



Golden Acres R. O. Association, Inc. 2024-2025

President	Tammy Davis
Vice President	Paula Bunevith
Treasurer	Don Webb
Secretary	James Schmitt
Director	John Nabb
Director	Randy Nickle
Director	Dick Donnelly
Property Manager	Tony Falco / (Karin Desmone)

Golden Acres Recreation Committee 2024-2025

Chairperson	Deborah Douthit
Vice Chairperson	Linda St. Peter
Treasurer	Maureen Shannon
Secretary	Bob Mickle
Sub Committee (Kitchen)	Deb Pollard
Sub Committee (Bingo)	Anne Knott
Member-At-Large	Glenda Spafford

Events

Bingo Committee	Anne Knott, Marilyn McKay, Paula Bunevith
Darts League	
Fun Shuffle	Team Captains
Golf	Ron Tasior and Ed Richtmyer
Health and Welfare	Master of Ceremonies (Coffee Hour)
Indoor Exercise	Elaine Janes, Carol Spinney
Newsletter Editor	Sue Bailey
Paddling Club	
Pickleball	Staicy Boyd Gunter
Pool Exercise	Debra Farris
Progressive Cards	Dave & Lynn Roselli
Shuffleboard	Bill Battersby, Dan Peters

President's Report

By Tammy Davis #21

As your newly elected president, I would like to take a moment to thank the Board of Directors for their vote of confidence and I look-forward to working with every one of **them**. Please welcome new board members - Jim Schmitt #217, John Nabb #165, Randy Nickle #225, and Dick Donnelly #185. My goal this year is to continue to build on creating a governing board built on trust, consistency, and transparency. Every decision we make **will** always **have-the** best interests of all community members in mind.

Although the weather has not been the best this season, the park had many activities to take our minds off it, as well as many new faces to warm our spirits.

Snowbirds, I hope as you start packing up and heading back north, you remember the fellowship and look forward to returning. **Before** you leave, **please** remember to remove all furniture, landscaping decorations and any item that could fly away during a storm and please shut off your water.

I would like to take this opportunity to thank our full-time residents for looking after our beautiful park during our absence.

Happy Spring to everyone!



From the Editor's Desk

By Sue Bailey #188

suebail@tampabay.rr.com

Many thanks to all of you that provided articles and pictures for this month's newsletter. As a reminder, if you host an activity, it is always customary to send an article to me along with pictures to share with all residents in the monthly newsletter. Please let's keep the articles and pictures flowing every month in 2024.

Monday, April 1st, is April Fool's Day. Both kids and adults in North America and in Europe have developed traditional customs to celebrate the day. These typically include fooling another person and yelling "April fools".

Have you ever heard about a state holiday in Florida called Pascua Florida Day? It usually falls on April 2nd and is the anniversary of the discovery of Florida in 1513 by Juan Ponce de León. He named this land "Pascua Florida" probably because it was near Easter and the Spanish Feast of the Flowers at Easter time.

Since we live in Dunedin, another significant holiday is National Tartan Day on April 6th. It is observed as a day to honor the major role that the Scottish Americans played in the founding of the United States of America and to recognize and celebrate the contributions of the Scotts and their descendants in Canada.

Don't forget that US income taxes must be filed with the IRS by Monday, April 15th. Earth Day is on the 22nd, seeking to highlight and promote efforts to protect the environment. On Friday, April 26th is Arbor Day to encourage the public to plant and nurture trees.

"April showers bring May flowers". April is a sign that spring has finally arrived, and trees and flowers are beginning to open and grow. This is also a time when our beloved "snowbirds" start packing up and traveling back to their northern homes. For all of you that are leaving this month: (As Roy Rogers and Dale Evans sang) "Happy Trails to you until we meet again".

Until next time,
May God bless and keep you well and safe...

Quote of the Month: "It is a common experience that a problem difficult at night is resolved in the morning after the committee of sleep has worked on it." -*John Steinbeck, American writer*

Until next time,
May God bless and keep you well and safe...

