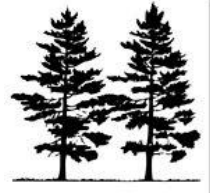


CRV HOMEOWNERS ASSOCIATION

October 2013 Newsletter



CRV HOA, PMB 512, 987 N Suncoast Blvd, Crystal River FL 34429

Website: www.crystalrivervillagehoa.com

Editor: Cindy Folcik cfolcik@hotmail.com 850.565.0036

The President's Message

Autumn is upon us. Yes, the cooling temperatures, falling of leaves and the end of the annoying and worthless flying love bugs are a welcome change. Also, it's ideal temperatures to enjoy the game of golf. Harry Rundle and Ed Bates greatly enjoyed the game as they both stroked the coveted HOLE-IN-ONE; congratulation gentlemen. A great achievement only a few amateur golfers conquer. Both gentlemen logged their ACE'S on hole number four at Brentwood Golf Course.

October also brings the fun filled adventure of Halloween. This year will be no different, so gather up your costumes and meet at the annual **Halloween Party October 24** at the club house. This is the event where you can hide your identity and expose your humor.

A great big thank you to Ron and Charlotte Oates for donating a brand new Weslo treadmill to the CRV club house work out facility. The operator's manual is attached; please read it prior to using to insure safe use. There are now three functional treadmills please use them safely. Several obsolete pieces of equipment have been removed and the facility has been rearranged for safety and user convenience. Just a reminder if you have exercise equipment that you are not using, and wish to donate it please check with the office or myself prior to dropping it off at the club house. The exercise room is limited on space and equipment must be user friendly.

Just a reminder when traveling and vacationing for any length of time please make sure a neighbor or office has a telephone number to contact you in case of an emergency at your residence.

Thank you to the office and our maintenance department for cleaning and clearing the storage area and installing the new gate. Your time and efforts are greatly appreciated.

Have a great month, and I am looking forward to seeing you at all the upcoming events.

Leo Lumpiesz 231-620-7762

From the Editor

This looks like a busy October coming up and I hope with some of the snowbirds returning our events will start having a larger turnout, we have missed everyone. I just want to mention that the day of our Halloween Party, Painting and Mah-jong will have to meet in the library, because we will be decorating the clubhouse all day, and if anyone wants to help, feel free to join us.. I was asked to mention that a white box fan is no longer in the billiard room for the guys to use, apparently they are sweating to death without it, if someone finds it, return it to the pool room. Because of the Halloween Party, there will not be a Pot Luck. Also, don't forget to buy your tickets to the Halloween Party! See you there! – Cindy Folcik 850.565.0036

Congratulations & Best Wishes!

Birthdays

October

Anniversaries

- 2 Diane Bailey
- 2 Ann Kinderdine
- 4 Dolores Pollard
- 5 Rosemarie VanDuzer
- 5 Kaye M. Prestidge
- 6 Carmela Provo
- 7 Shirley Peterson
- 9 Carole Nye Polisson
- 11 Bob LaManna
- 12 Linda Shott

- 14 Shirley Clark
- 14 Patti Onenik
- 17 Carole Sornberger
- 19 Ann Hodge
- 19 Barbara DeRemer
- 22 Frank Rymar
- 24 Suzanne Dos
- 24 Chick Hilton
- 24 Joyce Mohr
- 31 David Martin

- 3 Bud & Rosemarie Van Duzer
- 3 Don & JoAn Whippie
- 4 John & Dolores Pollard
- 7 Richard & Shirley Decker
- 7 Alan & Barbara DeRemer
- 8 Nick Polisson & Carol Nye
- 12 Ed & Rose Peckham
- 17 Harry & Barbara Rundle
- 25 Lee & Mary Stiles

If I missed anyone, please let me know so that I can correct it next time.
Thank you. - Cindy

Ladies Luncheon Report

Our September Ladies luncheon was hosted by Shirley Decker and Gerry Caul and I must say, it was a great time. There were 22 of us that came to Applebee's and the food was terrific. We had two newcomers join us and they were, Jane Mooney and Cathy Boccuti, fairly new residents here in CRV. We welcome you both and thank you for joining us. The next Ladies luncheon will be held on October 31, you can dress in costume if you want. Your hostess's will be Shelly Lumpiesz, Barbi Nichols and Trudy Wood and the restaurant is Charlie's Fish House at 224 NW US Hwy 19 in Crystal River. We will be meeting there between 11:30 and noon. Charlie's has a great menu and the lunches are \$6.99 and 2 for 1 cocktails. As always, we hope to see you attend, the sign- up sheet is posted on the clubhouse bulletin board.

