



GLENLAKES

EAGLE

August 2015

GlenLakes Kayak Club

The *Kayak Club July Social* was held at the Club, with appetizers and a no-host bar enjoyed by some 25 attendees. Sign-ups for the July Paddle to Caladesi



Island and for the August Chassahowitzka River Paddle were conducted with a good turn-out for both. Door prizes were won by Fred Beake (Paddling Adventures Certificate), Gail Anderson (Large Dry Bag), Tim Holme (Dick's Sporting Goods Gift Certificate), Ann Frankel (Dry Box) Marie Franco and Ken Anderson (GLKC Dry Bags). Ken Rupin won the 50/50. Many thanks to Ann Frankel, Raye Wentworth and Curt Reilly for organizing this annual event.

Remaining 2015 Paddles:

- | | |
|------------------------|----------------------|
| Wednesday, August 12 | Chassahowitzka River |
| Wednesday, September 9 | Rainbow River |
| October 19-21 | Steinhatchee River |
| | Away Paddle |
| Wednesday, November 4 | Port Richey Paddle |

Remaining 2015 Meetings and Topics:

- | | |
|-----------------------|-------------------------|
| Thursday, August 6 | Basics of Photo Editing |
| Thursday, September 3 | End of Season Recap |
| Thursday, October 8 | End of Season Dinner |

The Suwannee/Steinhatchee Paddles & Overnights are scheduled for October 19, 20, 21. There will be opportunities to participate in two paddles, on the Suwannee and the Steinhatchee Rivers. We plan to visit Fanning Springs State Park and enjoy a BBQ meal prepared by the outfitter in Manatee Springs State Park. Some optional activities being planned are a sightseeing boat tour, salt water fishing, a visit to the Dakota Winery, and antique shopping. However, for those who may wish to just relax, there is a pool and a hot tub to use and lounge by, as well as sitting on your cottage porch to enjoy the beautiful setting at the Steinhatchee Landing Resort (SteinhatcheeLanding.com). As an added incentive to book, from September 10, 2015 through June 30, 2016, the Resort is offering a 30% discount off the weekend rate for a three night reservation. For those staying four or more nights, the discount will be 50% off the weekend

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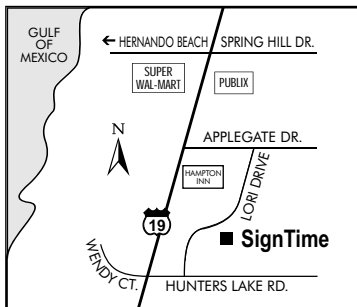
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Articles and photos submitted
for The GlenLakes

EAGLE

must be received by the 10th of each month. Thank you.

**Please note: Articles and photos from pre-approved clubs
may be submitted to the publisher through email.
The email address is sspeedy@tampabay.rr.com.**

GlenLakes Hours of Operation

Tennis Courts and Swimming Pool: 8:00 am-10:00 pm, Daily
 Golf Shop: 7:00 am-5:00 pm, Tuesday-Sunday; Closed Monday
 Golf Course: 7:30 am-Dusk, Tuesday-Sunday
 Shot Gun Monday
 Driving Range, Putting:
 7:30 am-Dusk, Monday-Sunday
 Fitness Room: 5:00 am-10:00 pm, Daily
 Presentation Center:
 9:00 am-5:00 pm, Monday-Saturday,
 11:00 am-5:00 pm, Sunday

GlenLakes Staff & Phone Numbers

Addison Homes	597-7676
Accounting	596-6444
Craighead, David (Operations)	596-6444
Gate House	596-0544
Golf Shop	597-1118
Latoria, Dan (Builder, Addison Homes)	597-7676
McCrary, Tom (Golf Professional)	597-1118
Rood, Ron (Golf Course Maintenance).....	596-3611
Rossetti, Merideth (F&B & Banquets).....	597-9200
Reservations - Lori	597-9200
Sales (New Home & Resales)	597-9000
Scebba, Angelo (Homeowners Assn.).....	596-6351
Strings & Things (Tennis Pros)	(352) 232-0321
Wagner, Mik (Chef).....	597-9200

Website: www.glenlakes.com

GlenLakes Upcoming Events

KARAOKE WITH ANNIE

TUESDAY, AUGUST 4th / BALLROOM



WINE DINNER

THURSDAY, AUGUST 13th /
BALLROOM

DINNER/DANCE

MUSIC TRUE PASSION

SATURDAY, AUGUST 22nd / BALLROOM

GLENLAKES TRIVIA CHALLENGE

WEDNESDAY, AUGUST 26th / BALLROOM

LABOR DAY BAR-B-QUE

MONDAY, SEPTEMBER 7th



BINGO / KIWANIS

TUESDAY, SEPTEMBER 30th



BINGO / BOOK CLUB

TUESDAY, OCTOBER 27th

MEN'S MEMBER GUEST

NOVEMBER 5th, 6th, & 7th



FRIDAY NIGHT

IN DECEMBER

DECEMBER 11th & DECEMBER 18th

Entertainment To Be Announced



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Vicki Glover



Sylvia Scebba

Understanding the make up of GlenLakes Golf & Country Club is important to the marketing of resale homes within our community. This resale market requires specialized knowledge, not only of the homes themselves, but of the entire community.

