


Blessings in 2023

from Dunndead Publications



The Ten Commandments

Exodus 20:3-17

- I Thou shalt have no other gods before me.
- II Thou shalt not make unto thee any graven image.
- III Thou shalt not take the name of the Lord thy God in vain.
- IV Remember the sabbath day, to keep it holy.
- V Honor thy father and thy mother.
- VI Thou shalt not murder.
- VII Thou shalt not commit adultery.
- VIII Thou shalt not steal.
- IX Thou shalt not bear false witness against thy neighbor.
- X Thou shalt not covet.

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Faith is being sure of what we hope for and certain of what we do not see. Hebrews 11:1

Prayer does not move God. Prayer prepares me for what God intends for me to do.

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MY

Dunndead Gazettes

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He said to them, "Go into all the world and preach the gospel to all creation." - Mark 16:15

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"Who Do You Say I Am?" Luke 9:18-20



David wrote in **Psalm 27:4**, "**One thing have I desired of the Lord, that will I seek after; that I may dwell in the house of the Lord all the days of my life.**" When David expressed the desire to dwell in the house of the Lord all the days of his life, he didn't mean that he wanted to live in a church all the time. What he really wanted was to sense God's presence in his life all the time. His one thing was his relationship with God.

Paul wrote in **Philippians 3:8**, "**...everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord.**"

Once again, we see Paul had one thing more important than anything else in his life. His one thing was his relationship with Jesus.

All of us have busy lives. Much of our time is consumed by activities we have to do. We have to work to support ourselves and those we love. We have to make meals, clean clothes, fix things around our homes, and the list goes on. How we live in God's presence while doing the things we have to do is a discussion for another time.

Continued on Page 7

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Who I Am Foundation Has Helped 3000 Families through Free Healthcare Support Kits.

By Karen McBride



Tracy Serdynski Stites and her family started the Who I Am Foundation in 2020 to help the doctors and hospital staff to get to know their non-verbal patients a little better. In the last year, the support kits can not only be found in hospitals, but also in assisted living and memory care facilities. At this time, the foundation has helped almost 3000 families through their free Healthcare Support Kits.

“For residents struggling with Dementia and Alzheimer’s, the wall hangings help them remember ‘Who They Are’ and who their loved ones are,” said Tracy.

Feeling the need to help the little ones in foster care, and the foster parents, the foundation created a new product, a 5 x 7 photo album. The albums have room for 12 photos and 12 Who I Am cards they can use to tell their Foster Care homes who they are. Photos and notes can facilitate conversation in addition to helping them understand a little more about the child’s needs.

This year the foundation joined forces with The Heartland for Children Foster Care Program to provide each child with a Who I am 5 x 7 Photo Album. Over 1100 albums were given as Christmas presents to the children currently placed in The Heartland for Children’s Foster Care Homes. In 2023, it is estimated 1000 more will be needed for children who will be new to The Heartland For Children Foster Care Program. Avon Park High Rotary Interact Club members have been assembling the Who I Am Foundation Photo Albums while earning Community Service Hours.

“These photo albums will be a way for children to tell their story using the photo slots and notes included in each album. Moving from foster home to foster home can be a scary thing. Our combined hope is these photo albums will help foster parents understand a little more about the child entrusted to their care,” said Tracy.

The idea for the Who I Am Foundation began in July 2020. Her father, Don Serdynski, was in the hospital with COVID. Due to restrictions, other family members were not allowed in. Before long, his conditioned worsened. He was placed on a ventilator, which made him unable to communicate with his family as well as the doctors and nurses caring for him.

One day when Tracy was getting ready to visit her father, she gathered family photos to place

in her father’s room so that when he opened his eyes, he would know they had been there and enjoy the memories of family trips, his mammoth sunflowers that he loved to grow, and watching the Florida Gators, his favorite football team. She also wrote a note to the nurses asking them to call a family member whenever they were in the room so that the nurse could call when it was convenient. This would alleviate the extra time each nurse took to put on the gear and go into the patient’s room, since he or she was already in the room performing his/her routine duties.

As a citrus grower for most of his life, Don Serdynski was very healthy before COVID struck, and they never imagined that he would be taken from them so soon. On his last night on earth, Don was being taken care of by Tim Lanier, a nurse, who is also a big Gators fan. Tim called Don’s family using the phone number in the room to let them know he was passing. When Tim realized they would not make it in time, he took Don’s hand and said “I am not going to let a fellow Gator die alone. I will stay with you until the end.” Because of the photos in the room, Tim was able to talk to Don about his family, his flowers and Florida Gator Football until Don went home to be with the Lord.

In her grief, Tracy asked God ‘what can we do to help the doctors and nurses and other people going through this tragic time?’

“God spoke to me and said it’s the phone number and the pictures in the room.”

That’s when she came up with the idea to make a Patient Kit. Through Advent Health, they were able to create patient support kits and “Who I Am Foundation” came into fruition. The kits consist of hospital grade plastic photo pages with pockets that can be used for pictures, notes, and family contact information.

For more information on the organization or to find out how you can help, go to <https://www.whoiamfoundation.com>. High school students can volunteer and earn hours towards their Bright Future Scholarship.