From the Bingo Table

Bingo attendance is still down somewhat, but hopefully we have reached the bottom and things should start to pick up. We would also like to thank Bonnie Cates for joining our team of callers.



B-I-N-G-O Jackpot Winners

B-I-N-G-O

Chairpersons:

- Barbi Nichols 794-6539
- Richard "Woody" Wood 563-2612

8/28	Lorraine Frieke	100.00
9/4	Jennie Asher	85.00
9/11	Bill Craig	20.00
9/11	Gerry Caul	20.00
9/11	Jean Robbins	20.00
9/11	Kathy Stockerd	20.00
9/18	Bonnie Cates	46.00



Shuffleboard Winners

Aug 27	Mike Pinter Jim Madden
Sept 3	Rained out
Sept 10	Barbara Lowfinl Mal Hood
Sept 17	Don Buschbascher Marjorie Buschbascher

Breakfast News

Our Saturday morning breakfast will be October 12 this month. We had a pretty good turnout in September and we appreciate your support. Please continue to join us, last month there was an awful lot of laughing going on out there, while we were all slaving in the kitchen!, a good way to start the weekend.

Menu for October

Coffee and Orange Juice
Scrambled Eggs
Pancakes and Hot Syrup
Sausage Links



CRV Golf News

Congratulations are in order for two of our residents, Ed Bates and Harry Rendell, they each got a **HOLE- in- ONE**. On Friday, Aug. 9th, Ed got his and on Sept. 20th Harry got one too at Brentwood Country Club. Fantastic, did you guys win cars?

Line Dancing at CRV



Now this is a fun way to get some exercise, not only for your body, but your mind too. It's unreal how your feet and brain work in opposite directions. It's a good thing that a few in this group know what they are doing, otherwise, we would be totally lost. So start your week off by getting your "booty" over there and have some laughs, along with fun exercise, the more the merrier!



Brown Bag Sunday

We are happy to report that a few weeks ago, we had a nice turnout for Brown Bag Sunday, a few new faces joined the group for fun and sun in the pool and then we had a cookout, the only thing was, we had to eat inside the clubhouse. Evidently, the “lovebugs” thought they were invited too!. We had a great time, so come on in, the water is fabulous this time of year.



Yoga Classes being Offered



Yoga classes will be offered in the clubhouse starting the first week in October, either early am or 4 pm on Monday or Wednesday. Deep breathing is coordinated with slow gentle movement. We learn to listen to our body’s messages and how to stop trespassing against ourselves. Yoga is a way of undoing the habitual patterns of muscular tension that we’ve accumulated over a lifetime, pushing ourselves to meet the needs of others and the goals we’ve determined will bring us happiness and success. Yoga is a practice that deepens self awareness and it is the path to experiencing wholeness in the unity of body, mind and soul. We can learn to let go and feel pleasure and gratitude being in the present moment. Please contact me, **Barbara DeRemer** for more information at **795-5736**. A sign-up sheet is available on the clubhouse bulletin board and indicate what time would work for you. Wear comfortable clothing and bring a mat. Thank you, Barbara DeRemer.



Dragon Boat Festival



There are several of us here in CRV that want to make a team for **The Dragon Boat Festival** held at Lake Hernando, November 16, 2013. We need 25 people to make a whole team. The event is a fundraiser for the **Wounded Warrior Project**. and local youth groups The Dragon boats are provided and there will be a practice run the week before. If you think you would like to give it a try, check out the web site at **www.LakeHernandoDragonBoat.com** for more information. Also, there is a \$500.00 registration fee and we need your support. Any donation that you can make would be greatly appreciated. Please call Nancy Russell at 740.525.3292 to add your name to the team and ask her how you can make a donation. She will be having a meeting **Thursday, Oct 4th** in the clubhouse at **4:00**. This sounds like a lot of fun and a good cause, so please join the CRV Team.

September HOA Meeting Summary

Delnora brought attention to the fact that a new code system that was put in at the front gate. If your code does not work, please contact her to get it fixed.

Barbara DeRemer mentioned that she would like to hold Yoga classes either on Mondays or Saturdays. This would be a co-ed class with a donation to her, she usually charges \$8.00, but, for us, she would take less. This is a spiritual healing , non- strenuous, meditation exercise of body and soul.

Bone-builders and Line Dancing classes are looking for more members to attend.

The kitchen will be re-vamping soon; date of this occurrence has yet to be determined.