GLENLAKES Realty, concentrates solely on homes exclusively in GlenLakes. We do not promote other communities and their homes. Be part of the **"SOLD"** statistics, list your house with us!

Continuing Events

Continuing Events are open to GlenLakes Club Members only.

Bellydance Classes With Shazadi (Julie): Wednesday nights from 6:00 p.m. - 7:00 p.m. in the aerobics room. New students are always welcome! Complimentary first class! Contact Shazadi for more info. jshazadi@hotmail.com or 352-346-5918.

Book Club: Meets on the 2nd Tuesday of every month from 10:30 a.m. - 12:00 p.m. Please contact Lois Oberlander for more information.

Ceramics Classes: Ceramics classes are held every Monday and Tuesday morning from 9:30 a.m. to 12:30 p.m. \$3.50 per person. Just show up.

Chess Club: Is now active and plays Chess on the first and third Tuesday evening of every month starting at 7:00 p.m. To join or for more information, please contact Vince Ferraro at 596-8555.

Chinese Mah Jongg: Each month, several members get together at the Clubhouse to play Chinese Mah Jongg. The game is held on the 1st and 3rd Wednesday of each month at 7:00 p.m. Just show up!

Thursday Evening Canasta: Meets the 1st and 3rd Thursday of the month at 6:30 p.m. If you wish to play, call Wendy Sharison at 352-340-4431.

GlenLakes Garden Club: Please contact Marita Hickey at 556-3399.

GlenLakes Singles Club: Meets the 1st Tuesday of each month at 4:30 p.m. on the second floor. Singles who are GlenLakes Club Members are welcome to attend. Please call Dona Gilbody at 508-523-5307 if you wish further information.

Investment Club: The GlenLakes NAP Investment Club meets the first Thursday each month (except July) at the club-usually in the Bar Room at 9:00 a.m. If you are interested in investing and meeting a bunch of savvy investors we invite you to attend one of our meetings. Just show up, we would be happy to have you join the group. **The next meeting will be August 6th.**

Italian Renaissance Club of GlenLakes: Meets the last Thursday of the month except July, August,

November and December. Meeting registration is at 6:30 p.m. Events are held throughout the year. For membership information, contact Marita Hickey at 556-3399 or maritamh@tampabay.rr.com.

Kayak Club: Meets first Thursday of the month, February through November with monthly group paddles. Contact Curt Reilly at 596-2737 or curtreilly@yahoo.com for information.

Knitters and Crocheters of All Kinds: We meet at the Club every Tuesday at 1:00 pm in the Ladies' Lounge near the workout room and the Library. Everyone welcome, just show up or call Teresa Karas (352) 592-1035.

Ladies' Bridge: The ladies' bridge group meets every Wednesday morning at 9:00 a.m. If you are interested in **August**, call **Ann Sich** at **597-9861**. If you are interested in **September**, call **Mickey Smith** at **597-1537**.

Ladies' Canasta: Meets every Wednesday morning at 9:00 a.m. at the Clubhouse. Call Caryl Meyer at 556-3051 or email her at: carylma@aol.com to sign up or cancel. Learners' table is available.

Mah Jongg: Ladies meet on Monday afternoons at 1:30 p.m. There is no charge to partake in this fun and exciting game.

Model Yacht Club: Meets every Wednesday and Friday at 1:15 p.m. on the pond across from the Clubhouse. Everyone welcome.

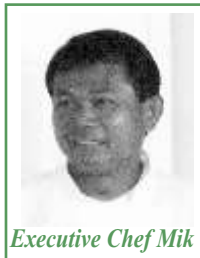
Pinochle: Meets the 2nd Tuesday of each month. If you are interested in pinochle, please contact the Frankels at 592-9854.

Tai Chi Class: Wednesday, 7:45 a.m. in the aerobics room. New students welcome. \$35.00 per month. First class is always complimentary to see how you like the class. For more information, call 727-945-9223.

Zumba, Body Sculpting, Step & Water Aerobics: See schedule posted in Fitness Center. \$6/class or \$25/month. Call Cecile with questions at 597-8376.

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Ala Carte Brunch 9:00 am – 2:00 pm

