



The TR Times

Travelers Rest Resort
Dade City, FL



Vol. 39, No. 7

Friday, January 26, 2024

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

Hi Lites



Golden Anniversary Dance

Deadline to RSVP is today, Friday, Jan. 26. Form is on pg. 6. Dance is Friday, Feb. 16 at 7 p.m. in Busch Hall.



TR Pup Crawl

Today, Friday, Jan. 26 at 5 p.m. around the park. See Pet Lover's Club on pg. 12.

Gospel and Inspirational Concert

Saturday, Jan. 27 at 4:30 p.m. in Busch Hall. See pg. 2.



Busch Hall Sunday Night

A Night of Comedy, Sunday, Jan. 28 at 7 p.m. in Busch Hall. See pg. 2.

Tuesday Night Movie

Barbie, Tuesday, Jan. 30 at 7 p.m. in Citrus East. See pg. 2.



Tin Pan Alley Showcase

Wednesday, Jan. 31 from 1 to 4 p.m. in Busch Hall. See pg. 2.

Pen-making Class

Thursdays, from 7 to 9 p.m. in The Woodshop. See pg. 6.

Activity Reminders

Friday Night Dance

Friday, Feb. 2 at 7 p.m. in Busch Hall. See pg. 2.

Canadian Luncheon

Saturday, Feb. 3 at 12:30 p.m. in Busch Hall. See pg. 6.

Ohio Day Luncheon

Sunday, Feb. 4 at 1 p.m. in Citrus East. See pg. 7.

CPR and AED training

Tuesday, Feb. 20 at 3 p.m. in Busch Hall. See pg. 5.

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Canadians are active volunteers at TR

The Boisverts



FLORENCE AND JOHN BOISVERT

These articles are a continuation of our series on park volunteers. This week we are featuring Canadian volunteers who are former residents of TR.

by Mary Kosbab

John and Florence Boisvert lived on lot 03-32. Florence was a Water Aerobics instructor. John was very involved in Parking. Both were instrumental in initiating the yearly Canadian Luncheon and the annual Polar Bear Swim/CAN-AM Volleyball Tournament. Florence led the Monday and Wednesday Water Aerobics. She and Carol Meyers, who led Fridays, were early instructors of this very popular activity.

The Boisverts were chairpersons of the Canadian Luncheon for many years. If you have ever looked in Busch Hall when the luncheon is taking place, you will know how well attended this event is. When Florence and John arrived at TR in 2000 the luncheon was being held in the Citrus Center. The following couple of years it took place outside the park and Florence was disappointed that they didn't have a chance to meet or talk to anyone. She decided that she and John would do the luncheon the following year at TR. It was such a success that they were asked to continue.

The luncheon grew and grew and John and Florence continued to be chairpersons until they left the park in 2017. They definitely deserve recognition as being the people who were behind the scene in creating this very popular event at TR. When I contacted Florence for some background for this article she wanted the following people who helped them start the luncheon to also be mentioned: Gordon and Elaine Morson, Karel and Ann Beck and Jean Adamson. Don and



Florence and John Boisvert are pictured in their role as chairs of the Canadian Luncheon.

Betty Bryan joined them the second year, and along with the Becks, stayed with them until the end.

The Canadian Luncheon is now chaired by Ralph Smith and Daryl McLeod. This year it is being held on Saturday, Feb. 3 in Busch Hall. The hall is sure to be all decorated in red and white, and there will be the traditional great food, fun and camaraderie.

Florence and John also co-chaired the Polar Bear Plunge for many years, taking the reins over from Jean Adamson. In their last years they were instrumental in initiating the CAN-AM Volleyball Game following the Polar Bear Swim that was fun for both the players and the spectators.

John and Florence now live in Brockville, Ontario. They try to follow what is going on at TR through *The TR Times* online. They were very instrumental in all the above-mentioned activities and are greatly missed.

by Mary Kosbab

For many years when you turned into TR from Johnston Road, the first trailer you would see on lot 01-35 belonged to Gaetan and Theresa Charbonneau. They lived in a squarestream. On the patio was a double swing chair on which you would almost always see Theresa rocking and knitting.

Gaetan was a robust man with a booming voice and dynamic personality. He was a big force behind the upgrade of the TR Golf Range. For many years he would carry crates of balls that had been hit on the range during the day to his shed, wash them and return them in the morning to the ball bin. At that time, the ball bin was a big box with a lid you raised as you scooped out the balls you needed.

His first improvements were to put dividers between the golf stations, purchase a number of golf ball retrievers and find a supplier of new range golf balls.

Jackie Schenk, a good friend, made the dividers that are still there and have stood the test of time and bad weather for over 15 years.

Gaetan's devoted commitment to the golf range prompted George Andrew, one of the golf instructors, and friend Dick Kosbab to design and build a shed with a ball washer in it. The building was completed with the help of volunteers. This shed is still being used.



Photo by Mike McBride

Gaetan and Theresa Charbonneau, former membership co-chairs, share a laugh with Carl Cooley in the Starter Shack.

Ball Golf benefited from Theresa's pastime of knitting. For a number of years they received a pair of slippers along with a sleeve of golf balls.

Theresa would also fill up a Canadian Luncheon door-prize table with slippers. If my husband's or my number was called, we would make a quick run to her table and get a pair. They kept our feet warm on many cold evenings.

The TR Golf Range would be a very different place without Gaetan's involvement. He would be very happy to see it still being well-maintained and used by so many.

The Charbonneaus



Photo by Mike McBride

Gaetan and Theresa Charbonneau were all smiles as they served as chairpersons for The Golf Association many years ago.



Photo by Wayne Lewis

Gaetan Charbonneau and Joe Neto deliver seed for the Tuesday morning divot crew.

BUSCH HALL

Sunday Night presents

A Night of Comedy



RICH PURPURA



TODD CHARLES, THE MOOGICIAN

by Sandy and Ken Langell

Rich Purpura and Todd Charles, the Moogician, are back by popular demand. These two comedians were top picks from the 2022 Showcase and we're bringing them back for a night of rib-tickling fun on Sunday, Jan. 28 in Busch Hall. Admission is free. The Ice Cream Social starts at 6:15 p.m. with announcements at 6:45 p.m. Showtime begins at 7 p.m.

The cowboys are coming



by Jackie Thackery

The Western Dance will be held on Friday, Feb. 2 in Busch Hall from 7 to 9 p.m. Pull out your jeans, Western shirt and other garb, including your large, silver belt buckle and boots. Director Phil St. John has already begun planning our set of music. Many of these songs you will remember from your youth and country classics. Practice up on your two-step and favorite line dances.

Show up prepared to celebrate country living and other stories at your tables. Don't forget to bring your own snacks and refreshments, perhaps even some to share. The band appreciates your donations to meet their expenses.

Come and listen to the TR Travelers even if you are not dancers. You likely will have an enjoyable evening visiting with some other happy TR residents and listening to familiar music. Y'all come, ya hear!

Residents share their musical talents

Join us for an uplifting afternoon of

Gospel & Inspirational Music



SATURDAY, JANUARY 27
4:30 p.m. **BUSCH HALL**

Featuring TR's own musicians

Ruth & Ron Reeve
Barb Swartz
Doc & Donna Probes

by Donna Probes

For an uplifting afternoon, join us for a concert of gospel and inspirational music on Saturday, Jan. 27 in Busch Hall at 4:30 p.m.

This event will feature TR musicians Ron and Ruth Reeve, Barb Swartz, as well as Doc and Donna Probes. You'll enjoy many old-time gospel favorites such as *I'll Fly Away*, *Standing in the Need of Prayer*, *Amazing Grace* and *Unclouded Day*.

In addition, a beautiful selection of contemporary Christian

music will feature such popular songs such as *God is Good All the Time*, *Days of Elijah* and *Power of Your Love*.

Many who attend the TR Worship Service have heard the touching duets of Ron and Ruth Reeve, whose hometown is Leamington, Ontario Canada. As a retired music director of 36 years, Ron brings a wealth of experience to our park. When he combines his keyboard talent with the lovely voice of Ruth, the result is beautiful music.

Barb Swartz brings years of musical experience from her 13-year involvement in the trio called Believe. As a member of this group, she has performed in many settings in her hometown of Richwood, Ohio including fairs, community concerts, celebration events and retirement/care facilities. In addition to being an active leader in the TR Church Association, she also served as worship leader in her church at home for many years.

In addition to their professional musical career in the world of popular music, Doc and Donna Probes have been active members of the music worship team in their Traverse City, Mich. church for many years. They have written and performed several liturgical songs.

This is a free event, and the entire TR community is invited to enjoy an uplifting afternoon with singing and harmonies.

Tin Pan Alley Showcase

by Sandy and Ken Langell

Local talent agent John Timpanelli presents an afternoon sampler of his top talent on Wednesday, Jan. 31 from 1 to 4 p.m. in Busch Hall. Admission is free. We suggest you pick up lunch at the Snack Shack that opens at 11:30 a.m. and then come enjoy the show.

There will be buyers from other parks attending this event. If you notice someone who looks lost, please help them.



JOHN TIMPANELLI

Cable and Internet service costs

Several people have inquired about the cost of our cable and Internet service. As previously stated in a mass communication, BASIC cable and Internet is included in your lease. Any premium upgrade costs are the responsibility of the resident.

Tuesday Night Movies



by Carol and Jim Henrikson

Oppenheimer, the fourth of the 2024 Season Tuesday Night Movies (TNM) was shown on Jan. 23. The response to the movie was excellent. Next in the queue is *Barbie*, to be held on Tuesday, Jan. 30. You may recall that these two movies were shown together last summer billed as *Barbenheimer*.

Thank you to Sandy Nelson and her crew for making popcorn. Popcorn is an enjoyable addition to the 2024 TNM Season. Ahead of the third movie week, the "Sandy Crew" provided a quality turnover for the new crew who stepped up in the TR way making this all possible.

The first features in February will be *Maestro* on Feb. 6 followed with *Spotlight* on Feb. 13. Continuing the series for February will be the story of The Band led by Robbie Robertson at their retirement concert. The movie they are featured in is called *The Last Waltz*. Robbie passed away in August of 2023 after a significant contribution to popular music. The final February feature will be *The Whale*. This movie won the Oscar for Best Actor in 2023.

The March slate of movies will include *Killers of the Flower Moon*, based on the book of the same name. The movie *Napoleon* will follow and then *Four Men in*

a Boat, which is also based on a book.

In addition to the InTouchLink app, we are placing signs in strategic locations as a reminder of the evening's TNM show. We will place the signs each Tuesday morning. They will be taken down after the movie is presented. We highly recommend InTouchLink as a daytime/weekly planner to stay current on TR's many activities.

Chairs are provided in the front rows. They are set up in a pattern for optimal viewing. Some of you may wish to bring your own seating such as a favorite picnic chair. There is usually plenty of floor space behind the front rows. When placing a chair please keep in mind those behind you wishing a clear view of the projection screen.

Please help yourself to the freshly prepared popcorn when you arrive at TNM. It is available ahead of show time. The movie starts at 7 p.m. Carol will present a short introduction/commentary before the movie. The Sonos Audio System is used to provide a variety of music prior to the movie to showcase this new equipment and to perform sound checks. Hope to see you at TNM soon.

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- Norman & Muriel Roy, Zephyrhills

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Communications from the Board

Plastic bottles and waste disposal

by Deborah May, President/
CEO Board of Directors

When I was a child, the soda came in glass bottles with a deposit on each bottle. This deposit factor kept trash along the roads at a minimum because the bottles were always being picked up by children or adults for some extra change. We never considered buying or drinking water from a bottle. Water was always readily available from the faucet or in the summer children were often seen drinking out of a water hose because they were too busy playing to run inside to get a drink. Companies selling water have made a fortune selling water in plastic bottles. Their advertising campaigns have successfully convinced us that we should not drink water from a faucet but spend our money buying their water in disposable bottles as a healthier alternative. Our waste disposal policy W1000 mentions disposing of plastic bottles in the respective dumpsters for recycling. The recycling here at TR is strongly supported by the residents as evidenced by how fast the dumpsters fill up with recycled



DEBORAH MAY

materials. This is great for lowering the amount of trash we have to pay to have hauled off and is good for the environment.

However, are we really benefiting from buying water or are we self-destructing? On Jan. 8, CNN reported that researchers have discovered that bottled water contains 10 to 100 times more bits of plastic than had been estimated before. These nanoparticles are so small they are not visible under a microscope. They are 1/1000 the width of a single strand of human

hair. They travel through the digestive tract into the bloodstream where the synthetic chemicals are distributed throughout the body. Two standard bottles of water were found to contain approximately 240,000 particles from several types of plastics; 90% of these were identified as nano-plastics and the remainder were microplastics. This study backs up the expert advice to go back to drinking tap water from glass or stainless-steel containers. Their research also extends to other foods packaged in plastic. This study was published in the *Journal Proceedings of the National Academy of Science*.

