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

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

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### **Golden Acres Recreation Committee 2024-2025**

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<b>Chairperson</b>	<b>Maureen Shannon</b>
<b>Vice-Chairperson</b>	<b>Eleanor Saunders</b>
<b>Treasurer</b>	<b>Glenda Spafford</b>
<b>Secretary</b>	<b>Bob Mickle</b>
<b>Bingo</b>	<b>Anne Knott</b>
<b>Kitchen</b>	<b>Deb Pollard</b>
<b>Member-at-Large</b>	<b>Richard Barnes</b>

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### **Events**

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

## President's Report

By Tammy Davis #21

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Hello GA family,

As we move into our last month of the “snowbird” season, we want to remind you of a couple of events that the board is planning. Please mark March 19 at noon on your calendar for the annual Board of Directors' picnic in the clubhouse. We will be having a Special Members' meeting in the clubhouse on March 26 at 10 a.m. to vote on amending Article IX Dissolution in the Articles of Incorporation.

As of the end of February, we have six units for sale. In speaking with other parks, this has been a trend this year.

As a reminder, please refer to the back of your rules and regulations for our checklist for closing up your unit for the summer. Please keep in mind that you are responsible for the upkeep of your unit when you are not here. Our full-time residents deserve to live in a pristine-looking community 365 days a year.

Enjoy the lovely month of March. We are all extremely blessed to live in such a beautiful community.



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## From the Editor's Desk

By Sue Bailey #188

suebail999@gmail.com

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Happy St Patrick's Day!

Another packed month of events for Golden Acres in March! In addition to our Weekly Repeats our scheduled events are: Be sure to check out the dates on the March calendar.

Many thanks to all of you that provided articles and pictures for this month's newsletter. Please keep the articles and pictures flowing every month in 2025. This month you will read about Our annual Penny, Jewelry, Craft and Bake Sale coming up, Pajama Rama Jam Karaoke Meet, crypto-currency schemes, and more.

Some important dates to remember in March are:

9th: Daylight Savings Time (Spring Forward one hour).

17th: St Patrick's Day

20th: Spring Begins (Spring Equinox)

March 2025 is also Women's History Month

**Quote of the Month: “The Day the power of love overrules the love of power; the world will know peace”**

– Mahatma Gandhi

Until next time,

May God bless and keep you well and safe...

## Greetings from the Office

By Karin Desmone #1

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Please welcome Scott & Carla Boyd #156 to the neighborhood. Congratulations and may you find lots of happiness, fun, and laughter at your new residence.



## RECEIVERSHIP - PLEASE READ

By: Law Office of Park Attorney, Jonathan Damonte

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### *What Happens If No One Wants to Be on The Board Of Directors?*

**RECEIVERSHIP** Sections 719.1064 and 719.1124 of the Florida Cooperative Act say that if an association fails to fill vacancies on the Board sufficient to constitute a quorum of the Board, the Circuit Court may appoint a receiver to manage the association and the community property. When that happens, the Court appoints a real estate broker or management company who specializes in managing properties in receivership to take control of the homeowners' association and operate the community property until either a new board is elected or appointed, or the property is sold and the association dissolved. The association is responsible for the salary and expenses of the receiver, including management fees, court costs, and attorney's fees. This almost always results in a sizeable increase in the monthly assessments and a reduction in the value of the property. The Court gives the receiver all of the powers and duties of the board, and the receiver manages the association and community property until the association fills vacancies on the board sufficient to constitute a quorum, or if no one will serve on the board, the Court may dissolve the association and order the community property sold. If the association is dissolved the community property may be sold to the highest bidder. In the case of a mobile home park cooperative, where the association is the owner of the underlying land, that could be a mobile home park operator such as a real estate investment trust (REIT) or other real estate investment company who would dissolve the cooperative and convert the park back into a lot rental park, as it was before the residents bought it and converted it to resident ownership. If that happens, then all of the mobile homeowners will have to pay lot rent to the new owner. The current lot rent for nice quality mobile home parks in Pinellas County is approximately \$1,000.00 a month. Many mobile home park owners also now pass-on the real estate taxes and separately meter water and sewer service. Recently a community in Jacksonville and a community in the Orlando area filed for receivership because no one would serve on the board. *We have vacancies on the Board of Directors. Please, GET INVOLVED! Help our community protect our membership rights now and in the future.*