Volunteers are Needed to Help Keep Tampa Bay Beautiful

By Karen McBride



The Tampa Bay area has such incredible water ways, beaches, and dense forests full of exotic wildlife, including blue herons, eagles, deer, coyotes, and even bears. It is our responsibility as a community to keep the area clean so that our environment can thrive and be a source of beauty and inspiration for generations to come.

Adopt A Road Signs

You may have seen an Adopt A Road sign and thought, “What is that about?” It’s a wonderful program sponsored by Keep Tampa Bay Beautiful to encourage members of our community to clean up debris to protect our environment, wildlife, and to beautify our surroundings.

Volunteers can adopt a 1-mile section of road in Hillsborough County or the city of Tampa. Other programs include Adopt a Park, Adopt A Shoreline, Adopt a Monofilament Tube (found at boat ramps and fishing piers), or Adopt a Watergoat (removal of litter that washes in from nearby storm drains from surrounding streets.)

These adoption programs help to keep our community free from unsightly trash that is contaminating the soil. In order to receive an Adopt A Road Sign, volunteers are required to commit to a two-year agreement, must complete annual safety training, hold 4 cleanup projects at the site per year, and are required to sign up for 2 event cleanups (the Great American Cleanup and the Hillsborough River Coastal Cleanup).

Events are held throughout the year, but community members can choose to volunteer at any time. Simply contact the office and the staff can advise you of areas that need to be cleaned. All supplies are furnished including gloves, bags, and hand sanitizer. Keep Tampa Bay Beautiful staff members will even pick up any large trash pickups.

After Gasparilla Cleanup



In January, Keep Tampa Bay Beautiful will hold its “After Gasparilla Cleanup” on Sunday, January 29, 2023. It is anticipated that 300-400 volunteers will participate in the cleanup along four different locations of Bayshore Boulevard.

Last year, they collected over 50,000 beads. The beads are then donated to McDonald Training Center who clean, fix, and sell them back to the Gasparilla krewes.

“It is a win-win for everyone because the beads are not going into landfills and the other non-profit gets funding as well,” said Debbie Evenson, Executive Director of Keep Tampa Bay Beautiful.

Upcoming Community Cleanup Events

Additional upcoming events include:

- March 25, 2023 - Great American Cleanup kickoff



- April 21, 2023 - Great Port Cleanup which includes locations along the port, Davis Island and McKay Bay. Last year over 400 volunteers participated in the event.

- September 16, 2023 - Hillsborough River and Coastal Cleanup

Fundraiser and Awards Breakfast

“Tropical Nights” is a fundraiser held in July to support Keep Tampa Bay Beautiful. Last year over \$100,000 was raised. Check the website for more information about the worthwhile event.

This past November, 13 scholarships to college students ranging from \$1500-2500 were given at the “Awards Breakfast” to recognize people in the community. The student ambassadors to the organization are an inspiration to others and are greatly appreciated for all they do.

Tree and Bench Dedications

Another source of revenue for the organization comes from Tree and Bench Dedications. Family members may choose to honor a loved one with the purchase of a swing bench for \$3500 which includes bronze plaque \$3000 for a standard bench or \$1,000 for an existing bench.

Trees may be planted with a commemorative plaque throughout the city for \$300 for new tree or \$150 for an existing tree. You will find the benches and plaques throughout the city, including Al Lopez Field, Riverwalk, and Ballast Point.

Recently a woman contacted Debbie. Her husband of 50 years had passed away and Debbie had helped her to get a bench set up in his memory. There were obstacles to overcome to get the bench in the small neighborhood park, but Debbie made it happen. The woman wanted to personally thank Debbie for all she did, as the bench brought a lot of people together.

“It was a bit of a challenge, but it was worth it because it meant so much to her,” said Debbie.

Educating Our Future Generations

Staff members from Keep Tampa Bay Beautiful visit schools in the county as a way to educate and encourage future generations to take care of our environment. Kristina Moreta, Keep Tampa Bay Beautiful representative, talks to students about waste reduction, environmental issues, recycling, and more. Educating children now can help to reduce litter and soil contamination in the future.

For more information regarding what you can do to Keep Tampa Bay Beautiful, call 813.221.8733 or visit <https://www.keeptampabaybeautiful.org>.



It's Time to Hit the Restart Button

Samantha Taylor, Samantha Taylor Fitness

Yes, 2023 is here—hard to believe, I know. One good thing about a new year is that we can have a restart in our mind even if we aren't setting resolutions. I KNOW the last few years have been intense, brutal in many areas, but I also know that if we live in the past, we carry it with us and have a hard time moving forward.

The negativity, frustration, or disappointment of the past can become very heavy, and dragging that around into our future weighs us down and affects our ability to fully live in the now, which is really all any of us have. I know what it's like to have disappointment and frustration beyond comprehension.

However, I also know what it's like to have to pull it together regardless of circumstances and still find joy, still praise God because He is God, still have hope for the future, and that even though tough things happen, you can still keep pressing forward and find out what is the next path for your life. The alternative is to just wallow in our pain and there is no point in that.

Having a fresh start is sometimes about a fresh outlook, a fresh attitude, and a renewal of pushing the restart button. As long as you are still breathing, it's never too late for this. So I encourage you that even if you aren't focused on setting resolutions, have a reset or refresh in your mind. Decide that you are going to start focusing on the positive, good things that are happening around you.

I do have to say I enjoy setting goals for the new year, and although some think its cliché and doesn't work, that is only if you don't work it. I have set massive, life-changing goals for the new year that have impacted my life greatly, but the key is you have to stick by what you say.