I can just hear my grandmother, who lived through the Great Depression, saying "See I told you that was a big waste of money." She was a big proponent of recycling when recycling wasn't popular. Maybe we need to go back to the basics and re-evaluate the products we buy. Glass is a better alternative than plastic for storing food and drinks.

From the Manager's desk



RAY HILL

by Ray Hill with Rich Kushman

A fellow resident sent me a text asking a good question; did Ray secure several bids for the Village road project and that was my first question. Ray pointed out that the project is in exploratory mode and if the Board wants to secure competitive bids they will do so. Ray did emphasize we have a long standing relationship with our road contractor. They have always given competitive prices, are trustworthy and do quality work.

Apparently the game of bingo has its roots in the 16th century and some believe the equipment currently in use in Citrus also dates back to ancient times. This is the last season of suffering for bingo callers. Ray said new electronic equipment is planned for next

season which will allow for more types of games and portability just in case Busch Hall is needed for the expanding crowd. Clickety click, lucky sevens.

My next question for Ray, posed by my wife Kathleen, brought surprise and I must confess a smile. "Why not convert some of the shuffle board area for corn hole?" After Ray and I discussed the lack of interest both games achieve, Ray shared what he thinks would be a great use of the area. A gathering place complete with a Tiki Hut or Airstream Trailer equipped to sell snacks, soft drinks, beer, wine and some food items. I smiled right then because this sounded to me like a wonderful idea. What this needs now is positive development and research, no need for a Debbie Downer or a Gloomy Gus.

Imagine, a social gathering place central to all areas of the park. A comfortable space where residents can sit, chat, enjoy snacks and raise a glass. Where you won't have to stack the tables and hang the chairs. A watering hole after a day of hard volunteering or a 19th hole where everyone makes par. Wow, I was smiling now, it really is a great idea.

W1000 WASTE DISPOSAL:

- 1) Household trash including kitchen waste is to be deposited in trash dumpsters at Busch Hall and at the end of 14th Ave
 - 2) Deposit plastic containers, jugs and bottles, clean metal food cans, flattened cardboard and mixed paper, in the respective dumpsters at these sites. No plastic bags, plastic packaging or Styrofoam.
 - 3) Large household items such as broken chairs, electronics, appliances, lumber, or golf equipment should be taken to Pasco County Handcart Rd Transfer Station or retained until a Special Event during the season.
 - 4) Aluminum soda and beer cans can be deposited in the wire cages at each site. They are sold to a nearby metal salvage yard.
 - 5) Hazardous waste such as paint, stain, herbicides, and pesticides should be taken to Pasco County Handcart Rd or retained for a Special Event.
 - 6) Small batteries and small propane tanks can be deposited in designated containers at the dumpster sites.
 - 7) Yard and garden waste is picked up on Monday and Thursday by TR Maintenance Staff from November 1 thru April 30. Use the large tubs provided for each site. From May 1 thru October 31 pick-up is done on Monday only.
 - 8) During the off-season (May through October) several of the recycling and trash dumpsters at each location will be closed, reflecting the decreased volume
- (Approved 12-04-07) (Revised 02-16-21) (Revised 10-24-23)

Time to request your budget

If you are an activities group that has had money allotted in this year's budget and you need it now, please send a letter to the Board of Directors requesting the money be transferred into your activities account. You may request up to the amount allotted in this year's budget for your group.

Submit your activity group proposals

If your group will need some funds for 2024-25, please provide a request to the Board of Directors by Wednesday, Jan. 31 for consideration to be included in next year's budget. Please provide information as to what the funds will be used for. We will endeavor to grant as many reasonable requests as possible.

TRASH



Talk!

Waste Management Program

Beginning in January of the 2022/23 season, a comprehensive Waste Management Program was implemented at TR. Volunteers are an important part of the planning and implementation of this program. Special Events are held several times per year to assist residents in disposing of large household items and hazardous waste. These are advertised in *The TR Times* and via other media. Please do not leave large items at the dumpster locations other than during the Special Events.

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Missed you Wednesday night

For many years TR has provided a Wednesday Night Concert Series. Doug Pedersen has scheduled some wonderful performances in a variety of genres. Unlike Busch Hall Sunday Night, where the performances are free, the Wednesday Night Concert Series carries a cost of \$15 for most weeks and \$20 for the Annual Spectacular.

We used to have a full house for all these programs, but this year I was amazed to find the hall just half full. Why is that?

Do you realize that what we get here for a mere \$15 would cost up to \$75 if you saw the same performance in Tampa or Sarasota?

We used to sell about 400 season tickets. However this year, sales have dropped to about 200. If we don't sell enough tickets to cover the cost of the performers we will lose our Wednesday night performances.

I hope you understand that it is not required to have a season ticket to attend. Paying \$15 at the door, excluding the Spectacular, will allow you to attend a single performance if that is your wish.

Please talk to your friends and neighbors and urge them to support the Concert Series. I don't think any other park offers talent of this caliber at these prices.

Let's fill Busch Hall and keep this series going. *mre*

Women's Bible Study

Believing Jesus

A Journey Through the Book of Acts

Tuesdays, Jan. 9 through Feb. 27, 3 to 4:30 p.m. in Citrus West

by Rosita Williams

These eight-week study session titles are as follows:

The Declarations That Define Us

Earth, Wind and Celestial Fire

Checked Past Can Make

Incredible Preachers

What's Mine Is Yours

Loving More People, More

The Need to Be ReGospelled

Turning Your World Upside

Down

Bearing the Chain Because

Bring your Bible, paper,

writing tools and your open mind,

ready to follow this great road map

to living a more daring, connected

and belief-fueled life.

The TR Times

TRAVELERS REST RESORT, INC.

Box 2817, 29129 Johnston Rd.

Dade City, FL 33523-6128

THE TR TIMES OPERATING COMMITTEE

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CONTACT INFORMATION

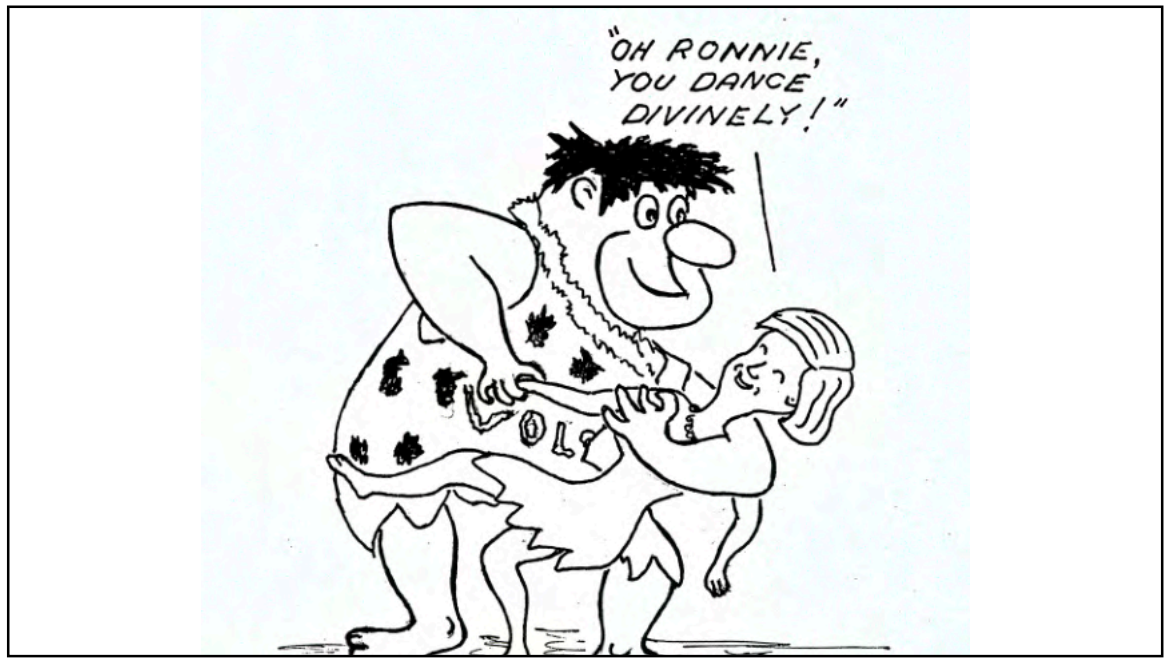
29129 Johnston Rd., Box 2817, Dade City, FL 33523

Phone 352-588-4993

e-mail thetrtimes@gmail.com

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www.travelersrestresort.com and click on Newspaper.



The Servant's Plow

by Anthony Shipe

The story of the rainbow appears in scripture after the catastrophic worldwide flood in Genesis 6-9 because of the continual evil and wickedness of mankind (Genesis 6:5-12). God decided to cause rain to fall for 40 days and nights and flood the entire earth, killing everyone and everything except for a man named Noah, his family and a bunch of animals that were kept safe inside of a wooden ark.

After several months of what the NLT translation calls "mighty torrents of rain" (Genesis 7:11), God's judgment finally ceased and the rain stopped (Genesis 8:2).

After the floodwaters receded and Noah could get out of the boat onto dry land, he built an altar and offered a burnt offering to God. In response, God declared this promise in Genesis 9:8-17 NLT to Noah and his family; "Then God told Noah and his sons, I hereby confirm my covenant with you and your descendants and with all the animals that were on the boat with you, the birds, the livestock and all the wild animals, every living creature on earth. Yes, I am confirming my covenant with you. Never again will floodwaters kill all living creatures; never again will a flood destroy the earth."

Verse 12 continues: "Then God said, I am giving you a sign of my covenant with you and with all living creatures, for all generations to come. I have placed my rainbow in the clouds. It is the sign of my covenant with you and with all the earth. When I send clouds over the earth, the rainbow will appear in the clouds and I will remember my covenant with you and with all living creatures. Never again will the floodwaters destroy all life. When I see the rainbow in the clouds, I will remember the eternal covenant between God and

A covenant promise



ANTHONY SHIPE

every living creature on earth. Then God said to Noah, "Yes, this rainbow is the sign of the covenant I am confirming with all the creatures on earth."

Rainbows contain a continuum of around 1 million colors that are indistinguishable with the human eye. Instead we can only really see seven color hues: red, orange, yellow, green, blue, indigo and violet.

White light from the sun shines on one side of a water droplet, gets reflected off the other side of the droplet, and then exits out to the other side of the sky as a circular bow or arc of color that is refracted or broken up into the color spectrum.

Below are listed some amazing facts about rainbows that I hope you'll find as interesting as I do.

1. You can never get to the end of a rainbow.

Are you constantly searching for a pot of gold every time you see a rainbow? The fact is that you can never actually get to the end of a rainbow! Because a rainbow is based on the orientation of the observer (you) and the light source (the sun), when you move,

the rainbow will move, too.

2. The rainbow is actually a complete circle from the sky.

Rainbows are the result of the refraction and reflection of light. Both refraction and reflection are phenomena that involve a change in a wave's direction. A refracted wave may appear "bent," while a reflected wave might seem to "bounce back" from a surface or other wavefront. The lower the sun is to the horizon, the more arc you can see. While you're on the ground, you can only observe the classic semi-circular rainbow-hence the word "bow". However when you are higher up, such as flying in an airplane and looking down below, you can view a rainbow as a complete circle. I like to think that this symbolizes God's wedding band for humanity.

3. Earth is the only planet in the solar system with rainbows.

Scientists have noted that Jupiter has constant hurricanes of gas and Mars may even have some frozen water however, Earth is the only planet in our solar system capable of creating rainbows. That's because Earth is the only planet with consistent liquid precipitation and direct sunlight.

4. You can make your own rainbow. There's an easy way to do it yourself.

All you need is a sunny day and a garden hose. Stand with your back toward the sun. Turn on the water hose. These are your "rain droplets." Put your other hand straight up in the air. Spray water about halfway between the ground and your hand. As the sun's light shines through, you should see a mini rainbow and its beautiful colors.

God continues to bless the generations after Noah and his family. You are part of that covenant promise.

TR Church Association

Choir Rehearsal

Friday, 8:45 a.m.

Bernie Gutridge

Bible Study

Sunday, 9:30 a.m.

Hymn Sing

Sunday, 10:15 a.m.

Barb Swartz

Worship Service

Sunday, 10:30 a.m.

Pastor Anthony Shipe

Holy Communion

Second Sunday of the month.