## Annual Recreation Committee Fundraiser - Penny Raffle Bazaar

By Pat Vanderheyden #23 & Eleanor Saunders #76

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Everyone is welcome to come out and join in the great fun and camaraderie of the annual penny bazaar. March 1, 2025, from 0900 to 12:00 pm. We will gladly accept any items to be donated for the raffle table prior to March 1. Items can be dropped off to Pat Vanderheyden #23.

Raffle items from the Penny table will be drawn at 12:15pm. The committee would very much appreciate it if you would come to the clubhouse for the drawings and take your prizes home at that time.

The committee is extending an invitation to everyone to bring their friends for lunch. Good food, excellent company and you may just win one of your choice prizes.

The hall will be filled with bake goods, white elephant table, penny table and jewelry table. DON'T BE BASHFUL - feel free to barter with the ladies working at these tables. No holding back - EVERYTHING MUST GO!!

## Pajama Rama Jam Karaoke Meet & Greet

By Mark & Lin Johnson #174

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An enthusiastic crowd gathered at the Golden Acres Clubhouse as Lin & I hosted the Pajama Rama Karaoke Meet & Greet on January 14th. The participants came prepared, wearing spectacular night-time apparel, as well as bringing their best vocal talents to share with a very supportive crowd. The appetizer tables were filled with delightful munchies and snacks we all enjoyed.

The entertainment featured solo artists, duets, group performances, and even an entire Golden Acres singalong to "Sweet Caroline". The park was well represented with clever acts by a very vocal 4th Street contingent, and an equally strong Ohio delegation. Kudos go out to DJ Jason for a very professional job, and the tunes covered the gambit of musical genre.

Lin and I sincerely appreciate your participation and support of this fun event. Our only hope is you have had as much fun as we did.

Kind regards.

## Florida Musings

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DID YOU KNOW...

St Johns River, **Florida's largest river** is one of only a few major rivers that flow from south to north.

# Working Out to Stay Sharp Can Exercise Keep Your Brain Healthier?

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

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We've all heard that exercise is good for us. Experts recommend getting at least 150 minutes of moderate intensity aerobic activity each week. This can include brisk walking, biking, playing tennis, or even pushing a lawnmower. Strength training exercises, like lifting weights, pushups, or sit-ups, are recommended at least two days a week.

Many benefits of exercise are well known. Aerobic exercise can help you maintain a healthy weight by burning fat. It can also keep your heart healthy. Strength training can help to build muscle mass and strengthen your bones. Stretching can improve flexibility and range of motion. And balance exercises can prevent falls. Scientists are finding out that exercise may also improve our brain health.

Research has shown that when you exercise, many different molecules are released into your bloodstream. These molecules travel to different organs and tissues, where they trigger changes that help your cells withstand the physical stress of exercise.

"You're basically telling your body, 'You need to prepare for something,'" explains Dr. Saul Villeda, who studies the aging brain at the University of California, San Francisco. In preparing to withstand exercise, cells also seem to get better at withstanding the effects of aging.

As we age, our **cognitive** abilities often start to decline. We may have difficulty with learning and memory. That's because our brains undergo cellular changes as we get older. The protective barrier around the brain also changes, altering which substances can get into your brain.

Studies in mice and rats have shown that exercise can partially offset these changes. And it can prevent at least some of the cognitive decline that occurs with age. These benefits haven't just been seen in mice, either. Research has also shown a link between aerobic exercise and better memory in people.

