The TR Times

The TR Times is also available in color at www.travelersrestresort.com

Vol. 35, No.7

Serving the residents of Travelers Rest Resort, Dade City, Florida

Friday, January 31, 2020

Hi Lites

TR Travelaires go Hawaiian

Friday, Jan. 31, 7 to 9 p.m. in Busch Hall. See page 6.

Flea Market and Bake Sale

Saturday, Feb. 1, 8:30 to 10 a.m. Table setup crew needed at 7:30 a.m. Sellers setup: 8 a.m. thru Laundry room only. Coffee and donuts for sale.

Busch Hall Sunday Night

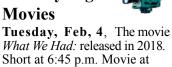
Feb. 2, Sammy Lane returns to TR. Ice cream 5:45 to 6:45 p.m. Program follows. See page 2.

The Forum Monday, Feb. 3, in Busch Hall at 3 p.m.

Pennsylvania Day Monday, Feb 3.

Alzheimer's Fundraiser Tuesday, Feb. 4, from 4:30 to 6:30 p.m. in Busch Hall. Shortcake and silent auction.
See page 6.

Tuesday Night O



7:15 p.m. Citrus East. **Coffee Seminars**

Seminars are held in Busch Hall from 8 to 9 a.m. See page 6. **Tuesday, Feb. 4,** Attorney R. Seth Mann.

Thursday, Feb. 6, Florida Department of Financial Services. This program begins at 9 a.m. See page 6.

The Spectacular

Wednesday, Feb. 5, in Busch Hall at 7 p.m. Honoring the music of Glen Campbell. See page 2.

Meet the Candidates Thursday, Feb. 6, in Busch Hall at 1 p.m. See page 1.

Fitness Equipment Demonstration Friday, Feb. 7, see page 5.

Activity Reminders

TR Fashion Show

Thursday, Feb. 13, 2 p.m. in Busch Hall. See page 6.

Spaghetti Dinner Thursday, Feb. 20, in Busch Hall. See page 16.

Golden Anniversary Celebration

Friday, Feb. 28. Celebrating in Busch Hall from 7 to 9 p.m. See page 7.

The Servant's Plow

The TR Times roving reporter visits the Pancake Breakfast



SYLVIA AND GARY CARTER

1 - The best part of TR is the people. 2 - TR has it all, no changes needed.



DICK AND LINDA MONK

1 - Everything at TR is the best.2- They could not think of anything that needs changing.



CHARLOTTE AND KENNETH JOHNSON

1 - The Church, minister, all the music, choir, piano and organ.
2 - It would be nice to have a small high-speed spinner to dry bathing suits, like they have on cruise ships and a wind screen for the hot tub.

by Margaret Emmetts

The TR Times' roving reporter visited last week's Pancake Breakfast to ask diners two questions.

- 1 What do you like best about TR?
- 2 If you had a wish list what would you change or dd to TR?

Some answers were surprising while some were expected. Read on to see what these folks think of TR.



ANN SHAFER, JANEA WHITACRE, DON SHAFER AND ED WHITACRE

- 1 The Whitacres like having a vacation here.
- 2 They just wish they did not have to wait three more years to retire and move here.



MARC HOROWITZ, DEB ELCHILL, DEB AND BOB ENGLERT

1 - Not enough room to list everything,people, activities, beauty of the park etc.2 - More Pickleball Courts and a closer supermarket.



ROGER AND KATHY DYCUS

- 1 Activities are the best.
- 2 More crafts that are not too hard would be a good addition.



JACK ZANCA, JOAN MICHALSKI AND SHEILA ZANCA

- 1 The camaraderie and people are the hest
- 2 No changes are needed.



ROY SMITH AND ALICE AMOS

- 1 Activities are the best.
- 2 TR is a great location that makes it easy to travel to other attractions.

Photos by Pam Watkins



TR residents want to know

by Margaret Emmetts

Our annual Meet the Candidates program will be on Thursday, Feb. 6 at 1 p.m. in Busch Hall. This is an opportunity for any shareholder to ask questions of the candidates.

It is a chance to see the candidates in person and hear their opinions on various topics.

Please remember that most of the candidates who will be appearing have not had Board experience. Therefore, it is not appropriate to ask them questions on bylaws, policies or procedures. Questions may be addressed to a specific candidate or to all. Regardless of how the question is addressed, all candidates will have the opportunity to answer any question.

As is past practice, all questions must be submitted in writing. You may use the coupon to the right and put it in *The TR Times* box in Busch Hall, or hand your question to a *TR Times* representative at the meeting. The question will then be posed by the moderator

Do you have a question the candidate
for the candidates 2
Meet the Candidates Thursday, Feb. 6
Question for
OR to all candidates
Signaturo
Signature LotUse my name Do not use
Return to Managing Editor The TR Times

Return to Managing Editor, *The TR Times*, by placing this form in the *TR Times* box in Busch Hall before Monday, Feb. 3



The Glen Campbell Xperience TR's 2020 Spectacular is Wednesday, Feb. 5

by Doug Pedersen

Longtime professional entertainer Jimmy Mazz delivers the world's premier tribute to Glen Campbell, the man and his music. The show features all the great timeless tunes from a music icon who touched the hearts of virtually everyone for over four decades. Enjoy famous hit songs including Rhinestone Cowboy, Gentle On My Mind, By The Time I Get To Phoenix, Wichita Lineman, Southern Nights, Highwayman, The Hand That Rocks The Cradle, Dreams of the Everyday Housewife, Galveston, Try a Little Kindness, Country Boy, Arkansas Farmboy, and Adios plus many more. With over 70 albums, Glen's career highlights country and pop music's most memorable hits.

Glen Campbell's hit songs and spectacular career come to life with truly sincere and heartfelt vocals plus great guitar playing, along with an incredible multi-media screen presentation. Inspired by Glen's prolific career, Jimmy Mazz was moved to tears by Glen's final poignant hit song, I'm Not Gonna Miss You, which records his struggle with Alzheimer's disease. You will be sure to tear up as well



Glen's hit song Ghost On The Canvas from his final studio album. You'll also experience the music of some of Glen's closest friends in the music industry with very amusing and vocally spot-on tributes to John Denver and Conway Twitty. Sing and clap along to hits like Only Make Believe, Take Me Home Country Roads and Everybody's Talkin'. Committed to preserving the legacy of Glen Campbell, this show seamlessly blends the to Travelers Rest Resort.

with his haunting reprise of country and pop music which made Glen a unique performer and subsequently, a music superstar.

Don't miss this very professional and highly entertaining tribute show. Plan to attend Wednesday, February 5. Doors open at 6:30 and the show starts at 7p.m. Admission is with a season reserved seat ticket or general admission seating at \$15 payable at the door in cash or check made payable

Let us entertain you

Sunday Night Program with Sammy Lane



SAMMY LANE

by Ken Langell

TR's favorite performers for good reason - not only is he a skilled pianist, he will play your requested selections from memory. You'll find it absolutely amazing!

Blind since birth, Sammy started playing the piano at age 2 1/2, mimicking his mother who was a church pianist. While growing up in Brooklyn, N. Y., he often was asked to play piano when attending nursery school and he began formal lessons when he was seven. At age 12 he learned to read music in braille when he began attending a Catholic school for the blind.

In the late 1960s his family moved to Sarasota. A graduate of Sarasota High School, he then went on to Oberlin College in Ohio as a music major with a specialty in piano performance, graduating in 1976.

Following graduation he Sammy Lane is one of returned to Florida and for ten years served as the house pianist at Longboat Key. Sammy married his wife Anita in 1983 and today is organist and pianist for two churches in Palmetto, Fla., in addition to his performance schedule and piano tuning business. He also tunes pianos for Piano Distributors, a national firm, including many Yamaha grand pianos like the one on our Busch Hall stage. In fact, he tunes our piano for us immediately prior to his performance every year.

> You'll surely enjoy the musical magic of Sammy Lane as you listen to the music the audience requests. The procedure for making on-the-spot requests will be explained for you at the start of the program Sunday, Feb. 2, in Busch Hall. Ice cream will be available 5:45 to 6:45 p.m., followed by announcements and the program.

TAKE A LOOK...



Photo by Debbie Woodford

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What is going on here? Check out next week's paper for more photos and an explanation.

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NATURES SWEET TART

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Briefings from the Board

by Linda Gelinas

Travelers Rest is amazing, the park, the people, the staff, everything! To start, here are the current numbers: 0 spaces available for this season; Golfview is full for 2020 AND (yes, I meant to be loud, as in a cheer) January, February and March of 2021 are full; the office has a waitlist for leases. Stocks are currently selling for \$4,000 - \$7,000. This status is what we strive for continually and it's so good to see that our reputation is working for us.

Last weekend, eleven new personalized bricks were placed at the Veterans Memorial by Carl Polito and crew. If you are interested in purchasing a brick for a veteran, as a living tribute or memorial, forms are available at Busch Hall and the cost for purchase is \$100 per brick.

The mailout package is being prepared for the Annual General Meeting and will be arriving in your mailbox soon. Please read the entire package. There is a lot of important information in it.



LINDA GELINAS

There will be an election of new members for the Board of Directors. There are eight candidates for six positions. There are three two-year positions and three three-year positions. The length of term for the new Directors is determined by the number of votes received. The candidates were introduced and their backgrounds highlighted on the front page of The TR Times on Friday, Jan. 17. If you missed it, or no longer have the paper, copies are available at The TR Times office. There will be a Meet the Candidates session on Thursday, Feb. 6, at 1 p.m. in Busch Hall. You must be a shareholder as of Dec. 31, 2019 to be eligible to vote at the Annual General Meeting. The only voting will be for the Board positions, no changes to bylaws are being introduced this

The Policies can be found on the TR website in the Residents Only section. If you need to check on rules or just want to familiarize yourself with the park, take the time to read these. Policies do change. The Board of Directors has the authority to do so. This is where you'll get information regarding the pet policies, use of the buildings, parking of extra vehicles on your lot and so much

Briefings from the Board is now a bi-weekly column. It's written on the week that a Board of Directors meeting has taken place. If you have any suggestions or concerns, don't hesitate to bring them to the office for Board of Directors action.

Busch Hall Sunday Night March 1 Talent Show

you've got

by Donna Neer

need to begin preparing for the annual TR Talent Show. On Sunday, March 1 the TR family will be entertained by their fellow residents on stage in Busch Hall. This show is a yearly event that highlights the talent of many of our residents as they sing, dance, play instruments, present comedy skits and so on. This entire production is limited by time constraints. Each act will be allowed no more than five minutes on stage with a limit of 15 acts.

Performers and volunteers In addition to performers, I am asking for volunteers for back stage, lighting, costume, make-up and of course, our sound crew. Volunteers can contact me at lot 10-71 or by phone at 419-366-0471.

> The 2020 TR Talent Show entry form is in this TR Times. The deadline to turn in your completed form is Friday, Feb. 14. There are so many very talented folks here at TR. Why not consider sharing your gifts with your TR friends and family?

Three retiring Board members



JOHN FREED



JAN WERNER



CAROLE YOUNG

by Margaret Emmetts

John Freed, Jan Werner and Carole Young will be retiring from the TR Board this year effective as of the date of the Annual General Meeting in March. We thank them for their service to the park and all the time they have devoted to this.

Technically John Green, Rosita Williams and Pam Wood will also be retiring from the Board, however, these three have submitted their names for reelection.

New parking suggestion

by Margaret Emmetts

With new buildings in place and the many activities they accommodate, golf cart parking has become a problem between Hobby House and the Fire Station. The TR Times has received an excellent idea as to how to alleviate the

carts park on the lawn facing the side of the Fire Station they are ready to leave.

building. Likewise, golf carts Newcomers to the park should park on the grass nosed into the Hobby House. See photos. This would create two lines of vehicles parked in an orderly fashion, leaving the central area clear for carts to get in and out of the area. Presently carts are parking willy-nilly with the end result It is suggested that golf that some drivers cannot find a route out of the area when

should realize that it is customary for golf carts to park on the grass, not in the areas designated for

Let's try this new parking pattern. It should accommodate more carts in this small area, at the same time keeping an exit area clear. Give it a try!



Yes

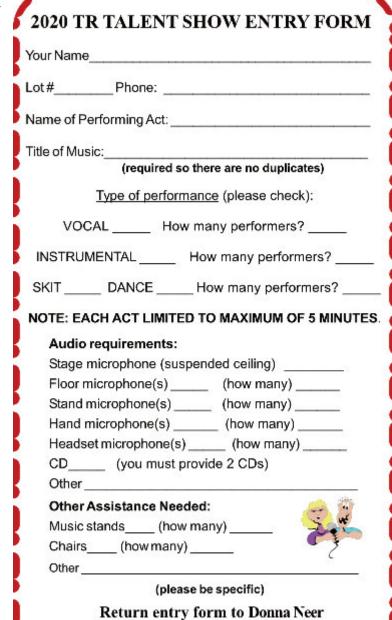
This is a sample of the new parking pattern suggested. Carts are parked perpendicular to the building.





Photos by Bill Harrold

This is the old parking pattern which we hope to discontinue.





Lot 10-71 419-366-0471

No later than Thursday, Feb. 14



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A recent issue of *The Tampa Bay Times* reported that the Southwest Florida Water Management District is asking residents who water their lawns to "skip a week" or more if possible, during the months of January

As I have often written, water in Florida is a precious commodity that we cannot afford to waste. Although we have a large aquifer in the limestone beneath the state, if we overdraw water from this source, water will begin to seep in from the ocean and gulf. Once this aquifer becomes contaminated with salt water, it will no longer be usable without expensive processing. Watering lawns is a big draw on the aquifer.

Citing the University of Florida, the paper says that grass does not need to be watered as often during cooler months. One half to three-quarters of an inch of water every 10 to 14 days is all that is needed. You can determine if your grass needs water by checking the following. Are the grass blades folded over at least one-third of the yard? Does the grass appear blue-gray, or does it not spring back leaving footprints for several minutes after walking on it? Unless these conditions are present, the lawn does not need water.

For information on water conservation you may visit: watermatters.org/skipaweek.

and February.

Box 2817, 29129 Johnston Rd. Dade City, FL 33523-6128

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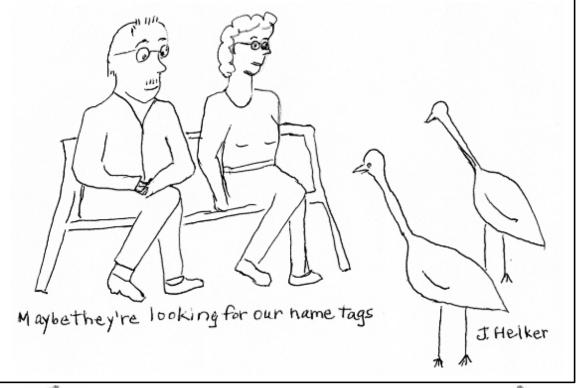
The TR Times is published each Friday

for 14 weeks in the fall and winter season.