Monday / Grille Room

Dinner Served 5:00 pm – 8:00 pm

Bar Opens at 4:00 pm

No Reservations Needed

Tuesday / Grille Room

Lunch 11:00 am - 2:00 pm

Dinner Served 5:00 pm – 8:00 pm

Bar Opens at 2:00 pm

No Reservations Needed

Wednesday / Grille Room

Lunch 11:00 am - 2:00 pm

Bar Opens at 2:00 pm

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Thursday / Grille Room

Lunch 11:00 am - 2:00 pm

Pasta & Pizza Night • 5:00 pm – 8:00 pm

Bar Opens at 2:00 pm

No Reservations Needed

Friday / Grille Room

Lunch 11:00 am - 2:00 pm

Prime Rib Night 5:00 pm – 8:00 pm Reservations Please

Bar Opens at 2:00 pm

Saturday / Grille Room

Lunch 11:00 am - 2:00 pm

Fine Dining/Grill Room: 5:30 pm – 8:00 pm

Main Bar / Casual Dinner: 5:30 pm - 8:00 pm

Bar Opens at 2:00 pm

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GlenLakes Clubhouse

Dress Code Rules for Grille Room

Sunday Through Saturday

Day And Evening

Casual, Nice Jeans And

Golf Attire

No Tank Tops

Collared Shirts please

Saturday Evening / Grille Room

Fine Dining

No Shorts – No Jeans

No Tank Tops

Collared Shirts please

Saturday Evening / Casual Dinner

Main Bar

Casual, Nice Jeans

Golf Attire

**UNDER NO CIRCUMSTANCES
Short Shorts, Tank Tops,
Bathing Suits or Hats
In The Grille Room
Or Ballroom**

No Pets

In Or Around

The Clubhouse

No Smoking In The Clubhouse

Thank You's

To our friends and neighbors at GlenLakes that helped and supported my family through our most difficult time of Jim's passing; many thanks to the constant food delivery to our home, assistance with organizing, phone calls, flowers, mass cards, sympathy cards and hospice donations. Our gratitude to the Dirty Thirty Golf Group for making donations to the American Heart Association in Jim's memory. Also, a special thank you to the Dirty Thirty Golf Group for covering the libations at the GlenLakes Country Club luncheon following the church services. I would like to thank Mik, Roseann and the servers for their excellent service during this time. God Bless to each and everyone for their constant support, thoughtfulness, and prayers for myself and my family.

Love to all and best regards,

Lorraine Donaghy and Family

The thoughtfulness, courtesies and recollection of great memories provided to me and my family from the GlenLakes community over the passing of my dear wife Aggie was overwhelming. A beautiful wife, mother and friend will be deeply missed. A proper expression of gratitude to all, in words, is most difficult.

God Bless,

Gene Tansey and Family

With the passing of my mom (Luella) on May 17th at age 95, I would like to acknowledge many that made her time here a little more pleasant because of your kindness.

I would like to thank all of the people at the club on Tuesday's that made my mom's time there just a little more special by acknowledging her with a few words or just a hello when you saw her there having lunch and her Manhattans.

A special thank you to Larry, Janice and Tammy. You took good care of her while at the club and she really thought you were great!

I would also like to thank you for the phone calls, flowers, prayer cards and sympathy cards that comforted us in our time of sorrow. Bless you all.

Another special thank you to all the Christmas carollers that came and sang to her for the past few years. She really enjoyed it.

Sincerely,

Linda Hamon

I am still numb from the passing of my friend and my husband, Jim. But I am also joyful and proud to receive so many sympathy cards, mass cards, flowers, plants, phone calls, donations to Hospice and personal visits. I cherish memories of my marriage and I will continue to cherish my friends here in GlenLakes. Thank you all,

Margie Parker

A BIG THANK YOU! My husband and I would like to send a thank you out to Angelo Scebba and his maintenance crew for the beautiful replanting of The OAKS entrance to Lenox Blvd. where we live. The roses are especially outstanding, as well as all the other flowers added.

We are new owners here in GlenLakes and the first time we came here to start looking at homes we both looked at each other and said "wow, the landscaping in Glen Lakes is absolutely gorgeous" and instantly knew this is where we wanted to live. Great job, thank you Angelo!!!

Mr. & Mrs. Cribbet

GlenLakes Men's Golf Association

By Doyle Hill

There was no GLMGA event this month. Planning for the Classic Member Guest tournament continues. If you are not playing, please consider volunteering to assist with the tournament. There is a signup sheet on the proshop bulletin board.

Are you feeling tired and out of energy by the time you get near the end of your round? It has been very hot and humid this year. Our bodies react by perspiring to cool our bodies. We all know to drink water to stay hydrated. But you also lose electrolytes (mostly salt) as you perspire. You need to replace electrolytes lost during perspiration. You can do this by drinking Gatorade or a similar product. You will find that if you do this, you will not be as exhausted at the end of your

round. Eating complex carbohydrates (snack bar) at the end of the front nine will also give you energy for the back half.

Score cards completion needs to be improved. Please use full names and handicap member number for each player on the card. The card needs to be dated, signed by the scorer, and witnessed by another player on the card. If you play nine holes, post your nine hole score. If you play at least 13 holes and the round is interrupted, post ESC scores (par plus handicap strokes for the hole) for the remaining holes that your group did not play. The handicap committee posts a list of deficient cards on the Proshop bulletin board. Your assistance with properly completing score cards will make their job easier, and help assure the handicaps are correct and fair for all.

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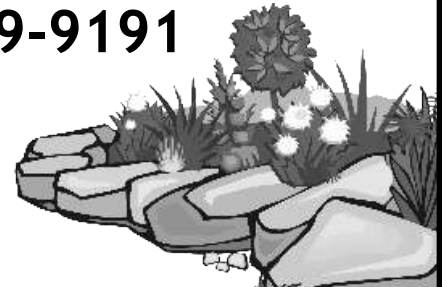
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GlenLakes Kayak Club continued from front cover

rate. Call (352) 498-3513 for more information. Details of the paddle will be presented at the August 6th meeting.

Members - reserve the evening of Thursday, 08 October for the **GLKC End of Season Dinner**. Specifics are due to be revealed by the planning committee shortly.



Kayak Club activities, photos and paddle plans can be viewed on the Kayak Club page on the GlenLakes Community Website.