Praise and Worship Service

First and third Saturday at

4:30 p.m. in Busch Hall



Sacred Heart Catholic Church

32145 Saint Joe Road
Dade City, Florida 33525

MASS SCHEDULE

Vigil Mass

Saturday, 4 p.m.

Sunday Masses

8 a.m. & 10:30 a.m.

Daily Masses

7:30 a.m. Monday - Friday

RELIGIOUS EDUCATION CLASSES

Sunday 9:05 a.m. - 10:20 a.m.

Rev. Krzysztof Gazdowicz, Pastor

(352) 588-3641



The Siren

Dick Wheatley is welcome



by Jean Bjorgen, Retired EMT

The TR First Responders greeted Dick Wheatley with open arms, food and a celebration parade on Wednesday afternoon. Wheatley is back for a few days to check on his home in The Village and to touch base with friends. Dick and his wife Kit have been long time First Responders and we've sorely (pun intended) missed them. They are currently residing in Maine near the caring support of their children as Kit deals with a serious illness.



First Responders gather to welcome Dick Wheatley.



Joan McLean and Dick share a moment.



Gayle Sunde and Martha Bigelow prepare Happy Hour to celebrate the event.



Joe Colao and Warren and Judy Sherlock welcome Dick.



Gloria Polzin and Dick share a chat.

Photos by Pam Watkins

Healthy Tips

Why is fiber so important to your health?

by Donna Neer, RN, Retired

According to Dr. V. Mohan M.D., dietary fiber refers to the "edible parts of plants or carbohydrates that cannot be digested." Fiber is found in all plant foods including fruits, grains, vegetables, nuts, seeds and legumes. Simply stated, fiber is bulk or roughage.

Fiber is an important part of our daily dietary intake and is classified as either soluble fiber or insoluble fiber. Soluble fiber is found in oats, barley, apples, citrus fruits, beans, flax seed and peas. Soluble fiber dissolves in water to form a gel-like substance. Insoluble fiber does not break down in water and as a result will increase the movement of material through your digestive tract increasing your stool bulk.

Whole wheat foods, nuts, bran, cabbage, beets, cauliflower and apple skins are excellent sources of insoluble fiber. Most of us do not have a clue how much fiber we take in daily, nor do we know what is the suggested dietary intake. Maggie Gilbert, a registered dietitian at Firelands Regional Medical Center in Sandusky, Ohio, recommends a dietary intake of 21 grams of fiber for women over 50 years of age, while 30 grams is recommended for men in the same age group.

Ms. Gilbert, in her article *Focus on Fiber for Better Health*, states that a high fiber diet may provide the following health benefits: Decreased cardiovascular risk as soluble fiber intake may help lower LDL (bad cholesterol)

levels in your body; a high-fiber diet can play a role in colon cancer prevention because fiber makes the stool easier to pass through the digestive system and can increase the weight, size and softness of the stool, helping to prevent constipation; additionally, Ms. Gilbert states that high-fiber foods can help with weight management. High-fiber foods can make you feel full quickly and continue to feel full for a longer period of time.

How do we manage the intake of fiber into our diet and successfully switch to whole grains such as whole wheat or bran. Read the labels! High fiber cereals, whole wheat bread and brown rice are good sources of fiber. Brands such as Fiber One Cereal have 13 grams of dietary fiber per cup as compared to Kellogg's Frosted Mini-Wheats that has 5 grams of dietary fiber for the same size serving. That is quite a significant difference. Fresh fruits are much better than fruit juices and vegetables, even a medium-size baked potato with the skin will provide excellent sources of fiber.

A healthier selection of snacks can also provide high-fiber choices such as low-fat popcorn, nuts, dried fruit and raw vegetables.

Note: With a high-fiber diet, it is important to increase your water consumption to help process the fiber as it is digested through your body.

For more information on healthy eating, visit eatright.org.

Over 500 served at the First Responder BBQ

by Pam Watkins

Our First Responders prepared and delivered more than 500 meals to hungry TR residents in a truly efficient drive-thru process last Saturday. Cooks prepared dozens of pans of food in the Busch Hall kitchen, while Ted Smith, Jim Johnson and others wheeled the large containers of bbq, coleslaw and beans outside to the assembly line. Each customer was greeted as they entered the parking lot and directed to where Jean Bjorgen took their tickets and meal orders. Meals were assembled, bagged to go and delivered to those first responders waiting to hand them off to the happy, waiting customers. Jim Conant directed drivers to the exit while also guiding walk-ups safely through the traffic

line. Customers received fresh, hot dinners to enjoy at home and with their friends.

Roxy Bass shared that as residents purchased their tickets, many donated their change and additional money, as well. TR's generous support of the First Responder BBQ enables the purchase of much-needed supplies. Bass said that there are 25 first aid boxes placed around the Park for use in emergencies and as needed. She hopes to purchase more, and this is just one example of where the money goes.

Thank you TR for another successful fundraiser and to all of our First Responder volunteers for the tasty meals.

Photographs of this event are on Page 13.



Alert:



TR First Responders will be providing CPR and AED training on Wednesday, Feb. 20 at 3 p.m. in Busch Hall. Program is open to all residents and guests. Take advantage of this free opportunity.

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Activity Affairs

Activities GPS

by Guy Weik

When residents contact me to schedule an activity, increasingly they are checking the building schedules in the *TR Directory* and then the daily schedule on InTouch prior to asking me if a certain building and time are available. I really appreciate this, because then all I have to do is verify the availability as opposed to starting the search process from the beginning.

This is a reminder that everyone has several options when looking for a specific activity or just wanting to see what's happening on any given day or time. The InTouchLink app is available to everyone who has an email registered with the TR Office. On the opening page you'll see links to the *TR Directory*, Movie Nights, Board of Directors, Special Events, Entertainment, Food Trucks and TR Travel. At the bottom of your screen, in a black strip, you'll see a link to the Activities Schedule. The daily schedule shows all indoor and outdoor activities scheduled for the day on which you click. Many activity listings include a blue "i" with a circle around it. Click on it and it will lead you to additional



GUY WEIK

information about that activity.

Residents who are leaseholders or Village landowners can also find schedule information in the *TR Directory* they received. Since there aren't any page numbers—I agree this would be an improvement—I'll discuss the schedules in the order in which they appear. The building schedule is first. Each page shows you every day of the week those activities that are scheduled and their time slots in each of our indoor facilities. If a block of time is blank, that slot was available when the directory was printed. I send weekly updates to *The TR Times*, so you can add these to your *TR Directory* to keep the scheduled information accurate.

TR Directory updates

by Guy Weik

Every year, for various reasons, some schedule changes are made after the *TR Directory* has been sent to the printer. I will make note of the changes here, so you can make the corrections in your directories. The list is getting too long, so starting this week you will just get this week's updates. Previous updates can be seen in previous editions of *The TR Times*.

Building Schedules

Tai Chi, Mondays, except 2nd, all Thursdays, 10 to 11 a.m., Hobby House.

Add Cribbage, Mondays, 6:30 p.m., JMAB.

Cornhole, Wednesdays, 7 to 9 p.m., Citrus East.

Red Dot Socials, first Thursday of the month, noon to 1 p.m., Citrus West. Third Thursday of the month, 8 to 9 a.m., Busch Hall.

Left, Center, Right Game, Thursdays, Jan. 26, Feb. 9, Feb. 23, March 8 and March 22, 6:30 to 9 p.m., Busch Hall.

Monthly Special Events

TRLGL End of Year Luncheon, Wednesday, March 20, 2 to 4 p.m., Snack Shack Pavilion.

Activity Contacts

Tai Chi, #135, Kathleen Sanders.

Cornhole, #137, Dan Varner.

Left, Center, Right, #138, Gary Dietz.

Next you'll find the schedule of Additional and Outdoor Activities. In addition to outdoor activities such as Pickleball, Shuffleboard, Bocce, etc., this shows you other activities that happen off campus, such as Bowling, Biking and motorcycle rides. The Monthly Special Events comes next, which is also updated weekly in the newspaper. There have been several changes in these events since the *TR Directory* went to the printer in early October. The activity schedules are followed by a listing of Free Entertainment, the 2024 Wednesday Concert Series, and finally an alphabetical listing of all our activities, now numbering 138. The activity chair and contact information are listed. This also gets updated weekly in *The TR Times*.

TR residents who live on Golf View can see an alphabetical listing of all our activities, locations, times, and their contact information on the Bulletin Board pages in *The TR Times* that is published and updated weekly. The building schedules are posted in the Golf View Pavilion.

I hope this journey through locating and scheduling activities has been helpful, and thanks for checking them out prior to asking for an event to be booked.

change from GV to lot 02-28.

Bridge, #19, Change Barb Aubrey to Jen Furman.



What's the word?

by Pat Daubenmier

What's the word you ask. The word is awesome! That word describes TR's very own Travelers who recently sponsored the first Friday Night Dance of the season. If you missed that little bit of awesomeness, you certainly don't want to miss the next opportunity. The next dance is Feb. 2, the Golden Anniversary Dance is Feb. 16, the Mardi Gras Dance is on March 1 and finally, a St. Patrick's Day party is on March 15. All Friday Night Dances begin at 7 p.m. in Busch Hall.

Speaking of opportunities, we need more members. Consider joining this awesome group of musicians. We aren't perfect and



we don't expect you to be. Find that instrument whether it's in the back of your closet or at your grandchild's house – we've heard this as an excuse – and face it, if your instrument is at a grandchild's house, the kid deserves a new one! We have a music folder for you. Hope to see you on Tuesdays at 1 p.m. in Busch Hall or at least next season. If you have questions, feel free to contact Director Phil St. John or Band President Pat Daubenmier.

Canadian Luncheon is next Saturday



by Ralph Smith

Come on out and celebrate Canada Day on Saturday, Feb. 3 at 12:30 p.m. in Busch Hall. We will begin with a meet and greet followed by our luncheon at 1 p.m. Then the fun and games will begin.

Please bring your beverage and table setting. A surprise dessert will be provided. Donations are always welcome. Sign-up sheets are now available on the table in Busch Hall where you typically sign up for the Thanksgiving and Christmas events.

Please contact Ralph Smith at lot 05-10 or Belinda Keating and Daryl McLeod at lot 05-21 with any questions.

Pen-making class to be held on Thursdays

by Larry Kurkowski

Would you like to learn how to make a wooden pen? If so, now is your opportunity. On Thursdays from 7 to 9 p.m., Larry Kurkowski will lead a class at TR's Wood Shop. The class is open to both women and men. The class is just \$15. Class size is limited to six people, so register soon on the sign-up sheet in the Post Office Lobby to ensure your spot.

Eye protection and closed-toe shoes are required in all classes. If you have questions, call Larry Kurkowski at 248-421-5315, after noon, please.



File photo

You can make this pen.

Were you married in 1974?

by Pam Watkins

Today is the deadline to submit your form if you wish to be recognized at the 2024 Golden Anniversary Dance scheduled on Friday, Feb. 16 at 7 p.m. in Busch Hall.

The Travelers Orchestra invites the community as a whole to participate in this event to especially honor the anniversary celebrants. If you wish to be recognized, please complete the form below and send it to *The TR Times* today, Friday, Jan. 26. You may use in-park mail, *The TR Times* box located by the Post Office door in Busch Hall or send the information contained in the form to us via email at thetrimes@gmail.com. We will contact you to schedule an interview and photograph for our newspaper article about our 2024 Golden Anniversary couples.

Remember *The TR Times* is viewable in color online if you wish family or friends elsewhere to enjoy seeing this special recognition. If you were married in 1974, we hope you will plan on joining us.

Attention:

All couples married in 1974



Will you celebrate your 50th Wedding Anniversary in 2024? If so, we would like to honor you as guests at the dance on **Friday, Feb. 16**. Please complete the coupon below and send it to *The TR Times* by **Friday, Jan. 26**.

Name _____

TR Address _____

Phone Number _____

Reserved table? Yes No



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Talking to Diana is well worth your time.

Woodcarving Club brings back memories

by Shelba Tucker

Settling in at TR we are exposed to many activities to participate in, and I'm guessing that most folks are drawn to activities that are familiar and available back home. I was looking for a different activity involving my interest with woodworking and carpentry.

As a youngster, I would watch my dad and grandfather sit on the front porch with their Tree Brand Knife and whittle a piece of wood. They made small talk about the day and what needed to be done on the farm. When the knife needed sharpening, the whetstone was picked up, spit on, and the knife was sharpened to continue making the wood chips for cleanup. I can't recall anything made from the stick other than wood slivers and chips.

I was interested in carving, but we did not have the means or opportunity and dad would not let me have a sharp knife. He did, however, make me a tool by flattening the end of a 20-penny nail to use as a gouge, handed me a hammer, a piece of rough-cut poplar and I was good to go. I now understand that my very first piece was called relief carving.