Distributed free to all residents, guests and employees of Travelers Rest. Views expressed by articles and columns in the The TR Times do not necessarily reflect the official position of Travelers Rest Resort, Inc. and/or its Board of Directors, except for articles and columns emanating from the Board or Park Management.

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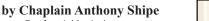
To view TR Times newspapers in color online go to www.travelersrestresort.com then click on Newspaper.





The Servant's Plow





Psalm 141: 1-4

O Lord, I am calling to you. Please hurry!

Listen when I cry to you for Accept my prayer as incense

offered to you, And my upraised hands as

an evening offering. Take control of what I say,

O Lord, and guard my lips. Don't let me drift toward evil or take part in acts of

wickedness...

David was praying in an emergency. He saw his prayer as a last resort and believed God would not fail him. His prayer was difficult and heartfelt. This was not the first time David cried out to the Lord in a desperate situation.

The weapon of prayer is one which we can always carry with us to use every time the need arises. Sometimes prayer is presented toward heaven without words that may be difficult to utter. Bowed head, bended knee, and lifted hands are evidence of earnest expectant prayer. Other times prayers can be a return of gratitude or thankfulness. God delights in being gracious and wishes to extend unexpected blessings.

This Davidic prayer is a close follow-up to the one recorded in Psalm 140. He urgently petitions the Lord to give immediate and active attention to the situation at hand. The reference to incense for worship comes from Exodus 30: 34-36. In scripture incense is emblematic of effectual spiritual prayer. Priests were taught to govern the use of it by strict regulations in the Temple. David



ANTHONY SHIPE

wanted his prayer to be proper in all aspects. David felt that despite his own watchfulness, he may fall into sin, so he begs God to keep him from it.

Have you ever had a bad day and just needed to get away to defuse? I did that recently and took the opportunity one early morning to take a walk through our TR Garden. I grabbed my earbuds and my favorite music and made the journey on foot to the entrance of the garden. I stepped onto the wooden walkway and noticed right away a sign that reads: Angels Gather Here. As I followed the path, I came to rest on a bench down by Lake Margaret. I looked over and

saw a memorial plaque in honor of Margaret Von Qualen. The inscription reads: "Gone yet not forgotten. Although we are apart, your spirit lives within me, forever in my heart." I know that message was special to the person who placed it there. But for me it also has a clear message. I can hear Jesus telling the disciples something like that just before He was arrested and taken away. His Spirit lives within me and I am not forgotten. He resides within my heart. Just about the time those thoughts were crossing my mind the song BE STILL by contemporary artists Citizen Way was filling my ears. A beautiful song reminding me to just be still before God and lift my cares to Him. So, I prayed a simple prayer. When I opened my eyes, I saw the knees of a tree extending up from the ground. The Bible says ALL of creation lifts praises to God and I could hear birds singing their songs. My difficult season had passed, and I was encouraged by my surroundings. We have a little piece of Heaven right here at TR.

Blessings and Peace.

Church Association Souper Bowl Project

by Richard Hunt

The Church Association will again be collecting cans of soup or monetary donations on Super Bowl Sunday, Feb. 2. All proceeds will go to Daystar Hope Pantry in Dade City. You may again vote (with your soup can) for your favored team, the 49ers



or the Chiefs. Soup may also be brought to the Busch Hall Sunday Night program.

Submitted by Mary Kosbab

Looking Back

30 years ago -

Brady McCurty installs a new sound system in Busch Hall. John Freed initiates a VHS Club where members trade and share VHS tapes. 18 people attend.

The TR Investment Club sponsors a mini-seminar on investing.

20 years ago -

New plywood tops are put on 19 battered Busch Hall tables by

Lou Moldenhauer and a crew of volunteers.

Don Shipe is shown unloading a new palm tree for the entrance to TR in The TR Times.

Auto racing is a new activity in Citrus Center, meeting every Saturday afternoon. Katherine Fuller writes a weekly column entitled Library Book Review

10 years ago -

The TR Ladies League sponsors the "Walk to Stamp out Cancer" event.

The TR Railroad Club is formed. Phase one plans call for a layout approximately 7' x 10' to be erected on adjustable saw horses.

The Red Hat groups are very popular in the park.

The Siren



by Jean Cobb **RN** and First Responder

Life threatening disturbances in the beating rhythm of the heart may accompany a heart attack, but they can also occur suddenly without symptoms or warning. The person suddenly loses consciousness, stops breathing, and is totally unresponsive. Within three minutes, without intervention, brain cells begin to die and the chances of survival diminish rapidly. Quite literally, seconds make a differ-

An automated external **defibrillator** (AED) is a portable electronic device that automatically detects life-threatening disturbances in heart rhythm and can deliver an electrical shock to restore an effective heartbeat. With simple audio and visual directions, AEDs are designed so anyone can use them. Research has validated that bystanders with no training at all can effectively use an AED and save a life.

TR has four AEDs available 24 hours a day for residents and guests in the park. Three (3) are in white boxes with red lights on

Get the AED!



If you see someone suddenly lose consciousness, dial 911 and send someone to get an AED and bring it to the patient. If you or a bystander knows CPR, begin CPR on the patient. Once the AED arrives, turn it on and follow the verbal commands. In TR, the First Responders will take over as soon as they arrive.

To use the AED, open the cover and turn on the AED. It will begin to talk to you, telling you exactly what to do. Simply follow the directions. It will tell you to remove clothing from the upper body of the patient and place sticky electrode pads on the upper right and lower left of the chest. There are diagrams on the pads to show you where to place them. Then



Typical medical conditions at TR that might prompt 911 calls

the AED will ask you to not touch the patient while it is detecting and analyzing heart rhythm. If the AED determines that a shock is indicated to restore heart rhythm, it will say "shock advised" and give instructions for everyone to stand back and for the rescuer to press the shock button. If it determines that a shock is not necessary, or that it will not restore heart rhythm, it will say "No shock advised. Continue CPR."

Your Assignment: Take a minute this week and find the AEDs at TR.

Also, mark your calendars and come to the annual CPR/AED training that will be offered by the TR First Responders on Monday, Feb. 17, at 3:30 p.m. in Busch Hall. YOU can use an AED to save someone at TR!

Station 33 also offers a special for pet owners. You can attend Pet CPR Class on Monday, March 16 at 3:30 p.m. in Citrus West.

> Thank you to all who supported the annual Fire/Rescue Pancake Breakfast. We flipped more than 1600 flapjacks.

How to receive regular TR email updates

by Darold and Marilyn Long

Darold and I send out about 475 emails to TR residents year

We send out information about your surgeries, special birthday celebrations, deaths, celebrations of life, weddings, events, etc.

We will not print what is on the Internet, Post Office Bulletin Board, rumors, etc. unless someone gives us permission.

Some of you do not receive our messages. They do not come back to us. I checked with Todd Harris and he said that you need to check your spam. It is "out there somewhere." If you can't find it have a friend forward it to you.



When you send information to us, please give us the address of the person involved so TR residents can send cards.

If you would like to receive our emails, please print your name, phone number and email address on a piece of paper then put it into our Post Office box 01-15 at the TR Post Office.

Introducing TR Fire Department's latest recruit

by Donna Neer

Maddix Neer, Great grandson of Ken and Donna Neer, visited the TR Fire Department recently. You can see the delight on his face as he takes a tour of the fire truck. Maddix and his mother, Mikayla Neer are enjoying all the hospitality and kindness of our TR family while they are visiting.



Photo by Donna Neer **MADDIX**

Jane's World revisited



Note: This story was first published in December 2010

Usually the heat war is on at the Harrold's. During periods of cold weather the battleground is the bedroom and the skirmish is over possession of the blankets. I want 50% of the covers while Bill thinks he has to have more of the blankets and even some for the floor on his side of the bed. Every night is a tug-of-war. In the evenings the debate is over how high to turn up the furnace - Bill preferring a sub-tropical setting while I want something closer to Arctic. This feud has continued so long that I am wondering whether we could get NATO or the UN to send peacekeepers.

Well, this season's weather being so warm overnight has led to another kind of war. It is the war to be cool. Notwithstanding the fact that Bill says I have no thermostat and am always hot, I think it is way too hot inside our Breckenridge. Therefore, I want

all the windows open at night. I would even agree to a compromise by closing some of the windows but I need air moving. Bill's idea of air moving is that we are both breathing. My idea involves wind blowing inside.

In the evening our main battleground is the sliding door in our living area. I prefer it wide open and Bill wants it closed. Usually he wins the first round and I try logic and feminine wiles to win the second round. Recently when the door was closed and I was in "danger" of heat stroke, I picked up our indoor/outdoor digital thermometer to show him that it was 76 degrees inside and 62 degrees outside. He responded that it was just perfect. So much for my logical approach.

I went back to working on the computer and was very surprised to hear the door slide open. For just a moment I thought Bill might have surrendered, but he stepped

out briefly and came back inside closing the door behind him. About 15 minutes later I heard the door open again. I was quite curious about what Bill was doing and that is when I discovered that he had a new tactic. He had carried the little digital weather station outside to cool it off.

As well as the temperature, the digital thermometer screen displays a graphic of a little man who has on various items of clothing depending on the weather. When it is hot he wears only a bathing suit and sunglasses, when it is cold he adds long-sleeves, long pants, and if it is really frigid a coat, boots, scarf and a wool cap. Bill was hoping that a trip outside would persuade the little man to put on more clothes and this would convince me that I was not too hot. Somehow he fails to understand how my inner temperature gauge works. After we both had a good laugh over this cooling off period, we decided on a truce and compromise. He would put on a sweatshirt and I would open the door. Apparently after many years of marriage we have learned a few secrets to survival.

When our son visits, I have an ally in the heat war because he is always hot. He has been known to wear shorts while shoveling snow so he is definitely on my side. Our daughter is like her father and prefers to be very warm. When she visits I am outnumbered. outvoted and overheated.

The best time for me to have just the right temperature is when we are home in Canada at Christmas. There is often snow on the ground and lots of cold air moving. The window in our bedroom is on my side and I don't mind a few snowflakes coming in. Bill will have his side of the electric blanket set to high and I will have my side turned off.

There will be peace in the land.

Fitness Equipment Demonstration

Friday, Feb. 7 at 2 p.m. Paul Ruth Place (by the pool)





Instructor is Renee DeTar

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Activity Affairs

by Jeri Miller **Activity Coordinator**

Thought to begin our day -It's a happy thing. TR people find happiness in the funniest places, from free coffee refills at our Coffee Social, to fluffy towels at the pool and Sunday Ice Cream before our great free entertainment. So, what about you? What simple pleasures tickle your toes and make for your delicious, delightful days?

Help Delight our charity event - Donations are needed from our residents for the Silent Auction part of our Alzheimer's Fundraiser. Some of you have already donated but we are hoping for many more items. We will begin setting up for the auction on Monday, Feb. 3 at 11 a.m. in Busch Hall. We will accept donations at that time.

Auction bidding opens Monday, Feb 3 at 2 p.m. before the Forum Meeting. You will be able to continue bidding until Tuesday, Feb. 4 at 5:30 p.m. The winning bidders need to complete their purchase at that time. What a delight that will be for all?

Delicious and Delightful plans for our Alzheimer's day.

Who - This day is for all our TR residents.

What - A Treatie for us TR Sweeties Strawberry Shortcake - How about fresh strawberries on a shortcake finished with toppings of your choice? You ask how much is this going to cost - only \$6. All profits go to continue the fight against Alzheimer's. Still hoping for our first Alzheimer's survivor.

When - Tuesday, Feb. 4 from 4:30 to 6:30 p.m.

Where – at our own Busch

Why - Strawberry shortcakes and our Silent Auction is our money-raising event for Alzheimer's. After eating your treat, wander on over to see and bid on the items that are being auctioned. We hope that you will find something that will tickle your toes and delight your day. Remember, bidding closes at 5:30 p.m. and purchases must be for ourselves. completed at that time.

What They Had -Following the strawberry shortcake sale, What They Had, a movie about an Alzheimer's sufferer, will of Florida. He is an attorney,



JERI MILLER

7:15 p.m. (You can set up your chairs in Citrus earlier.) Oh, almost forgot the freshly made popcorn that will be served. Sounds like this is going to be one totally awesome, happy tickle your toes day.

Remember, all donations are welcomed.

FYI - Many tickle your toes activities are happening

this week. - Flea Market, TR Ladies Golf League Bake Sale, Amateur Radio sale of coffee and donuts, Super Bowl Sunday (the television will be on in Citrus East and all are welcome) and Meet the

Also, finally our Cornhole set has found a home. Many of our Golf View residents were wondering if we had one. It is now in a space by the Golf View Pavilion. Anyone is welcome to play and you can just show up. No set time for play as of yet. Still looking for a permanent home for Cornhole.

Final thought - Remember, you are encouraged to take an active part in the activities that interest you. Every activity is open to all. An offer to help is always appreciated. That's how we keep all our activities going.

As always, you have the most important role in the active life we enjoy here at Travelers Rest.

Coffee Seminars



by Terry Hosig

Tuesday, Feb. 4 at 8 a.m. in Busch Hall we will be joined by Attorney R. Seth Mann. He will be helping us to understand the documents that we will need in order to be prepared for a time when we are unable to address our own health and other personal affairs. Since this process can be overwhelming, he will be providing us information on the tools that we need to have in place to make sure our wishes are carried out in the event we are unable to speak

He will discuss some of the common mistakes people have made and issues that impact people who are only part-time residents in the State be shown in Citrus East at a CPA and a CFP and limits his practice to financial matters such as estate planning, probate and real estate. He is also a very active member of the Pasco County community.

On Thursday, Feb. 6 at 9 a.m. we will have a presentation by the Florida Department of Financial Services on Stop Adult Financial Exploitation S.A.F.E. This is a workshop designed in 2013 to address the concerns that center around Senior Safety. We are generally a very trusting population and as a result many have fallen victim to scams that take advantage of our trust. The presentation will include information on how to protect ourselves against potential financial exploitation. Our best defense against any situation where we could be taken advantage of is knowledge and this is what will be provided.

Please note that this program is at a special time and will begin at 9 a.m. The normal coffee hour will be available beginning at 7:30 a.m. but the program is later to allow the presenters to come a distance to share their information with us.