For example, 12 years ago, I set a goal to go a year with no alcohol. It was a very intense goal at the time to set, however I was committed to seeing what it was like to not have to depend on alcohol to relax or have a good time. And sure enough, 12 years later after setting a resolution to do it, I am still sticking to it. They work...if you work them!

So if you would like to set some resolutions here are some tips: 1) Write down on a piece of paper what you want to accomplish. 2) Write down WHY you want it, not just the thing you want but what is the emotional reason you want it? What is it going to do for your life? 3) Write down 3 small steps you can take to start implementing this goal. 4) Set a reward that you will give yourself when you accomplish that goal and just as important, set a consequence if you don't accomplish it. 5) Track your progress (how are you doing with what you said you were going to do). 6) Adjust what you are doing if it's not working.

I know these may seem like simple steps but they work, when you work them. I encourage you to think of something you want different in your life. Perhaps its losing weight or getting in better shape (which happens to be the #1 New Year's goal).

If you would like some help and inspiration join me on my free online workshop Jan. 5th on New Year's Goal Setting and how to succeed at accomplishing them. Go here to save your seat for free at www.SamanthaTaylorFitness.com/NewYear2023

If you aren't a client and you want to see how we can help you get into amazing shape in our private studios, set a free consultation. You are 92% more likely to get results with a good personal trainer then without one, so claim your success with us. Happy New Year!

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Start 2023 Off Right by Maintaining Your Child's Good Health

By Karen McBride

As we begin a new year, start it off the right way by maintaining the health of your child. Dr. Michele Johnson-Towson and her staff at Pediatric Place of Tampa are dedicated to keeping patients both healthy and educated on changes in children's health care. They take the time to answer any questions parents may have. They treat your child's overall health, including immunizations, allergies, asthma, and ADHD (Attention-Deficit/ Hyperactivity Disorder).

It is important to schedule your child's appointment to ensure his/her immunizations are up to date. COVID immunizations are now available for ages 6 months and older. Contact Dr. Johnson-Towson, a board-certified pediatrician with over 30 years of experience in caring for children ages newborn to 21 years old, to schedule your child's appointment.

Same-week appointments are available at Pediatric Place of Tampa, and the practice accepts all insurances as well as self-pay patients. New patients are always welcome!

When visiting Pediatric Place of Tampa for the first time, new patients should bring:

- Your child's insurance card
- A release of medical records
- Copies of preexisting medical problems
- Immunization records

Pediatric Place of Tampa offers Urgent Care hours to accommodate sick children after work, school, and/or daycare. Urgent Care hours are available Monday – Friday until 7pm, and Saturday 8:00am until noon.

Pediatric Place of Tampa is located at 1338 W. Fletcher Avenue, Tampa, FL 33612. For more information, or to schedule an appointment, call 813-264-2288.

"Brothers, I could not address you as spiritual but as worldly—mere infants in Christ. I gave you milk, not solid food, for you were not yet ready for it. Indeed, you are still not ready. You are still worldly. For since there is jealousy and quarreling among you, are you not worldly? Are you not acting like mere men?"

— 1 Corinthians 3:1-3



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Kidz Corner: Christmas Presentation

Hi! I'm Harley, and in December my church put on a Christmas presentation. All the 2nd through 5th-grade kids had one song, and the children's ensemble had two songs outside of that, so we had to be prepared. We had song rehearsals every Wednesday night and learned choreography parts for the kids' song, called "Jingle Remix"- essentially singing "Jingle Bells" in different ways paired with choreography performed by kids.

A few friends and I were chosen for the disco part and with several costume fittings and alterations, our disco dresses were ready for action. I also participated in ensemble, and for ensemble's first song, we wore Victorian-style clothes, which were very pretty and not very hot. Then we changed into long, white choir robes and sang a stoic song with battery-operated candles. The week before the presentations on Thursday, Friday, Saturday, and Sunday, a regular rehearsal took place and three dress rehearsals.

It was tiring, but very worth it when we were finally able to perform. It took some perseverance, especially when my big toe was stepped on and the nail bent way back, but I made it through and enjoyed it in the end. Some things aren't easy when you start, but in the end, if you persevere, you'll likely be glad you did and will probably be a stronger version of yourself than when you started. So, write down what you want to accomplish in the near future and take your first step. See you next month!

Harley Isabel Smith is a 4th grader who has been featured on TV as a philanthropist, has a heart for evangelism, and writes monthly for the Gazette's Kid's Corner. Visit <https://harley-isabelsmith.com> where she is constantly adding written and video content to entertain and educate children. **Matthew 19:14** Jesus said, "Let the little children come to me and do not hinder them, for the kingdom of heaven belongs to such as these."



Tampa Bay Dance Club

January 2023 Schedule

1/06	Singer Jorge Perez	Wear Your Ugly Sweater Night
1/13	DJ Mike Unwin	First Timers Free Admission
1/20	Albi Koteles Country	Western Night
1/27	John Ricky	Keyboard Player & Singer

Dances every Friday night! Everyone is welcome. Doors open at 6:30-pm, goes from 7:30pm-10:30pm. Non-member admission \$12. Dress code is casual. 8401 W. Hillsborough Ave. at the Lutheran Church of our Savior. Music to the 50's & up, Latin, country. Weekly broadcast on Facebook: Tampa Bay Dance Club or Tampa Bay Dancing. Contact Roger Verszyla at r.verszyla@aol.com



Hope

Amy Peterson Office Manager, River of Life Church

"Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland." Isa. 43:18-19

Hope, in The American Heritage Dictionary, means: to wish for a particular event that one considers possible.