Greetings from the Office

By Karin Desmone

Please welcome Stephen McCann & Jacqueline Honyust #26 to the neighborhood. Congratulations and may you find lots of happiness, fun, and laughter at your new residence.

Reminder to please sign out when leaving for the season. Sign out sheet is located in the library or the office. Happy summer and may you have a lovely summertime!

PENNY Raffle Bazaar - MARCH 2, 2024 - 0900 - 12:30

By Eleanor Saunders #76 and Pat Vanderheyden #23

Thank you -

Residents of Golden Acres, you have pulled off another huge successful Penny Raffle Sale. It took the whole community to come together.

Friday set up: Mark Germann

Steve Pollard

Larry Douthit

Tony Vanderheyden

Flower arrangements: Angela Frantz

Bankers: Marie Nieszewski

Judy Fitzpatrick

A crew of many people to reassemble the Hardin Hall

Maureen Shannon - recreation treasurer

A huge thank you to the 13 ladies that volunteered their time to make everyone feel special and their table presentations were so pleasing to our visitors.

Jewelry	\$150.70
Kitchen	\$291.00
Penny raffle	\$517.00
Bake table	\$376.00
White elephant table	\$168.45
2 table rentals	\$10

\$1513.15 was brought in and then our expenses were \$225.50 (canteen, advertising, and tickets).

Total given to recreation committee was **\$1287.65.**

Need Prior Approval from the BOD for an Email Blast

By Sue Bailey #188

It has been brought to my attention that if you are requesting me to send out an “Email Blast” to the residents, it first must be approved by the board of directors. Our Facebook page doesn’t need prior approval to post, but the board wants to reserve the emails for board related information.

Valentine’s Day Dance

By Steve & Linda Swann #219

The Valentine’s Day Dance was held on February 14, 2024. We had a full house with 117 residents and guests! Dancers were treated to familiar tunes performed by Soul Fish. The band was a big hit! The dance floor was graced with many high quality dancers dancing to 70’s, and 80’s tunes! We all recognized our favorite songs. The color red was in full swing out on the dance floor. The kissing booth was a hit with several Valentine Couples taking pictures. Fun was had by all - most guests stayed until the very end!

The dance was hosted by Steve and Linda Swann. Thank you to the volunteers who helped with decorating, set-up, clean-up, and ticket sales. Special thanks to Frank and Linda St. Peter and Debbie and Larry Douthit for stepping up and helping with hosting duties. Also, thanks to Jimmy List and Gilles Prescott for installing colorful lights that added sparkle to the dance floor. Our hall looked great with red all around. Several nice door prizes were donated. They include very generous gift cards donated by Julian’s Italian Restaurant, Eddie’s, and Draught House. Each restaurant donated two gift cards. Please mention Golden Acres and thank them when visiting these businesses. In addition, thanks to Sheona Ayles (Coach #74) for the beautiful, framed photograph she created and donated. Thanks for supporting our fun dance and Golden Acres!





From Our Recreation Committee

By Debbie Douthit #60
Recreation Chair

Many of us enjoy our wonderful library that is managed by Steve & Sue Toner #199. Such a thankless role the two of you spend countless hours managing while providing enjoyment to many, so please hear a BIG Thank You from all of us.

With Rennie Wittenbols #65, as conductor this fall, our birthday, anniversary, choir enthusiasm became spectacular! Thank you to each volunteer.

Jim Schmitt #217 and grill masters thank you for your monthly pancake breakfast. It is always enjoyed by all!

Another BIG SUCCESSFUL PENNY SALE! Eleanor Saunders #76, Pat Vanderhyden #23, sub-committees: Lori Barnes #5 and Roberta Lattanzio #75, Kim Germann #191, and the list goes on of volunteers that made a \$1200.00 profit for our park! Thank you, thank you!

Glenda & Gordon Spafford #151, Ed & Donna Richtmyer #66 were once again the first to volunteer as dance “co-host” for the second year in a row. Dancing the evening away to the great music of the Papa J band, while enjoying the festive decorations and door prizes made for a perfect evening. Thank you to each of you for making calendar events seamless and fun for all.