Friday Night Dance is a visit to the islands

by Pam Watkins

Aloha - some sweet island music may be heard in Busch Hall tonight, Friday, Jan. 31, from 7 to 9 p.m. as the TR Travelaires add some Hawaiian tunes to their big band line-up of songs. Wear your island best and come out at the door.



to enjoy some music with your friends. Admission is only \$2

Learn the rhumba on Monday, Feb. 10



JEFF AND HEIDI DUQUETTE

by Jeff Duquette

Special guest instructor, Jeff Duquette, will teach the ballroom dance class on Monday, Feb. 10 in Busch Hall from 7 to 8:30 p.m. The class will be on the romantic rumba, just in time for the Valentine's Day dance on Friday, Feb. 14. Learn how to twirl your sweetheart on the dance floor. No prior experience is required.

Jeff has more then 20 years of ballroom experience, having danced and trained with national champions for many years. His gentle and easy-going style of teaching will put you at ease and your dance abilities will improve. All are welcome.

TR Golf Association Spaghetti Dinner

Thursday, Feb. 20 Busch Hall at 5 p.m.

Ticket sales start at the Flea Market on Saturday, Feb. 1

See article on Page 16 for details

Fashion Show features latest styles

by Diane Phillips

The Travelers Rest Resort Fashion Show will be held Thursday, Feb. 13 at 2 p.m. in Busch Hall.

The theme this year is You've Got That Thing, and all of our models will be wearing clothing from Dillard's of Wesley Chapel.

Dillard's also will have a small boutique set up in Busch Hall for your shopping pleasure.



Admission will be \$1 at the door and refreshments will be served after the show.

Come enjoy and see your friends model. See you there.



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- See events and contact us on Facebook
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Tuesday Night Movies

by Jim and Carol Henrikson

The Tuesday Night Movie (TNM) 2020 season is doing something different. Sandy Nelson has announced an initiative to hold a Strawberry Social in support of the Alzheimer's Family Organization of Dade City. This will be held on Tuesday, Feb. 4, from 4:30 to 6:30 p.m. in Busch Hall. TNM was approached to show the best movie highlighting the impacts of dementia which affects so many families. In support of the Alzheimer's Family Organization, we have chosen the recent comedy/drama movie What They Had starring Hilary Swank and Blythe Danner to follow the Strawberry Social. This outstanding movie will be shown at the usual scheduled TNM time in Citrus East following the social. To accommodate this, we have rescheduled the planned movie Race to Tuesday, Feb. 11.

The high-resolution flat screen TV and Sonos audio equip-

ment used in Citrus East provides a theater-quality experience. Citrus East is a good venue to join with friends for this TNM experience.

Free popcorn will be available to those arriving early to Citrus

All our movie choices are a result of TR audience recommendations. We hope you will continue helping us to make these enjoyable selections. TNM show times: Short at 6:45 p.m., Main Feature at 7:15 p.m. TR standard chairs are provided at our venue.

If you prefer a favorite alternate chair, this can typically be accommodated based on our average audience size. For this special TNM event, we may have to limit the number of comfortable chairs used.

The following movies are scheduled in February:

Tuesday, Feb. 4, What They Had about family dementia released in 2018 will be shown following the Strawberry Social.

Tuesday, Feb. 11, Race about Olympian Jesse Owens, released in 2017.

Tuesday, Feb. 18, Darkest Hour, in which newly appointed British Prime Minister Winston Churchill rallies the nation as the threat of Nazi invasion looms

Check The TR Times, Bulletin Boards and TR Facebook postings for all upcoming features.

Your TNM team welcomes all comments to help make TNM an enjoyable part of your TR experience. Tuesday Night Movies are funded by donations and residentloaned DVDs.

All contributions to TNM are appreciated. Please encourage your friends to join us. See you at

Friday, January 31, 2020 The TR Times - 7 **Deadline** is today



Join Dining with Friends on Saturday, Feb. 8

Travelogue takes us to

India

by Mary Beth and Dave Baur

Another Dining With Friends will be held on Saturday, Feb. 8 at 5 p.m. in Busch Hall. Last month's event provided an enjoyable evening as well as a great opportunity to meet some of the terrific new people in the park. Don't miss this one.

Bring your good humor, friends, place settings and a covbring the beverage of your choice.

We look forward to seeing you

Sign-up sheet is on the bulletin board in Busch Hall. Any questions, please contact Mary Beth or Dave Baur at 207-650-6287. Table ered dish to share. You may also set-up will be at 3 p.m. and we appreciate any help.

Upcoming state luncheons

Michigan Lunch is planned



by Tawnya Rowden

The annual Michigan carry-in luncheon will be held Saturday, Feb.15 at noon in Citrus East. We will eat at 12:30 p.m. and alcohol is allowed for this event. The signup sheet in Busch Hall is arranged by type of dish to be shared. This assures a variety from which to

Please bring your favorite dish to share, beverage, table service and a smile.

New ideas are welcome! If anyone has a Michigan-themed activity to share, please contact Tawnya Rowden at lot 2534 or 231-271-3325.

Saturday 10am - 2pm

Sunday Closed

New Jersey Day is Feb. 9



by Sandi Walsh

Please join us in Citrus West for the New Jersey Day Luncheon on Sunday, Feb. 9 at 12:30 p.m.

Do you now or have you ever lived in New Jersey? Were you born in New Jersey? Did you spend your summers "down the shore?"

Everyone is welcome to attend. Please bring a dish to share, your table setting and beverage. There is a sign-up sheet in Busch

For more information check with Sandi Walsh, 732-208-6209.



Celebrating

Indiana Day

by Carol Yoder

It is almost here! Indiana Day is coming! Mark your calendar for Tuesday, Feb. 18.

This year Indiana Day will be a different format. Due to the upcoming closure of the Country Kitchen Restaurant, we will be moving our celebration to Papa Joe's Restaurant, 6244 Spring Lake Highway near Brooksville.

Papa Joe's is an Italian-style restaurant with lots of atmosphere. We will be having lunch at 11a.m. and ordering from the lunch menu. Lunch entrees range from \$7 to \$9.50. Drink and tip are extra.

The restaurant is requesting the number of attendees for the meal. Therefore, please call or text me at 260-820-3481 by Feb.16. Hoosiers, naturally being a fun group, enjoy spending time together.

Whether you are a longtime resident, new to the park or just visiting TR for a short time, plan on joining our Hoosier get-together.



India is a treasure of cultures,

Taste of India is the Travel-

Please join him on his

colors, architecture, beauty and

ogue being presented by Bert

Contractor, Monday, Feb. 10,

Coin Collecting is fun to learn

Photo by Bert Contractor

by Alden Tansey

by Richard Hunt

wonderful people.

3 p.m. Citrus West.

photographic journey.

It really is. We get a lot of advice on what to do in retirement and one of the best is to learn something new. An interest in coins and paper money will fill the bill (pun).

Starting out, one should read the coin magazines (even the ads), attend hobby shows and go to the TR Coin Club meetings. Check on what coins might have been tucked away over the years. What have family members collected?

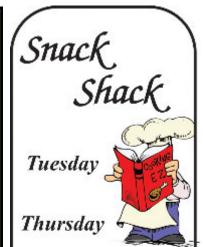
As with any project, there is a new vocabulary to be learned with words such as double die, planchet, reeded edge and overprint on paper money.

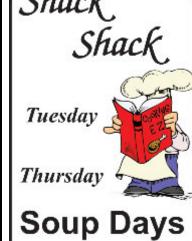
TIRED OF BEING

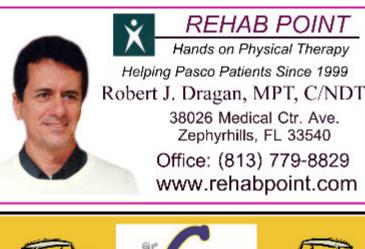
Soon there will be an aspect of this hobby that catches your interest. It might be ancient coins, foreign, colonial, commemorative or mistakes. There are sets of U.S. coins that are minted for one year only and therefore make great presents for birthdays and other occasions.

The Mint must be a busy place designing and producing coins and paper monies. At the Nevada State Museum in Carson City, the 1870 press that the Mint used can be seen on display.

Plan to visit this museum on your next trip across the country. Coin Club meets on Mondays from 7 to 9 p.m. at the Tansey's cabana, lot11-09. All are welcome.









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Beyond the Resort

by Linda Spencer

I've included local forms of entertainment you may find appropriate: Also, please advise me of any outside the park, local clubs or forms of entertainment you might like to share with your TR neighbors, please call or text (724) 809-8869.



Brooksville

Brooksville Native American Festival – Saturday, Feb. 1, 10 a.m. to 6 p.m. and Sunday, on Feb. 2, 10 a.m. to 5 p.m., Florida Classic Park, 5360 Lockhart Road. Join in on the fun of the seventh annual Native American Festival. Adults \$10. For more details and to obtain tickets visit www.brooksvillenativeamericanfest.com.



Dunedin

World Ukulele Day III
Festival - Saturday, Feb. 1,
11 a.m. to 11 p.m., Pioneer Park
in downtown Dunedin plus many
other locations within the area.
The Tampa Bay Ukulele Society
presents the festival, so mark your
calendars and tune your ukes for
World Ukulele Day in Dunedin.
With over 2500 members the
Tampa Bay Ukulele Society is the
largest and most active club in the
world and provides education,
entertainment and community
service to the greater Tampa area.

Ham & Swiss Mini's

1-1/2 to 2 lbs thin sliced ham

36 small potato rolls found at

2 Tbl worcestershire sauce

3/4 to 1 lb sliced swiss cheese

by Karen Freed

Walmart's bakery.

2 Tbl Dijon mustard

2 Tbl poppy seeds

4 Tbl brown sugar

1 C of butter (2 sticks)



LINDA SPENCER

Talented solos, duos, trios and band acts will be playing sets at 10 different venues. Please visit www.tampa-bay-ukulele-society for additional information. There will be special workshops to improve your uke skills, so visit www.square.com/store/tampabay-ukulele-society/item/lil-revworkshops-at-world-ukuleleday-festival-feb to register for a workshop. Ukulele players from clubs all over Florida and the Southwest have been invited and are encouraged to join in as they march and play crowd favorites through the downtown area.





2020 Florida State Fair - Thursday, Feb. 6 through Monday, Feb. 17, Florida State Fairgrounds, 4800 N. Highway 301. The atmosphere, the food and the excitement with too many events

to list. For additional information, please visit the state fair website www.floridastatefair.com/events. Tickets can be obtained online or at any area Publix Market.



Villages Balloon Festival - Friday, Feb. 7 through Saturday, Feb. 8, The Villages Polo Club, 703 N. Buena Vista Blvd. This event will feature hot air balloon flights, food trucks, vendors, kid zone and an antique car show. Single day tickets \$15. For additional information please visit the villages balloon festival.com.



Lakeland

The General, a silent film starring Buster Keaton - Sunday, Feb. 2, 2 p.m., Polk Theatre, 121 South Florida Ave., 863-682-7553. This is accompanied by organ music by renowned organist Dennis James on a Morton Organ. There will be other silent short films as well. All seats are \$12. Tickets available in advance at www.polktheatre.org.

Calling all cooks

by Margaret Emmetts

A number of years ago TR published a TR Cookbook, which contained favorite recipes from residents. In all probability few of these cookbooks are still about.

We have many excellent cooks in the park, so we thought it might be a good idea to introduce a column to have a way for these cooks to share their knowledge. The TR Times will be publishing recipes submitted by residents, as space in the paper permits.

So, if you have a favorite recipe you would be willing to share, please submit it to the paper. The recipe may be placed in our box in Busch Hall, or emailed to us. Please remember to include your name, phone number or lot number with the recipe so that we can contact you if we have any questions.

Travel tidbits

By Sharon Gilbert Zile, Tour Director

Reservations for the **Lipizzan Stallion Performance** with lunch at Der Dutchman have been overwhelming, so much so that the bus is filled. Names and phone numbers are being taken for a waiting list. If a seat can be filled from the waiting list, we are able to reimburse those who find it necessary to cancel. Be sure to call me at 740-360-3819 if you'd like to be on that list.



An Activity Building gathering of those going on the 11-day Holland America Panama Canal Cruise allowed most of the 55 travelers from this area to learn more about beverage packages, cruise documents, trip insurance and more. B & D Travel provided a light brunch and answers to questions about going ashore, assistive devices, communication on the ship and porter tipping. Of particular interest was an explanation of early dining, late dining and open dining. Departure for the cruise is scheduled at 9 a.m. on

What was not discussed at the pre-cruise meeting was the history of the Panama Canal, a 50-mile artificial waterway that cuts across the Isthmus of Panama and connects the Atlantic and Pacific Oceans. Construction began in 1881 by the French but was stopped due to engineering issues and a high worker mortality rate. The project was taken over by the US in 1904 and opened to maritime traffic in 1914. One of the largest and most difficult engineering projects ever completed, the canal involved the creation of a series of locks and the artificial Lake Gatun. Additional locks have been constructed, opening in 2016. In 1914 the annual traffic in the canal was 1,000 ships and presently exceeds 15,000 ships annually. Interested passengers on our Eurodam cruise will have a magnificent opportunity to learn about the construction and operation of the canal in greater detail.

Plans for the 2020-2021 travel season

Registration has now begun for TR trips next season. Be sure to take a look at the Travel Bulletin Board in Busch Hall as new flyers are being added. Help yourself to the flyers for trips that interest you --- they're in the plastic box.

The first bus trip will be the

Friday, Dec. 11 performance of The Singing Christmas Trees. The performance is a magnificent production involving over 200 voices, live orchestra, drama and dancing and features the Christmas Story. A very nice buffet dinner precedes the performance. Original each year, The Singing Christmas Tree performances at the Orlando Baptist Church have sold out each year for over three decades. Some walking is involved, and scooters, walkers and wheelchairs work well at this location. Cost is \$90 pp, driver tip NOT included.

The January day trip will be a boat cruise, but details are not yet fully established, so stay tuned!



The February bus trip will be a day at the Kennedy Space Center on Feb. 24. The trip will include round-trip bus transportation, admission to the Space Center, Shuttle Launch Experience, Kennedy Space Center Bus Tour including Apollo/Saturn V Center, IMAX Theater with 3D Films, the U.S. Astronaut Hall of Fame and much more---see the flyer for greater detail! Much walking is involved so let us know when you register if you will be bringing a walker, scooter or wheelchair. Cost is \$109 pp, driver tip NOT included.



Also in February, the frequently requested trip to Biloxi with New Orleans will take place Feb. 7-12. This bus trip includes five nights at the Scarlett Pearl Casino Resort, the Hard Rock Casino, The Golden Nugget, Beau Rivage, IP, food vouchers and lots of incentives. Two days in New Orleans will include a tour of Mardi Gras World with a mask-making class and lunch, the WWII Museum and an afternoon with a step-on guide for a tour of New Orleans. More details are included on the flyer. Cost is \$749 pp based on double occupancy, tips NOT included.