There will also be a new map placed at the front gate and the gate should get a paint job soon.

We have a new mail lady and she no longer will be accepting mail for 1601 SE 8th Ave, or to Lot #'s, everyone should be using their new street addresses by now.

Please be careful and close your door to any company that you are not familiar with who are soliciting business. There are many scammers out there and you don't want to fall victimized by these people who manage to gain entrance to our village.

Our Gas Card winner was Allen Farrell, congratulations, Allen.



Tell Us Your Story



Over the past two years, the CRV Veterans History Project Committee has offered our Armed Service Veterans the opportunity to tell the story of their service careers. Presentations have been made at our CRV Memorial Day and Veterans Day ceremonies. To date, we have had veterans from WWII, the Korean War, and Viet Nam, share their deeply moving and inspirational experiences. Extended family members present or not were grateful to hear of events that might not previously been shared; and to receive copies of photos and the presentation.

Our next presentation will be **Monday, November 11**, at our CRV Veterans Day ceremony. We invite any veteran to present your story, and encourage you to contact our committee for any assistance in writing and presenting your experience.

Please contact **KAY.HRABEC@GMAIL.COM** Or call at: **352-586-3907**

Ten Benefits of Laughter



By Edan Barak

. Edan Barak is the founder of Top10Zen, a community dedicated to making the best of everything. I love laughter and in this day and age we could all use more of it, so, I thought I would share this article with all of you.

- 1. Protects the Heart.** When you laugh your heart muscle gets stronger and functions better. It increases vascular blood flow and functioning of the blood vessels which results in increased oxygen within the heart and reduces the risks of heart attacks.
- 2. Internal Workout.** Do you remember that last time you were doubled over from laughing so hard your stomach muscles hurt? Believe it or not, your internal organs get workout from laughter. After a good belly laugh your whole body feels relaxed and you feel great.
- 3. Relieves Stress.** It's been proven that laughter can reduce stress. Certain stress hormones like cortisone dopamine and adrenaline are reduced by laughter, leaving you feeling more relaxed.
- 4. Boosts the Immune System.** Laughter wards off infections and fighting diseases like the common cold or even cancer. Laughter decreases those stress hormones that literally makes us sick.
- 5. Social Benefits.** Laughter connects us like nothing else. If you want to see dramatic improvement to your social life, make it a point to make someone laugh. Laughter is contagious and it helps form a bond of good friendship. Would you rather make friends with a sour puss, or someone who loves to make others laugh? At any gathering, the people who are doing all the laughing are the ones having all the fun!
- 6. Reduces Aches and Pains.** A British study shows that 15 minutes of laughter can increase pain tolerance by 10% because of the increase of endorphins that give you a natural high, making you feel calm.
- 7. Improves sleep quality and reduces insomnia.** Our bodies depend on sleep and if we don't get enough of it, it can affect our day with stress and even depression. So, the more you laugh, the better you'll sleep!
- 8. Reduce Depression.** Laughing triggers the release of the feel good hormones called endorphins which instantly puts us in a good mood and reduces stress.
- 9. Improves Alertness, Creativity, and Memory.** Remember when you attended school and the favorite teacher you had? I bet he/she taught the class with a great sense of humor. When you anticipate something funny, you tend to be more alert and when humor is added you tend to remember what you just learned.
- 10. Attracts others to us.** What's more attractive than a person laughing and having fun? So, learn a new joke, or, remember an old favorite, so that the next time you're with a group of people, you be the one to start the **Laughter!**

I've always believed that laughter is the best medicine; I guess this article says the same!

Quote of the Day

He who laughs last, didn't get it!



From the Family Resource Center



Christmas, 'tis the season to be jolly, well that is for most of us. We know it is the beginning of October, but the Family Resource Center is busy working on their Christmas Children's Project. Last year the center and sponsors provided a wonderful Christmas for almost 2000 deserving children in Citrus County. All of these children have been carefully screened and referred to us by Social Service Agencies.

Last year our residents of Crystal River Village sponsored 30 deserving children and gave each of them a wonderful Christmas! The FRC has a fact sheet with all the information regarding each child with his or her favorite color, interest, as well as sizes and most needed and wanted items. This is not meant as a shopping list, just suggestions. It is fun to shop for these children. Try inviting a friend to help you with the shopping.

It's hard to believe there are so many families in Citrus County needing help for their children at Christmas. Many families who are struggling to put food on the table or pay their utilities have no money left over to buy toys or other presents for their children for Christmas.