Mangrove Trails Paddle June 2105 – Chronicled by Jon Markey

It has been said, it is not about the destination but rather about the journey.

Never were truer words spoken!

The gathering of the clan of GlenLakes Kayakers started at around 9:30 am on a bright, sunny morning at Fred Howard Park in Tarpon Springs (which by the way requires you to leave a trail of bread crumbs as you seek to find it). It was certainly not our largest group but then again not our smallest. We band of fifteen got reacquainted as we unloaded the gear and waited for our Aardvark partner to unload the rental yaks. The prospects seemed very favorable.

The trail was untested (recently) by our group and offered a different type of paddle, through mangroves to our ultimate destination, Lake Avoca.

As we got organized the challenges arose. Our planned PC (paddle coordinator for the uninitiated) Ken Rupin was on the DL with a bad back. Yours truly became the PC and the only safety for the day, meaning we had the lead covered by Matt from Aardvark, me at the rear with the merry group in the middle.

Next up, where was the water? No sign of the Gulf. Aha, that narrow sliver of dark water leading into the tunnel of the mangroves was our way out. Good luck. Single file with paddles split into two pieces and paddling with one we sallied forth. For those that haven't ventured into the confines of a mangrove trail it is a test of precision paddling combined with the limbo to go under the overhanging branches. For most that meant slow forward progress with occasional backing up to move through a tighter spots while being on the alert for possible critters in the branches. But, good news, no critters encountered. But also no sunlight since little was penetrating to the water. After many lefts and rights deftly stroked by the group we broke into open water and reassembled in the bright light of mid-morning. All

present and accounted for we set off in search of the mangrove trail that would lead us to Lake Avoca.

After a brief ten-minute paddle across the clear water of the gulf with no wind nor waves to inhibit our progress the group made a sharp right-hand turn down a somewhat wider inlet into the mangroves. This one wide enough to permit the paddles to stay assembled. Twenty minutes later and with the group still intact, forward stroking ceased! Our guide determined that this wasn't the way into the lake.

We dutifully turned around and paddled back the way we came. We headed north for five more minutes.

This is the way in (didn't really look too promising since the entire left side of the channel was lined by very large houses).

Twenty minutes down the channel, nope, no lake. Let's turn around again and search for the lost entrance! Aha, this is it.

Looks good, somewhat narrow, but what the heck no one said we would be paddling on a highway. Fifteen minutes in we make a sharp left into an even narrower, single-file route. The cry comes back, kayak over! Someone had ignored the Curt's second rule of kayaking, "don't grab the tree branches", they did and they went over. I paddle quickly ahead as Matt retraces his path to find a paddler standing waist deep in water and mid-calf deep in mud with an overturned, sit-in kayak filled with water. Too narrow to do a proper recovery (as we learned in our safety training), I jump into the water and immediately sink to mid-calf as well. Matt and I wrestle the kayak and empty it of water, get it repositioned and provide the necessary manpower to get our paddler back into his kayak.

Five minutes later we break into the clear, but it is the same channel with the same houses we just left! Back to the Gulf.

A few more strokes of the paddles and off again into another trail. Oops, deadend. Back to the Gulf.

Rest, get out and wade. Looks like a very

continue to next page

Kayak Club *cont'd*

large storm cell off to the south. Rumble, flash, yep a standard early summer storm is brewing.

Decision made, time to get off the water, but that means yet another mangrove trail, different than before, more turns and longer. All the while the storm closes in. Finally the kayaks are pulled except for the safety bringing up the rear and the group is off to lunch at *Hellas* in Tarpon Springs. The storm broke as I pulled my kayak but I was determined to get it onto the roof of the Mini so we could join the party. Getting thoroughly soaked required a quick change in the park facilities. Hellas was a treat. Excellent Greek menu (unaffected by the looming default of the parent country) and a delightful bakery loaded with outstanding low-calorie delights that became the take-out for the ride home. Thus a fine journey with good friends but no Lake Avoca!



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NOTICE OF MASTER ASSOCIATION BOARD MEETING

There will be a Board of Directors meeting of the GlenLakes Master Homeowners Association, Inc. on August 10th, 2015, at 10:30am o'clock at the Clubhouse, Sandhill Crane Room. One of the agenda items is to amend Section 9 of the Rules and Regulations of the GlenLakes Master Homeowners Association, Inc. The proposed changes are as follows:

Changes denoted as:

- ... = No change
- Underline = Addition to text
- ~~Strikethrough~~ = Deletion of text

Section 9: Vehicles and Parking

...

C. **Inoperative vehicles** shall not be permitted on the Premises except within enclosed garages. For purposes of this Rule, a vehicle shall be considered "inoperative" if (a) it has not been driven under its own propulsion for a period of two weeks, or longer, (b) it does not have an operable propulsion system installed therein, (c) it is obviously inoperative for a period of twenty four (24) hours, (d) it does not have legally attached number plates issued by the State of Florida (or similar numbered plate from another state or country) with a validating tab or sticker for the current year, ~~or~~ (e) it is put up on blocks, or (f) it is covered with a tarpaulin.

D. ~~No r~~**Repair work** may be performed on vehiclesonly while the vehicles are inside the garage.in drive ways.

...

I. ~~No vehicle shall be covered when parked in a driveway.~~Covered vehicles shall not be parked anywhere except within an enclosed garage.