Watch for announcement and flyers regarding additional trips; our travel experiences are still under construction.

"Measure your journeys in smiles, not miles." Which trip will bring you smiles?



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Cut rolls and layer the ham and swiss cheese

by side in ungreased pan. Squeeze in as many as you can and use another pan if necessary.

Put the rest of the ingredients in a saucepan and

When butter has melted pour sauce over all the

Cover with aluminum foil and bake 15 min 350°

inside rolls, close sandwich and place side

rolls. It doesn't take a lot for each roll.

Uncover rolls and bake 9 min longer.

Estimate would be 1Tbsp per roll.

Serve warm.....enjoy!

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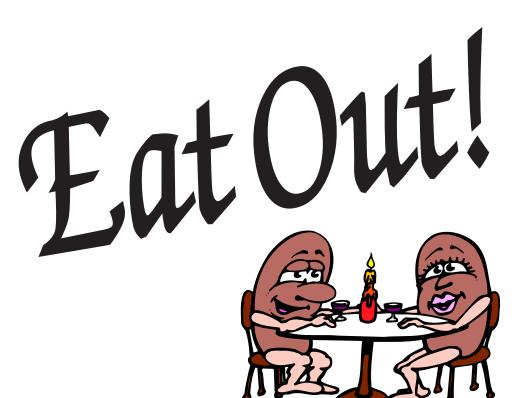
> 6" Cuban \$5.39 12" Cuban \$7.79

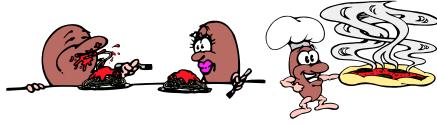
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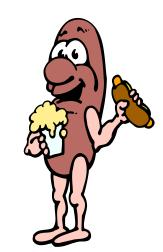


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Bulletin Board

AMATEUR RADIO CLUB

The TR 2-Meter net meets each morning at 8 a.m. on 146.43 MHz simplex all season.

Meeting 2nd and 4th Thursdays, 6:30 p.m. in K4TRR Club Room/Hobby House.

Jim Zigrosser 03-17 631-786-5097

ART APPLICATIONS

Thursdays, 10 a.m. to noon in Activity Center.

Donna Mason 10-61 317-441-4040 Amy Grier 02-39 816-752-7076

BADGES

Wear badges for identification in the park and at businesses who advertise. Pick one up at table on Sunday night program.

Jeri Miller 11-25 352-588-5448

BALLROOM DANCE LESSONS

Six lessons in all. Mondays from 7 to 8:30 p.m. in Busch Hall. Will teach beginners Waltz, Foxtrot, Swing, Square Dancing Night Jan. 27.

Jim & Diane Doggett 06-06 908-304-4621

BASKET WEAVING

Thursdays 1 to 3 p.m. in Citrus West.

Rachel Brooks 01-33 603-534-4985

BEADAHOLICS

Mondays 10:15 a.m. to 12:30 p.m. Citrus East.

Kathy Lemke 04-42 847-456-5824 Kathy Kushman 2622 860-608-8668

BEADAHOLICS TOO

Tuesdays 2 to 4 p.m. in Hobby House Porch.

Dot Brenn 2556 813-293-4205

BIBLE STUDY - MEN AND WOMEN

Mondays, 3 to 5 p.m. in Activity Center.

Anthony Shipe 2707 239-233-0988 Co-Leader: Bill Davis 15-34 276-233-9984

BIBLE STUDY - LADIES AFTERNOON

Fridays, 1:30 to 3 p.m. in Citrus West - 6 to 7 weeks

Karen Freed 2520 612-554-2991

BICYCLING

Tuesdays and Fridays, meet at 8:45 a.m. behind Busch Hall. Watch Cycling Bulletin Board for rides.

Susan Delaney 17-33 231-215-035

BINGO

Wednesdays and Saturdays, 7 to 9 p.m. in Citrus East. Jane Carey 2504 352-467-3847

BIRDING

Tuesday walk starts at 8 a.m. Meet outside Post Office.

Norm Eden 06-14 317-457-4904

BLOOD DRIVE AT TR

Blood drives are held the 1st Monday in December and March next to the TR Fire Station from 8 a.m. to 2 p.m. unless announced otherwise.

Ken Neer 10-71 419-366-0203

BLOOD PRESSURE SCREENING

Tuesdays, 10:30 to 11 a.m. Fire Station.

BOCCE BALL

Scheduled games and competitions, Mondays, Wednesdays, Thursdays, Fridays and Sundays 1:30 p.m. Tuesdays, 7 p.m.

LaVerne Dennison 16-23 440-477-4451 **BONFIRE (MONTHLY)**

Sat. Feb. 22, 5:30 p.m. Pot Luck. Snack Shack Picnic Area followed by Bonfire at the Fire Pit.

Phyllis Zitzer 2114 717-379-3054

BOOK BROWSERS

Wednesdays (2nd and 4th) 2 - 3 p.m. in Citrus West.

Nan Lance 04-21 518-813-7873

BOWLING

Fridays at 2:15 p.m. at PinChasers Bowling Lanes, Zephyrhills. Sign up on Bulletin Board if you plan to go. Lin Buczek 04-32 920-470-7269

BRASS ENSEMBLE Wednesdays 2:30 to 4 p.m. Activity Center. Need more brass players.

> Bill Watkins 11-10 740-361-4511 Steve Bowman 15-35 717-486-9925

BRIDGE CLUB (PARTY)

Bridge held in Citrus West, all start at 6:30 p.m. Tuesdays, Duplicate. Partner required. Thursdays, Party Bridge. Partner required

Linda Glover 1-19 905-541-6399

BRIDGE CLUB - BEGINNERS LESSONS

Mondays at 1 to 2:30 p.m. in Citrus West.

Jim Weigand 2534 231-947-5649

BRIDGE CLUB - INTERMEDIATE LESSONS

Tuesdays 1:30 to 3 p.m. in Activity Center.

Connie Bradley 07-12 352-588-0373

BULLETIN BOARDS IN BUSCH HALL

For information or help with a notice or ad, contact:

Betsy Behler 06-65 302-730-8333 Jeri Miller 11-25 352-588-5448

CALLIGRAPHY

Mondays at 3:30 to 5 p.m. in Paul Rife Room Richard Peebles 06-13 716-410-5386

CHURCH ASSOCIATION

Sunday Activities: All events in Busch Hall

8:45 a.m. - Choir Practice

9:30 a.m. - Bible Study

10:10 a.m. - Hymn Sing

10:30 a.m. - Worship service: Rev. Anthony Shipe

Fridays, 9:30 a.m. Choir Practice. Join us.

Bernie Gutridge 2502 740-453-5623

Saturday Contemporary Service (1st and 3rd) in Activity Center.

7:15 p.m. Praise and Worship Service:

Rev. Anthony Shipe 2707 239-233-0988 Wednesdays 4 to 5:30 p.m. Praise Team practice in Citrus East. Join us.

Marty Schencke 21-12 425-590-7905 Barb Swartz 01-21 740-225-1402

CHURCH COMMITTEE

3rd Fridays, 1:30 to 3 p.m. in Hobby House.

Dick Gutridge 2502 740-607-4575

CLOGGERS OF TR

Held in Citrus East. Lessons for **Beginners** Tuesdays 11:45 a.m. to 12:45 p.m. and Saturdays 9 to 10 a.m. **Practice for everyone** Tuesdays 12:45 a.m. to 2:45 p.m. and Saturdays 10 a.m. to noon.

Donna Smith 2514 315-408-1805

CLOGGING CONNECTION

Beginner student lessons are Tuesday and Thursday 9 to 9:45 a.m. followed by continuing students at 10 to 11:30 a.m.. All classes in Citrus East. Loaner clogging shoes for interested beginners.

Donna Neer 10-71 419-366-0471

COFFEE & DONUTS/HAM RADIO

Jim/Jean Zigrosser 03-17 631-786-5097

COFFEE SEMINARS

Tuesdays and Thursdays, 8 to 9 a.m. in Busch Hall. Free coffee, tea and finger foods available. Speakers will present interesting and informative subjects.

Terry Hosig 04-07 860-416-2023 Arline Lawrence 04-17 352-588-1011

COFFEE SOCIAL

Monday thru Friday, 7:30 to 9 a.m. in Busch Hall. Free coffee and inexpensive treats available. Bring your mug.

Jim Matkovich 11-30 708-567-4686 Arline Lawrence 04-17 352-588-1011

COIN COLLECTORS/FUN & PROFIT

Mondays, 7 to 8 p.m. - Tansey's Cabana 11-09. Alden Tansey 11-09 858-245-4843

CRAFTS 1st and 3rd Thursdays 7 to 9 p.m. in Hobby House

CRIBBAGE Mondays, 7 to 9 p.m. in Activity Center.

Frank Hickam 2606 352-588-4308

Linda Smith 14-15 517-662-9233

DIGITAL CAMERA CLUB

Mondays, 10:45 a.m. to 12:30 p.m. Activity Center Bill Bradford 13-29 352-588-3766

Doug Shields 2527 231-675-393

DIGITAL IMAGES AND COMPUTER

Mondays, 8:30 to 10:30 a.m. in Activity Center to work with photo images on your computer.

> Bill Bradford 13-29 352-588-3766 John Goodger 13-31 352-467-1776

DIGITAL TECH GROUP

Meetings will resume if a chairperson can be found to lead this group. If interested please contact

Frank Meier 13-07 586-918-4266 **DINING WITH FRIENDS**

2nd Saturday 5 to 7 p.m. in Busch Hall, Table Set-up at

Dave /Mary Beth Baur 11-29 207-650-6287 **DOMINOES**

Thursdays, 6:30 to 9 p.m. in Busch Hall.

Linda Gough 11-14 615-400-3332 Linda Murphy 13-28 717-968-9306

DRAWING Tuesdays from 9 a.m. to 12 noon in Citrus West.

John Hice 02-08 513-207-1977

DULCIMER DUMDIDDIES

Practice: Mondays 9 to 10:15 a.m. (Beginners) in Citrus West and 10:30 a.m. to 12 noon (Advanced) Class: Thursdays 6:30 to 9:00 p.m. in Citrus East.

Lois Showers 2513 570-939-2077 Robin Valunias 06-11 708-829-3071

(Jam) Sandy/ Ken Langell 11-28 317-408-6798 **EUCHRE**

Fridays from 7 to 9:15 p.m. in Citrus West.

Bob Phillips 2636 419-506-0128 Jan Werner 2634 443-421-2857

EUCHRE/BID

FIRE RING

Vanishing Lake.

Thursdays at 6:30 p.m. in Busch Hall. Barb Nelson 11-05 816-699-3835

Call Jeri Miller to reserve the Fire Ring located down by

Jeri Miller 11-25 352-588-5448

FIRE/RESCUE 33

Firemen: Tuesday 8 to 11 a.m. in Paul Rife Room; First Responders 11 a.m. to 1 p.m. Activity Center. Business Meeting: 3rd Tuesdays, 9 a.m. Paul Rife Room.

Larry Polzin 04-29 810-247-2361

FIVE HUNDRED - CARDS

Saturdays at 6:45 p.m. in Citrus West. No partner needed for this easy, fun card game.

Pat McCallum 13-04 267-506-5049

FLEA MARKET AND CRAFT SALE

First Saturday of each month in Busch Hall. Tables free, one per family, sign-up sheets in Busch Hall. Table setup crew needed 7:30 a.m.; Sellers setup 8 a.m.; Open to buyers 8:30 to 10 a.m.; Donuts and coffee. Note:

Sellers admittance only at laundry entrance. Betty & Walt Gilson 2501 870-615-1668

FRIDAY NIGHT DANCE

Fridays from 7 to 9 p.m. in Busch Hall.

Mondays 7 p.m. at Snack Shack Shelter.

Marie Lupien 2627 603-781-3681 **GAMES NIGHT**

> Linda Smith 14-15 517-662-9233 Joan Colao 03-14 631-987-9844

GARDEN CLUB Tuesdays and Thursdays, 9 to 11:30 a.m. at Lake Margaret Gardens. Gardening and good fellowship. Gardening knowledge not a necessity, only a desire to

Richard Fischer 11-27 502-445-0600

GENEALOGY

GEOCACHING

participate.

Fridays from 12:30 to 2:30 p.m. in Citrus East. Come learn about your family tree.

Judy Smith 03-06 315-447-4939

Tuesdays, 9:30 a.m. Busch Hall near locator board.

Come join this modern day treasure hunt with your handheld GPS or smartphone. Beginners are always welcome. Brief meeting followed by outing and lunch. Bill Bradford 13-29 352-588-3766

GOLF ASSOCIATION MEETINGS

Monthly meeting 2nd Thursday, 1 to 4 p.m. in Hobby House. All members/golfers are welcome.

Laura Apgar 2808 937-371-6844 **GOLF ASSOCIATION MEMBERSHIP**

Contact TR Office

GOLF - LADIES' LEAGUE Wednesday mornings at 9 a.m. Members pay one-time

fee of \$7. Daily fee of \$12 for guests. Pat Anderson 13-31 905-735-9327

Pat Butler 14-07 863-651-1164

GOLF LESSONS

Tuesdays, Practice Range with all levels of expertise from 9 to 11 a.m. \$5 fee. Fees go to course beautification

Lynn Meyers 06-09 352-588-5156 Joan McLean 14-29 613-474-2311 Gord Mooers 04-34 352-467-9629

GOLF - MEN'S LEAGUE

Thursdays at the Starter Shack at 8 a.m. and 10 a.m. depending on handicap. Cost to join is \$8. Information

on board next to the Starter Shack. Bill Harkins 18-23 518-365-6106 Lloyd Marsh 01-07 352-807-8292

GOLF - SCRAMBLES Golf for fun on Saturday mornings. Fee is \$3. Sign up clipboard is outside Starter Shack on Tuesday mornings

prior to scramble. Tom & Pat Butler 14-07 863-651-1164 Dave/Dawn Pulleyn 01-13 705-821-2164

HABITAT FOR HUMANITY Wednesdays, helpers leave park at 8 a.m. Call for info.

Vince Smith 03-06 315-447-8536 HAND AND FOOT Thursdays, 6 to 9 p.m., in Busch Hall. Come learn this

Deborah May 11-22 304-888-8207

HARMONAIRES

easy game.

Bring your harmonica and play with us. Beginners welcome. Thursdays 7 to 8:30 p.m. in Activity Center.

Don Sides 02-06 336-407-0034

HOBBY HOUSE

Open daily from 7:30 a.m. to 10 p.m.