Lots of new events were added to our 2024 calendar: Paint ‘n Sip, Wine & Cheese, Ping Pong & Beginning Bridge Lessons.

While socializing, Gina Douthit #55 came up with the Paint ‘n Sip idea, which evolved into this being another new activity to participate in. Then Maureen Perry #11 took the ball and ran with it by introducing our first “Sip ‘n Paint” in February. Her experience and leadership were embraced by you, Maureen, and volunteers.

Lynn and Dave Roselli #97 kicked off our first “wine & cheese” event. Only to have the addition of being serenaded by professional Roc Opra Natra! Thanks to Margaret and John Sannachan #40. As new residents, the Sannachans have set the bar high, coordinating with nephew Dave Roselli and wife Lynn when bringing son-in-law / Danny Scott and professional musicians. Only to follow with a second unplanned concert on 3/12/24! How lucky are we, not only would this professional group not accept payment, but they also accepted free with donations at the door and all donated went to St. Jude’s for Children. What a blessing to each of us! Our deepest respect and appreciation to Roc Opra Natra & a big Thank you Rosellis and Sannachans!

Lori Barnes #5 and Steve Cockerill #16 - we appreciate your research while working with Bob Mickle #29 to get ping pong on our new schedule. Thank you to our board for approving the purchase of a new table and paddles. We all look forward to participating in this new activity next season. All players, please sign “in & out” to better understand the interest this new equipment adds to our park. Great teamwork!

Tom Frantz #81 made the offer to teach beginning bridge while volunteering his lovely assistant Angela to help coordinate. The two worked with Bob Mickle to schedule our first lesson on 3/14/24 @ 2:00 with fourteen attendees. We look forward to next season’s updates on how this group performs with Tom and Angela’s direction. Thank you for this exciting addition to our community calendar!

A scrumptious ham, all the wonderful sides, as well as delicious deserts left those sharing our Easter meal energized and ready to search for eggs. Thank you to our hosts, Linda, and Frank St. Peter, as well as those who distributed a nice warm meal to residents who were unable to attend.

No words can express our appreciation to our recreation committee:

Maureen Shannon #200 for managing our finances, buying trivia prizes, etc., etc.

Bob Mickle #29 for his detailed secretary skills, calendar coordinating, flyers, updated TV schedule and the list continues.

Thanks to Linda St. Peter for her time as Vice Chair, always picking up the slack for our Chairman, coordinating, Wednesday Weekly, Emcee, etc.

Debbie Pollard #221 did a stellar job keeping our kitchen and supplies organized and in tip top shape. Always behind the scenes making our kitchen “coffee and donut’s” function seamlessly.

Anne Knot #189 for managing such a demanding role as bingo chair, while making it look effortless.

Glenda Spafford #151 member at large bringing much knowledge and added insight to our committee, weekly half-pot, co-host of St. Patrick's Dance and misc. evolving tasks. We welcome board liaison Randy Nickle #225. Randy brings a volume of skills, while balancing the interest of our stellar board and recreation committee.

Sue Bailey #188, thank you for coordinating our newsletter and Karin Desmone, office manager of our park, for her many hats and skills making us the best park in Dunedin.

Our park is in good hands as Debbie Douthit #60 and Linda St. Peter #140 complete their recreation committee term. Richard Barnes #5 & Eleanor Sounders #76 are well prepared to join the recreation committee and we all look forward to many exciting activities to come.

A big thank you to our many volunteers! The list is too extensive to name everyone but know that you ALL are invaluable in making things happen and we couldn't do it without you. It's great that we've been able to add three new on-going activities as residents stepped forward. This is amazing and we cannot thank each of you enough for your support and kindness.

Our Red Bus staff appreciates donations from residents. What a gift each of you contributed to those in need.

We're proud to announce our New Year's Eve co-host docket is now filled. A big thank you to Jack Terry & the team. You can count on a terrific evening to be shared by all.

Our Valentine entertainment will be a repeat with Soul Fish! Volunteer host, "second consecutive season" Linda and Steve Swann.