J. **Overnight parking is not permitted** in any common area of GlenLakes, including, but not limited to, the clubhouse, presentation center, or mail kiosk area.

...

GlenLakes Tennis News

By Judy Jeanette, Certified Elite USPTA Tennis Professional/Director of Tennis

What is Going On...

Tennis at GlenLakes is in the typical summer slowdown mode. The above normal temperatures for the last month did not stop our Boyz and Girlz of Summer from getting out in the mornings and playing. We have been extremely lucky with the weather and have had very few rain interruptions. I am sure Auggie appreciates the fact that it has not been washing the har-tru away as quickly as it has in past years.

As far as humorous court reporting...

I heard that the President is Dan Foglia and that the vice presidency is currently up for grabs. The court jester positions have all been spoken for.

Jane...would you please place a box of band-aids in your husband, Rick's, tennis bag...he has recently been playing for "blood"...*mostly his own*.

German George is still at it with his wicked spin returns...he never loses that touch.

Bill Butters is holding on to his racquet better since he has a new RAISED grip replacement. I call that grip the "OUT-ie". I, myself, prefer the Prince Resi Pro. I call that one the "IN-ie".

Personally I think Harry is one of the most under-rated players at GlenLakes I'd definitely pick him for my team. There was nothing funny about that statement. I am just getting tired of "being pasted down the line" by this guy. John Grue...I've got your number on that passing shot. *Bring it!!*

Here are some further observations made:

Did you know that most GL lady tennis players choose to *receive* serve when they win the racquet spin? Is the motivation that they do not have confidence in their serves. Or could it be that they are expecting first game jitters to affect the opponents and give them a service break to start the match?

Gail Hanson prefers to serve from the south end of the courts. Is it because of the position of the sun (she is a lefty) or is she superstitious?

Patti V prefers to play the ad court. She has a very strong net game and poaches beautifully. A partner of a net player would be well served to stay back somewhat to cover the inevitable GL lobs. Pat F. has a wicked short angle cross court forehand and she's very fleet of foot. Ann Frankel is known to hit service aces even against Judy, "*the pro*".

Marty Pitman, now called "Medicare Woman," recently a new participant of "Medicare," is a darn daredevil of a player now knowing she is covered for her health and medical expenses.

And then one of everyone's favorite ladies is "Miss" Ida Marshall. She is like a fine wine, she only gets better and better every year. She still has that beautiful forehand and effortless backhand. She flows around the court chasing down lobs and covering her partner's back. She also does something most of could never master, she holds two balls when she serves and continues to hold the second ball for the remainder of the point.

Hey Richard Kennedy...*Richard?*... Rich.... *RICH!* **RICHARD !!!!** HA...he *still* didn't hear me.

Here are some interesting statistics from the French Open. This was printed recently in one of my Professional Magazines.

- 4,467 racquets total, up 304 from last year
- 706 players strung for
- 33 miles of string used
- Lowest tension: Mikhail Kukushkin-21 lbs
- Highest tension: Dustin Brown-70.5 lbs
- Most racquets strung: Serena with 70
- 32% of the racquets strung were Babolat, 30% Wilson and 17% Head
- Most used racquet is the Pure Drive at 13%, followed by the Blade at 11.5% and the Aeropro Drive at 10.5%

Trivia question...

How many COWS does it take to string a tennis racquet? I will answer that question as soon as I inform many that they DO NOT USE CAT to make gut strings. It is the intestine (gut) of cows that is used.

Gut is the ONLY string that gives you the very best feel and touch. It also should be used if a player suffers from severe tennis elbow. PLUS it should be strung at LOWER tension to offset SHOCK from impact giving the elbow relief. 30 or more years ago it smelled of formaldehyde and was very susceptible to moisture and rain. Now it has no odor and is protected to inhibit moisture from affecting its durability. You should still however protect it from the rain. It very expensive compared to most synthetic string. It can break over night. It can last as long as regular synthetic string. It is GUT...and that's just how it goes. But for the ultimate playing experience...go with GUT. Or at least a *hybrid job* using half gut and

continue to next page

GlenLakes Tennis News

cont'd

half synthetic string... costs \$55.00. Now to answer the question from above:

For those of you that are very literal... *NO. Cows can not string tennis racquets.* The real answer. It takes about three cows to make one set of natural gut tennis string. Moooooo

Is it time to string and grip your racquet? See your local Certified USRSA Master Racquet Technician, Judy J.

Lessons in the HEAT...

Yesterday I finished up the day after giving 9.5 hours of lessons. Without too much exaggeration...I can verify that I was "spent" when I finished. I went to bed last night and continued to give lessons in my sleep...and that is no joke. Summer has been busy with the kids out of school and adults having a renewed interest in improving their tennis game. I am very happy to be busy and blessed that I can still perform all tasks at hand. I am still passionate about staying current with the modern game and new techniques...the game is actually easier to play with the current techniques. You should check it out. Private and Private Group Lessons are available with a simple call to schedule. Every Thursday Night is Super Drill from 7:00 to 9:00 p.m. Every Friday Night is Advanced Doubles from 6:00 to 8:00 p.m. Summer Camps are being scheduled on a week to week basis. Call if you have interest in participating. Contact Judy J. at 352-232-0321 or jjeanette3saj@aol.com.

