap and we are good to go.

Another handy set up for a little dog is a doggie car seat secured to the back of the seat and the dog strapped in there.

Regardless of age or size we hope all of our TR dogs will continue to enjoy many, many fun and safe golf cart rides.

Birding Activity



The real masked singer

by Tom Butler

Television has created an incredible entertainment series in which a masked singer performs a song and members of a panel attempt to guess the identity of the melodious voice. It is not an easy task, even for the most trained musical ear. But I have a contestant that would send the Pretenders to the exit in short order. My entrant is capable of performing between 250 and 350 different melodies and is the master of improvisation. Just when you think you recognize the beautiful voice it will switch to a different melody and leave you struggling for another guess. In compliance with the rules of the show, the identity of my singer will remain a secret until additional clues are revealed.

In Latin, this contestant is referred to as Mimus Polyglottos or many-tongued mimic. No wonder it is so difficult to establish an identity. One famous author speculated that there is no other bird in the world that possesses all the musical qualifications of this King of Song. Wow! High praise indeed. Who could this singer be? Some of you may have a solid guess for our masked performer, but for those that remain stumped, we will continue with a few clues.

This singer has been awarded special honors in five different states and has even performed at TR. I recall a church service outdoors when Pastor Anthony Shipe included this incredible musician in our celebration. What a beautiful voice on a fantastic morning. Dressed in gray and white, our guest sang many songs for us that day. The highly specialized vocal cords of our singer/mimic can even duplicate the sound of machinery and up to 12 species of frogs. What? That will complicate the guesswork. Just when a song sounds familiar, it suddenly changes to a lawn mower? Frog sounds might have you guessing Kermit, but that



Photo submitted by Tom Butler
Florida's State Bird is the mockingbird.

would also be incorrect. Have you narrowed down your possibilities?

We are getting closer to the big reveal so start fine tuning your guesses. This singer is a bird! If you were not aware of that by now, we won't tell anyone. The author that referred to this bird as the King of Song was none other than John James Audubon in his book *Birds of America*. The five states that honored this beauty as their State Bird include Florida, Arkansas, Mississippi, Tennessee and Texas. South Carolina was also in this group until around 1944 when they switched their allegiance to the Carolina Wren. Seems logical!

This magnificent singer is an omnivore with a taste for both berries and insects. An occasional lizard would also be a welcome meal. They stand up for themselves at every turn. Ready at any moment to spread their wings in an aggressive manner to scare away competition for food, shelter and mates.

The State of Texas believed that the Northern Mockingbird was a fierce fighter willing to protect its home at any cost, just like a true Texan. I believe it is time to reveal our masked singer, if you haven't already figured out the identity. Our talented mimic and song master is none other than the Northern Mockingbird. Found throughout our great country, this willing singer has been entertaining us since it was first identified in 1758 by Carl Linnaeus in his 10th edition of *Systema Naturae*. The Mockingbird was sold as a caged songbird for as much as \$50 in the early 1800s. Thankfully that practice was banned and the species has fought back in its true nature.

The Mockingbird is so successful at mimicking the sounds and songs of other birds that the Cornell Ornithology Labs have issued a disclaimer in their sound I.D. App known as Merlin. By using your phone to record various bird songs and calls, Merlin can connect the song to the name of the bird. Whoa! But are we sure? Are you really listening to a Northern Cardinal, or a perfect imitation performed by a talented imitator? We can never be completely sure of the identity until we see the singer unmasked or at least sitting on a branch. Either way, the songs are beautiful and the birds are magnificent. Go outside and enjoy the concert. It won't matter who's singing.



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Congratulations to six TR residents for completing their First Responder Course



First Row: Gayle Sunde and Mark and Patti Hawkins. Second Row: Betty Kazymirczuk, Curt Barnes and Kathy Fuller.

by Jean Cobb and Pam Watkins

Congratulations to TR residents Curt Barnes, Kathy Fuller, Patti and Mark Hawkins, Betty Kazymirczuk and Gayle Sunde who have just completed their TR Fire/Rescue First Responder Course.