I was excited to have the opportunity to join the Woodcarving Club. We are instructed on what tools are needed, the correct way to hold and use carving tools, and are provided one-on-one instruction from a talented and experienced instructor, Linda



Shelba Tucker and Linda Murphy with their work in hand.

Photo by Dave Murphy

Murphy, the wood whisperer.

Being a part of the Woodcarving Club brings back memories of the simple life. We gather and share the progress of our projects and are in awe to see them finished. We each choose a project or subject that we're interested in and sometimes what we start carving is not what we finish with, but each is unique.

I particularly enjoy carving mountain men. Their faces and expressions remind me of the pioneers that we watched in the old western movies.

The Woodcarving Club meets weekly on Wednesdays at 9 a.m. until noon in Citrus West now thru April 3. Come join the fun.



Photo by Shelba Tucker

A Shelba Tucker carving.

Geocaching group enjoys field trip

by Nan Lance

The Geocaching group met at Citrus West on Tuesday, Jan. 16 at 9 a.m. They didn't stay long and took off soon for their field trip in search of caches hidden in our area. This trip took them to Cortez Boulevard in Brooksville where they found 10 caches, many of which were called "Red End." This refers to the red diamonds at the end of a parking lot or dead-end

road. That's probably too much information to tell you. The caches are hidden and found by clues and GPS. Don't tell! Come join us to find out more, Tuesdays at 9 a.m. in Citrus West.



Watch for stop signs

As the number of residents in the park starts to climb sharply, please remember, whether you are on a golf cart, bicycle, or in a car, you must stop at the stop signs before you enter 1st Street. Please watch out for pedestrians crossing the road in the yellow crosswalks.

Model Railroad Club news

by Brian Krupicka

This week the Model Railroad Club will be focusing on how different types of control systems provide power to trains operating on TR layouts. These systems include handheld throttles to control train speed and lights in different engines and cars. Discussion also will include how trains can be operated from cell phones and directly from a computer. Several

of the modules that are completed and in operation today have control systems built into them. If you have any questions, please contact Brian Krupicka at TRTrains@dbcomserv.com or call 630-961-1243.



Welcoming Committee holds its first Red Dot

Coffee Seminar

by Susan Stahley

On Thursday, Jan. 18 at 8 a.m. the TR Welcoming Committee held its first Red Dot Coffee Seminar. It was held in conjunction with morning coffee and goodies in Busch Hall. Rosemarie Kuharick and Judy Pech gave out great information to the Red Dots as the newcomers are known. Diana Hill, chairperson, gave a brief overview of how to locate important information by accessing the TR website, and reminded those in attendance that only leaseholders could access the new InTouchLink app.

In addition, newcomers were given information on the many TR Facebook sites where individuals

could garner additional information regarding activities at TR. While none of these are official TR sites, they are administered by members of the TR community in an attempt to provide all residents information about the happenings in our "little piece of paradise." A reminder was given to all that our own TR Times is an excellent source of information as well.

The next Red Dot Social for all newcomers will be held on Thursday, Feb. 1 from noon to 1 p.m. in Citrus West. Please bring your brown bag lunch. Goodies will be provided by the Welcome Committee. We would love to see you there.

Ohio Day Luncheon is Feb. 4

by Deb Englert and Deb Etchill

Calling all Ohioans. You are invited to our annual Ohio Day Luncheon on Sunday, Feb. 4, from 1 to 3 p.m. in Citrus East. Fried chicken will be provided along with tea and lemonade. Please bring a favorite dish to share, your own table settings and other beverage as you prefer.

A \$3 donation will be taken at the door to defray the cost of the chicken. We welcome and greatly appreciate donations of door prizes which do not need to be expensive.

Please sign up on the posted sheet in Busch Hall by Wednesday, Jan. 31 including what you are bringing. Any questions and door prize drop offs, please contact Deb Englert at 419 503-1285 or lot 14-27 or Deb Etchill at 419 366-0551 or lot 02-28.



Residents notary services

Effective August 24, 2023 the office will no longer charge for notary services for residents/shareholders. Notary services are available at the office during regular business hours. The Board views this as a courtesy to our residents/shareholders.

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Bulletin Board

Travelers Rest Resort Activities

ACOUSTIC JAM SESSION

PICKIN' & GRINNIN' - Wednesdays, 3:30-5:30 p.m., Hobby House. December thru March.
Rob Werner
Harold Keefer

BRASS ENSEMBLE

Wednesdays, 2:30 to 4 p.m. in the Jeri Miller Activity Building. All Brass players welcome!
Bill Watkins

CRIBBAGE

Mondays, 6:30-9:00 pm, in the Jeri Miller Activity Building. January-March.
Bob Luther

GAMES NIGHT

Mondays, 7 to 9 p.m. at Snack Shack Pavilion. Non-contact games. New game each week. January-March.
Linda Smith
Joan Colao

AMATEUR RADIO CLUB

2nd and 4th Thurs., 6:30 p.m. in the Jeri Miller Activity Building. November-March Meetings open to all. Amateurs can check into the 8 a.m. Two Meter Net on 146.430 Mhz Monday thru Saturday.
Dan Zile

BRIDGE: BEGINNERS

Tuesdays, 1 to 3 p.m. in Hobby House. January-March.
Jim Weigand

DIGITAL PHOTO- CAMERA

Mondays, 9:00 a.m. to noon in Jeri Miller Activity Building. January 8-February 12 (6-week class).
Carey Box

GARDEN CLUB

Tuesdays and Thursdays, 9 to 11 a.m. at Lake Margaret.
Stacy Grier

AQUATICS - (WATER AEROBICS)

Mondays, Wednesdays, and Fridays 9:30 to 10:30 a.m. at the pool. Year Round.
Linda Smith

BRIDGE: INTERMEDIATES

Tuesdays, 1 to 3 p.m. in Citrus West. January-March.
Connie Bradley

DIGITAL PHOTO- POST PROCESS

Tuesdays, 1 to 3 p.m. in Citrus East. January 9-March 18.
Carey Box

GENEALOGY

Fridays, 1:00 to 2:30 p.m. in Citrus East. December 15-March.
George Adamson

BALLROOM DANCING

Mondays, 7 to 8 p.m. in Busch Hall. January 10 thru March 31.
Jeffrey Duquette

BRIDGE: PARTY/PARTNERS

Party Bridge with partners - Tuesdays and Thursdays, 6:30 to 9 p.m. in Citrus West. Partner not required. Singles will be teamed up. January-Maarch.
Jen Furman

DINING WITH FRIENDS

2nd Saturdays, Busch Hall, 5 to 7:00 p.m., January thru March.
Harold and Marlene Hughes

GEOCACHING

Tuesdays, 9 to 10 a.m. in Citrus West. Outings 10 a.m.-3:00 p.m. January thru March.
Barbara Colson

BEADAHOLICS

Mondays, 10:15 a.m. to 12:00 p.m. in Citrus East. January 8 thru March 25.
Kathy Kushman
Kathy Lemke

BULLETIN BOARD IN BUSCH HALL

For information or help with a notice or ad contact:
Betsy Behler
Guy Weik

DOMINOES

Thursdays, 6:30 to 9 p.m. in Busch Hall. January-March.
Linda Gough

GOLF - LADIES LEAGUE

Wednesday mornings at 9 a.m. at Starter Shack.
Sandy Nelson

BIBLE STUDY- CO-ED

Mondays, 5:30-7:00 p.m. on the Busch Hall Stage.
Anthony Shipe

CALLIGRAPHY

Fridays, 7 to 8:30 p.m. in Citrus East. November-April.
Richard Peebles

DULCIMER JAM

Thursdays, 6:30 to 9 pm in Citrus East. October-April.
Lois Showers

GOLF - MENS LEAGUE

Thursdays at 8 a.m. and 10 a.m. at Starter Shack.
Barry English

BIBLE STUDY, WOMEN'S

Tuesdays, 3:00-4:30 p.m. in Citrus West and 7-9:00 pm in Busch Hall Green Room. January 9-February 27.
Rosita Williams

CHOIR PRACTICE

Fridays, 9:30 to 11 a.m. and Sundays 8:45 a.m. in Busch Hall. Join us.
Bernie Gutridge

DULCIMER LESSONS

Mondays in Citrus West. Beginners: 9 to 10 am. Intermediates: 10 am to noon. January-March.
Lois Showers

GOLF - SCRAMBLES

2nd, 3rd and 4th Saturday mornings at 9:00 at Starter Shack.
Tom and Pat Butler

BICYCLING

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

CHURCH ASSOCIATION

Sunday Activities: All events in Busch Hall, 8:45 a.m.: Choir Practice 9:30 a.m.: Bible Study. 10:15 a.m.: Hymn Sing. 10:30 a.m.: Worship service, Holy Communion 1st Sunday of the month.
Anthony Shipe, Pastor

ENTERTAINMENT SUNDAYS

Announcements begin at 6:45 p.m. with program following. Performances will be in Busch Hall.
Ken and Sandy Langell

GOLF ASSOCIATION MEETINGS

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

BINGO

Nov.-Dec.: 1st and 3rd Saturdays; January-March: Weekly. 7 to 9 p.m. in Citrus East.
Linda Smith
Jim Walsh

CHURCH COMMITTEE

3rd Fridays, 1 to 3 p.m. in Jeri Miller Activity Building. November-April.
Bill Wise

EUCHRE

Fridays, 7 to 9:00 p.m. in the Jeri Miller Activity Building.
Chairperson Needed

GOLF LESSONS

Tuesdays, Practice Range with all levels of expertise from 9 to 11 a.m.
Joan McLean

BIRDING

Tuesdays, 8 a.m. at Post Office Veranda. Bring binoculars and cameras. November-March.
Tom Butler

CLOGGERS OF TR

Tuesdays and Thursdays 9 to 11:30 a.m., Saturdays 10 to 11:30 a.m. in Citrus East.
Donna Neer
Donna Smith

FIRE/RESCUE 33

Firefighters-Tues, 9 to 11 am- Fire Station. First Responders-Tuesday, 11 to 1, JMAB. Thursdays, 8:30 am to 12:30 p.m., Paul Rife Room. Business Meeting - 3rd Tuesdays, 9 a.m. in Paul Rife Room.
Larry Polzin

HABITAT FOR HUMANITY

Volunteer to help build homes in Pasco County. Projects January thru March TBA.
Vince Smith

BLOOD DRIVE AT TR

Blood drives are held the 1st Monday in December and March. The Blood Mobile will be parked next to the TR Fire Station from 8 a.m. to 2 p.m. unless announced otherwise.
Ken Neer

COFFEE & DONUTS - RADIO CLUB

1st Saturday (during Flea Markets), and 3rd Saturdays during Yard Sales. 8:30 to 11:30 a.m. or until sold out. Donuts and coffee served in Busch Hall. Nov.-Mar.
Dan Zile

FIVE CROWNS

Wednesdays (non-concert nights only), 6:30 to 9 p.m. in Citrus West. November-April.
Jackie Thackery

HAND AND FOOT

Thursdays, 6:30 to 9 p.m. in Busch Hall. November-March
Diane & Brian Krupicka

BLOOD PRESSURE SCREENING

Tuesdays, 10:30 to 11 a.m. in Paul Rife Room.
Larry Polzin

COFFEE SEMINARS

Thursdays, 8 to 9 a.m. in Busch Hall. Watch The TR Times and online calendar for updates.
Billie Doell

FIVE HUNDRED - CARDS

Saturdays, 6:45 to 9 p.m. In Citrus West. November-March.
Pat McCallum

HARMONAIRES

Bring your harmonica and play with us! Beginners welcome. Thursdays 7 to 8:30 p.m. in Hobby House.
Joe Shipe

BOCCE

Scheduled games and competitions, Mondays, Wednesdays, Thursdays, Fridays and Sundays at 1:30 p.m. Tuesdays at 7 p.m. December thru March.
Jim Ridolfi

COFFEE SOCIAL

Monday thru Friday, 7:30 to 9 a.m. in Busch Hall.
Jim Matkovich

FLEA MARKET

Flea Markets are held in Busch Hall the first Saturday of each month, November thru March, 8:30 to 10:30 a.m. Setup at 7 a.m. Coffee & donuts for sale.
Rick and Amy Peebles

ICE CREAM SOCIAL

Sundays, 6:15 to 6:45 p.m. in Busch Hall.
Rosita Williams

BOOK BROWSERS

2nd and 4th Wednesdays, 2 to 3 p.m. in Citrus West.
Nan Feeney Lance

CORNHOLE

Wednesdays, 7-9:00 pm, in Citrus East. January 17-March.
Dan Varner

FRIDAY AFTERNOON LIVE!