Billiards Gene Miller 11-25 352-588-5488 HORSESHOE PITCHING

Wednesdays at 10:30 a.m. Handicap pitch.

Thursdays at 4 p.m. Just for fun pitch. Dick Miller 05-50 352-206-3981

ICE CREAM SOCIAL Sundays, 5:45 to 6:45 p.m., ice cream and frozen yogurt served in Busch Hall. Bring spoon, bowl and 75 cents

Rosita Williams 10-72 516-808-5734

IPHONE CLASS

per slice of ice cream.

Tuesdays 9:00 to 10:45 a.m. in Activity Center

Alden Tansev 11-09 858-245-4843 Susan Stahley 11-06 518-598-6823

JOKER

Mondays - 6 to 8:30 p.m. - Citrus West

Fridays - 6 to 8:30 p.m. Activity Center. Bring game

boards. We teach beginners.

Vicky Howard (Mon.) 09-03 803-629-2506 Deborah May (Fri.) 11-22 304-888-8207

JUBELLATION

Mondays, 10:30 a.m. to 12:30 p.m. in Busch Hall.

Jean Cobb 13-02 256-508-8661

KARAOKE

Wednesdays (non-concert nights) 7 - 10 p.m. Busch Hall Glenn & Gabriella Young 05-17 863-397-8249

KITCHEN USAGE

Please contact Jeri Miller for all kitchen needs.

Jeri Miller 11-25 352-588-5448

KNITTING AND MORE

Thursdays, 9:30 to 11:30 a.m. in Citrus West.

Dot Picard 09-05 207-232-4032 Jackie Gage 14-39 410-212-4738

LADIES' TONE & TIGHTEN

Mondays, Wednesdays and Fridays, 9 to 10 a.m. in Citrus East. Strengthen your muscles. Bring mat and weights.

Betty Clark 3-07 717-572-1044

LIBRARY

Southwest corner of Busch Hall. Place donations on bottom shelf of cart behind desk. Magazines to laundry. Mary Kosbab 01-19 352-588-0463

LINE DANCING

Mondays and Thursdays 1 to 2:30 p.m. in Citrus East.

Jean Zigrosser 3-17 631-786-5097 Louise McRoberts 70-03 317-258-4618

LINE DANCING (P.M.) (1ST AND 3RD)

Tuesdays, 7 to 9 p.m. in Activity Center.

Linda Smith 14-15 517-662-9233

LITURGICAL DANCE

Tuesdays, 7 p.m. to 8 p.m., Activity Center

Betty Teichert 03-02 613-983-6089

LOCATOR BOARD

Kit/Dick Wheatley 2619 802-238-6044

MAH JONG CHINESE

Mondays and Fridays, 1 to 3 p.m., Paul Rife Room.

Marcia Hatfield 02-05 614-946-4411

MAH JONGG - NATIONAL MAH JONGG **LEAGUE PLAY**

Mondays, Wednesdays and Fridays, 1 to 3:30 p.m. at Hobby House. Lessons on Monday.

Bette Gorman 05-32 608-547-5529

MAINTENANCE INFORMATION

Contact Office 352-588-2013

MATS FOR THE HOMELESS

Thursdays at 9:30 a.m. in Citrus West

Pat Dellamuth 06-10 319-330-2899

MIRROR LAKE YACHT CLUB

Radio Controlled Racing

Sailboat Racing - every Wednesday and Saturday at 9 a.m. Practice - Tuesdays at 9 a.m.

Gary Steeves 10-09 513-441-7889

Powerboat Racing - every Monday and Friday at 9 .m., Jerry McRoberts 70-03 317-412-5932 Residents/guests welcome. "Experience the Challenge"

MOTORSPORTS/REMOTE CONTROL

Wednesdays and Saturdays from 10 to 11:30 a.m. at the track at the Snack Snack. Practice a half-hour before.

Mike Cuddy 2605 352-206-812

MOVIES

Tuesdays; Short at 6:45 p.m.; movie at 7:15 p.m. in Citrus East. Bring your chair if you like. Check *Hi-Lites* on page 1.

Jim and Carol Henrikson 12-07 810-990-9199

ORCHESTRA/TRAVELAIRES

Orchestra practice Tuesdays at 12:45 to 3:00 p.m. in Busch Hall. New members welcome.

Sue Troyer 09-01 574-536-4771

PAINTING - OIL, ACRYLIC AND ART APPRECIATION

Fridays from 9 a.m. to 12 noon in Citrus West. Call for information.

Nancy Rogers 2614 352-588-4557

PAINTING - WATERCOLOR

Wednesdays, 1 to 3 p.m. in Citrus East. All levels welcome with beginner lessons available. Bring a table cover, water containers, 140# good paper, paints, brushes and anything you think you may need.

Pat Miller 05-55 352-206-3981

PARTY PLANNERS FOR TR

Mary Hunter 2130 734-208-3458 Linda Smith 14-15 517-662-9233

PET LOVERS CLUB

Program and meeting 3rd Monday, 3 to 4:30 p.m. in Citrus West.

Judy Leister 15-33 419-894-6331 Kathy Shawver 10-04 419-610-7335

PHOTOGRAPHER FOR ACTIVITIES

Make your request for pictures to be taken for *The TR* Times 48 hours in advance.

Jane Carey 2504 352-467-3847

PICKLE BALL - MEN/ WOMEN

Tennis courts: Tuesdays, Thursdays and Saturdays, 9 to 11 a.m.

Ladies: Mondays and Thursdays 4 to 5:30 p.m.

Dean Peters 09-09 813-317-3269

PINOCHLE

Thursdays, 6:30 - 9 p.m. Busch Hall

John Delaney 17-33 907-351-5659

POKER LADIES NIGHT OUT

Mondays, 7 p.m. Hobby House

Gina DiPinto 01-25 914-882-3255

POKER NIGHT

Tuesdays, 7 to 9 p.m. Hobby House

Jack Koch 2554 231-883-7506

POKER TEXAS HOLD'EM MEN AND WOMEN

Wednesdays and Saturdays 6:30 to 9 p.m. Hobby House Porch

Jack Davis 16-36 352-206-6769

POM-POM DRILL TEAM

Tuesdays 3 to 4 p.m. in Citrus East.

Donna Neer 10-71 419-366-0471

PRODUCE STAND

Mondays and Fridays from 11:30 a.m. to 2 p.m., at the Oak View Shelter near Busch Hall.

Dade City location is near Smitty's Smokehouse.

QUILTING

Thursdays at 9 a.m to 3 p.m. in Busch Hall. 2nd Thursday Guild Meeting/Show and Tell.

> Diana Dean 15-32 518-281-1646 Bobbie Matkovich 11-30 708-567-4686

RC AIRPLANE FLYING

Parlor, Thursdays, 3 to 5 p.m. and Saturdays, 1 to 3 p.m. in Busch Hall. Fly indoor rated, a radio-controlled model airplanes, helicopter or drone. **Outdoor**, Tuesday, 9 to 12 noon, HOLE #1 Golf Course. Fly electric only, radiocontrolled model airplanes, helicopter or drone

James Morrow 2539 636-584-5214 Charles Manos 05-57 973-229-9157

RESIDENT FORUM

First Mondays, 3 to 4 p.m. in Busch Hall. Open to everyone to ask questions and discuss issues with the Board.

ROAD RIDERS MOTORCYCLE CLUB

Tuesdays, Breakfast Run, 8 a.m., Busch Hall, (20 to 40 miles). Thursdays, Tour Run, 10:30 a.m., Busch Hall (75 to 100 miles). First Monday meet at 7 - 9:30 p.m. Paul Rife Room.

RUG HOOKING

Tuesdays at 9:30 a.m. to noon in the Hobby House Porch. A small avid group. Join us and make something beautiful.

Tawnya Rowden 2534 231-271-3325

SEW SPECIAL AND QUILTING

Mondays at 9 a.m. to 3:30 p.m. in Busch Hall. Welcome to cut out and sew. Bring machine, projects, ideas. 3rd Mondays - Show and Tell.

Rosita Williams 10-72 516-808-5734

SHUFFLEBOARD

Tuesdays and Thursdays at 1 p.m.

Richard Von Qualen 04-01 815-735-4194

SINGING MEN

Wednesdays from 9 to 10:30 a.m. in Activity Center. All men are invited to sing along.

Steve Gorden 2618 817-368-4993

SMARTPHONE PHOTOGRAPHY

Tuesdays, Beginners 2 to 3 p.m.

Class 3:15 to 4:30 p.m., Citrus West

John Goodger 13-31 905-380-2185 Bill Bradford 13-29 352-588-3766

SNACK SHACK

Monday thru Saturday, 11:30 a.m. to 1:30 p.m. Join us for daily lunch, starting January 2020.

Jack Carey 2504 352-232-0290

SNACK SHACK SHELTER USAGE

Requests to use after hours contact:

Jeri Miller 11-25 352-588-5448

SPECIAL CONCERT SERIES - BUSCH HALL

Wednesday evening performances as published. Doors open at 6:30. Admission is \$10 at the door or by season reserved seating ticket.

Doug Pedersen 10-03 352-588-3534

SPORTS CLUB

Charter Boat Fishing, Indoor Target, Outdoor Sporting Clay, Skeet and Trap, Archery, Kayaking and Canoeing.

Wednesdays from 11:45 a.m. to 1:30 p.m. in Citrus West. All are welcome. Competitions and classes.

Ray LoPresti 10-64 518-893-2427

STAINED GLASS

Thursday and Friday 3:30 to 5:30 p.m. at Activity

Laura Apgar 2808 937-371-6844

Laverne Dennison 16-23 440-477-4451 **Instructor - Sherry Harbert** 70-05 319-404-1382

SUNDAY EVENING PROGRAM

- BUSCH HALL -

Free entertainment. Performances as published in *The* TR Times. Ice cream is available from 5:45 to 6:45 p.m. for 75 cents per slice; bring your own spoon/bowl. Announcements and the program follow immediately. Ken Langell 11-28 317-408-6799

TABLE TENNIS/PING PONG

Join us Mondays and Thursdays in Citrus East from 3 to 5 p.m. Everyone is welcome to come. Extra paddles available.

Lou Schuler 11-16 513-379-4620

TALENT DISPLAY CASE

The works of talented TR residents are featured in the Post Office Display Case.

Group open play Mondays, Wednesdays, Fridays,

TENNIS -- OPEN PLAY AND LESSONS

beginning at 9 a.m. Lessons at 8:30 a.m. Alden Tansey 11-09 858-245-4843 Betty Teichert 03-02 267-808-6412

TRAVEL CLUB

Sharon Gilbert 2540 740-360-3819 TRAVELETTES WOMEN'S CHORUS

Check *The TR Times* and bulletin board for current trips.

Rehearsals on Wednesdays from 12:30 to 2 p.m. in

Activity Center. Mary Beth Coldren 02-29 276-235-1505 **Dir. - Bernadine Gutridge** 2502 740-607-4575

TRAVELOGUE SHARING

know some chords in Hobby House

Richard Hunt 2519 314-412-5810 **UKULELE**

2nd and 4th Mondays in Citrus West, 3 to 4:30 p.m.

Thursdays 10 a.m. Beginners lessons in Hobby House Thursdays 11 a.m. Strumming Circle for those who

Donna Probes 14-23 231-357-5713 **VETERANS MEETING**

First Monday at 10 to 11 a.m. Hobby House. All Veterans welcome.

Vince Smith 03-06 315-447-8536 **WAIST WATCHERS**

Thursdays, 8:30 to 9:15 a.m. in the Hobby House. Jackie Thackery 2807 812-371-7243

WALKING AEROBICS Monday thru Friday at 7:15 to 7:45 a.m. in Citrus East. Gloria Polzin 04-29 810-252-0999

WATER AQUATICS Monday through Saturday at 9:30 a.m.

Linda Smith 14-15 517-662-9233 **WEBSITE** www.travelersrestresort.com The TR Times online editions can be accessed via

the website. Click on Newspaper.

WEIGHTS & STRETCHING Mondays and Wednesdays 7:50 to 8:30 a.m. in Citrus

East Sheila Schencke 21-12 425-590-7906

WIZARD

Tuesdays 6 p.m. in Busch Hall.

WOOD SHOP

Mondays thru Fridays, 8 a.m. to 2:45 p.m. Membership \$20. Volunteers needed for small projects in the park. Larry Kurkowski 13-34 352-588-4121

WOODCARVING

Wednesdays, 9 to 11:30 a.m. in Citrus West. Ladies, men, experienced and beginners are welcome. Carving blanks available.

Linda Murphy 13-28 717-968-9306

11-22 304-888-8207

YOGA

Mondays, 1 to 2:30 p.m. in Activity Center. Jean Renee DeTar 2708 316-518-8158

Deborah May

Wednesdays, 10:30 - 11:45 a.m. in Citrus East. Includes seated and standing yoga, weight-bearing exercises and relaxation.

Donna Smith 2514 315-408-1805

ZUMBA

Tuesdays (2nd & 4th), 7 to 9 p.m., Activity Center Thursdays 8:45 - 9:45 a.m. in Activity Center.

Bev Weissinger 16-32 914-443-2820



OnMouseClick



Science Fiction becomes reality...

by Linda Quinn

As part of last week's column I wrote about the MedWand, a handheld device that allows patients to monitor their vital signs at home and transmit the results to a doctor across town or on the other side of the world. The MedWand, which is scheduled for release later this year, started me thinking about technology available now that helps us live a healthy lifestyle. The most popular of these are fitness trackers such as the Fitbit, and multifaceted smartwatches like the Apple

Since it was introduced over ten years ago, the primary purpose of the Fitbit has been to track the wearers steps, sleep cycle and calories burned. Enhancements to Fitbit have enabled it to also track stairs climbed, recognize specific exercises, record real-time distances and pacing by connecting to a phone's GPS, is submersible in water up to to 50 meters, and even monitors heart rate.

The Apple Watch is a multifaceted device, and while it is much like a small, wearable smartphone, it includes several functions designed to help follow and analyze our health. Apple Watches include heart rate monitors, and the more recent versions have substantially improved accurate heart monitoring sensors that are able to detect high, low or irregular heart rates. The Apple Watch version released last September also senses when the wearer has had a fall and will call for help, monitors ambient noise and will alert the wearer if a noise is loud enough to cause hearing damage. It even tracks the menstrual cycle of premenopausal women.

Not to be outdone by the Fitbit, the Apple Watch is also a



LINDA QUINN

fitness tracker that counts steps, calculates running and bicycling distance and time, is waterproof and will count laps in a pool or use the built-in GPS for open water swims. It is designed to be used for a myriad of athletic endeavors, and even includes modes for wheelchair athletes.