Certain exercise-induced molecules have been shown to boost cognitive functions in mice. Villeda and colleagues are studying one called GPLD1. They've found that it's at least partly responsible for why exercise improves new brain formation, learning, and memory in aged mice.

Villeda's team has also shown that older adults have more GPLD1 in their blood. This suggests that GPLD1 may have a similar function in people. GPLD1 production has shown effects similar to exercise in the brains of mice. So, Villeda hopes that one day GPLD1 can help improve the health of people who aren't able to exercise. Don't be discouraged if the recommended amount of exercise seems overwhelming. It's okay to start small. "A little bit goes a long way," Villeda says. "Even just moving a few minutes extra that you wouldn't have done already has a benefit." He notes that his research findings have motivated him to start exercising, which he didn't do before. "Even though I'm dealing with mice, the benefits that I can physically see in them have compelled a couch potato [like me] to actually get up and start exercising."

# Crypto-investment Schemes

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/>

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Online romance scams have caused heartbreak and financial ruin for years. But now, criminal enterprises have found even more ways to exploit their targets and compound the damage by engaging them in crypto-investment schemes. The way it starts out. An errant text. And the people sending these texts? They may be captives forced to do it.

## How It Works

- You receive a text you think was sent in error — maybe it's a pet owner trying to reach the vet, or it's a text asking if you're still on for dinner that night.
- Being polite, you respond to let the sender know their text didn't make it to the intended recipient.
- This is all it takes for an "errant" text to begin a conversation that sparks a friendship or love interest, that becomes a trusted relationship, which opens the door for "learning" how to invest in cryptocurrency.

## What You Should Know

- Romance scams have become one of the top drivers of cryptocurrency fraud, which has taken a quantum leap in recent years. The Federal Trade Commission pegged reported theft through romance scams at \$1.14 billion in 2023, marking the highest reported losses among all impostor scams. With fraud significantly underreported, we know the amounts are likely far higher.
- Behind this fraud are transnational criminal enterprises who lure front-line "workers" with fake employment offers and kidnap them to ensnare targets. Authorities estimate that more than 200,000 people have been forced into being on the front line of these schemes.
- While the errant text is the latest mode, this scam still plays out on the traditional channels of social media and dating sites and apps.

## What You Should Do

- If you get a text like this, or any suspicious text, and your smartphone has a "report junk" option, use it to flag the message for your carrier or forward the message to 7726. This allows service providers to update their protective algorithms in real time to block the numbers.
- Sadly, danger lurks behind all forms of communications as fraud grows unabated. It's not safe to engage with texts, messages or friend requests on apps when you don't know the person already. Avoid clicking on links in email or text messages, especially those that are unsolicited. And let your voicemail or answering machine handle calls you are unsure about.
- By reading this, you now have the power to protect yourself from this insidious scheme. Share what you know to help protect others.

## Active-Duty Soldiers to Remember

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Please take a moment to offer a prayer of thanks and remembrance to all those who help to protect our way of life. Keep them 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 LTC) Son of Nancy Karhoff, Lot #67.

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](mailto:suebail999@gmail.com)

For changes to the list of soldiers, please contact Sue Bailey [suebail999@gmail.com](mailto:suebail999@gmail.com)

## Birthdays and Anniversaries

By Norma Moore #54

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### Golden Acres March Anniversaries

Roy and Donna Outhouse	.....	March 4
Joe and Dianne Lemon	.....	March 15
David and Mary Orman	.....	March 17
Lorne and Cheryl Taylor	.....	March 20
Bill and Karen Obermark	.....	March 25