To me that is an interesting thought because to one, something that is considered possible may not be considered possible to someone else.

There are lots of things that we hope for. We can hope that a package is delivered on time. We can hope that we lose weight. We can hope that our child graduates from high school. We can hope that our family member is healed from cancer.

Many people may agree that these things are possible while others may consider them impossible because of their unique circumstances. The one who lost their mother to cancer may find it difficult to believe another family member with cancer will be healed. But the one that was healed of cancer may find it easier to believe that their loved one will be healed also.

God wants to renew your hope in Him. Did you know that all things are possible with God? In Matthew 19:26, it says, "But Jesus looked at them and said, 'With man this is impossible, but with God all things are possible.'" In Luke 1:37, it says, "For nothing will be impossible with God." And in Jeremiah 32:17 it says, "Ah, Lord God! It is you who have made the heavens and the earth by your great power and by your outstretched arm! Nothing is too hard for you."

I would like to propose a question to you today. What if the things that you consider impossible, are possible if you just believe? This is a special time of year when we celebrate the birth of Jesus Christ, who was born of a virgin under impossible circumstances. Jesus lived making the impossible possible. He healed the sick, raised the dead, and did the impossible things for those who believed.

The Bible says that Jesus is touched with how you feel. I know that it can be scary to believe again, to hope again when you have been disappointed in the past but with God nothing is impossible. I can say with full confidence that God wants to renew your hope in Him. He is just asking for you to take a step. Just be willing to be made willing to believe that He can change your circumstances around for the good. If you take that step, He will be with you every step of the way.

We would love for you to join us at River of Life Church, located at 410 E. Chapman Rd. in Lutz, every Sunday at 10:30am and every Wednesday at 7:00pm. For more information, please visit us online at www.roltampa.org.

Amy Peterson

Office Manager, River of Life Church

410 E. Chapman Rd. Lutz, FL 33549 • 813-949-9931

"May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul, and body be kept blameless at the coming of our Lord Jesus Christ."
— 1 Thessalonians 5:23

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Faith is being sure of what we hope for and certain of what we do not see. Hebrews 11:1

Know More to Help Stop Human Trafficking

January is National Human Trafficking Prevention Month. Knowing the signs of human trafficking can help get victims out of these situations and into help sooner. Pasco Sheriff's Office partners with the Pasco County Commission on Human Trafficking to prevent and respond to human trafficking cases. Everyone can play a vital role by recognizing common warning signs and reporting potential human trafficking activity.

The Florida Coalition Against Human Trafficking states that human trafficking involves the commercial exchange and exploitation of humans, including forced sexual acts, involuntary labor, servitude and debt bondage. A consistent aspect of human trafficking, regardless of form, is vulnerable victims. Victims also commonly have trafficking forced upon them. Sadly, victims may also stay in these situations out of fear or because they are under the control of someone else or don't have the resources needed to leave. Though victims can be men, women and children from any race, socioeconomic group or nationality, children are more likely to be trafficked by someone they know, rather than a stranger. Additionally, most traffickers groom for exploitation over time instead of kidnapping them.

It's important to understand and recognize common indicators of trafficking. Physical signs of trafficking can include evidence of violence or untreated wounds, exhaustion and malnourishment, addictions or even branding. Social and interpersonal signs can include being accompanied by a controlling individual, isolation from friends or family, little to no possessions, being severely underpaid or paid nothing at all for their work and not being in control of their money or personal documents, such as their driver's license. There can also be mental and emotional signs, such as low self-esteem, anxiety, depression, fearful behavior and not identifying as a victim of trafficking. Behavioral signs include individuals being submissive and nervous, avoiding eye contact with others, being afraid of law enforcement personnel and not being permitted to speak for themselves.

Rapid reporting of potential trafficking activity can help end human trafficking. The National Human Trafficking Hotline is a national, toll-free hotline, available 24 hours a day, 7 days a week and in over 200 languages. It's accessible by calling 1-888-373-7888. The Hotline is a safe space to report tips, seek services and ask for help. Discrete text message or online chat communication with the National Human Trafficking Hotline is available by texting "BEFREE" (233733) or by visiting www.humantraffickinghotline.org online. Call the hotline to report tips, locate services, get help and learn about options available. All information provided is confidential and reporters can remain anonymous. To best protect victims and yourself never get directly involved in suspected trafficking activity; report it immediately instead.

Together, we can increase identification of warning signs to help reduce human trafficking and get services to survivors quicker. If you suspect human trafficking, report it to the National Human Trafficking Hotline or local law enforcement immediately.

"A good character is the best tombstone. Those who loved you and were helped by you will remember you when forget-me-nots have withered. Carve your name on hearts, not on marble."
— Charles Spurgeon

"The thief comes only to steal and kill and destroy. I have come that they may have life and have it to the full."

— John 10:10

Setting New Year's Resolutions? Try these tips for success...

While about 60% of you will set New Year's resolutions, studies show only 8% actually achieve your resolution goals. But never fear, if you are hoping to use the New Year as a reason to kick start (or restart) some health and wellness goals, here are 6 tips to help you beat the odds.