As many snowbirds travel home for the summer, we need to appreciate each full-time resident for watching over our park and keeping it running year-round. Your efforts do not go unnoticed.

Sincerely,

Recreation Committee 2022-24

Farewell & Deepest Gratitude for each of you for your support as I resign and move to the summer recreation committee.

Blessings and good health ... until next time,

Debbie Douthit

Recreation Chair

***Editor's Note:** It has been a pleasure and very refreshing to include Debbie's Recreation Reports in our monthly newsletters! She is very thorough and gracious with so much gratitude for her team and all the volunteers who make the activities a success. I'm going to miss her uplifting articles. I wish her well going forward with all her future plans.*

Pool News

By Debra Farris #28

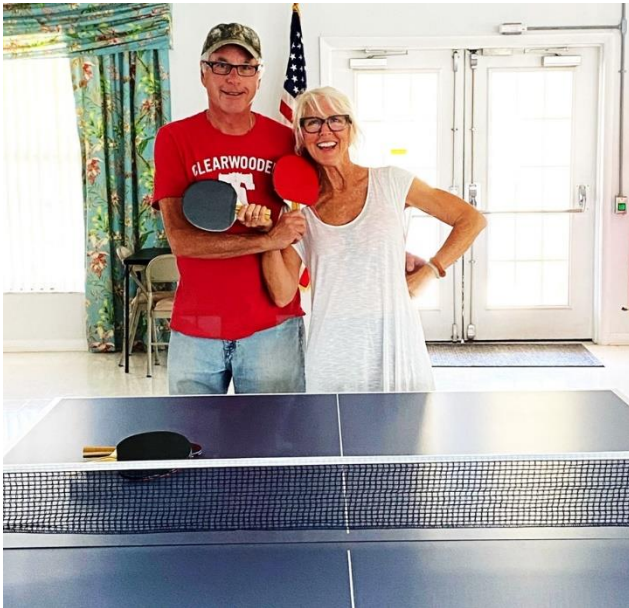
Please shower before entering the pool!

We require this because it rinses off sweat, bacteria, body oils, deodorant, hair, conditioner, and products, lotion. When people choose not to abide by this rule, dirt and scum collects around the edge of the pool, and must be hand cleaned.

If you'd like to get some exercise, please join in for Aquafit, Mondays, Wednesdays, & Fridays at 10:30 AM (weather permitting) for a one-hour class. The class is centered on agility, flexibility, balance, and core strength, rather than high-level aerobic activity, so everyone can go at their own pace. See Debra at coach number 28 if you have questions or concerns. Thanks!

Ping Pong

By Lori Barnes #5 and Steve Cockerill #16



Thank you to the Rec Committee and to the Board for approving and allowing the G.A Park residents to have a Ping Pong table!

It is stored in the Clubhouse with brief instructions for set-up/ put away for anyone to use.

We are starting with Thursday eve, 7-9 pm sharing with the Darts time – obviously in a different corner of the room. It should be a Fun Group playing to start with!!

Diabetes Drug May Reduce Colorectal Cancer Risk

From NIH (News in Health) [newsinahealth.nih.gov](https://www.newsinahealth.nih.gov)

People with obesity are at increased risk for type 2 diabetes and other health problems. Certain drugs that help keep diabetes symptoms in check also promote weight loss. These are called GLP-1RAs. Examples include Ozempic, Trulicity, Wegovy, and Zepbound.

People with obesity are also at higher risk for colorectal cancer. Scientists wondered whether people who take GLP-1RAs for diabetes also have a reduced risk for colorectal cancer.

To find out, researchers examined the medical records of more than 1.2 million people with type 2 diabetes. They followed available patient records for up to 15 years. They compared the risk of colorectal cancer among people taking seven different types of drugs.

The analysis showed that people with diabetes who took GLP-1RAs had a lower risk of colorectal cancer than those taking other diabetes drugs. The protection was greatest in people with overweight or obesity. People in this group who took GLP-1RAs had a 50% lower risk of colorectal cancer than those who took insulin to manage their diabetes. They had a 42% lower risk than those who took the common diabetes drug metformin.