The First Responder Course is a 40-hour, 10-session class that is conducted every other year for TR residents who wish to join the TR Volunteer Fire/Rescue Association and Station 33 as a First Responder. The class is taught by qualified volunteer TR resident instructors who are approved by Pasco County Fire/Rescue. Students are expected to complete all coursework, attend all classes, participate in all didactic and experiential learning activities and pass a 100 question multiple-choice examination at the end of the course.

Generally, the course begins the latter part of January and ends the latter part of February, extending over 5 weeks and meeting twice a week for 4 hours. Students generally complete 2-3 hours of independent study for each instructional hour. Class instruction was presented by Jean Cobb, while practical skills instruction involved several First Responders including Joe Colao, Mary Kubinec, Charlie McGee and Lise Minnick.

All training and textbooks and a personal First Responder bag for each graduate of the course are provided without cost to the students through the generosity of TR residents who support the Fire Station through fundraisers and donations.

Those who successfully complete the course and Basic Cardiac Life Support Certification are invited to apply for Volunteer First Responder status with Pasco County Fire/Rescue. Once they pass their physical exam and background check with Pasco County and achieve First Responder status, they will be assigned a bunker number and join other First Responders at Station 33 to provide emergency 911 services to residents and guests within TR. Newly-minted First Responders then complete on-the-job training at TR. Although they can respond to calls they will begin as observers, proceed to taking patient notes and performing basic procedures before being scheduled in rotation. They, along with all TR First Responders, will also participate in annual training review and continue weekly training January through March every season.

Photo highlights from the course



TR Sports

Ladies’ Golf League Tournament results

by Sandy Nelson

What perfect weather we had for our TRGA Ladies’ 2023 Tournament. The Tournament was held Wednesday and Thursday, March 1 and 2. We had almost 40 of our lady golfers participate. A good time was had by all.

We are proud to announce our 2023 Ladies Champions. 1st Place Gross was earned by Hazel English with a two-day total score of 69. 2nd Place Gross was won by Maureen Peet with a score of 72 and 3rd Place was earned by Sylvia Cole with a 74. Hazel and Sylvia have both been previous champions. Maureen is new to our beautiful park.

We are also proud to announce our Low Net winners: Karen Waymouth came 1st, Martha Smith 2nd and following close behind at 3rd was Sandy Pemberton.

Congratulations to all of our athletic winners!



Photo by Sandy Nelson

Tournament winners (left) Sylvia Cole, Hazel English and (far right) Maureen Peet are pictured with (3rd from left) Shirley-Ann Appleby.

Five ways playing golf is good for your health

by George Paquette

When people think of improving their health they generally think of going to the gym, jogging or biking. Of course, all of these activities can be very helpful but thinking about doing them and actually committing are two different things. Many of us would rather do anything than jog for 30 minutes. Pushing yourself into doing an exercise routine you don’t really want to do isn’t a good idea because you’ll find all kinds of reasons to skip it.

What if you could find an activity that could meet those fitness goals you want to achieve? Believe it or not golf can offer the same benefits as many of the other fitness programs out there. I discovered five different ways golf can make you healthier.

1. Weight Loss

Whatever your weight loss goal, a few rounds of golf can be a positive contribution. Health professionals talk about the importance of taking 10,000 steps every day. *Berkley Wellness* reported that 18 holes of golf easily exceeded the recommendation. Combine our 9 holes with all the other activities in our week and it’s got to pay dividends. If steps are not your thing consider the miles you walk when you golf. A golfer can expect to walk approximately 4 miles over 18 holes. Even if you cut that in half with our 9 holes and

multiply that by an average of 3 rounds a week you will walk close to 6 miles and that doesn’t count your walk from home and back. *About Sports* reported that a golfer playing 18 holes and using a push cart can expect to burn, on average, 720 calories on a round of golf. Although our executive course is shorter the calories lost are still quite significant.