1. Motivation is a tricky thing and can often sabotage our health goals. The best way to avoid letting the lack of motivation derail you is to create a plan or schedule or routine that enables you to create the new health habits without having to think about it or to find the motivation.
2. When you add something new to your routine, it's easier to add it before or after something that you already do as an anchor point. For example, brush your teeth and then pray or meditate for 10 minutes. So, every time you brush your teeth, it acts as a trigger to then go pray or meditate.
3. Protect the time you set aside to achieve your goals. If you want to start meditating or exercising for example, block out that time and don't let anything else become a bigger priority to use up that time.
4. Use a positive mindset. Rather than avoiding something, reframe the goal to focus on what you want to do instead. For example, instead of saying you are avoiding sugar, you can focus on what you want to eat instead of the sugar.
5. Set realistic goals. Change can be difficult, and if you're trying to change too much or too fast, it can feel overwhelming and make it harder to stick with your plans.
6. Remember that failure is part of learning and part of success. We all have off days, and this can be a big point of derailment for many. Start each day fresh and focused on your goals, regardless of what happened the day before. Take it one day at a time!

At the end of the day, it all comes down to what you choose as your priority. If you really want to drink more water for example, take the time to create a plan, and think about what can get in the way of achieving your goal proactively, so that you have what you need in place to ensure your success. Maybe you need a list of things you can add to the water, such as fruit, herbs, or veggies like cucumber to add some flavor. Or maybe you need a water bottle that's easier to take with you, one of the newer fashionable bottles, or just a bigger glass at your desk.

Should you be feeling a little stressed or overwhelmed, and just need to come in for an extra Reflexology session, just call (813) 965-1697 for an appointment. It will give your body an opportunity to push the reset button and get a fresh start.

Here's to your health, and stay blessed!
Louise Richardson



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Louise M. Richardson
Certified Reflexologist & Reiki Master

www.Reflexology4You.com
Reflexology For The Health Of It

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Reflexology.Louise@gmail.com
By Appointment Only

Location:
Health & Wellness of Central Florida
(in Copperstone Executive Suites)
3632 Land O'Lakes Blvd., Suite 106-23 • Land O'Lakes, FL 34639

Relieves Stress, Improves Circulation, Normalizes • Balances

SHINE Volunteers Needed for Medicare Education

The Area Agency on Aging of Pasco-Pinellas is seeking individuals to become volunteers with the SHINE program (Serving Health Insurance Needs of Elders). A volunteer orientation will be offered at 11:00am on Thursday, January 19th at the Safety Harbor Library located at 101 2nd Street N. Safety Harbor, FL 34695.

SHINE is a statewide volunteer program offering seniors, adults with disabilities, and their caregivers free, unbiased counseling on Medicare and health insurance. SHINE volunteers are not affiliated with any insurance company and do not sell insurance, but assist seniors in making informed healthcare decisions. To learn more, call (727) 570-9696, ext. 234, or visit floridashine.org/jointhe-team.aspx to complete an application.

Volunteer Opportunity

Florida's Long-Term Care Ombudsman Program needs volunteers to join its corps of dedicated advocates who protect the rights of elders who live in nursing homes, assisted living facilities and adult family care homes. The program's local councils are seeking additional volunteers to identify, investigate and resolve residents' concerns. Special training and certification is provided.

All interested individuals who care about protecting the health, safety, welfare and rights of long-term care facility residents—who often have no one else to advocate for them—are encouraged to call toll-free 1-888-831-0404 or visit the program's website at <http://ombudsman.myflorida.com>.



AVAILABLE NOW!

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YOU'RE INVITED: Christian Chamber of Tampa Bay

CHRISTIAN CHAMBER of COMMERCE TAMPA BAY

WED JAN 18 11:30 AM

Banquet Masters: 13355 49th St N, Clearwater, FL 33762

Register online **C3TB.ORG**

GFWC Arts & Crafts Show Had Something For Everyone



(L-R) Lois Cohen, 'Florida Santa' Les Saland & Lonna Vizzari

GFWC Lutz-Land O'Lakes Woman's Club celebrated a successful 43rd Annual Arts & Crafts Show during a gorgeous weather weekend recently. Our Florida Santa (member husband Les Saland) was very popular with both children and the shoppers. Many vendors presented a great variety of beautiful and crafty items making for fun Christmas shopping. Crowds were estimated at well over 30,000 visitors over the weekend. The clubwomen work very hard to present this well-run show which is its largest annual fundraiser helping to support its community projects and many needy local organizations.



Members (L-R in green shirts) Diana Kelly & April Saland manning the Tombola booth



(L-R) Prospective member Shirley with members Aniko Solomonson, Lois Cohen & Pat Wagner

GFWC Christmas Party



President Elayne Bassinger presents plaque to Pam Blumenthal



President Elayne Bassinger installs 8 new club members

GFWC Lutz-Land O'Lakes Woman's Club members have chosen Pam Blumenthal as their "2022 Woman of the Year" for her outstanding service to the club and was presented with a plaque by President Elayne Bassinger at their annual Christmas meeting and luncheon.

Ms. Bassinger also installed and warmly welcomed 8 new members (Nancy Branham, Beverly Owen, Roseann Edwards, Marjorie Roback, Linda Buzzee, Shirley Wilhite & Faye Mill) into the club who will join this outstanding group of women in their many, many service projects within the community and beyond.