Certain Fridays, 3:30-5:00 p.m. at The Grove Stage. Check dates in the InTouch app and TR Booklet.
Donna Probes

IPHONE CLASS

Thursdays, 12:30 to 2 p.m. in Jeri Miller Activity Building. January-March.
Susan Stahley

BOWLING

Fridays at 2:00 p.m. at Pin Chasers Bowling Lanes, Zephyrhills. Dec. 1-March 22.
Lin Buczek

CREATIVE ART GROUP (CAG)

Wednesdays, 3 to 5 p.m. in Citrus West. January-March.
Linda Spencer

FRIDAY NIGHT DANCES

Fridays from 7 to 9 p.m. in Busch Hall, starting January 19. The dance schedule and themes are listed in the TR Booklet and the InTouch app.
Sharon Fosnight

JOKER

Mondays, 6:30 to 9 p.m. in Citrus West. Fridays, 6:30 to 9 p.m. in Citrus West.
Bob & Deb Englert (Mon.)
Deborah May (Fri.)

**Bulletin Board***Travelers Rest Resort Activities***JUBELLATION**

Mondays, 10:30 a.m.-12:30 p.m. in Busch Hall. November-March.

OPEN ART STUDIO

Mondays, 2-5:00 p.m. in Citrus West. November-March.

Sandy Langell

RUG HOOKING

Tuesdays, 9:30 to noon in the Green Room, Busch Hall. A small avid group. Join us and make something beautiful!

Tawnya Rowden

TUESDAY NIGHT MOVIES (TNM)

Tuesdays, doors open at 6:45 p.m., movie will start at 7:00 p.m., in Citrus East. Movie Night runs January thru March.

Jim and Carol Henrikson

KARAOKE

Most non-concert Wednesdays, 7 to 9: p.m. in Busch Hall. December-March. Check InTouch schedule.

Glenn and Gabriella Young
Alan West

PENNY POKER

Wednesdays, 7-9:30 pm, Hobby House (January-April).

Michele Wilkins

SEW SPECIAL AND EMBROIDERY

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

Rosita Williams
Laura Lilawski

UKULELE CLUB

Tuesdays, 3 to 4:00 p.m. in the Hobby House. Players share tips and tunes without weekly instruction. January thru March.

Donna Probes

KNOTTY KNITTERS

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

Diane Fisher

PET LOVERS CLUB

2nd Mondays, 3 to 4:30 p.m. in the Jeri Miller Activity Building. January - April.

Kim Roberts

SHUFFLEBOARD

Tuesdays, 1 to 3 p.m., Competition. Thursdays, 1 to 3 p.m., Dime Day.

Richard Von Qualen

VETERANS MEETING

2nd Mondays, 10:03 to 11 a.m. in the Hobby House. All year.

Darold Long, Commander

LEFT, CENTER, RIGHT GAME

Non-dance Fridays, 6:30-9:00 p.m. in Busch Hall (1/26, 2/9, 2/23, 3/8, 3/22)

Gary Dietz

PICKLEBALL

Over a dozen Pickleball activities from beginner to competitive play offered weekly. Check Outdoor Activities in the TR Booklet and InTouch app for current schedule.

Delia and Carey Box

SNACK SHACK

Currently weekdays, 11:30 a.m. to 1:30 p.m. Additional volunteers needed to add a Saturday crew. January 8-March 22.

Lee Brenn
Mickey Cobb

VILLAGE HAPPY HOUR

Thursdays, 4 to 5:30 p.m. at host residence. Meet in Hobby House if temperature is <60 or if it's raining. November thru April.

Mario Noll

LIBRARY

Located in northwest corner of Busch Hall. Open 24/7. Honor system sign-out. Please reshelve your own books if you can. If not place in cart behind desk. Meetings: 1st Tues., 1:30 p.m. SSP.

Mary Kosbab
Kay Blunda

PINOCHLE

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

John Delaney

SPORTS CLUB

Meet in the Jeri Miller Activity Building, 2nd and 4th Tuesdays, 7 to 8 p.m. (October-May) All welcome.

Ray LoPresti

WAIST WATCHERS

Thursdays, 8:30 to 9:15 a.m. in the Hobby House porch.

Jackie Thackery

LINE DANCING (IMPROVERS)

Mondays and Thursdays, 1 to 2:30 p.m. in Citrus East. January 8-March 23.

Alex Adair

POKER TEXAS HOLD'EM

Tuesdays and Saturdays, 7 to 9:30 p.m. in the Hobby House.

Tom Thompson

STAINED GLASS

All times in Jeri Miller Activity Building, January-March: Mondays, 12:45 to 2:45 p.m. Wednesdays, 4 to 6 p.m., Fridays, 3:30 to 5:30 p.m. Instructor - Shari Harberts

Shari Harberts
Laura Appgar

WINTER WALKING AEROBICS

Monday thru Friday, 7:15 to 7:45 a.m. in Citrus East. November- March.

Gloria Polzin

LINE DANCING (BEGINNERS)

Tuesdays, 10 to 11 a.m. in Citrus West and Saturdays 3 to 4 p.m. in Citrus East. Jan. 2-March 23..

Alex Adair

POM-POM DRILL TEAM

Tuesdays, 3 to 4 p.m. and Fridays, 10:30 to 11:30 a.m. in Citrus East.

Donna Neer
Deb Niles

TAI CHI

Mondays (except 2nd Mondays) and Thursdays, 10-11:00 am, Hobby House. (January 11-March 28).

Kathleen Sanders

WATERCOLOR PAINTING

Wednesdays, 1 to 3 p.m. in Citrus East. November-March.

Amy Grier

MAH JONG CHINESE

Mondays and Fridays, 12 to 2 p.m. in Citrus West.

Marcia Hatfield

POWERBOAT RACING

Mondays and Fridays, 8 a.m. to noon at Mirror Lake.

Howard Best
Don Meddles

TABLE TENNIS/PING PONG

Mondays and Thursdays, set up at 2:30 p.m., play from 3 to 5 p.m. in Citrus East. Extra paddles available.

Ron Hicks

WEIGHTS & STRETCHING

Mondays, Wednesdays and Fridays, 8 to 9:00 a.m. in Citrus East and West. Year-round.

Sheila Schencke

MAH JONGG - NATIONAL PLAY

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

Bette Gorman

PRAISE & WORSHIP

Contemporary Church Services - 1st and 3rd Saturdays, 4:30 to 5:30 p.m. in Busch Hall. December - March.

Marty Schencke

TENNIS

Open play, Mondays- Fridays, 9 to 11 a.m. November-April.

Betty Teichert

WELCOMING COMMITTEE

2nd and 4th Thursdays, 11:30 a.m.-1:00 p.m., Citrus West.

Diana Hill

MATS FOR THE HOMELESS

Thursdays, 9:30 to 11:30 a.m. in Busch Hall

Lorraine Gould

QUILLING ON A BUDGET

Thursdays, 1:15-3:30 p.m. in Citrus West.

Pat Daubenmier

STONE & TIGHTEN

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

Bev Weissinger
Louise McRoberts

WIZARD

Tuesdays, 6:30 to 8:30 p.m. in Busch Hall. November-March.

Imma Smith
Gary Smith

MEN & WOMEN POPS CHORUS

Wednesdays, 12:30 to 2 p.m. in the Jeri Miller Activity Building. January-March.

Mary Beth Coldren

QUILTING

Thursdays at 9:30 a.m to 3 p.m. in Busch Hall. 2nd Thursday Guild Meeting/Show and Tell.

Pat Greene
Cloie Morgan

TR ROADRIDERS MOTORCYCLE

1st Mondays, 7 to 8 p.m. in Hobby House to plan rides. Tuesday Rides: 8 a.m.-noon. Thursday rides: 9:30 a.m.-4 p.m. Meet at Busch Hall parking lot. (January-April).

Phil St. John

WOOD SHOP

Monday thru Friday, 8 a.m. to 2:45 p.m. October-May. Membership \$20.

Larry Kurkowski

MIRROR LAKE YACHT CLUB

RC Powerboat and Sailboat Activities at Mirror Lake. Powerboat Races: Mondays and Fridays 8 a.m. to noon. (January 1-March 15)

Jerry McRoberts, Commodore

RC AIRPLANE FLYING

Parlor - Thursdays, 3 to 5 p.m. and Saturdays, 1 to 3 p.m. in Busch Hall. Outdoor - Tuesdays, 8-11:45 a.m. , at the Golf Course 9th hole.

James Morrow, Sr.

TR SINGING MEN

Wednesdays from 9 to 10:30 a.m. in the Jeri Miller Activities Building. All men are invited to sing along.

Ron Reeve
Gene Gough

WOODCARVING

Wednesdays, 9 a.m. to noon in Citrus West. January-March.

Linda Murphy

YACHT CLUB SAILBOATS

Sailboat Open Practice: Tuesdays, 9 to 11 a.m. Sailboat Races: Wednesdays and Saturdays 9 to 11 a.m. (November 22-March 15)

Barry Sellick

RC MOTORSPORTS

Wednesdays and Saturdays, 9:30 a.m. at RC Motorsports track by the Snack Shack.

John Toombs

TR TRAVEL

Planned events advertised on Travel Board in Busch Hall. Watch for articles in TR Times.

Sharon Gilbert Zile

YOGA

Restorative Yoga (Improves flexibility): Tuesdays, 7:15-8:15 a.m. Yoga for Athletes: Thursdays, 7:15-8:15 a.m. Both in Citrus West, January thru March.

Jean Renee DeTar

MODEL RAILROAD

Fridays, 9:30 a.m. to noon in the Jeri Miller Activity Building.

Brian Krupicka

SOCIAL FOR NEW RESIDENTS

Red Dot Social: 1st and 3rd Thursdays, 1-2:00 p.m. in Citrus West. New residents learn about all that TR has to offer!

Diana Hill

TR TRAVELAIRES ORCHESTRA

Tuesdays, 12:30 to 3 p.m. in Busch Hall. New members welcome.

Pat Daubenmier

ZUMBA

Thursdays, 8:30 to 9:30 a.m., in Citrus West. November 30-March 28.

Bev Weissinger

OIL & ACRYLIC PAINTING

Fridays, 9 a.m. to noon in Citrus West. January-March.

Mary Kubiniee

ROCK PAINTING

Wednesdays, 10:30 a.m.-12:30 p.m. in the Jeri Miller Activity Building. December 6-April 15.

Marcia Hatfield

TRAVELOGUE

2nd and 4th Wednesdays, 3 to 4:30 p.m. in Citrus East. January thru March.

Bert Contractor

All changes, additions or corrections to any Activity.

Contact Guy Weik

activities@travelersrestresort.com
352-584-6377

Travel tips for international travelers

by Margaret Emmetts

We all know that TR residents are intrepid travelers. I was surprised to learn that many have not traveled beyond the North American continent. As a result, I thought it might be appropriate to share some travel tips I have learned over the years from my international travel.

Your first concern should be where you travel. It might behoove you to go to a government website to determine if the country you have under consideration is either banned or not recommended by your home country. Cuba was briefly open to U.S. travelers, but I believe is now banned.

Your next concern should be whether or not you need a visa. China requires a visa, however whether or not you need one for travel to Russia is based upon what you wish to do. If you are with a tour and will under no circumstances depart from the group, you will not need a visa in Russia. However, if you plan to travel on your own, you will definitely need a Russian visa.

Consideration should be given to a timeline. It can take several weeks or more to obtain your visa. You must first obtain the application form, complete it and send it for authorization. The country must process the document and then mail it back to you.

While you are searching websites you might check to see if any special inoculations are needed to enter the country in question.

It is always a good plan to make copies of your birth certificate, passport, itinerary and other special documents. Keep the copies separated. Do not do what one of my travel companions did. She had her purse rifled while in Athens. Although she had made copies of her documents, she unfortunately had them all together, so when the originals were taken, she also lost the copies. It is also a good idea to know how to contact your tour guide in the case of an emergency. The Athens event occurred during a "free afternoon" when our tour guide was not with us. On another trip, our tour guide lost our group of seven at the Vatican in Rome. Unless you are an Italian native,

don't try to use the Italian phone system.

When you reach your destination take a business card from each place where you are staying. When my friend lost her passport in Athens, we went to the U.S. Embassy to obtain a new one. On leaving the Embassy we had to take a cab back to our hotel. Drivers may not speak English, but if you have a business card with the hotel address, it is easy to communicate with them.

I was surprised to find that Greeks, like Hispanics, take a siesta. This made it extremely difficult to obtain a new passport photo when most businesses were closed for several hours.

Regarding finances, please do not assume that you will be able to use an ATM. There were none in China when I was there. I believe Cuba does not accept credit cards. Also, Cuba has two different currencies, one for residents and another for tourists. If you have to make a money exchange, you will get a better exchange rate if you visit a bank rather than the exchange at the airport.