2. Better sleep

We all know that a good night’s sleep can only help to improve our health. Unfortunately more that 25% of us have occasional insomnia. There are various treatments or medications you can take to try and improve your quality of sleep. Researchers reporting on a sleep study explained that activities that involve walking are linked to better sleep. Furthermore, purposeful activities such as golf are even more beneficial. A better night’s sleep can only help to keep you more focused and alert which might even shave a few points off the score card!

3. Reduce stress

People turn to a variety of activities to manage stress in their lives that range from restaurant outings or happy hours to venting with friends. All these activities can be beneficial, however when you combine the obvious social aspect of the activities mentioned above with physical activities the

benefits are much greater. Physical activities help the brain release feel-good chemicals called endorphins. Getting a foursome together for a round of golf achieves both the social aspect and the physical activity you need. So why not schedule a tee time?

4. Heart health

Cardiovascular health can only be improved thanks to all the walking you do on the golf course. Walking the course and enjoying a round of golf is a very manageable way to get your heart pumping. The American Heart Association reports that walking at a quick clip can be as beneficial for your heart as running. A study in 2000 traced how regularly walking the golf course impacted the health of middle-aged men over a period of 20 weeks. The men experienced a number of improvements including significantly improved cholesterol levels.

5. Overall Longevity

If you want to live your longest, healthiest life, golf could be the key to longevity. *Science Daily* reported that a Swedish study found golfers had a 40% lower death rate than the rest of the population. While this study didn’t take into consideration other lifestyle factors, the results are still significant.

So get out there and enjoy our golf course, have some fun and feel better.

Bowling



by Lin Buczek

Friday, March 3	
Men’s Scratch High Game	
Bill Buczek.....	183
Don Markle.....	176
Dave Couture.....	170
Men’s Scratch High Series	
Bill Buczek.....	491
Don Markle.....	475
Dave Couture.....	442
Men’s Handicap High Game	
John Schell.....	260
Bill Bunning.....	255
Dave Couture.....	253
Men’s Handicap High Series	
Bill Bunning.....	745
Don Markle.....	694
Dave Couture.....	691
Men’s High Average	
Steve Niles.....	204
Women’s Scratch High Game	
Dawn Pagel.....	220
Lin Buczek.....	178
Pat Markle.....	126
Women’s Scratch High Series	
Lin Buczek.....	497
Dawn Pagel.....	461
Pat Markle.....	336
Women’s Handicap High Game	
Lin Buczek.....	252
Kathy Jager.....	240
Carol Schell.....	225
Women’s Handicap High Series	
Lin Buczek.....	719
Kathy Jager.....	654
Carol Schell.....	640
Women’s High Average	
Leslie Price.....	152

Men’s Golf League Tournament results



by Barry English

Wednesday/Thursday, March 1 and 2	
Congratulations to all the participants in a successful 2023 Men’s League Tournament. There were multiple birdies, and, for the first time, a champion declared in both low and high handicap divisions. Special recognition goes out to Champions Gary Carter and Wayne Schact. Thanks tor a great season of golf, everyone!	
Group A/Low Handicap	
Low Gross	
Gary Carter.....	67
Dan Varner.....	68
Barry English.....	71
Low Net	
Roy French.....	60
Wayne Branchaud.....	61
John Peet.....	62
Group B/High Handicap	
Low Gross	
Wayne Schact.....	79
Frank Bovenberg.....	81
John Goodger, Serge Loiselle ..	82
Low Net	
Doug Waymouth.....	57
Bob Carter.....	64
Sam Wykoff.....	65