GFWC Awards Juried Art Show Prizes



(L-R) Club President Elayne Bassinger awards "Best in Show" ribbon to Timothy Hall & June Hall.



(L-R) Terry Smith awarded 1st place ribbon in Painting Category by President Elayne Bassinger

GFWC Lutz-Land O'Lakes Woman's Club President Elayne Bassinger, on behalf of the club's annual Arts & Crafts Show, was pleased to present this year's juried art winners. "Best In Show" winners were Timothy and June Hall for their photograph and 1st Place Winner in the Painting Category was Terry Smith. Ms. Bassinger presented each of the winners with their respective ribbons together with sizable cash prizes. Congratulations to these fine artists! For more information on this community service organization, please visit gfwclutz-landolakeswomensclub.org or its Facebook page.

GFWC Delivers Christmas Gifts For Lutz Elementary Families



GFWC Lutz-Land O'Lakes Woman's Club members have had a very busy week delivering Christmas bags filled with gifts for several families at the club's three supported local schools: Lutz Elementary, Denham Oaks and Miles Elementary. Two teams of clubwomen also delivered Christmas gifts to the other two schools to provide extra cheer to selected families who are in need at this time of year. The club has many, many other holiday projects and deliveries to make at local senior centers, meals on wheels clients and assisted living facilities, to name a few.

(L-R) Members Sabrina Scott & Ellen Brayton delivering gift bags to Lutz K-8

GFWC Helps Decorate Historic Old Lutz School



Individually decorated ornaments by club members

GFWC Lutz-Land O'Lakes Woman's Club members spent hours decorating their "club" tree at the Historic Old Lutz School, where many other local organizations and families provided individual trees. The club women crafted very clever ornaments coordinating them with their president's theme of "Hearts & Hands" Serving Our Community. There are also themed classrooms featuring a huge Nutcracker collection, an elaborate train display and all sorts of Christmas decorations and outdoor lighting. The entire community is delighted that this wonderful annual holiday event has returned to the Old School for the first time since Covid had prevented it. Generations of families always look forward to the Old School decked out as a Christmas Wonderland.



(L-R) Member Jan King helps President Elayne Bassinger unpack ornaments



(L-R) Members Pat Wagner and Lois Cohen decorate the club tree

This New Year, Learn About Social Security Online

By Javier Morales, Social Security Public Affairs in South Florida

Social Security programs touch the lives of more than 70 million people. We work hard to ensure critical benefits and other services are accessible to you. Consider the start of the new year as an opportunity for you to engage with Social Security online. This begins with creating your free and secure personal my Social Security account at www.ssa.gov/myaccount. Once you create an account, you can:

- Apply for retirement, spouses, or disability benefits.
- Apply for Medicare.
- Check your application status.
- Request a replacement Social Security number card.

If you do not receive Social Security benefits, you can use your personal my Social Security account to:

- Get personalized retirement benefit estimates.
- Get your Social Security Statement.
- Get estimates for spouse's benefits.
- Get instant proof that you do not receive benefits.

If you receive benefits, you can use your personal my Social Security account to:

- Change your address (Social Security benefits only).
- Set up or change your direct deposit information (Social Security benefits only).
- Instantly get proof of benefits.
- Print your SSA-1099.

Your personal my Social Security account has a secure Message Center. You can choose to receive the annual cost-of-living adjustments and the income-related monthly adjustment amount online. Unless you opt-out of receiving notices by mail that are available online, you will receive both mailed and online notices.

Your personal my Social Security account offers easy access to features that save you time when you do business with us online. Check out our other resources available at www.ssa.gov/online services for your convenience.

Please share this information with your friends and loved ones who may need it.



I heard about this lady. She surprised a burglar in our house late one night, she was home alone and didn't have a weapon. She didn't know what to do. Finally, she thought, "I'll quote a scripture verse." She shouted out, "Acts 2:38!" The burglar suddenly froze in his tracks and did not move. Soon the police arrived, and they were amazed at how a woman with no weapon could do this. They asked the burglar, "What was it about that scripture that had such an effect on you?" He said, "Scripture? What scripture? I thought she said she had an axe and two 38's."

Say it like you mean it. Joel Osteen

The Moringa Oleifera—The Tree of Life!



A Supermarket On A Tree

Prevents 300 diseases!

9x MORE iron than spinach!

14x MORE calcium than in milk!

4x MORE potassium than in bananas!

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Imagine a tree in your backyard that will meet most of your nutritional needs, purify your water, and take care of you medicinally!

John Hopkins School of Medicine has reported on the positive medical evidence for the Moringa's nutritional, therapeutic, and prophylactic properties. The report stated in part "the nutritional properties of Moringa are now so well known that there seems to be little doubt of the substantial health benefit to be realized by consumption of Moringa leaf powder in situations where starvation is imminent."

When taken as a supplement, Moringa is a powerhouse of nutrients (90), antioxidants (46), and vitamins. It has been used in Asia for centuries and is now available locally in health food stores and through private distributors. Like most supplements, Moringa is not approved by the FDA, and anyone adding it to their diet should check with their own private doctor.

While the American diet is generally plentiful, poor nutrition is common. Many of our foods are processed until little nutritional value remains. Moringa is gluten and GMO free as well as organically and vegan certified and is available in powder and capsules as well as tea.