When my husband and I visited Chile, we were amazed to find that it cost us each \$45 U.S. to enter the country. Ironically, Canadians paid nothing. The amount charged depended on what country's passport you held.

Think about what kind of footwear you will take with you. Much of the ground in Greece consists of exposed marble rock which can be very slippery. Good shoes with rubber, not leather, soles are essential.

You do not want to drink the water in Turkey. Not even bottled water. I have observed vendors filling water bottles from local faucets.

If you are not accustomed to traveling by air, you might want to check TSA regulation. Liquids in carry-ons are limited to what fits in a quart-sized ziplock bag. There is also a list of prohibited items.

Basically, if it is possible, discuss your travel plans with someone who has previously visited the area as they may be able to give you advice specific to your trip.

Happy travels!

Travel News

by Sharon Gilbert Zile
TR Tour Director

For more than 50 years TR has been a mecca for folks who volunteer and I am often asked about my role as volunteer Tour Director. Finding something you love and sharing it with others in the community makes any volunteer role a labor of love and commitment. Whether you are a full time TR resident, seasonal resident or are spending a few days on Golf View, you have enjoyed the benefits of the many TR volunteers. Our volunteers have organized and prepared everything from bocce ball and pickleball activities, to our beautiful garden, to beautifying our golf course and publishing an excellent weekly newspaper. Likewise this is true with TR Travel.

TR Travel is a series of day trips by bus and an occasional cruise or multi-day bus trip. Completely funded by the traveling participants, each trip is chosen, scheduled, organized, promoted and escorted by a volunteer TR Tour Director. The TR corporation does not provide funding or out-of-park insurance for TR Travel activities, though those activities are listed on the InTouchLink, bulletin boards and in the newspaper. As volunteers, neither my husband Dan nor I are travel agents or business owners. Instead, we partner with an insured Florida bus company, licensed to operate tours. Payments for day trips are made to Small World Tours by individual participants and collectively sent to Small World Tours. For cruises payments are made to the cruise line through a national travel agency, Cruise Planners.

Planning and coordinating monthly day trips and a cruise around the Hawaiian Islands require more than a little time, and because I'm not a travel agent, my preparation has been only as a traveler and RV caravan leader. So why would I embrace such a responsibility, adding so many tasks to my TR life and to my second chance at love and marriage? I meet lots of great people at TR who also love travel. Research shows that volunteering adds to our own mental health,



DAN AND SHARON ZILE

though I must admit to moments when I question those studies! Seriously, aside from the personal health benefits, I do this because it adds to the health and well-being of my fellow TR residents. Not only do we learn about the interesting places and history of Central Florida, but we are doing so in a social setting that offers the opportunity to meet others, extend our relationships and improve our overall health and well-being at the same time. In the process, we can enjoy learning about our adopted state, visit a new venue, sample a day on a riverboat paddle wheeler, walk in a tropical garden or delight in a holiday ice sculpture show. Conveniently, we do it all without worrying about the driving and parking or depending upon family or friends for a ride because our Small World Tour bus picks us up

right here at Busch Hall. Assistive devices, such as walkers and scooters, can usually be accommodated to enable everyone to participate.

Each year more than 250 members of the TR community participate in one or more of the TR Travel events. They bring their smiles and great attitudes expecting a wonderful and pleasurable day. Even when there are unanticipated changes in routes, schedules, menu or venues, the day typically offers the travelers exactly what they were looking forward to experiencing! Finally, in case you were questioning my ability to prepare for the details of so many excursions, be assured that I always request a weather-perfect day!

"An adventure a day keeps the doctor away." Anonymous. Promise?

TR Travel Schedule

- Thursday, Feb. 22 – Ybor City Tour and Columbia Restaurant. Reservations due Feb. 8.
- Thursday, Feb. 29 – Most of the Hawaii cruisers will fly to Honolulu.
- March 2 to 9 - TR Hawaii Island Hoppers Cruise.
- Sunday, March 10 - Most of the Hawaii cruisers return to TR.
- Wednesday, March 13 – Daytona International Speedway, Bahama Breeze lunch, make menu selection by Feb. 28.



Photo submitted by Sharon Zile

Sharon Zile prepares to board the Barbara Lee with Bob and Carol Luther.

Ybor City Tour & Columbia Restaurant

Thursday, February 22nd, 2024

Step back in time to Tampa's Latin quarter of Ybor City, "Cigar Capital of the World". With an exotic blend of aromas, flavors, sights and sounds. Located in the historical landmark district with its red brick buildings, wrought iron balconies and narrow brick streets give it an old world charm. You will experience the rich cultural heritage of one of only two National Historic Landmark Districts in Florida. We will have a guided tour of the Ybor City area, touring the Centro Asturiano de Tampa and making a stop in the culturally rich Jose Marti Park, which is Cuban territory. We will also have a stop at the Cuban Bakery for a treat! This afternoon we will enjoy lunch at Florida's oldest restaurant founded in 1905, The Columbia Restaurant. After a delicious lunch, (buffet style) in this magnificent restaurant, you can experience the culture and dance traditions of Spain as you watch the Flamenco dancers special performance! Sign Up Now! **Activity Level 1**



Tour Includes:

- * R/T transportation
- * Docent guided bus tour of Historic Ybor
- * Lunch, tax & gratuity
- * Flamenco dancers show
- * Driver gratuity



Motor Coach departs Busch Hall at 8:30am and will return at 3:30pm.

COST:
\$139.00pp

Make checks payable to Small World Tours
No refunds after 02-08-24.
Tickets are transferable.

Contact: Sharon Gilbert Zile
Phone: (740) 360-3819
Email: sgilbert1081@gmail.com

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Daytona Speedway

Wednesday, March 13th, 2024

Come and join us on a one of a kind tour! Today, we will head to Daytona Beach and have a delicious lunch at Bahama Breeze before we head to the Daytona International Speedway and experience a special V.I.P. tour! Climb aboard an open-air tram as you will be transported into a world unto itself: the "World Center of Racing." As you enter a flurry of action, color and grandeur will explode before your eyes and you'll know that you're on hallowed ground! You will find yourself walking in the footsteps of legends past and present as you climb atop the podium in Gatorade Victory Lane for a photo. The Vip Tour features an exclusive stop at the NASCAR Archives & Research Center and Press Box, in addition to visiting the Axalta Injector and the infield of Daytona International Speedway before ending at the Motorsports Hall of Fame of America. The Motorsports Hall of Fame of America, showcasing spectacular displays honoring all forms of motorsports: Stock Cars, Sports Cars, Open-Wheel, Motorcycles, Drag Racing, Land Speed Records, Power boating and Aviation. You won't want to miss this unique tour! Sign up today!

Tour Includes:

- R/T Transportation
- Lunch, Tax & Gratuity
- VIP Daytona Tour
- Driver Gratuity

Activity Level 2

 **Cost: \$149.00pp**

Motor Coach will depart Busch Hall at 8:00am and will return at 6:30pm.
Make checks payable to Small World Tours.
Tickets are transferable, no refunds after 02-28-24.

Contact: Sharon Gilbert Zile
Phone: (740) 360-3819
Email: sgilbert1081@gmail.com





Library News



Let's look back to the beginning

by Amy Peebles

Helen Keller's quote, "Alone we can do so little, together we can do so much," surely applies to all those through the years who have donated time, skills, funding and love of reading and books to make the TR Library what it has become today.

Although there are too many names to mention for their dedication to the Library, below are a few of those people who got the Library up and running in the very early days. They started what we all enjoy today.

The Library's humble beginnings started with a single shelf on the south wall of Busch Hall in the early 1970s with residents stocking the shelves with personally donated books. The following years brought a landslide of books from generous donors and more room was needed for the collection. All the books were moved to the southwest room of the Hobby House. A Library Club was formed and led by Don and Myrtle McMasters for 12 years. In 1986 more room was needed yet again, so the collection was moved to the building's north room formerly the Macrame Room.

Throughout the years so many books were donated that volunteer Marion Harper wrote in 1988, "Your generous gifts have made our Library in the Hobby House the rich source of entertainment it is today. In fact, the riches are overflowing. Will you please hold back from any further donates for the present? We'll let you know when we can cope with more books."

Continuing to grow in the 1980s it was Sally Fries according to a Dec. 18, 1987 issue of *The TR*

Times who had the first idea for an "official" library.

Others who played a part in the library history include Gene Morgan and Lee Kellar. Gene made new shelves for the books in the Hobby House allowing volunteers to reorganize the Library into sections. This is the system we still use today. Lee took books the Library was not able to use and repurposed them for her Paperbacks For Servicemen Project.

The Library was on the move again when space became available when the TR store closed at the northwest corner of Busch Hall. The Library is still housed there today. Randy and Billie Doell, along with the maintenance staff, undertook the huge job of moving the collection to its new home in an organized way.

Also supportive of the Library through the years have been the Snack Shack and *The TR Times*. Among other things they have helped purchase were new shelves for the Library which were installed in the east wing for the Nonfiction collection. *The TR Times* funds the printing of the newspaper every week. This collection that spans 2004 to the present is located in white note books on the bottom shelf across from the DVDs. These are a wonderful archive of TR through the years and a great addition to the Library.

It all began with one shelf and because of decades of commitment by Library volunteers as well as the support of the TR community, the Library continues to flourish today.

Thank you to Mary Kosbab for sharing her Library history research for this article.



Book Browsers

by Nan Lance

On Wednesday, Jan. 24 at 2 p.m Book Browsers met in Citrus West to discuss *Dead Wake: Lusitania* by Eric Larson. It was not only about the giant ship's demise but also about the sinking of the Lusitania by a German U-Boat submarine.

It's not too late to join Book Browsers. Our next meeting will be on Wednesday, Feb. 14 at 2 p.m. to discuss *Lab Girl* by Hope Jahren, our nonfiction selection.

On Wednesday, Feb. 28 we'll discuss *West with Giraffes* by Lynda Rutledge.

On Wednesday, March 13 is *Demon Copperhead* by Barbara Kingsolver and on Wednesday, March 27 *The Reading List* by Sarah Nisha Adams. All are welcome!

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Garden news

A relatively new Florida gardener

by Nancy McDowell

If you are an avid reader of the Garden News, you may notice a new name in the byline. Before I introduce myself, I would like to thank Leslie Ewing for her articles about the Garden Club before me.

I am new to the Lake Margaret Garden Club, new to TR, new to the Village and new to writing for a newspaper. However, my gardening enjoyment has been lifelong, with a childhood filled with vegetables grown in the family yard and picking dandelion leaves so my grandmother could make salads and wine.

My gardening hands-on experience began about 20 years ago when my husband and I bought a home on an acre lot outside of Philadelphia, Pa. and that yard needed more than just lawn. My husband proved to be an excellent gardener. It seemed anything he planted thrived. I was not as talented, just more determined and between us we had beautiful floral and vegetable gardens.

Since 2019, we have been in a very different "planting zone" and I feared our green thumbs were gone. Where we were once able to grow vegetables and an assortment of annuals and perennials, we soon realized we had to re-educate ourselves on our new planting zone. At our initial Florida residence we were limited to container planting, further stifling our gardening prowess. After several failed attempts at growing vegetables we refocused our efforts on



by Nancy McDowell
BROMELIAD

plants that would survive Florida's climate. Palms, bromeliads, pineapples and ginger are our new success stories.

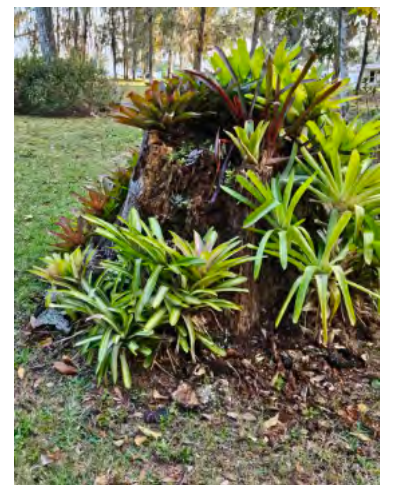
Adapting to new seasons after going from a distinct four-season environment to a two-season, (at best), environment has also had its challenges. We once knew when to plant what for the best blooming and veggie crops.

Online has a plethora of educational material and references on Florida gardening. Dade City is in USDA Plant Hardiness Zone 9b. Zones are based on average temperatures. Knowing the zone allows a gardener a key when looking for plants that have the best chance to thrive in their area. However, other factors such as soil, rainfall, pests, landscaping, etc., will ultimately let you know what works.