While both the Fitbit and the Apple Watch allow the wearer to check their current heart rate at any time, they also continually monitor the heart rate for viewing on companion apps. Fitbit works with Cardiogram, a smartphone app that graphs how the heart rate is affected by workouts, times of stress and sleep. Cardiogram also has a detection technology which can identify sleep apnea and atrial fibrillation (Afib).

The Apple Watch goes a step further by detecting Afib in real time thus does not need to use a companion app to display results. The watch has FDA clearance to conduct an electrocardiogram, which measures your heart's electrical pulses and can tell if it is in normal sinus rhythm or if it is experiencing Afib. The Apple Watch also focuses on your wellbeing by monitoring your daily routine and alerting you when you have been sitting too long, or when you need to stop and take a few deep breaths.

Neither the fitbit nor Apple Watch can take your blood pressure, but Omron, maker of home blood pressure monitoring devices, sells HeartGuide, a smartwatch that is also a clinically

accurate wearable blood pressure monitor. The watch is very bulky and not very attractive, but for someone who needs to monitor blood pressure several times a day, the device can be a lifesaver. The CharmCare's H2 and iHealth's BP7 are wearable devices with only one function – monitoring blood pressure. If you and your doctor feel that one of the wearable blood pressure monitors might be useful for your health monitoring, be sure to visit your doctor's office and compare the readings you get from your wearable device with readings taken by the nurse. The BP7 has FDA approval, while the other two devices received FDA Clearance.

Each year technology offers us more way to keep track of our health and well being. Our job is to be smart consumers and carefully research devices before buying. Just because you see a glossy Facebook posting doesn't mean the product being advertised detects all the features accurately. Once you do make a purchase, read the manual and try to learn all the features. Sometimes the setup seems obvious but very often, you must follow a design that might not be apparent without reading the directions. Whether you are using these devices to monitor the progress of your exercise conditioning program, for medical reasons or to see if playing golf is really a better exercise than bowling, these devices can enrich our lives and in some instances extend our lives.

There are several Fitbit models, ranging in price from \$70 to \$170. The Apple Watch starts at \$399 for a model with built-in GPS, and \$499 for a GPS + Cellular model. The cellular model can send and receive phone calls and text without having an iPhone on your person. The Omron HeartGuide sells for \$499, the CharmCare's H2 blood pressure monitor sells for \$60 and the iHealth's BP7 sells for \$80.

Garden News

Going bananas

by Leslie Ewing

There has been a lot of talk around TR about the spectacular banana trees in the garden that are currently producing bananas. Garden Club member Robert Mignacca has been studying bananas, and they aren't trees at all! They are actually banana plants, which are herbaceous plants that have larger leaves than any other plant. Herbaceous plants generally lack woody stems, which shrubs and trees have.

Following the frost of Tuesday night/Wednesday morning of last week, the banana plants aren't looking as impressive as before. However, they will recover. Robert's advice for caring for banana plants is to give them loose soil, surrounding them with a thick layer of compost about five inches deep. They need a lot of water but to have Leslie Ewing be Vice not necessarily every day. The compost will retain moisture in the soil. A potassium fertilizer applied every three months about two feet away from the base of the plant will keep them looking good.

It is best to cut the plants back after the bananas have ripened. On developed below the bunch, called volunteers are welcome.



Photo by Leslie Ewing

a "hand of bananas". The second flower is so heavy, it will cause the plant to fall down. Robert will keep that flower on the plant a while longer for TR residents to enjoy. Eventually, it will have to be removed to save the plant.

Garden Club members voted President of the club for this season. Phyllis Zitzer will be TR Garden Club Master Gardener, our go-to person for advice on what to plant and where to plant it. Tuesdays, and Thursdays will be our next work sessions, 9-11 a.m., with coffee and a planning session our plants, a second flower has at 11 a.m. in the garden. New

Chicory and dandelions are cousins in the aster family







by Carol Lauer

Chicory is one of Mother Nature's most alluring wildflowers in the aster family. At first glance it appears to be a rather ragged weed growing along the roadside out in the country. The basal leaves (leaves at the base of the plant) look a lot like dandelion leaves. As your eye travels up the stem there are very few leaves and they are much smaller. The eyecatcher is chicory's bright azure blue flowers, up to two inches in diameter, with many square-tipped fringed petals. The flowers sprout directly from the stem in early morning then fade in the early afternoon for a one day showing. New blossoms appear each day.

Also called Blue Sailor or Ragged Sailor, chicory is an import from Europe. Its long taproot was cleaned, roasted and used as a substitute for coffee. Its leaves, like dandelion leaves, are edible but quite bitter.

The dandelion is a wellrecognized although not always welcomed plant in the aster family. Its name in French means "the tooth of the lion" in reference to the teeth of its leaf edge. It, too, bears brightly colored flowers but, unlike chicory, what appears to be a single flower is actually a composite of many tiny flowers. The flower heads are a bright yellow that open in the morning and close in the evening. The rounded seed heads have soft bristles that look like parachutes and are carried away by the wind to repopulate.

Dandelions require bright sunlight in order to bloom so you won't often find them in wooded or shady areas, but they are still in abundance elsewhere. Their roots are very deep and their seeds are easily spread by the wind. Because of this, they are often called "tramps with the golden head."

Birding Activity







by Norm Eden

At TR birding is a perfect activity to follow in parallel with all the other the things you do outside. As you walk, run or cycle around, watch your bird feeder or make careful birding walks on the garden boardwalk, you can look for birds. You can go birding before or after you have lunch at the Snack Shack. Your walks can be to more familiar with bird behavior. Several experienced birders are usually on the Tuesday morning bird walk and can answer most identification questions.

Activity on and around Vanishing Lake has remained low during the past week. This decreased activity reinforces the thoughts that there is a lack of suitable food and that a cyclic change in the water has caused a lack of muddy shoreline over the past few weeks. However, the water level is now going down and more mud is appearing so that we may well see some sandpipers and other waders soon. In the meantime, our single lonely Killdeer and Spotted Sandpiper are still around most days.

There has also been an "LBJ" in the lake for some time and now that it is out of the water identification is easier. "LBJ's" otherwise known as Little-Brown-Jobs cover all the many sparrow-sized varieties, some finches and several others who appear generally brown or in silhouette. They are notoriously difficult to identify.



Photo by Norm Eden

Surely this LBJ was left by a Brewers Blackbird and not a TR resident.

The latest Tuesday bird walk was quiet, short and very cool with around 20 species seen. The most notable signs indicate that we probably have a nesting pair of Sandhill Cranes in the Vanishing Lake area. Sandhills take turns incubating the normal one or two eggs while the partner bird forages for food during the daytime. At night only the female sits on the eggs while the male stands guard,

so you may see just one bird until the chicks hatch towards the end of February.

Although the past week has been quiet for birding, the bestbird sighting has probably been the brief appearances of one or two Roseate Spoonbills at the far side of Vanishing Lake. Uncommon here, these are probably migrating birds resting awhile. Although they don't move around very much, Spoonbills are essentially located south of here in Florida and along the Gulf shores of Texas and Mexico. They feed on minnows, insects and some plants by wading in shallow water and swishing their spoons from side to side. I have seen one or more four times now but have not observed any swishing. Has anyone seen them feeding?

It is also possible that we have a Summer Tanager pair around here. Normally they would all have migrated south by now so let's hope to get another uncommon sighting.

Now that we are at the end of January the 2020 sighting list marked with highlighter is on the Busch Hall bulletin board as is the sign-up sheet for the second planned trip to Circle B Bar Reserve on March 6.

Good birding.



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Library News

by Mary Kosbab

We have had several requests to identify Historical Fiction books with a sticker at the top as we do Christian Fiction. We tried this once before; however found it sometimes difficult to assess the validity of a novel being Historical Fiction. This is true also of Christian Fiction. Our library staff is a group of dedicated volunteers who work together to keep our library as organized, user-friendly and well-kept as possible. We do not have time to research the particular genre of books donated. We rely on the descriptions on the back of the book or our recognition of certain authors being known to write a particular genre of books. We definitely make mistakes but do our best and appreciate your telling us or leaving a note if we mislabel or misshelve some books.

We have new Historical Fiction stickers which we are going to put at the top of the spine of books we can easily identify as Historical Fiction. We are asking that when



you donate a book and know it is Historical Fiction to put a little note on the cover or inside that tells us so. This would greatly help us to identify these books. We ask the same of Christian Fiction book donations. Your help will be greatly appreciated by the library staff and other readers who enjoy these particular genres.

We have several books about the Amish in our Christian Fiction section. These books are very popular. Sue Jansen who is residing on the Golf View until March is very knowledgeable about the Amish way of life. When I met her in the library last year we had a very interesting chat. She has consented to meet with any people interested in discussing the lifestyle and culture of the Amish. If you are interested please join us

in the library on Tuesday, Feb. 18 at 2 p.m. with any questions you have or just for a chat. There is a list of authors who write about the Amish on the bulletin board on the tall center bookcases. You might like to read a book or two before

Please stop by our table at the Flea Market tomorrow and take a look at our Book Buddies on sale for \$15. The proceeds go to replenish our treasury which took a hit this year with new bookcases, shelves, brackets, book holders, etc. We use the funds we have to purchase necessary supplies. If we have any extra we like to purchase missing books in a series. We very much appreciate your support and your donations which make our little library what it is.

As always if you have any concerns or suggestions, please contact me or any library staff member. We always welcome your input.

New books at the Library

by Patti Meadows

Standing in Another Man's by Ian Rankin For the last decade, Nina Hazlitt has been ready to hear the worst about her daughter's disappearance but with no sightings, no body and no suspect, the police investigation ground to a halt long ago. Nina's pleas to the cold case department have led her nowhere until she meets the newest member of the team, former Detective John Rebus

Rebus has never shied away from lost causes—one of the many ways he managed to antagonize his bosses when he was on the force. Now he's back as a retired civilian reviewing abandoned files. It's necessary work but not

exactly scratching the itch he feels to be in the heart of the action. Two more women have gone missing from the same road where Sally Hazlitt was last seen. Unlike his skeptical colleagues, Rebus can sense a connection but pursuing it leads him into the crosshairs of adversaries both old and new. Rebus may have missed the thrill of the hunt but he's up against a

On the 20th anniversary of Ian Rankin's first American publication comes a novel bursting with the vitality and suspense that made its author one of crime fiction's most dazzling stars. Standing in Another Man's Grave is the triumphant return of John Rebus

powerful enemy who's got even

less to lose.

and a riveting story of sin, redemption and revenge.****

The Silent Patient by Alex Michaelides

Alicia Berenson's life is seemingly perfect. A famous painter married to an in-demand fashion photographer, she lives in a grand house with big windows overlooking a park in one of London's most desirable areas. One evening her husband Gabriel returns home late from a fashion shoot, and Alicia shoots him five times in the face, and then never speaks another word.****

All reviews and ratings are taken from the Internet

Pet Lovers Club



BAILEY

by Tia Paquette

The Blessing of the Pets was a success and very well attended. Thank you to Pastor Carol Johnston Bowman for the beautiful blessing. It was a moving experience to watch her calm demeanor transfer to the dogs.

For those giving your pets and your neighbors' pets treats, here are a few to avoid according to veterinary recommendations:

Pet treats to avoid

- •Any Pup-Peroni products
- •Beggin' Strips
- •Canine Carry Outs products
- •Beneful products
- •Ol'Roy food
- •Kibbles'n Bits food

These are to be avoided and are bad for your dog and have been known to cause severe reactions as well as:

- •Ear problems
- Bad skin problems
- •Itching
- Excessive water drinking
- •Weight gain

Good quality treats and food are essential for healthy growth and longevity. Talk to your veterinarian for a good nutritious feeding plan for your pet.



Judy Leister addresses the pet owners at the ceremony for the Blessings of the Pets. See photos on page 14.



Dot Picard's Bella dog enjoys a treat.

Upcoming activities:

Feb. 1 - Flea Market in Busch Hall. Come find something for your pet, all articles are free

Feb. 17 - Pet Lovers Club meeting 3 p.m. in Citrus West

Feb. 27 - Coffee Hour Presentation in Busch Hall



Photos by Wanda Arnold

Pets on Parade

by Judy Leister

Everyone needs someone to be there for them in stressful and sad times. It might be a relative, a friend or it could be Scruffy. Jackie Gage can always count on her 12-year-old four-legged friend to be there for her no matter what she needs. Actually Scruffy is so loving he is there for everyone who needs him.

Jackie and her husband Fred were originally from New Hampshire but his work soon relocated them all around the U.S. They finally settled in Annapolis, Md. Through those years they always had a dog. Fred was looking at puppies online after they had lost their precious Annie. He came across a Wall Street journalist who was active in dog rescue in their area. An adorable puppy had been with a young gal who kept him shut in the bathroom all the time until the journalist came to his rescue. As soon as Jackie and Fred saw this puppy online they made an appointment to see him. They would have taken him immediately but had to wait until they and the other applicants were all checked out. When it was their turn for a home visit their grandson happened to be there and added to the fun and enjoyment of the rescue evaluator by repeating "Scruffy McDuffy" over and over. That was it. Scruffy was theirs.

Sadly Fred became terminally ill and of course Scruffy was there to comfort and love him. Several years after Fred's passing Jackie



Photo by Judy Leister

SCRUFFY

married long time friend, Richard. They enjoyed a happy life together until Richard also became terminally ill. Scruffy jumped into action with his 'Scruffy Love" that was always there and continued to offer the much-needed support and unconditional love to Jackie and Richard.

Scruffy is a happy little guy but if something makes him sad everyone knows it by his mournful cry. Oh no, poor Scruffy. There is something that will bring up his spirits though. He loves his elephant doggie pillow. He absolutely has to have it if he is riding in the car. Watch for Jackie and Scruffy as they stroll around TR. Jackie doesn't map out where their walks take them. That's Scruffy's job and he does it well.

Have you ever seen flying boats?



Photo by Floyd Bell

Floyd Bell recently took this photo of flying sailboats. These are the remote-controlled sailboats which race on Mirror Lake. Can you figure out how he did this? Think about it for a while before you look at the answer, which is on page 18. What a neat photo!





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The Blessing of the Pets draws a large crowd



CINDY BRADLEY WITH TIMBER



Carol Johnston Bowman presides over the 30 dogs and 50 people who took part in the ceremony. Participants are shown in no special order.