Each serving is packed with calcium, iron, potassium, fiber, and protein so anyone adding it to their diet should evaluate any other supplements they are taking so as not to consume excessive amounts of vitamins and minerals.

Inflammation plays a key role in the development and manifestation of the symptoms of most of the arthritis types such as rheumatoid arthritis, osteoarthritis, etc. The inflammatory conditions are brought about by various risk factors for the disease such as physical inactivity, old age, obesity, and others.

The leaf extract of moringa has been found to markedly suppress the pro-inflammatory molecules such as TNF- α , interleukins (IL-10, IL-1 β), cyclooxygenase-2, prostaglandin-2, etc. and the inflammatory pathway, NF-kappa B.

The risk of heart disease is prevalent in many types of arthritis, especially in the ones where inflammation has a crucial role in the disease development.

“Who Do You Say I Am?”

Continued from Page 1

My question for today is, “What do we do with our discretionary time?” What do we do with our free time that we get to choose how to spend it? Whether a small amount of time or a large amount of time, how we choose to spend it defines the priorities of our heart. So many things can appear to be absolutely necessary: time for us, time to decompress, time to have fun, time to rest, and many others.

However, David and Paul would tell us there is one thing more important than all those things that appear to be so necessary – our relationship with God.

We don't get to choose how we spend all of our time, but we do get to choose how we spend some of our time. I encourage you to make your relationship with God the one thing more important than everything else.

In doing that one thing, having an intimate relationship with God, you will find everything you really need and truly desire. Listen to your heart. What is your one thing for 2023? Who do you say I am?



Alkaline Your Water - Drink Healthy!

Recipe:

- | | |
|---|---------------------|
| One chopped lemon | ½ cucumber (slices) |
| Mint leaves | 1 tsp baking soda |
| Ginger & turmeric root (chopped) | 1 quart of aloe |
| Eggplant (is not required but good for cholesterol control) | |

Place in a 2 gallon jug for easy access in your refrigerator.

The inflammation promotes the process of atherosclerosis (deposition of plaque in the arteries) and harms the endothelium (inner lining of the blood vessels), which eventually impedes the cardiovascular function.

It further increases the risk of heart diseases such as hypertension, strokes, heart attack, etc. <https://www.getgreen.com>

It's absolutely possible to eat too much of any vitamin or minerals. That's the reason we have Tolerable Upper Intake Levels; to tell us how much calcium, vitamin A, and potassium is too much. But luckily for us, "too much moringa" is a large amount; far more than we typically eat.

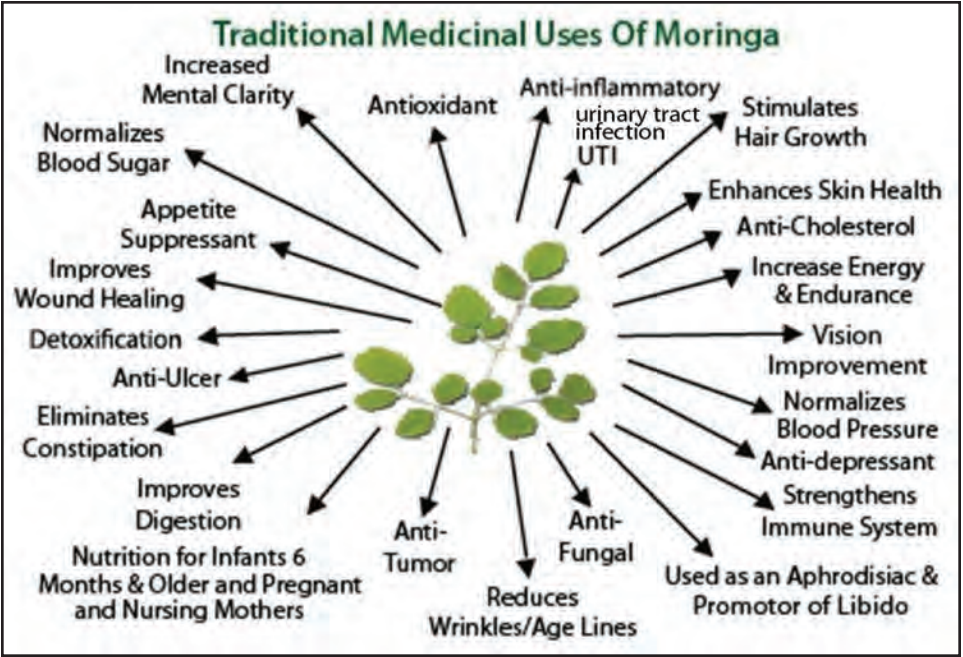
Moringa encourages the removal of toxins through its support of liver and kidney function. When used environmentally, even the moringa seeds do an amazing job of removing contaminants from water.

Research shows that taking moringa powder every day, even 50 mg/kg of body weight, successfully reduces oxidative stress in the body—that's the equivalent of approximately 1.5 teaspoons for someone weighing 150 pounds on the other end of the spectrum.

Animal studies using Moringa oleifera extract revealed delayed tumor growth and increased life span at a dosage of 500 mg/kg of body weight. Taking 1 tablespoon of moringa powder is the equivalent of eating 1 cup of leafy greens, but if a person is new to increasing their greens, the body needs time to adjust, and every individual has unique body chemistry. It's best to start slow by taking 1 teaspoon if adding to a personal smoothie or single-serving meal, or use 1 tablespoon for a family dish.