One plus to this part of Florida is the u-pick farms that dot our region. It is now strawberry season here, which seems crazy if you're a native New Englander like me, and Plant City is abundant with strawberry growers and u-pick farms. Closer to TR, there is

Upicktopia in Masaryktown and they currently have strawberries ripe for the picking until April 15. Of course local farmers markets provide "they-picked" fruits and veggies, as well.

I encourage you to come out to the TR Garden Club's "peaceful corner" and enjoy its beauty and tranquility. We're always looking for new members.



by Phyllis Zitzer
BROMELIADS

Grandma and Grandpa's Cupboard now available



by Karen Waldo

There is a Grandma and Grandpa's Cupboard storage room (along with the shuffleboard items) on the outside of Busch Hall. There will be a variety of baby equipment (strollers, playpens, highchairs, etc.) available for residents to sign out when they have company. This will help to relieve parents from having to transport this equipment and grandparents from looking to borrow from other residents. Please clean the equipment before you return it to the storage room. The sign out sheet will be posted on the storage room door.

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Pets on Parade



Photo by Judy Leister

BODACIOUS

by Judy Leister

Luella and Ken Wilson lived on a farm in New York and had many, many dogs over the years, some big and some small. Their daughter wanted a goat to show in 4-H so they got one from a breeder that raised champion show goats. Not only did that lady have great goats but she also had really nice Jack Russell Terriers. This sparked an interest in Jack Russells and the beginning of 30 wonderful years of this breed in their lives.

There was a period of time they had lots of other breeds of dogs but no Jack Russells. Ken really missed the breed so the search began. They looked and

looked but didn't find anything. Luella turned to the Internet and located one. They bought Bodacious (Bo) but after getting him home and studying the breed characteristics, they discovered he actually was a Rat Terrier. Ken was so disappointed and really didn't want to keep him. Luckily the seller agreed to take him back and return their money. Three days later Ken came into the kitchen, laid the envelope of money on the table and announced he wanted Bo back. Fortunately the lady still had him. Bo had been living in less than favorable conditions. He even survived a bout with parvo. At seven months old he finally had a new start and it didn't take Ken long to become very attached to Bo this time. A few years later Ken passed away leaving Luella and Bo.

Bo's main no-no is his love of running. No one knows how he survived when he got loose near a highway. He ran into traffic and dodged cars and trucks. Another time he got loose in the TR storage area and accidentally got run over by a golf cart. It was soon evident that being chased was a game to Bo, so running after him stopped. Luckily this led to fewer chase

scenes. Bo has now learned if Luella has a key in her hand he has to have his leash on before going out the door.

Bo loves to lay in the sun on the porch or the golf cart. When the sun moves to the backyard he can be found there being teased by the neighborhood squirrels. Those critters are smart and stay way up high in the tree.

When Luella is gone he jumps up on her recliner and pulls a shawl down off the back of the chair and makes a comfy nest. Luella drives a very quiet electric car so Bo doesn't hear her return. She sneaks up on him and finds a sleepy-eyed dog. At the end of the day Bo joins Luella in bed where he snuggles under the covers, always with his head out.

While chatting with Luella for this article she told me a story I just had to share. They had a chihuahua that lived to be over 20 years old. Luella and Ken went on a trip from their New York home down to Texas. Sadly the old dog passed over Rainbow Bridge while on that trip. Luella really wanted to bury her at their home back up north, but how to preserve the body? An idea popped into her head. Airstreams have very roomy freezers!

Pet Lovers Club

The Pup Crawl is tonight

by Kim Roberts

The Pup Crawl is tonight. We will all meet at the Puppy Park in RV South at 4:45 p.m. Cars and golf carts please be extra careful in RV South tonight as there will be a group of 50 crawling around RV South. Attendees please bring a flash light.

We have now named the dog parks. The one in RV South is called **South Paw Dog Park** and the one near Citrus Hall is called the **North Paw Dog Park**.

Kathleen our dog trainer has returned and will be doing some more training for us. Classes will be on Monday and Wednesday mornings at 10 a.m. Please read the article on training classes for the schedule and subjects. The first class is on Monday, Jan. 29. The sign-up sheets will be posted

every Tuesday on the Kennel Club Board in the back of Busch Hall.

Our first PACK walk with our dogs will be on Saturday, Jan. 27 at 10 a.m. We will be meeting at the Oak View Shelter near Busch Hall where you get produce.

A volunteer task list has been put up at South Paw Dog Park. Please volunteer to do bug control, weed control and other minor tasks.

We are in need of new benches at the North Paw Dog Park. A donation would be very much appreciated. A name could be engraved to acknowledge the donation.

The next Pet Lover's meeting is Monday, Feb. 12 at 3 p.m. in the JMAB.

Dog training classes offered

by Kim Roberts

The Pet Lover's Club is offering a series of dog training classes over a six week period. Each class will have a specific focus. Please bring a chair and your dog with a leash and collar or harness to every class. The leash should be the longest one that you have. Do not bring retractable leashes. The trainer will bring a 15 foot leash to practice. Class size is limited to 10 unless indicated otherwise.

Two classes will be held each week, on Monday and then Wednesday. The topics covered will include:

Week 1 - How to create an **Everywhere Dog**, the art of settling on command.

Week 2 - **The Structured Walk**, how to stop leash pulling. The trainer will bring training collars to discuss and try. This class is not for severely reactive dogs.

Week 3 - How to say **No with Meaning**, stopping nuisance behaviors.

Week 4 - How to **Stop Reactivity**, understanding why it happens and what you can do to help. This class size is limited to four. Two sessions will be offered if needed.

Week 5 - **Boundary training**, how to stop rushing out of doorways. This class will use the gate to the Puppy Park.

Week 6 - **Beginning Recall**, how to come when called.

The first class begins on Monday, Jan. 29 at 10 a.m. The sign-up sheets are located in Busch Hall. The classes will be held at the end of 13th St. near The Grove.

The Pet Lover's Club is also offering a pack walk on every Saturday beginning Jan. 27 at 10 a.m. We meet at the Oak View Shelter.

Convenience around the clock: porta-potty access for all

The porta-potty at the Snack Shack is open 24/7 for use by the Bocce Ball players and the RC Motorsports. All residents out for an early morning walk or even a walk during the day may use the porta-potty.

Respect maintenance hours

Please be advised that all buildings are closed for cleaning until 7:15 a.m. each morning. Do not bang on the windows. Time is of the essence, please let the maintenance crews do their job without interruptions. Remember that you cannot get into the bathrooms until 7:15 a.m. if you are out walking early.

Birding Activity



by Tom Butler

What are we talking about? How do you eat your food – fork or spoon? Soup requires a spoon while a steak would require a fork and knife. Birds have a wide variety of dietary choices which require a wide variety of beaks to meet the requirements of their individual meals. Daggers, tongs and tweezers are three of the shapes of beaks found in the birding world, but there are others. Let's explore the unique eating utensils our feathered friends make use of.

We should start with the dagger because our picture provides the perfect illustration. The Great Blue Heron wades in shallow water, with its dagger-shaped beak, waiting for a meal to swim by. Spearing fish is a perfected skill they are masters of. The Anhinga commonly seen in our lakes also uses the dagger approach.

Hornbills have a long beak that operates as a set of tongs. This extra reach helps when foraging for food. An omnivore diet means that anything is on the menu including eggs and fruit of any description. The bill is hollow and light making it easy to manipulate.

Tweezers can be incredibly useful for grabbing small items. Many birds feed on tiny insects scurrying around bark, branches and leaves. A beak that works as a set of tweezers is the perfect eating utensil. Warblers, Vireos and Gnatcatchers rely on this type of beak for surviving on insects.

When talking about Parrots we need to introduce the nutcracker beak. This type of tool is

Daggers, tongs or tweezers?



Photo by Tom Butler

GREAT BLUE HERON

short, sharp and strong. Feeding on hard-shelled nuts and seeds requires a special tool and this type of beak is the answer. Shells are cracked at the powerful tip of the bill. The contents are then manipulated by the tongue.

Scissors are valuable tools to have around when cutting something is the task. The Bald Eagle does not use this beak to kill; that job is for the talons. However, when the eating begins this strong hooked bill is used for cutting up food as efficiently as a pair of scissors. Most birds of prey feature this type of beak.

There are other types of specialized beaks including the long and narrow beak of the hummingbird, designed to reach into tubular flowers for nectar. Many shore birds have chopstick-like

beaks for foraging in water and soft mud. The Flamingo feeds on algae and is equipped with a beak that acts as a sieve to filter out its food source.

So, when you sit down to dinner at night think about the options you have for partaking of your meal. I do not recommend scissors.

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TR Fire/Rescue pulled pork dinner



Photos by Pam Watkins



Saucy cooks Roxy Bass and Betty Kazy volunteer in the kitchen.



Dick Wheatley, Alan Kenney and Patti Hawkins at the meat and slaw station.



Welcome to the BBQ.



Alan Kenney and Jenice Johnson begin meal prep with a bun.



Bun masters Dave Bass and Bill Bigelow are on the job.



Beware Jim Johnson is cooking.



Gayle Sunde and Mary Ellen Gedert add chips and it is ready to go.



Cindy Bradley and Martha Bigelow finalize each order.



Joe Colao greets Bob and Susan Slagle.



Walk-ups John DeWeerd, Jean Bjorgen and Jim Conant discuss safety.



Walk-ups Bart and Brenda Schultz are guided safely through the line by Jim Conant.



Kathy and Wolf Reimann happily wait their turn.



Jean Bjorgen signals how many meals are needed.



Joan McLean and Kathy Fuller deliver many meals to Tia Paquette and Judy Leister.

TR Sports

Men's Golf League

by Barry English
Thursday, Jan. 18.

The Men's Golf League is in full swing with this week's field featuring 40 golfers for our first split-tee times. Next week, low handicaps will be out at 8 a.m. and high handicaps at 10 a.m.

Low Handicap (0-8)	High Handicap (9+)
Low Gross	Low Gross
Bill Harkins 35	John DeWeerd 39
Barry English 36	Neil Jillson 42
Ralph Smith 36	Nick Van Swol 42
Low Net	Low Net
Roy French 31	Jake Marissen 33
John Bearman 31	Doug Waymouth 33
Steve Niles 32	Wolf Reimann 34
Ken Person 32	Closest to pin #3:
John Scime 32	Wolf Reimann 10'2"
Closest to pin #5:	Birdies:
Ken Person 13'	John DeWeerd 1
Birdies:	
John Porter 2	
Al Horney, Bill Harkins,	
Jay Jager, Dave Kat, John Scime,	
Ralph Smith, Steve Niles 1	



S.M.A.R.T. goals

by George Paquette

In my previous life as an administrator, I along with my colleagues, set annual goals to achieve during a given year. These goals would be measured and tweaked along the way to ensure we were on track in achieving our objectives. We did this by creating S.M.A.R.T. goals. S.M.A.R.T. is an acronym for Specific, Measurable, Attainable, Realistic and Timely. I think this type of goal setting applies very well in golf.

Below are some examples demonstrating how S.M.A.R.T. goals can be beneficial.

Specific: Golf swing management is a specific goal. Maybe it's developing a solid pre-shot routine, slowing down your swing or improving chip or pitch shots around the green. When you have specific goals like these, you create an excellent focus for your range and course practice. Of course it's always a good idea to attend our Tuesday morning golf lessons for some help in reaching your "Specific" goals.

Measurable: To determine your goal is measurable you should establish concrete criteria for measuring progress for the goals you have set. For example, to determine if you're on track you

can ask yourself questions like: "How often am I using my pre-shot routine?" or "Is it becoming a routine?" or "How will I know when I have achieved this goal?" When you measure a goal you stay on track and focused.

Attainable: Any goal can be attained when you plan your steps wisely and establish a realistic time frame. Sometimes goals that seem difficult to accomplish or even out of reach can often become achievable because you grow and expand to match them. Simply by listing a reasonable set of goals you build your self-image and develop the behavior and temperament to succeed.

Realistic: A realistic goal must be one that you're willing and able to achieve. Only you can decide just how high your goal should be. However, it should be a goal that represents significant improvement. A high goal is generally a better choice because a lower goal often lacks the motivational drive. Choose your goals wisely.

Timely: A goal must have a time frame otherwise there is no sense of urgency. When your goal is timely it becomes far more specific, measurable and attainable.

Volunteers needed

As the season gets into full swing, please remember it takes a lot of volunteers to make this park run smoothly and to provide us with the wide range of activities that we have. Please consider volunteering some of your time to one of our activities.





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Saturday 10am - 2pm
Sunday Closed

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Wizard

by Imma Smith
Tuesday, Jan. 16.