Bingo



by Sandi Walsh

Saturday, Feb. 18	
Gayle Sunde,	
Darlene Livengood.....	2
Dianne Brown, Rosa Bird,	
Shirley Gavin, Donna Conrad,	
Kathy Shawver, Randy Smith,	
Muriel Irvin, Jerry McRoberts,	
Marla Varner, Robert Sunde,	
Judy Carter, Elaine Scarrow,	
Wendy Lauzon, Janet Dusko,	
Sandi Walsh, Bob Englert,	
Bill Weissinger.....	1
Saturday, Feb. 25	
Darlene Livengood, Linda Smith,	
Debi Niles.....	2
Rosa Bird, Jerry McRoberts,	
Louise McRoberts, Randy Smith,	
Dwight Greene, Robert King,	
Pat Markle, Sandi Walsh,	
Mary Veenstra, Deb Englert,	
Bob Englert, Neil Jillson,	
Bill Kusky, Marie Lupien,	
Jeff Duquette.....	1

National Mah Jongg League

by Bette Gorman

Monday, Feb. 27	
Kathy Ellison.....	130
Sue Guffy.....	120
Judy Pech.....	100
Beannie Wise.....	90
Pat McCallum, Pat Anderson... 75	
Diane Phillips, Bette Gorman .. 50	
Wednesday, March 1	
Kathy Ellison.....	265
Bette Gorman.....	200
Janet Stevens, Pat McCallum. 125	
Pat Anderson.....	100
Beannie Wise.....	75
Sue Guffy.....	55
Judy Pech.....	50
Friday, March 3	
Arlene Wykoff, Diane Phillips.... 200	
Judy Pech.....	100
Pat Anderson, Pat McCallum,	
Kathy Ellison.....	25

Pickleball Jam

by Laurie Gardner

Tuesday, Feb. 28	
We were treated to some phenomenal pickleball play during the Men’s Pickleball Jam. The Ladies’ Pickleball Jam will be next week. The End of Season Party will be held on Wednesday, March 15 from 3 to 7 p.m. at the courts and the Golf View Pavilion.	
We would like to recognize Doug Waymouth for his efforts at keeping our courts clean and ready for play every morning. He is a shining example of what makes TR so special; it’s the people. Join the TR Pickleball group on Facebook for the latest pickleball news.	
Congratulations to all the winners:	
1. Mike Clark	
2. John Cyr	
3. Carey Box	

Table Tennis



by Ann Chalk

Monday, Feb. 27	
Dave Bass, Charlie Mason.....	7
Carey Box.....	6
Joe Colao.....	5
Randy Smith.....	4
Mike Clark.....	3
Ann Chalk, Kat Clark,	
Ron Reeves, Ruth Reeves,	
Andrea Patterson.....	2
Thursday, March 2	
Charlie Mason.....	6
Dave Bass.....	5
Mike Clark, Tom Etchill.....	4
Barry Sellick.....	2
Ann Chark, Andrea Patterson	1

Mirror LakeYacht Club

by Bill Wise

RC Sailing	
Wednesday, Feb. 22	
DF 95 Class.....	Jim Trescott
Soling Class.....	Jim Trescott
RC Power Boats	
Monday, Feb. 20	
Power Vee.....	Don Meddles
Stealthwake.....	Jerry McRoberts
Traxxas Blast.....	Dean Peters
Friday, Feb. 24	
Power Vee.....	Jerry McRoberts
Stealthwake.....	Jerry McRoberts
Traxxas Blast.....	Dean Peters
Monday, Feb. 27	
Stealth Wake	Jerry McRoberts
Power Vee.....	Howard Best
Traxxas Blast.....	Bob Troyer
Friday, March 3	
Stealth Wake	Jerry McRoberts
Power Vee.....	Don Meddles,
Jay Starbody	
Traxxas Blast.....	Bob Troyer

RC Motorsports

by Douglas Hatfield

Wednesday, March 1	
James Chambers.....	36
Russ Marlowe.....	34
Steve Laymon, Chris Farler.....	33