This holiday season we ask you to open your hearts and help out the best you can. If you are interested, please contact ***Mary & Lee Stiles, 564-0391***. Many thanks from Ginger West and all the volunteers from the Family Resource Center.



CRV Halloween Party







We had our first meeting on Sept. 6th to discuss plans for the up-coming Halloween Party, which will be held on Thursday, Oct.24th this year. We had a bit of delay with choosing the date, due to the fact that we wanted Rick Standard to be our entertainment. I would like to thank all my volunteers who came to the meeting to help me plan a wonderful party for all of you to enjoy! See you on the 24th!

Bible Study News

Bible Study started back up on Sept. 11th. This is a non-denominational study group. The new subject is the book of ***Matthew***. The group meets inside the clubhouse, in front of the fireplace. Sounds like a good way to talk with your friends and neighbors, about our Lord. Amen.

NEWSLETTER DEADLINES: Inputs due by the 23rd of the month to
Cindy Folcik: 850-565-0036, 1707 Joan Rollins Ave- cfolcik@hotmail.com
HOA WEBSITE: www.crystalrivervillagehoa.com

Crystal River Village HOA **OCTOBER** 2013 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<u>1</u> 8AM – Men's Breakfast (Women Welcome) 10 – Shuffleboard 1PM – Dominos 7PM–HOA Meeting	<u>2</u> 10AM – Bible Study 1PM – Bridge 7PM – B-I-N-G-O 7PM – Men's Pool	<u>3</u> 10AM – Painting 1PM – Mah-jongg 4:PM- Dragon Boat meeting- clubhouse 7PM – Men's pool	<u>4</u> 9am - Bone Builders 9:30 – CRV Golf 1PM–Cards&Games 6:30PM - Poker	<u>5</u> 10:30am Horseshoes
<u>6</u> BROWN BAG SUNDAY 	<u>7</u> 9am - Bone Builders 9:30 – CRV Golf 6PM – Women's Pool 6:30 - Poker	<u>8</u> 8AM – Men's Breakfast 10 – Shuffleboard 1PM – Dominos	<u>9</u> 10AM–Bible Study 1PM – Bridge 7PM – B-I-N-G-O 7PM – Men's Pool	<u>10</u> 10AM – Painting 1PM – Mah-jongg 7PM – Men's pool	<u>11</u> 9am - Bone Builders 9:30 – CRV Golf 1PM–Cards&Games 6:30PM - Poker	<u>12</u> 8:00-9:30AM Saturday Morning Breakfast 10:30am Horseshoes
<u>13</u> Take the Day Off 	<u>14</u> 9am - Bone Builders 9:30 – CRV Golf 10:30 –Line Dance 6PM – Women's Pool 6:30 - Poker	<u>15</u> 8AM – Men's Breakfast 10 – Shuffleboard 1PM – Dominos 7PM- HOA Board	<u>16</u> 10AM – Bible Study 1PM – Bridge 7PM – B-I-N-G-O 7PM – Men's Pool	<u>17</u> 10AM – Painting 1PM – Mah-jongg 7PM – Men's pool	<u>18</u> 9am - Bone Builders 9:30 – CRV Golf 1PM–Cards&Games 6:30PM - Poker	<u>19</u> 10:30am Horseshoes
<u>21</u> Brown Bag Sunday 	<u>22</u> 9am - Bone Builders 9:30am– CRV Golf 10:30am- Line Dance 6pm – Women's Pool 6:30pm- Poker	<u>22</u> 8AM – Men's Breakfast 10 – Shuffleboard 1PM – Dominos	<u>23</u> 10AM – Bible Study 1PM – Bridge 7PM – B-I-N-G-O 7PM – Men's Pool	<u>24</u> 10 am Painting 1pm Mah-jongg 4:30 PM- Doors open for judging Halloween Party Costumes 5:00 - Party Party	<u>25</u> 9am - Bone Builders 9:30 – CRV Golf 1PM–Cards&Games 6:30PM - Poker	<u>26</u> 10:30am Horseshoes
<u>27</u> Are you ready for some football? 	<u>28</u> 9am - Bone Builders 9:30 – CRV Golf 10:30 –Line Dance 6PM – Women's Pool 6:30 - Poker	<u>29</u> 8AM – Men's Breakfast 10 – Shuffleboard 1PM – Dominos	<u>30</u> 10AM – Bible Study 1PM – Bridge 7PM – B-I-N-G-O 7PM – Men's Pool 8	<u>31</u> 10AM – Painting Noon:- Ladies Luncheon 1PM – Mah-jongg 7PM – Men's pool	