Table 1	
Game 1	
1. Elaine Schwartz 280	
2. Peggy Biser 230	
Game 2	
1. Sheila Zanca 240	
2. Kathy Prockett	
Peggy Biser 180	
Game 3	
1. Sheila Zanca 220	
2. Peggy Biser 200	
Table 2	
Game 1	
1. Pat McCallum 280	
Game 2	
1. Sean Davis 320	
Game 3	
1. Pat McCallum 280	
Table 3	
Game 1	
1. Brenda Dowell 230	
Stan MacPhee 230	
Game 2	
1. Pam Wood 240	
Sue MacPhee 240	
Game 3	
1. Pam Wood 270	
2. Bob Luther 230	

500

by Pat McCallum	
Saturday, Jan. 20.	
1. Deborah May 1600	
2. Connie Bradley 1130	
3. Pat McCallum 800	

Bridge

by Jen Furman	
Thursday, Jan. 18.	
1. Kitty Fisher	
and Doug Hatfield 2030	
2. Mike Clark	
and (assorted partners) 1680	
3. Connie Bradley	
and Ron Hicks 1640	
4. Tawnya Rowden	
and Jim Weigand 1440	
5. Jen Furman	
and Barry Sellick 1200	
6. Janet and Harold Baal 950	
Tuesday, Jan. 16.	
1. Connie Bradley and	
Ron Hicks 1600	
2. Janet and Harold Baal 1380	
3. Jen Furman	
and Mike Clark 1000	

National Mah Jongg

by Bette Gorman	
Friday, Jan. 5.	
Kathy Ellison 150	
Arlene Wykoff 50	
Bette Gorman 25	
Wednesday, Jan. 10.	
Pat McCallum 100	
Judy Pech 50	
Arlene Wykoff 50	
Friday, Jan. 12.	
Pat McCallum 125	
Linda Gower 50	
Arlene Wykoff 50	
Sue Guffy 25	
Monday, Jan. 15.	
Pat McCallum 75	
Beanie Wise 50	
Arlene Wykoff 50	
Judy Pech 25	
Bette Gorman 25	
Wednesday, Jan. 17.	
Kathy Ellison 175	
Pat McCallum 100	
Arlene Wykoff 100	
Bette Gorman 25	
Friday, Jan. 19.	
Judy Pech 125	
Kathy Ellison 105	
Arlene Wykoff 50	
Pat McCallum 50	
Bette Gorman 25	

Bowling

by Lin Buczek
Friday Jan. 19.

Men's Scratch High Game	
Steve Niles 228	
Bill Buczek 212	
Dave Couture 176	
Men's Scratch High Series	
Steve Niles 619	
Bill Buczek 509	
Dave Couture 463	
Men's Handicap High Game	
Dave Couture 269	
Steve Niles 261	
Tim Base 247	
Men's Handicap High Series	
Dave Couture 742	
Steve Niles 718	
Harry Link 707	
Men's High Average	
Steve Niles 194	

Women's Scratch High Game	
Leslie Price 181	
Debi Niles 170	
Lin Buczek 151	
Women's Scratch High Series	
Leslie Price 524	
Debi Niles 450	
Lin Buczek 394	
Women's Handicap High Game	
Grace Couture 256	
Leslie Price 253	
Denise Link 246	
Debi Niles 246	
Women's Handicap High Series	
Grace Couture 754	
Leslie Price 740	
Denise Link 718	
Women's High Average	
Leslie Price 156	

Mirror Lake Yacht Club



Photo by Stephanie Steinbeck.

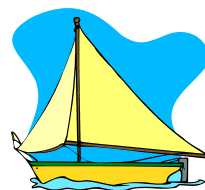
A near photo finish.

by Bill Wise
Monday, Jan. 15.

Power Boats	
Spartan Class	
1. Howard Best	
2. Chris Farler	
Power Vee Class	
1. Doug Smith	
2. Howard Best	
Traxxis Blast Class	
1. Jay Starbody	
2. Dean Peters	
Wednesday, Jan. 17.	
Sailboats	
Dragon Flite 95 Class	
1. Barry Sellick	
2. Jay Matthews	
Soling 1M Class	
1. Jim Trescott	
2. Jay Matthews	

Friday, Jan. 19.

Spartan Class	
1. Bob Troyer	
2. Dean Peters	
Power Vee Class	
1. Howard Best	
2. Don Meddles	
Traxxis Blast Class	
1. Jay Starbody	
2. Dean Peters	
Saturday, Jan. 20.	
Dragon Flite 95 Class "A" Fleet	
1. Barry Sellick	
2. Jay Matthews	
Dragon Flite 95 Class "B" Fleet	
1. Chuck Lemke	
2. Jamie Hyde	
Soling 1M Class "A" Fleet	
1. Jay Matthews	
2. Jim Trescott	
Soling 1M Class "B" Fleet	
1. Lynn Meyers	
2. Jamie Hyde	



Dominoes

by Linda Gough	
Thursday, Jan. 18.	
Table 1	
Bob Luther 185	
Table 2	
Antonette Jennings 156	

Bingo

by Linda Smith	
Saturday, Jan. 20.	
Rob Sunde	
Beth Bracey	
Bill Wise	
Joyce Ritzler	
Marla Varner	
Diane Stillinger	2
Stella Loiselle	3
Donna Conrad	
Bob King	
Alex Adair	
Betsy Behler	
Sharon Cook	
Linda Smith	
Neil Jillson	
Marie Lupien	
Bill Weissinger	
Jean McKenney	
Judy Casto	
Rose Ann Boucher	



Chinese Mah Jongg

by Marcia Hatfield	
It was only the third time	
Debbie Oppel ever played and she	
said, "Three's a charm." She	
finished the day by winning three	
games. Persistence personified.	
Monday, Jan. 15.	
Marcia Hatfield 6	
Kathy Bocchino 4	
Deb May 4	
Connie Bradley 4	
Barb Overly 3	
Rachel Brooks 2	
Jen Furman 1	
Janet Baal 1	
Friday, Jan. 19.	
Deborah May 4	
Debbie Oppel 3	
Connie Bradley 3	
Barb Overly 3	
Kathy Bocchino 3	
Anne Amico 2	
Nancy Moschler 2	
Marcia Hatfield 2	
Pat Politsky 2	
Jen Furman 2	
Elaine Morgan 1	
Rachel Brooks 1	



Obituaries

RICHARD G. NEWTON

Richard (Dick) Glenn Newton, age 87, passed away on May 8, 2023. He was born in Rutland, Vt. on April 28, 1936.

Dick graduated from Columbus High School, Columbus, Ga. in 1954 and entered the U.S. Air Force in 1955, retiring with the rank of Tech Sergeant in 1975. After retirement he settled in Holyoke, Mass. where he worked at a family business while attaining an Associate Degree in Engineering from Springfield Technical Community College.

In Oct. 1985 he married Mary Ann Walker and after being employed by Becton Dickenson they relocated to Abington, Md. in 1993 where he worked until 2007, retiring as Manager of Field Service for the Eastern U.S. and Canada. After retirement they

moved to Florida and became full time residents of TR on lot 20-29, where Mary Ann still remains.

Dick was a Christian and a past Grand Knight for the Knights of Columbus. He also enjoyed singing in the church choir and in Barbershop choruses. He loved keeping up with new technology. He built a Heath Kit TV in the early 1970s, was one of the first people to have a home computer in the early 1980s and had the first generation iPhone. Throughout his life he kept a great sense of humor, even telling jokes to his compassionate hospice caregivers in his final days.

Survivors include wife Mary Ann, children Suzanne Newton, Doris (Nelson) Carpenter, Donna (Dario Cavallero) Collins and Mark (Sally) Newton, 5 grandchildren and 3 great-grand-

children. He is also survived by his first wife, Jeanne Newton.

He loved his golden retrievers Brandy, Libby and Emma that he and Mary Ann rescued over the years. After retiring in Dade City he served as a Guardian Ad Litem and an Ombudsman. He was a past President and CEO of the TR Board of Directors and was proud of the changes made under his leadership.

Mary Ann would like to sincerely thank all the friends and kind residents of TR who were so helpful during Dick's illness and time in the hospital.

The family is organizing a Celebration of Life for later this year. Memorial contributions can be made to either the Pulmonary Hypertension Association or the Golden Retrievers Rescue of Mid-Florida.

Classifieds

Classified ad submission

Ads are due the Friday before the paper is published. Provide item name, along with a short description, the asking price, your name and lot number. Send the information to thetrimes@gmail.com.

One metre soling sail boat with cradle. Custom Windjammer sails, carrying case with Spectrum DX6i radio controller, four rechargeable Life Batteries with charger and reader, one main sail servo, two rudder servos and many extras. Asking \$550. Can be seen at lot 03-34.

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English Muffin

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Fried Egg Sandwich

With white American cheese, bacon or sausage and tater tots \$6

Breakfast Platter

Scrambled or over easy medium eggs, bacon or sausage, white toast and tater tots \$10

Breakfast Burritos

Egg, white American cheese, peppers and onions, bacon or sausage and tater tots \$10

Egg, white American cheese, bacon or sausage and tater tots \$9

Egg, white American cheese and tater tots \$7

Looking Back

by Nan Lance

30 Years Ago - 1994

- Water tests safe; pool reopened. Despite dark black streaks all over the pool's bottom, the pool water was tested and declared safe for swimming. Investigation continues on how the substance got into the pool in the first place.
- TR Cloggers to perform at State Fair. Ten dancers from the TR Cloggers troupe will perform at the Florida State Fair in the Performing Arts Dome on Thursday afternoon Feb.10.
- Sbrognas love to travel in their Airstream. Gus and Vera (Vee) Sbrogna were assigned their lot 13-19 last summer. They first came to TR in 1989 and were in the park subsequent years.

20 Years Ago - 2004

- Saturday's Auction raised \$1,360. Auctioneer Ron McLean was in fine fettle as he kicked off this year's annual auction. He was assisted by fellow auctioneers Jim Moss and Bob Yuili.
- The Canadian lunch was a sellout. Over 100 Canadians and guests were in attendance. It included a delicious buffet, a sing-along, distribution of door prizes and some jokes.
- Yippee. My uncle Karol Beck is back in the park and I am glad to see him. That means our obedience classes will start soon.

10 Years Ago - 2014

- New propane tanks are installed and propane service to residents has resumed.
- Janet Gordon is working with photos on her computer at TR's Digital Imaging Class. Bill Bradford and Doug Shields shared a laugh over a cell phone photo at TR's Digital Imaging Class.
- Friends with Strings welcome new members. The Friends with Strings group is open to violin, viola, cello and bass. The club has been active since 1992.
- Pat Gallagher, Donna Sims, Evelyn Fletcher and Barbara McBride enjoyed the baking party as they got ready for the upcoming Ladies Golf League Bake Sale.
- Veterans Memorial's First Anniversary is approaching. We will celebrate the first anniversary at the Veterans Memorial with a showing of the 2013 Veterans Day program recorded by Chuck Mears.

HISTORY



Snack Shack

Burgers/Dogs:

Beefburger.....	4.25
Cheeseburger.....	4.50
Dbl. Beefburger.....	5.75
Dbl. Cheeseburger.....	6.50
Hot Dog.....	2.25
Italian Sausage.....	4.00
Chicken Breast.....	4.50

Sandwiches:

Ham & Cheese.....	4.00
Turkey.....	4.00

Salad Plate:

Ham.....	5.75
Turkey.....	5.75
Veggie (no meat).....	4.50

New:

Grilled Chicken Breast	
Salad.....	5.75

Extras:

Slaw, cheese, beans.....	.50
Extra slice of cheese.....	.50
Grilled onions.....	.50
Sauerkraut.....	.50

Beverages:

Soda.....	.75
Iced Tea.....	.75
Bottled water.....	.75
Hot Tea.....	.75
Coffee - Reg. & Decaf.....	.75
Potato Chips.....	.75

Daily Specials

Mon. - Chili.....	3.25
Tue. - Soup.....	2.50
Wed. - Chili Dog.....	2.50
Thu. - Chowder.....	3.25
Fri. - Tuna Salad.....	5.75
Fri. - Tuna Sandwich.....	3.75
Fri. - Grilled Cheese.....	2.25



*Glavich Produce - Monday, Jan. 29 noon to 2 p.m.

Roadside Kuntry Kitchen - Monday, Jan. 29 4 to 7 p.m.

Mo'Rock'In Mediterranean - Tuesday, Jan. 30 4 to 7 p.m.

Jersey Dogs - Wednesday, Jan. 31 5 to 8 p.m.

*Glavich Produce - Thursday, Feb 1 noon to 2 p.m.

*Glavich Produce - Friday, Feb 2 noon to 2 p.m.

LOCATED AT OAK VIEW PAVILION

*Arrival time is estimated
**New Vendor

Help Wanted



Cartoonist
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