Wizard

by Deborah May

Tuesday, Feb. 28	
Game 1	
1 Kathy Prockett, Imma Smith	
2 Deborah May	
Game 2	
1 Pat McCallum	
2 Gary Smith	
Game 3	
1 Jackie Thackery	
2 Sheila Zanca	
Game 4	
1 Gary Smith, Deb May	
2 Imma Smith	
Game 5	
1 Gary Smith	
2 Pat McCallum, Imma Smith	

Party Bridge

by Jen Furman

Tuesday, Feb. 28	
Pat Dellamuth, Barry Selleck ...	4190
Connie Bradley, Ron Hicks..	3870
Jen Furman, John Cyr.....	2320
Janet and Harold Baal.....	1740
Thursday, March 2	
Pat Dellamuth, Barry Selleck ...	3230
Tawyna Rowden, Jim Weigand.	2360
Jen Furman, John Cyr.....	2290
Connie Bradley, Doug Hatfield.	2020
Janet and Harold Baal.....	1310

Chinese Mah Jong

by Marcia Hatfield

Monday, Feb. 27	
Connie Bradley, Deb May,	
Kathy Bocchino.....	4
Lou Smith.....	3
Marcia Hatfield, Nancy Moschler....	2
Friday, March 3	
Betty Brown.....	8
Anne Amico.....	5
Connie Bradley, Kathy Bocchino....	4
Lou Smith, Marcia Hatfield.....	3
Jen Furman, Linda Gavin.....	2

Dominoes

by Linda Gough

Thursday, March 2	
Table 1 Winner	
Linda Murphy.....	221
Table 2 Winner	
Mike Clark.....	165
500	
by Deborah May	
Saturday, March 4	
Connie Bradley.....	680
Jackie Thackery.....	450
Carol Jean Beard.....	420

Looking Back

by Nan Lance

10 Years Ago - 2013

- Let leprechauns help downsize your pantry! Departing TR people begin to buy fewer groceries and "eat down" food supplies. At the Spring Food Drive on March 17, leprechauns will be there to receive your bags, boxes and money.
- Travelettes will host the 13th Annual Root Beer Float Sale. A group of TR ladies, led by Bernice Gutridge and accompanied by Mary Ellen Cribbs, enjoy singing for park activities as well as for area nursing homes and the VA Home.
- Seventh Annual Pasta Dinner is a barn burner with 330 dinners served. Proceeds were donated for Golf Course Beautification.

20 Years Ago - 2003

- The TR Times needs more help moving from manual to computer generated pages.
- Vial of Life information sheet needs to be properly filled out.
- TR RoadRiders depart for weekly outing as 23 motorcycle riders head out on 75-100 mile trips.
- Residents enjoy an evening of requested songs with Alden Gable.

30 Years Ago - 1993

- Travelers Rest gets 5 year DER (Department of Environmental Regulation) permit for operation of its wastewater treatment plant.
- Higginbo Horn named TR Board president.
- Hints for trailer summer storage include using Pinesol for a spotless refrigerator and using charcoal or kitty litter. Seal all holes and vents. Remove all stakes, hoses, and drain water.

HISTORY



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MARY HUNTER

All are welcome to join us as we remember Mary Hunter. Saturday, March 25, Citrus East Gathering at 1:30 p.m. Memorial Service at 2 p.m. **Rosa Bird**



Photo by Kathy Kushman
Dean Peters holding the recycling sign created by Rich Kushman of The TR Times.

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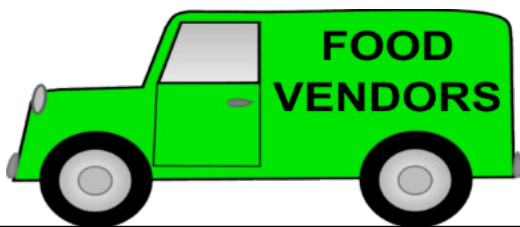
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Wednesday, March 15, 4 to 7 p.m.
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