Enjoy the 2015 US OPEN

It will be at the end of this month. I am sure there will be plenty of excitement and tennis drama. Maybe even a few of you will be attending. If so, have a great time in the Big Apple! I will enjoy tennis in "air conditioning," watching matches as I string racquets. That sound really good to me.





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GlenLakes Garden Club



The summer is moving along at a brisk pace and before you know it....September will be here and our friends from up north will begin their migration back to GlenLakes.

Many thanks to the members that organized another Sunday Blessings Dinner for People Helping People on June 14th. Ann Frankel, Nancy Fish, and Sue Chapin once again chaired this most appreciated event. Thank you to our donors, potato bakers, and servers on another out-pouring on behalf of the Garden Club.

We would like to report that on June 30th, our Bingo was very successful - we had more than 50 exuberant players. The Board wishes to thank everyone who worked and/or attended our event, and especially Pat Rhodes for her role as caller. A big thank you to David Tharp who won the final all-card game and donated his winnings back!! As you know, the proceeds of the Bingo game are for the Garden Club Scholarship Fund.

The GLGC Nominating Committee has been working very diligently this summer and has a new slate of officers to present for 2016. Many thanks to them for all of their time and efforts. The Board is planning another exciting program for the upcoming fall season.

Our September kickoff will be on Friday the 11, Patriots Day. We will meet at the Clubhouse for a complimentary continental breakfast. All members, prospective members, and guests are invited to attend. Please plan to wear your red, white and blue! Gail Anderson has arranged for the NJROTC Color Guard to present a program to us.

Buffet Breakfast on October 16th, 2015: More details to follow.

This fall we will be participating in a Shoe Drive to benefit the Life Center, last year's charity. Please make sure to tell all your friends and family to start collecting their gently used shoes that are collecting dust in their closets. Men's, women's and children's shoes are needed for this fund raiser. Plan to bring them to the September meeting or contact Gail Anderson for more information. 352-556-2801. Look forward to more details on this in our next newsletter.

The Garden Club welcomes new members. If you would like to join in September, dues will be \$7.00. If you are currently a member, your membership runs through December of this year.

“Good works and Good times” is one of the Garden Club mottos. Our programs and activities are helpful
continue to next page

May Road Trip



Garden Club *cont'd*

to “establish deep roots” in our community. Our fellowship “stimulates abundant blossoms” amongst our membership. Gardening skills are not a requirement!

So join us if you can. See you in September!

GlenLakes Garden Club Membership

Garden Club Membership is open to GlenLakes Club Members



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In the Ballroom



Menu

Appetizers & Soups

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Thursday, August 13, 2015

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Lamb Osso Buco, Veal Sweetbread Ragout
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SAVED <> Red Wine <> Vintage 2012
California

Blackened Prawn and Bay Scallops with
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Duo Duck, Roasted Garlic Breast and Confit
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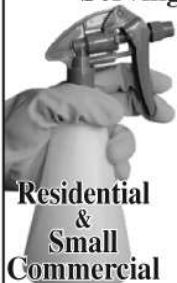
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GlenLakes Ladies' Golf Association

By Honora Browne

A Note From President, Mary Vuolo

The nominating committee has been working hard on a slate of officers for 2016. If you or anyone you know would like to run for office, please notify Raye Wentworth. Our association needs the input of their members be successful. The election luncheon and scramble will be on Thursday, October 29th.

Kay Broyles has been working with Linda Rogers, coach of the Weeki Wachee girls golf team. She really appreciated the five pull carts which were donated. Thank you to those who were so generous. We also gave them boxes of unused golf balls and scads of tees and markers. A folder was put together with laminated Rules cards, the GlenLakes Etiquette cards, and the etiquette and rules papers used by Judy Voiers and Judy Potter at our seminar.

Linda said there are seven girls on the team. Most haven't played before. They are all excited and willing to work hard. Beginning the end of August they plan to practice at the club on Tuesday - Friday at 2:45. The ladies may set up a playing clinic at that time. Anyone interested in volunteering should email Kay Broyles at wbroyles@tampabay.rr.com.

Results for June 4 – Five of Clubs

This was an individual event. Players used only five clubs which includes the putter. The winners were:

Gross

1st Place, 92 Mary Kay Heath and Judy Voiers
3rd Place, 94 Honora Browne

Net

1st Place, 71 Pat Purvis and Carole Groechel
3rd Place, 73 Nancy Denney

Results for June 11 – Fabulous Fours

This was an individual event. Net scores were counted on all par fours. The winners were:

1st Place, 38 Mary Vuolo
2nd Place, 40 Mary Kay Heath
3rd Place, 41 Nancy Denney
T4th Place, 42 Joyce Thomas, Sharon Jordan, Betty Gavin, Pat Purvis, Honora Browne

Results for June 18 – Blind Nine

This was an individual event. The Pro Shop selected nine holes, two par 3s, five par 4s, and two par 5s. The score on these holes was the score for the tournament. The winners were:

1st Place, 38 Judy Potter and Mary Vuolo

3rd Place, 40 Betty Gavin
Holes 1, 3, 4, 6, 9, 13, 15, 16, 18

Results for June 25 – Modified Flag Tournament

This was an individual game. Players completed each hole and recorded the gross score. They kept a running total and circled their score when they reached their limit, but completed the round so they could post their score. Your limit is par (72) plus your handicap. Example: a person with a 25 handicap will be allotted 97 (72 + 25) shots. Anyone holing out on 18 within her limit shared the winnings. Only two competitors completed the round within their limit – Sharon Jordan and Joyce Thomas.