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JACKIE GAGE WITH SCRUFFY



BOYD MARSHALL WITH HAYDEN



BOB JACKSON WITH CAPPY



STEVE BOWMAN WITH BRUISER



ED POLSDOFER WITH SUNNY



KEN LANGELL WITH ACE



RANDY AND DIANE HILL WITH MONTY AND ZEPHYR



ALAN KENNEY WITH MISS DIXIE



TIA PAQUETTE WITH BAILEY AND LINDA BEST WITH **MOLLY**



BEVERLY BENNETT WITH DOZER



TERESA AND WILL HELMS WITH ROCKY



COLIN CONNELL WITH LUCY



JAN WERNER WITH MINUTE



BETTY BROWN WITH RIPPLE AND COLLIE



JUDY LEISTER WITH BRINKLEY



JIM DAVIS WITH SOPHIE



LARRY NEYHART WITH NIKI



MARK LEISTER WITH SCOOP



ELIZABETH TROMBLE WITH SR. DUKE **ERIC THE RED**



Pizza and dancing add up to a fun evening



Marilyn Olan, Gina Dipinto and Bill Weissinger . . .



Bill and Bev Weissinger ...







Linda Smith and Donna and Steve Smith are some of the worker bees who made the evening possible.



Looks like a line dance. Where are all the men?





Carol and Richard Syring above, Bill and Shannon Harkins to the right, and Sharon and Dan Zile below are a few of the couples who enjoyed the evening.



Photos by Sandi Walsh





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orts



Annual TRGA Spaghetti Dinner 👔 aids beautification



contact LaVerne Dennison or

Ralph Smith who are

co-chairing the event this

year. LaVerne is located on

lot 16-23 or can be reached

by phone at 440-477-4451.

Ralph is located on lot 05-10

or can be reached by phone

details to remember for this

Location: Busch Hall

Here are the important

Date: Thursday, Feb. 20

Doors open at 5 p.m. Please do not arrive before

Remember to bring your

own table setting. Come and

enjoy a great meal with friends

and support a good cause.

See you there!

at 905-516-2818.

special event:

by George Paquette

It's that time of the year so that all is ready for guests again to come and enjoy a great meal in the company of good friends. The annual TRGA Spaghetti Dinner will take place in Busch Hall on Thursday, Feb. 20 and doors open at 5 p.m. It's an event not to be missed. This year Chef Bruce Pemberton will once again delight us with his culinary expertise. Bruce will be assisted by his trusty and capable assistant John Dennison. Bruce was, before retirement, an accredited chef. He worked for many of the big hotel chains in Canada and has years of experience and expertise in the field.

The meal menu will include Bruce's very own pasta sauce over spaghetti along with a Caesar salad, garlic bread, dessert and a beverage. You can also bring your own wine for the dinner. Once again, there is a new surprise group activity planned for after dinner, so please plan to stay and have some fun.

Special take-out tickets are available. Take-out orders must be picked up between 4:15 p.m. and no later than 4:45 p.m. at Busch Hall.

arriving for supper at the 5 p.m. opening.

This is an important event because it is the main fundraiser for the TRGA Beautification Fund which goes towards enhancing the look of our wonderful golf course. A donation of \$10 for the spaghetti dinner can be made at the Flea Market on Saturday, Feb. 1 or at the Sunday night programs on Feb. 9 and 16 prior to the show. You can also make the \$10 dollar donation at the Post Office Lobby on Feb. 11, 13 and 18 between 2 to 4 p.m.

This event has been wellattended in the past and to avoid overcrowding, ticket sales will be stopped once the set maximum has been sold. In order to avoid disappointment, it's a good idea to purchase your tickets early. As an added attraction, there is a 50/50 drawing with two winners getting 25 per cent of the amount raised. You can also check the posters regarding this event located at the Starter Shack, Duffer's Deck, Practice Range, Main Office and Busch Hall.

For more information or Please keep to this timeframe for any questions you may

1 Jerry McRoberts

3 Rich Matkovich

2 Rich Von Qualen

3 Jerry McRoberts

1 Jerry McRoberts

3 Rich Matkovich

1 Jerry McRoberts

2 Charlie Gardner

3 Paul Harberts

2 Don Meddles

1 Gary Steeves

Friday, Jan. 24

2 Don Meddles

Stealthwake

Power Vee

Stealthwake

Men's Golf League results from Jan. 16

by Bill Harkins

Today was our 6th league day. We had 45 players show up and the weather was beautiful. We started two groups today. Remember, check your scores and turn them in to the Starter Shack when finished.

Low Handicap (0-8)
Low Gross
1 Gary Carter, Ron Duplessis31
2 John Dennison, Bill Harkins 33
3 Don Leech, Ralph Smith35
Low Net
1 Ken Person29
2 Jay Mathews30
3 John Porter, Bruce Anderson 31
Birdies:
Ron Duplessis4
Gary Carter, John Dennison3
Chip-ins:
1
Mark Cable, Clair Boyer1
Fewest Putts:
· · · · · · · · · · · · · · · · · · ·
Fewest Putts:

High Handicap (9+)
Low Gross
1 Wayne Branchaud39
2 Norm Eden, Ron Herman,
Ron Haas40
3 Lawrence deRaaf,
Ken Zoanetti41
Low Net
1 Bob Luther30
2 John Daubenmier31
3 Dick Myles, Norbert Jansen .32
Birdies:
Dave Carlig, Sam Wykoff,
Mark Cable, Clair Boyer1
Fewest Putts:
Norm Eden11
Closest to #5:
Charlie Gardner4'-5"

Winter Bocce Results



by Dee Manos Sunday, Jan. 5 Court 1:

Bob Englert, Alan Ewing John Dennison, Sharon Fosnight Court 2:

Patrick Fenelon, Martha Smith Bob Fisher, Jim Chance Court 3:

Lucille Matthews, Marilyn Long Mark Stein, Rob Matthews Court 4:

David Olson, Teresa Corlew Monday, Jan. 6 Court 1:

Nancy Cassels, Martha Smith Ken Person, Ron Possiant Court 2:

Patrick Fenelon, Larry Dellamuth Clair Boyer, Rob Matthews Court 3:

Dick Myles, Teresa Corlew John Dennison, LaVerne Dennison

Court 4:

Clair Smith, Alan Ewing Sandy Pemberton, Dan Varner Wednesday, Jan. 8

Court 1 Dan Varner

Clair Boyer, Bob Fisher, Ken Person

Court 2:

Jim Walsh, Frank Magalski Larry Dellamuth, Gunny Gundrum Court 3:

Susan Zimmerman, Judy Collins Mark Stein, Brenda Varty Court 4:

Patrick Fenelon, Annie Eden Pat Markle, Sally Magalski Thursday, Jan. 9

Court 1:

Kay Blunda, Sally Magalski Carol Luther, Frank Magalski

Court 2: Bob Fisher, Bud Wuebker, Arlene Wykoff Court 3: Orin Diehm, Gary Dietz Patrick Fenelon, Gunny Gundrum Court 4: Teresa Corlew, Alan Ewing Bob Englert, Mark Stein Friday, Jan. 10 Court 1: John Lawrence, Teresa Corlew Court 2:

Brenda Varty, David Olson John Dennison, Carey Box Court 3:

Dick Myles, Arline Lawrence Orin Diehm, Mark Cable Court 4:

Nan Lance, Lenny Helhart Bob Fisher, Margaret Bergsma Court 5: Linda Marissen, Netty Chance

Dave Pulleyn, Judy Collins Sunday, Jan. 12 Court 1:

Gunny Gundrum, Gary Dietz Court 2: Orin Diehm, Teresa Corlew,

John Lawrence Court 3: Clair Smith, Norm Eden

Don Markle, Barry Collins Court 4: Pat Markle, Carol Schell,

Berc Caylakyan, LaVerne Dennison

Court 5: Wilma Hardley, Anne Eden

Sandy Pemberton, Bob Fisher Monday, Jan. 13 Court 1:

Patrick Fenelon, Pat Markle Court 2:

Andrea Smith, Berc Caylakyan



Judy Collins, Teresa Corlew Court 3: Frank Magalski, Mark Stein John Dennison, Martha Smith Court 4: Dick Myles, Jim Chance Bud Wuebker, Linda Gough Court 5: Sally Magalski, Norm Showers

Dave Pulleyn, Donna Stein

TRLGA Bake Sale

by Pat Butler

The TRGLA ladies will be holding a bake sale on Saturday, Feb. 1 at the TR Flea Market.

Anyone willing to donate baked goods to help the lady golfers with this endeavor should bring their donations to the Post Office door of Busch Hall beginning at 7:15 a.m. Saturday morning.

All those who have a sweet tooth should plan to find cookies, cakes, pies, bars, and other decadent treats for sale.

All donations and proceeds will go to the beautification of the TR Golf

For questions please contact Pat Butler or Beannie Wise.

Wizard

by Deborah May

T	uesday, Jan. 21
T	able 1
G	ame 1
1	Carol Luther,
	Susan Meinhardt210
2	Deborah May180
3	Bob Luther170
	ame 2
1	Bob Luther220
2	Pat McCallum200
3	John Goodger170
	ame 3
1	Deborah May200
	Bob Luther,
	Susan Meinhardt180
3	Carol Luther160
T	able 2
	ame 1
1	Callie Zak360
2	Jackie Thackery230
3	Elaine Swartz210
G	ame 2
1	Linda Murphy 300

2 Sheila Zanca280

3 Callie Zak220

1 Callie Zak250

2 Sheila Zanca220

3 Jackie Thackery160

Game 3

by Bill Wise **Power Boats** Monday, Jan. 20 **Power Vee**

Mirror Lake Yacht Club

Wednesday, Jan. 22 **DragonFlite 95 Class** 1 Barry Sellick

2 Chuck Lemke 3 Jay Matthews

Soling Class 1 Barry Sellick

2 Chuck Lemke

3 Rich Matkovich Saturday, Jan. 25 **DragonFlite 95 Class**

1 Barry Sellick

2 Gary Steeves

3 Charlie Gardner **Soling Class**

1 Barry Sellick

2 Gary Steeves

3 Jay Matthews



Table Tennis

by	y Lou Schuler	
M	londay, Jan. 20	
1	Charlie Mason,	
	Lou Schuler	9
2	Bill Tucker	8
3	Barry Sellick	7
	Sam Wykoff	
\mathbf{T}	hursday, Jan. 23	
1	Charlie Mason	9
2	Carey Box	8
	Lou Schuler	
4	Sam Wykoff, Bill Tucker	6
	•	

by Douglas Hatfield Wednesday, Jan. 22 1 Ed Fosnight30 2 Paul Harbert.....30 3 Steve Layman28 Saturday, Jan. 25 1 Ed Fosnight29 2 Mike King28 3 Bob Kenyon, Steve Laymon.....27

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Sports, cont'd



Oh, the weather outside was frightful but Ladies Golf was just delightful! I nearly sang "Let it snow! Let it snow! Let it snow!" It was so cold, yet 27 hardy women golfed after the frost delay. Congratulations to Nancy Scime who got an eagle on #9.

Important upcoming dates: Feb. 1 - Bake Sale in Busch Hall. Bring your goodies at 7:30 a.m. wrapped in \$1 amounts.

We need lots of baking for our bake sale. Cookies and squares sell the best and should be pack-

by Lin Buczek

Friday, Jan. 24

Men's Scratch High Game

Men's Scratch High Series Steve Niles......618

Steve Niles......216

Don Markle206

Mike Hardison.....200

Bill Buczek529

Mike Hardison.....513 Men's Handicap High Game

Don Markle281

Mike Hardison......265

John Schell263

John Schell750

Don Markle730

Tim Base......714 Men's High Average

Steve Niles......209

Friday Night

Euchre

John Gorman4

1 Bob Phillips62

2 John Deweerd......57

Lawrence DeRaaf.....54

Friday, Jan. 24

3 Bill Harrold,

Loners:

by Bob Phillips and Jan Werner

Women's Scratch High Game

Men's Handicap High Series

aged in \$1 amounts i.e. 4 cookies or 2 squares, etc. That way the ladies do not have to handle as much small change. Items containing peanut butter are a real hit! If you have a large item such as a pie or cake, these items will be priced separately at the sale.

Feb. 4 - A fundraising event for Alzheimer's disease will be held from 4:30 to 6:30 p.m. They need volunteers to help bake shortcakes and cut up berries. See Sandy Nelson if you can help.

Feb. 26 - Nominating Committee must post proposed slate of new Ladies Golf executives. If you are interested, see Laura

See you soon on the course.

Bowling



Women's Scratch High Series	
Leslie Price	494
Pat Markle	448
Debi Niles	436
Women's Handicap	High Game
Diana Hill	262
Pat Markle	258
Carol Schell	256
Women's Handicap	High Series
Diana Hill	738
Grace Couture	710
Pat Markle	703
Women's High Avera	age

Leslie Price......158

Last Saturday, 38 golfers

Scores for the teams ranged

came out to see how they would

fare the course using only three

carefully selected clubs and a

putter. The weather was cool, but

from 29 to the mid-30's, so the best

ball scramble was deemed a

by Pat Butler

the sun was shining.

success. Winners were:

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3 golf clubs only? No problem!

1st place

Nancy Cassels

Casey Fisher

Steve Jackson

Laura Apgar

Bill Apgar

2nd place

Frank Bovenberg

Wayne Branchaud Rob White

Mary DeWeerd

Gunny Gundrum

Cathy Holley John Wedell

Shirley-Ann Appleby

3rd place (tie) Dee Branchaud Cindy White

Ira Veenstra



PAT ANDERSON

Chinese Mah Jong

by Marcia Hatfield	
Monday, Jan. 20	
Marcia Hatfield	.4
Betty Brown	.3
Carol Snyder	.3
Carolyn Angus	.2
Jackie Gage	
Barb Aubrey	.1
Emogene Weller	.1
Laurel Veloz	.1
Margaret Melville	.1
Nancy Moschler	.1
Friday, Jan. 24	
Emogene Weller	.3
Carol Jean Beard	.2
Kathy Bocchino	.2
Carol Snyder	.1
Carolyn Angus	.1
Marcia Hatfield	
Nancy Moschler	.1
-	



Ladies Golf League results for Jan. 22

by Pat Anderson

You know you should give up golf when you shoot your weight, not your age! Congratulations to Nancy Scime for your EAGLE on #9!