## Golden Acres March Birthdays

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

Jacqueline Meunier	.....	March 1
Louis Tasior	.....	March 2
Susan Franco	.....	March 3
Dennis Cunningham	.....	March 4
Linda McCullough	.....	March 4
Kathy Houston	.....	March 6
Pascal Pillion	.....	March 6
Ronald Winders	.....	March 7
Korena Drane	.....	March 8
Kevin Roggenbuck	.....	March 8
Charmine Hay	.....	March 10
Alan Woodlock	.....	March 12
Karen Obermark	.....	March 13
Barbara Kanney	.....	March 16
Patrick Blaney	.....	March 17
Carla Boyd	.....	March 18
Thomas Frantz	.....	March 18
David Nicol	.....	March 18
Christine Maclaren	.....	March 24
Bobbi Bragg	.....	March 24
Ann Marie Zakala	.....	March 24
Daniel Kirkey	.....	March 28
Barbara Pylinski	.....	March 28
JoAnn Daniele	.....	March 29
Ron Tasior	.....	March 29
Iris Desilets	.....	March 30
Michael McCallum	.....	March 30
Frank Van Alebeek	.....	March 30
Mike Piurowski	.....	March 31



## March – 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Penny Sale 9am-12:30pm
2 Ping Pong 11am	3 Indoor Exercise 8am Blood Pressure Clinic 9:30- 11am Aqua Fit 10:30am Pickleball 5pm Bingo 7-9pm	4 Golf League Countryway 7:45am Walking with Belinda 10am Bridge 2-4pm Euchre League 6:30pm	5 Weekly Update 9am Aqua Fit 10:30am Bowling at 3:15pm Ballroom Dancing 4-5pm Pickleball 5pm Shuffle under Stars 7-9pm	6 Indoor Exercise 8am Golf League Tarpon Springs 8:30am Walking with Belinda 10am Darts & Ping Pong 7pm	7 Aqua Fit 10:30am CanAm Show and Social 7pm	8 International Women's Day
9 Daylight Savings Time Ping Pong 11am Jammin' with Jim 7pm	10 Indoor Exercise 8am Aqua Fit 10:30am Pickleball 5pm Bingo 7-9pm	11 Golf League Countryway 7:45am Walking with Belinda 10am Bridge 2-4pm Deadline April Newsletter 5pm Euchre League 6:30pm	12 Weekly Update 9am Aqua Fit 10:30am Bowling 3:15pm Ballroom Dancing 4-5pm Pickleball 5pm Shuffle under Stars 7-9pm St Patrick's Dance 7:30pm	13 Indoor Exercise 8am Golf League Tarpon Springs 8:30am Walking with Belinda 10am Darts & Ping Pong 7pm	14 Aqua Fit 10:30am	15 Pancake Breakfast 8-9am Progressive Cards 7-9pm
16 Ping Pong 11am Jammin' with Jim 7pm	17 Indoor Exercise 8am Aqua Fit 10:30am Pickleball 5pm Bingo 7-9pm	18 Golf League Countryway 7:45am Walking with Belinda 10am Bridge 2-4pm Euchre League 6:30pm	19 Weekly Update 9am Aqua Fit 10:30am Park Picnic Noon Bowling 3:15pm Ballroom Dancing 4-5pm Pickleball 5pm Shuffle under Stars 7-9pm	20 Spring Begins Indoor Exercise 8am Golf League Tarpon Springs 8:30am Walking with Belinda 10am Wine & Cheese Social 4-6pm Darts & Ping Pong 7pm	21 Aqua Fit 10:30am	22 Golf Banquet 5-7pm
23 Ping Pong 11am	24 Indoor Exercise 8am Aqua Fit 10:30am Bingo 7-9pm	25 Golf League Countryway 7:45am Walking with Belinda 10am Bridge 2-4pm Paint & Sip 6- 9pm	26 Weekly Update 9am Aqua Fit 10:30am Bowling 3:15pm Ballroom Dancing 4-5pm Pickleball 5pm Shuffle under Stars 7-9pm	27 Indoor Exercise 8am Golf League Tarpon Springs 8:30am Walking with Belinda 10am Darts & Ping Pong 7pm	28 Aqua Fit 10:30am	29
30 Ping Pong 11am	31 Indoor Exercise 8am Aqua Fit 10:30am Bingo 7-9pm					