The Rules Of Play - By Judy Voiers, Rules Chairman

Rule 13-4. Ball in Hazard; Prohibited Actions

Q. A player's ball lies in a bunker and a rake has been left in another part of the bunker. Prior to making her stroke in the bunker, the player retrieves the rake. Having lifted the rake, the player smoothes the footprints that she has just created, and some others in the process of getting back to her ball. What is the ruling?

A. There is no penalty provided the smoothing was done for the sole purpose of caring for the course and nothing was done to breach Rule 13-2 (Improving the Lie, Area of Intended Stance or Swing, or Line of Play) in relation to the player's next stroke (See Exception 2 to Rule 13-4, page 66).

Rule 13-4 can be found on page 65 of your USGA's Rules of Golf and the Rules of Amateur Status 2012-2015. If you do not already have one, copies are available in the Pro Shop.

Birdie & Hole-in-One Report – Nina Bryant

We had one Hole-in-One on June 20th on Hole #4 – Dottie Guenther. Congratulations!!



Name	Date	Hole	Description
Joyce Thomas	6/4/2015	#4	Birdie
Dottie Guenther	6/20/2015	#4	Hole-in-One

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LifeSouth Blood Drive

The Vampires are coming... The Vampires are coming! Actually, the LifeSouth Bloodmobile will be in GlenLakes, on Monday, August 24th, from 10:00am to 3:00pm at the Clubhouse. All donors will receive a FREE hotdog and soft drink from the Club, plus a car sunshade for your windshield. Make your plans now and note your calendar to donate blood.

Congratulations and Thank You to GlenLakes. So far in 2015, the GlenLakes participation has resulted in providing 55 units of blood to our community supply for the local hospitals. The need for blood never takes a day off, especially in the Spring/Summer when the birds fly north. Every donation can help save up to three lives. Do something amazing, give blood.



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GlenLakes Italian Renaissance Club



The dog days of August have arrived; air conditioners are humming; B.B.Q's are fired up; friends are visiting; it showers daily; and we can't seem to get enough water in our systems to stay hydrated. Fun in the Sunshine State!

The IRC has been busy and has planned many activities for the September 2015-August 31, 2016. We are anxious to welcome old friends and new members to the largest and most exciting club in the GlenLakes community. We know we are doing a lot of things right.

This past year has been wonderful but next year promises to be SPECTACULAR! So talk to your friends and neighbors about becoming members. It is always a joy to see new faces among the "usual suspects."

Here is a glimpse of what you can expect this year:

Membership Meeting with Program - September 24, 2015

Columbus Dinner Dance - October 9, 2015

Pizza Party - Date TBD

Christmas Party - December 8, 2015

Membership Meeting with Program - January 28, 2016

Game Night - February 25, 2016

Tenth Anniversary Gala - March 18, 2016

Festa Italiana - April Date TBD

End Of Year Dinner - May Date TBD

While all the events are enjoyable and fun, I would highlight our traditional Game Night in February. Helen Connors and her committee did a fantastic job last year filling the shoes of Curt and Joanne Reilly who chaired this event in the past. Helen has graciously consented to chairing it again this year so we know it will be a great evening for bragging rights. Can anyone unseat the champs at Trivia?

On March 18, 2016 we will celebrate our tenth anniversary as a club with a true gala; a highly anticipated dinner dance with a special menu, good music and a chance to break out your tux (optional) and ladies, your "dressy" dresses.

Joanne Reilly has also set up a trip to the Portofino Resort at Universal Orlando for October 16, 2015. Join us for a nostalgic visit to Florida's own Italian City. More details will follow regarding this trip and all those previously mentioned.

So join us. I am confident you will have many good

times; you will laugh a lot, eat a lot, perhaps hear a few Italian songs and conversation but most of all, you will enjoy friendship so typical of Italian culture.

As I anticipate seeing old friends and new faces on September 24, 2015. I sincerely wish good health, good days and the blessings of God to all our friends.

Come provedo vedare vecchi amici e nuove facce om settembre 24, entro il 2015, auguro buona salute, giorni felici, e le benedizioni di Dio su tutti i nostri amici.

Con affetto, Doris

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Annual Dues \$15.00 per person

Covers September 1st through August 31st

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Name: _____

Phone: _____

Email: _____

Mail to: Marita Hickey

8480 Athens Court

Weeki Wachee, Florida 34613

Or: Sign up and pay at our next Membership Meeting on Thursday, September 24, 2015

Thursday Night Canasta

Our Thursday Night Canasta group would like to say thank you to Lynn Butters for all the hard work she has done to organize and run our Thursday night card group. Lynn has asked Wendy Sharison to take over for her and Wendy is looking forward to the challenge.

Wendy would like to invite all interested women and men to join in the fun at Thursday night canasta on the first and third Thursday of the month. We will meet outside the gym at 6:30 PM.