High Handicap +13

1 Dee Branchaud42

Cindy Bradley44

3 Diane Doggett45

1 Mardelle St. John.....30

2 Laurie Gardner31

Phyllis Simmers.....33

Nancy Scime15

Low Gross

2 Laura Apgar,

3 Nan Lance,

Fewest Putts:

Laura Apgar,

Birdies:

Kelly Person, Val Smith,

Shirley-Ann Appleby,

Low Handicap 0-12
Low Gross
1 Judy Carter4
2 Sylvia Cole4
3 Vicki Brooks4
Low Net
1 Carolyn Zadoyko3
2 Shirley-Ann Appleby,
Dawn Pulleyn3
3 Sylvia Savoie, Jen Furman,
Shannon Harkins3
Fewest Putts:
Sylvia Cole,
Carolyn Zadoyko1
Closest to #3:
Pat McCallum
Closest to #5:
Dawn Pulleyn
Chip-Ins
Nancy Scime, Arlene Wykoff

Party Bridge

Rid Euchre

Vicki Brooks, Nancy Cassels

	Dia Lacini
by Douglas Hatfield	
Tuesday, Jan. 21	
1 Ron Hicks, John Cyr2730	by Barb Nelson
2 Douglas Hatfield, and	Thursday, Jan. 23
Marcia Hatfield2440	1 Bob Luther152
3 Nancy Scharsick2050	2 Barb Nelson144
Thursday, Jan. 23	3 John Goodger142
1 Dave and Jen Furman2330	4 Pat McCallum116
2 Bob and Carolyn Angus1960	
3 Jim and Tawnya Weigand. 1850	

Dominoes

by Linda Gough	
Thursday, Jan. 23	
Table 1	
Carol Luther	125
Table 2	
Linda Gough	214

Cribbage

byFrank Hickam	
Monday, Jan. 27	
1 - Frank Hickam	589
2 - John Goodger	57
3 - Carol Jean Beard	56

500 Cards

by Pat McCallum	
Saturday, Jan. 25	
1 Barb Aubrey	1590
2 Carol Jean Beard	1530
3 Therese LeGro	1370

National Mah Jongg League

by betty Gorman
Monday, Jan. 20
Pat McCallum300
Judi Artz, Julie Ashland,
Bette Gorman, Janet Stevens100
Pat Anderson, Diane Phillips,
Judy Pech,50
Kathy Ellison, Lin Buczek25
Wednesday, Jan. 22
Judi Artz180
Janet Stevens150
Therese LeGro, Lin Buczek125
Pat McCallum100
Pat Anderson85
Kathy Ellison55
Carol Snyder, Arlene Wykoff,
Bette Gorman50
Friday, Jan. 24
Therese Le Gro125
Pat Anderson, Janet Stevens,
Bette Gorman, Judi Artz,
Arlene Wykoff100
Pat McCallum75
Warden Statham50

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by Bev Weissenger, and Kay Blunda Saturday, Jan. 25 Scott E. Chase Maxine Doran Selene Montgomery Rachel Brooke (2) Bill Kusky Barb Lafoon Donna Stein (2) Ellen Phillips Steve Niles (2) Kitty Fisher Marie Lupien (2) Jane Carev Carol Schell Mary Doubleday Debi Niles Gary Dietz Shirley Gavin Lenore Kennedy Jim Walsh

Acid reflux is a common digestive condition

by Janet Baal

Almost every hand went up among the 80 people attending the Coffee Seminar on Tuesday, Jan. 21 when the presenter asked if anybody had ever had acid reflux.

Robin Stuckey, Digestive Health Coordinator for Advent Health, Dade City, told those attending the seminar that acid reflux, also known as heartburn, is a very common digestive condition, but one that could have serious consequences if untreated.

Early symptoms include burning taste in the throat, nausea, coughing and regurgitation. Sometimes the symptoms are persistent hoarseness, wheezing, almost asthma-like behavior, but it can still be reflux, Stuckey said. The basic cause is frequently a problem with the sphincter between the esophagus and the

The esophagus is a passageway that takes food from the mouth down to the stomach, and the sphincter is a little flap at the bottom of the esophagus that opens to allow food to be swallowed, then closes to keep food in the stomach, where it is broken down with digestive acids.

sphincter When the malfunctions, the partly digested and highly acidic food pushes above the sphincter and enters the esophagus, damaging it. Occasionally a hiatal hernia in the sphincter allows a part of the stomach to actually bulge past and into the esophagus.

Tests to diagnose the condition include one to measure the acidity of the stomach contents, a second to test the operation of the sphincter, and a third to scope the upper gastric system.

Lifestyle changes can often help, Stuckey said. She suggested learning what foods give you heartburn, avoiding snacks before bedtime, losing weight, and elevating the upper body when sleeping. High acid foods include alcohol, carbonated drinks, coffee, tea, citrus, chocolate, tomatoes, and onions.

Drugs to treat acid reflux are in two groups. Some are Proton Pump Inhibitors (some brand names are Nexium and Prilosec) and the H2 Inhibitors, including

Zantac and Tagamet. These drugs should not be seen as a long-term solution to acid reflux, Stuckey said, since they have side effects and they could be masking serious damage to the esophagus which could result ultimately in esophageal cancer.

If surgical repairs seem to be required, a variety of procedures can be performed by the Advent Digestive Health Team, Stuckey said. LINX is the placement of a magnetic ring of titanium beads at the sphincter to enhance its function. Other procedures surgically repair hiatial hernia or tighten the esophagus to prevent regurgita-

People dealing with gastric reflux should consider medical help if it is keeping them awake at night, preventing them from working or if there are signs of gastric bleeding, such as dark, tarry stools, Stuckey said.

For more information about gastric reflux treatment, you can call Advent Health at 813-715-6622 and ask for the Digestive Health team or go to AHDadeCity-



Ohio Day luncheon



Photos by Barb Swartz

This happy group of Ohio Buckeyes gathered last weekend for their annual state luncheon.

by Barb Swartz

The Ohio Day luncheon on Sunday, Jan. 26 with 58 residents in attendance.

Committee chairman, Barb Swartz greeted all who came and led the group in the pledge of allegiance. Jeff Swartz offered the blessing over the food.

Committee members Jeannie Evans-Temple and Cindy McMahan signed in folks and gave out door prize tickets. Gary Baker and Denny McMahan made the Winn Dixie fried chicken run.

Sharon Gilbert Zile prepared a fun and informative Famous People From Ohio game.

Door prizes were the highlight of the day. People very generously donated many items this year.

Looking forward to seeing everyone next January.



Sharon Gilbert Zile presents the game Famous People from



Not Your Favorite Topic: Pre-Arrangements for your burial

by Kathy Carlig

The Coffee Seminar on Thursday, Jan. 23 was presented by Gary Randol, a representative of The National Cremation Society. In his presentation, he reminded us of the concerns that need to be faced by the spouse or family of the deceased at the time of death. He made a good case for pre-need planning.

Rational decisions rather than emotional decisions can be made when time is taken to plan for the inevitable time of death. Among the examples Mr. Randol cited when no pre-planning is in place, were the shock, confusion and even fear of making quick decisions. Disagreement between siblings, spending too much on services, deciding who will be in

charge and following of directions left by the deceased can also be emotional decisions to be avoided. Putting directions in a Will does not solve these problems as the Will is usually not read until after the burial.

In addition, pre-planning will freeze the cost of services at the time a contract is made. At present, The National Funeral Directors Association estimates the cost of cremation to be \$3,750 as opposed to \$16,000 for a traditional burial. Funeral costs double every 8-10 years. Cost is less at time of need but you are then making emotional decisions not rational ones. Cremation is now performed in 50% of cases whereas in 20 years it is expected to be 80%.

At the time of need the

Cremation Society will receive the body, transport it to the nearest facility, check the contract to comply with the wishes of the deceased, do all the paperwork, schedule and perform the cremation and place the ashes where directed.

This organization has been in existence since 1973 and currently has 700,000 members. The money paid for your pre-need plan is kept in an irrevocable trust until time of use. Mr. Randol wanted all of us to know that his company has received the J.D. Powers Presidential Award which has been given to only 12 companies in its 40-year history.

Please feel free to contact Mr. Randol at 727-847-4745 in Hudson, Fla. if you have further questions.



Have you been reflecting?

Flying Boats from page 13

The slightly rippled palm fronds tell the tale. The boats are now floating on Mirror Lake. The palm trees and blue sky reflecting brightly. Viewed right side up the flying boats are back to earth and again racing at TR.



Peg Stevens, Don and Joe Shipe read the Famous People from Ohio game instructions.







House for sale

Village Home at 2624 Willow Court reduced to \$92,000.

Steve Jackson 616-299-1082



Units and Vehicles for sale

2000 Fleetwood Bounder Motorhome A-class. 34D, V10 engine. Banks System, front-end stabilizer steering aid, Tiger Paw rear-end stabilizer, Onan generator. All windows have awnings and Armour Guard, new flooring, nonsmokers, maintenance records available. Excellent condition \$22,000.

10-64 Ray LoPresti 518-893-2427

2006 Holiday Rambler Motor Home. 36' four-slides. selfcontained, new Michelin tires 62,000 miles. Generator, privacy screens. Asking \$55,000. Can be seen at Lot 2525.

> Jay Matthews 518-944-4277

2004 Born Free Built for Two Motorhome, 23 foot B. Van. New Pergo flooring. Generic generator, good tires, storage cover, rear bathroom, awning, twin beds with remote controls. non-smokers, detailed maintenance records, excellent condition **\$24,000**. Cute as a bug.

2501 Betty Gilson 870-615-1668 or 706-490-3169

2016 Airstream Interstate **Grand Tour EXT.**. 24' 33,000 miles, Mercedes Sprinter Van chassis. Diesel Cummins engine. \$103,995. Excellent condition. See at 2708 Oak View.

David Schafer 660-973-4040

Class C 2014 Itasca Spirit 22R, E350 Ford, 51k miles, \$37,500.

Golfview 50-03 Jane Crossland 352-254-0503

2016 Bay Point 40' Park **Model** with 3 1/2 slideouts, 8' ceiling, queen bed, queen sofa bed, power awning, loads of cabinets and storage. \$38,000. No pets. Stock available.

04-04 John Fletcher 704-853-9256

Airstream Motorhome. 33' Land Yacht. 75,000 miles, newer tires. Brake pads, cylinders and discs replaced. New engine battery, front and back levelers, back camera, ready for towing. GMC engine, generator. Offers accepted. Need to sell due to health problems.

> 2803 Chuck and Jean Mears 352-588-3435

2000 Ford V10 450 31' Class-C Motor Home. 49,000 miles. 12 slide, 4000 generator, queen walkaround bed. Furnace, A/C, refrigerator/freezer. All the usual amenities. \$14,900. OBO. Available last week of March 2020. Would include tow dolly.

09-12 Bill Kelly 613-391-7853

2011 Skyline Park Model on a beautiful perimeter lot. Many amenities and upgrades. Inside washer/dryer, cherry cabinets, bay windows, WiFi thermostat, 2 TVs Large patio and awning with fan, concrete driveway, custom concrete steps and railings. \$59,900. Share of stock and like-new cart also available.

10-09 Gary and Karen Steeves 513-441-7889

2007 Breckenridge 44' 2 slides. Central heat and air. New roof-over, mint condition. Share of stock included \$45,000.

Brian and Carolyn Chambers 02-11 Carolyn 615-633-228 Brian 352-588-0303

Cover for Class "A" **Motorhome.** Fits 34'-36'. Made by Carver (USA). Cover is located in Dade City. Good condition. Asking \$450. Call

> **Steve Foltz** 352-424-2105

2014 Lincoln MKT three row SUV. Excellent condition. May be seen at lot 2813. \$13,900. Micky Graham 863-701-5288

Card of Thanks



15512 Hwy 301 Dade City, Florida 33523 Phone: 352-523-0844

January 7, 2020

Marilyn and Darold Long and Friends 29129 Johnston Rd. #0115 Dade City, FL 33523

Dear Friends at Travelers Rest,

Once again I am at a loss for words to express our appreciation for all you do for us here at Daystar. It's a real pleasure to partner with you in serving our needlest neighbors...

Our clients keep on coming in as usual - there's no letup in the numbers. We do get a little spike when the folks who are fleeing the cold start to appear. The past few months we have been giving away 9-10 tons of food every month. A whole lot of that comes from you in your weekly deliveries. What a blessing it is to know that we always have something to pack in the boxes and bags, and that most of what we have is healthy eating for all ages.

In December we served 473 families. We were closed for the holidays starting on Dec. 20 so it was a short month. Even so, we gave out 14,875 lb of food to 855 adults, 507 children, and 202 seniors. Then, thanks again to you, we restocked for the new year.

We also gave out about \$3,500 worth of thrift shop items, clothing and household necessities mainly, such as blankets and jackets and cooking utensils. It seems like anything that is usable finds a home sooner or later.

May you receive abundant blessings throughout the New Year for all the wonderful services you perform in the community. We are delighted to be part of your network.

With love and gratitude,

Sister Jean and Isabel and Kristine and Linda and the rest of the Daystar gang

Things go IN, not OUT

by Margaret Emmetts

I recently wrote about the trailer which the Board provided to be used to collect items for Daystar and Sunrise charities. The idea was that items should be put INTO the trailer, not TAKEN OUT of the trailer. It has recently come to our attention that items have been removed. Did the person or persons removing the items make a cash contribution in lieu of the items? We certainly hope so.



File photo

TRAVELERS REST TRAILER

WANTED

Your unused unwanted yarn. Any amount, size or color. Will be used for making dog beds for shelters.

12-11 Lynne Lewis 810-300-3884

Miscellaneous for sale

FREE Wooden handicap ramp, 20' x 46". Built in 2013. Can be seen on lot 07-04 but it cannot be removed until early April. Contact Dick Statham at wdstatham@gmail.com or at lot

Good used golf balls for sale. 1 doz. for \$1. Proceeds go to TRGA Beautification of Golf Course, 07-02 Bruce Cole

Sun Screens

1 - 68.5" x 63" 1 - 67.5" x 63"

5 - 56" x 63" All for

1 - 34" x 63" \$70

1 - 27.5" x 63"

1 - 27.5 x 63" 1 - 19" x 63"

> 18-23 Bill Harkins 518-365-6106



Photo by Norm Eden



Photo by Jeffrey Duquette



Who said there were no fish in **Vanishing** Lake?

Jeffrey Duquette caught this very nice large mouth bass behind the Snack Shack on Jan. 16. Tossed him back in!



Glavich Produce—Monday, 2/3, 11:30 a.m.—2 p.m.

Got Lobstah?-Wednesday, 2/5, 4 p.m.-7 p.m.

Fabia's Meat Farms—Thursday, 2/6, 11 a.m.—2 p.m. Glavich Produce—Thursday, 2/6, 11:30 a.m.—2 p.m.

Glavich Produce—Friday, 2/7, 11:30 a.m.—2 p.m. ALL LOCATED AT OAK VIEW PAVILLION



When an emergency happens, get in quicker with online ER registration. Simply reserve your treatment time and our ER experts will be waiting for your arrival. With pediatric amenities and the only Level 2 Accredited Geriatric ER* on Florida's West Coast, we're ready to help at two 24/7 convenient locations.

- Schedule online at GetInQuickER.com
- 🕽 In case of a life-threatening medical emergency, call 911.

EMERGENCY CARE

- Dade City
- Zephyrhills*