“This research is critically important for reducing incidence of colorectal cancer in patients with diabetes, with or without overweight and obesity,” says Dr. Nathan Berger, who co-lead the study along with Dr. Rong Xu at Case Western Reserve University. More research is needed to confirm these results and learn more about how these drugs work.

Home-Based Job or Home-Based Scam

By Sue Bailey #188 as an AARP Fraud Watch Fighter

Free Helpline at (877) 908-3360 or

<https://www.aarp.org/benefits-discounts/all/aarp-fraud-helpline/>

How It Works

- You see an online or print ad that offers a work-from-home opportunity doing something like processing paperwork, stuffing envelopes, or data entry work.
- The ad may promise high pay and require little or no special skills or experience.
- You may be asked to pay up front for training and other materials or you may receive a check to “cover” these experiences.

What You Should Know

- Criminals advertise jobs the same way honest employers do on trusted websites and newspapers and often pretend to be both well-known and smaller companies.
- The listings can include fake testimonial and bogus personal stories of people making thousands or more through this opportunity.
- They promise you a job, but what they want is your money and your personal information.
- Honest employers, including the federal government, will never ask you to pay to get a job.

What You Should Do

- Do an online search using the company’s name plus the words “scam”, “review”, or “complaint” to see what other people are saying.
- Check out the company with your state consumer protection agency, the Better Business Bureau in your community and the area where the company is located.
- Provide any personal details until you’re certain a job offer is legitimate.
- Ask lots of questions before accepting any work-from-home job offer, including how and when you’ll be paid, whether it’s a salary or commission-based payment and if there are up-front costs.

Active-Duty Soldiers to Remember

Please take a moment to offer a prayer of thanks and remembrance to all those who help to protect our way of life. Keep t in your prayers until they return safely to their loved ones.

Adam Coburn (British Army), Nephew of Mildred and David Todd, Lot #2.

Damien Fitzpatrick (Tech Sgt. USAF) Grandson of Judith Fitzpatrick, Lot #87.

Sean Fitzpatrick (Major US Army) Grandson of Judith Fitzpatrick, Lot #87.

Reid Forster (Master Corporal with the 4th Royal Canadian Regiment) son of Dave Forster & Colleen Collins #128

Tim Joy, US Army Special Forces Green Berets, Fort Bragg, NC - Nephew of Jack Terry, Lot #141.

Daniel Jones (US Navy) Grandson of Carol Diniz, Lot #25.

Matthew Jones (US Navy) Grandson of Carol Diniz, Lot #25.

Brian Karhoff (US Army Major) Son of Nancy Karhoff, Lot #67.

Jacob Smith (PE3 Army M. Police) – Grandson of Valerie O’Farrell, Lot #31.

Colleen Terry, US Navy, Petty Officer 3rd class, Naples, Italy - Daughter of Jack Terry, Lot #141.

John Wilson (PFC 1st Class USMC) Iraq – Grandson of Jean Key, Lot #138.

So that we might get to know these courageous soldiers better, I would like to add their pictures to this section. Please forward any photos to Sue Bailey suebail999@gmail.com

For changes to the list of soldiers, please contact Sue Bailey suebail999@gmail.com

Birthdays and Anniversaries

By Norma Moore #54

Golden Acres April Anniversaries

Let us wish these couples a very happy wedding anniversary.

John and Margaret SannachanApril 4
Alan and Barbara ZunichApril 6
Dennis and Jackie CunninghamApril 8
Bruce Gunter and Staicy BoydApril 11
Denis and Anna-Lisa DeLucaApril 23
Tod and Heather BlanchardApril 30

Golden Acres April Birthdays

We want to mention all those who are celebrating this month and send them our very best wishes.