Please contact Wendy ASAP with your name and e-mail address for a night of canasta with friends. Wendy can be reached at 352-340-4431 or wsharison@yahoo.com.





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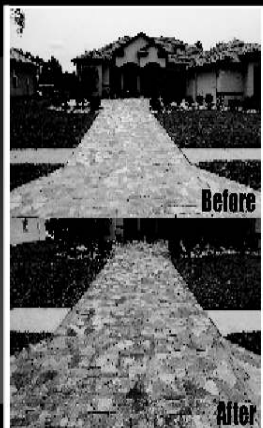


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August
Game Day



September
Fall Luncheon with
Chef's Demo



October
Winter Park Bus Trip

November
A Day At The Villages



December
Victorian
Christmas Stroll



January
Mad Hatter
Auction



February
Derby Day

March
Red Hat Gala in Tampa



April
Birthday Party

By Marie Franco

Hope all of our Scarlett Belles are having a great summer. Here's the scoop on our next event.

Scarlett Belles Game Day

Tuesday, August 27, 2015
at 1:00 p.m.

Optional Lunch at the Club
at 11:30 a.m.

Reservations for lunch a must!

Contact Doris Chiappetta at
dchip1936@aol.com
or call 352-835-7760

or Millie Lange at plange@tampabay.rr.com
or call 352-835-3553

Please let one of them know if you would like to join us for lunch and what game you would prefer to play. Games to be played will be chosen according to the majority of requests received per choice. We need to know which ones to set up for. Choose from the following:

Canasta • Nines • Mexican Train Dominoes

We are also requesting snacks to be provided by each of the game attendees to be shared by all. Please bring something that will not require utensils, i.e. cookies, candy, chips, etc. Deadline for reservations will be August 20, 2015.

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Time: 2:45 pm Every Monday

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Linda Bias, President 592-0495
Lisa Mulford, VP 556-5627
Barry Riebau, Sec./Treasurer 592-3100



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Managing Chronic Back Pain

by Mark Hashim, M.D. — *Interventional Pain Institute of West Florida*

Back pain is one of the most common reasons patients visit doctors. Many people have been suffering from chronic back pain for years and tried numerous treatment options to try to control their pain. Unfortunately not many physicians know how to treat chronic back pain and usually tell the patient that they must learn to live with their pain. This is rather sad since we have numerous options available to help patients manage their pain.

As a pain management specialist, I have seen thousands of patients suffering from chronic back pain and have been able to help the majority of these patients. When I see a patient with chronic back pain, I begin with a thorough evaluation to find out the cause of the pain. After the evaluation I usually order or obtain copies of radiology studies to help me understand the actual cause of the pain. Once we know the cause, we can begin to work together to control the pain.

The evaluation and studies usually are able to discover the cause. There are numerous causes, too many to mention here, but the most common are disc diseases, arthritis of the spine, narrowing of the spinal canal or previous surgery on the back.

The first line of treatment might include the conservative approach with physical therapy, anti-inflammatory medications and if indicated, muscle relaxants and some newly developed antidepressants that are FDA approved for back pain. If this fails, or has already been tried in the past, the next line of treatment could include simple injection techniques performed in the office. These include epidural steroid injections, medial branch nerve blocks, or sacroiliac joint injections. The epidural steroid injection is a procedure where x-ray guidance is used to place long-lasting steroids near the cause of the problem that was identified by previous studies.

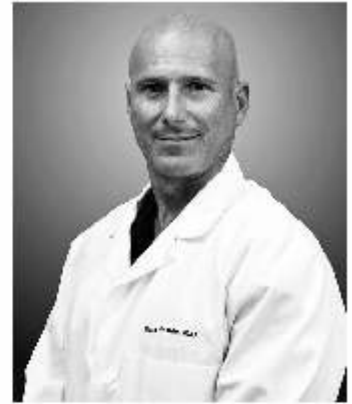
This can be repeated if successful and can last

many months to alleviate the pain. The medial branch nerve blocks are also x-ray guided injections to help alleviate the pain from arthritis of the back and are also very helpful especially if bending or extending the back is painful. The sacroiliac joint injections are performed with x-ray guidance to place long-lasting steroid into the joint.

If these treatment options are ineffective, I have extremely good success with spinal cord stimulators that are excellent at controlling pain without the need for numerous injections and medications. The product by Boston Scientific in my experience provides the best relief for low back pain. I first do a trial in the office where I place the electrodes under x-ray guidance, and the patient tries the simulation for 3-5 days. If the patient likes the relief of the pain, then I arrange for the patient to have a permanent stimulator. You can find out more about this at www.controlyourpain.com.

The spinal cord stimulator is also an excellent choice for patients suffering from back pain after back surgery, diabetic neuropathy or sciatica. Medicare and insurance carriers cover all the options I have mentioned.

So as you can see, there are many treatment options available for chronic back pain as well as many other pain ailments such as neuropathy, sciatica, post herpetic neuralgia and chronic neck pain. I encourage you to call to schedule an appointment. I am available at two locations. In Pasco County call 727-861-1000. In Citrus County call 352-513-4862. Please visit www.markhashimmd.com for more information and articles.



Mark Hashim, M.D.

***Dr. Hashim is Board Certified by the American Board of Anesthesiology.
He has practiced in Citrus County since 1999.***



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