Wendy Modny	April 2
David Merriam	April 5
Jeff Zehnder	April 5
Ed Richtmyer	April 7
Ronald Vito	April 8
Rita Syroteuk	April 9
Linda MacDonald	April 10
Kevin Rainsforth	April 10
Vincent Anton	April 11
Mike Frederick	April 12
Gerald Baker	April 13
Christine Sprague	April 14
Paul Colby	April 15
Rose Franco	April 16
Carole Doyon	April 17
Belinda Sezbenski	April 19
Staicy Boyd	April 20
Denis DeLuca	April 20
Lori Barnes	April 21
John Cobb	April 21
Kevin Purssell	April 21
Phyllis Cullen	April 22
Elaine Mackey	April 23
George Moore	April 23
Jeanette Bambach	April 25
Jackie Cunningham	April 25
David Todd	April 26
Jack Bailey	April 27
Mary Orman	April 27
Jack Terry	April 27
Linda Clark	April 28
Stephen Cockerill	April 28
Anna Karlnoski	April 28

Obituaries

Annie Laurie MacDonald
Lot #158
April 11, 1934 – February 13, 2024

It is with deep sorrow that we announce the death of Annie Laurie MacDonald in Dunedin, Florida, who passed away on February 13, 2024, at the age of 89, leaving to mourn family and friends. Leave a sympathy message to the family in the guestbook on this memorial page of Annie Laurie MacDonald to show support.

She was predeceased by her parents, Mary Anne Gillis, and Hugh John MacLellan; her son-in-law Stanley Graham; and her siblings, Jean MacDonald, Margaret McEachern, Allan MacLellan, and Barbara MacDonald.

She is survived by: her cousin Cathy Campbell; her daughters, Cape Breton, Sandy and Down east: her brother Duncan; her daughters, Sandra Graham of Dedham, Mass., Louise MacIsaac (Jamie) of Judique, N. S., Janice Campbell (Douglas) and Jo-Anne MacDonald; her grandchildren, Meggie Jean MacIsaac, Jenny Curry (Trevor), Timothy MacIsaac (Suzanne), Elizabeth MacIsaac, Katherine Walker (Stephen), Duncan MacIsaac (Jenelle), Sarah MacIsaac (Dylan), Andrew Campbell (Kelsey), Emily Sawyer (Don), Alexander Campbell (Emily), Madeline Campbell, Malcolm, Annie Kate, Jack, Hugh Sandy, Jax, Breton, Louis, Charlie and Nora; and also Catherine MacLellan.

A visitation was held on Friday, March 1st, 2024, from 2:00 PM to 7:00 PM at the Community Room of the Judique Fire Department (30 River Denys Rd, Judique, NS B0E1P0). A funeral service was held on Saturday, March 2nd, 2024, at 11:00 AM at the St. Andrew Roman Catholic Church (5486 Nova Scotia Trunk 19, Judique, NS B0E1P0).

In lieu of flowers, donations may be made to St. Andrew's Parish cemetery fund, 5480 Rte. 19, Judique, N.S., B0E 1P0.

APRIL - 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Indoor Exercise 8am Aqua Fit 10:30am Pickleball 5pm	2	3 Aqua Fit 10:30am Pickleball 5pm	4 Indoor Exercise 8am Ping Pong 7pm	5 Aqua Fit 10:30am	6
7	8 Indoor Exercise 8am Aqua Fit 10:30am Pickleball 5pm	9	10 Aqua Fit 10:30am Pickleball 5pm	11 Indoor Exercise 8am Ping Pong 7pm	12 Aqua Fit 10:30am	13
14	15 Indoor Exercise 8am Aqua Fit 10:30am Pickleball 5pm	16	17 Aqua Fit 10:30am Pickleball 5pm	18 Indoor Exercise 8am Ping Pong 7pm	19 Aqua Fit 10:30am	20
21	22 Indoor Exercise 8am Aqua Fit 10:30am Pickleball 5pm	23	24 Aqua Fit 10:30am Pickleball 5pm	25 Indoor Exercise 8am Ping Pong 7pm	26 Aqua Fit 10:30am	27
28	29 Indoor Exercise 8am Aqua Fit 10:30am Pickleball 5pm	30				