Moringa has strong effects that improve blood sugar control and reduce lipids in diabetic patients, so it can be used for prevention as well as management of blood sugar disorders. In a study using Moringa oleifera, Murraya koeingii and Curcuma longa (Ratio 6:3:1), obese patients on the herbal formula showed a 17% reduction in serum glucose, 16.43% reduction in triglycerides and 12.6% improvement in LDL/HDL ratios. Whatever amount you decide is right for you, the best results are achieved by using moringa regularly.

www.moringa.com



God’s Health Care Plan



icine, it seems like Americans are sicker now than ever before. New hospitals and clinics are springing up everywhere as if they know something that we don’t know, as if they have planned it from the movie Field of Dreams. “If you build it, they will come.”

Everybody wants to treat their condition, rather than to find the cause. Even with new technology and treatment, more Americans are sicker now than ever before! Let’s take a walk back in time and see if the Bible may have some answers. **Matthew 4:23: “And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people.”**

He wanted to teach the people by healing all manner of sickness and disease among them for their mental understanding. He knew if he preached the ministries to them about taking care of their health, it would relate to their understanding of their spiritual health. **John 10:10: “I am coming that they might have life and that they might have it more abundantly.”**

It’s amazing how your brain (a physical organ) can perform a million functions in your body we are not even aware of. Even brain surgeons will admit that they don’t understand how a thought is stored. Could a thought be a medium which God can communicate to us spiritually through faith?

You can lose any part of your body and still communicate through your thoughts, which makes your brain the holiest part of your body. This may give us a clue as to why God wants us to focus on our health so we will have a clearer mind and be able to recognize his spiritual voice.

On the other hand, the Devil knows by destroying our health, he can confuse and cloud our minds. Just think, a whole generation becoming fuzzier with drugs, slanderous music, and videos. The more unhealthy he can make us, the more we won’t be able to hear the Holy Spirit.

We can identify with that when we see someone who’s had a few drinks. They may seem at ease, even being funny or dancing around. But after a few too many, suddenly they turn into a lunatic, becoming out of their head. You’ve heard the old expression, “The Devil got a hold of them.”

One of the Old Testament teachings is called fasting, because it gives your mind a chance to rest and your blood to get purified from the harmful and different things we are eating. Plus, it teaches us self-control. **Matthew 9:15: “And Jesus said to them, “Can the wedding guests mourn as long as the bridegroom is with them? The days will come when the bridegroom is taken away from them, and then they will fast.”**

The Bible does not say that you can’t eat meat, but because the human body takes longer to digest it, meat will stay in your system and start to putrefy, causing colon cancer, diverticulitis, and a whole ream of other problems. So meat probably shouldn’t be part of the human diet, but the Bible does say you’re not supposed to eat what God calls abomination, and nowhere does God call something an abomination in one place and clean somewhere else. Once he declares abomination, it’s forever.

He said among the animals in **Leviticus 11:3: “You may eat any animal that has a divided hoof and that chews the cud.”** Not one of those two things, but both. A rabbit chews the cud but has paws. A pig or swine has a cloven hoof but it does not chew the cud. These animals are scavengers and are considered unclean. But neither does it say you have to be a vegetarian.

Among the seafood—**Leviticus 11:9: “These you shall eat of all that are in the waters: whatsoever has fins and scales. Them you may eat.”** It was interesting that the Navy did a number of studies about what sailors eat or don’t eat for survival, and what they came up with was the exact same Bible quote. If it doesn’t have fins and scales, don’t eat it! Lobster, shrimp, and oysters, when you think about it, these are scavengers.

The focus on health care in America seems to be one of the most popular subjects. With insurance and medical costs reaching an all-time high, Americans without insurance are resorting to fitness, miracle drugs, and supplements.

The suits’ deep pockets have created a multi-billion dollar business, and in spite of all the miraculous discoveries in modern medi-

Lobsters crawl around the bottom eating dead things. God created these creatures to clean up the environment. Catfish have fins but they do not have scales. They used to say that you catch the biggest catfish by the mouth of the sewer. They’re not clean; they’re on the abomination list.

Among the birds—**Leviticus 11:15-16: “Every raven after his kind, and the owl, and the night hawk, cuckow and the hawk after its kind. And the pelican I say that these things were unclean.”** Birds that are foraging birds like chicken, turkey, pheasant, and the quail, that peck around for the seeds are typically the clean ones. You probably didn’t know that pigeons are considered to be clean.

Abomination is a reference to animals that God says not to eat, as well as animals that are kept and killed in the inhumane environment. When this is done, it induces high levels of toxins from stress and transfers it to the meat. Example:

The difference between free roaming chickens vs. caged chickens. Veal we eat from a caged calf. In fact, even doctors will tell you that stress in our bodies make us sick! The same is true about how we keep our livestock.

Isaiah 66:15-17: “For, behold, the Lord will come with fire, and with his chariots like a whirlwind, to render his anger with fury. They that sanctify themselves and purify themselves, eating swine’s flesh, and the abomination, and the mouse, shall be consumed together,’ saith the Lord.” God is putting pork and rats in the same category. **“They will be consumed together,’ says the Lord.”** God does not want his people eating pork.

The US Department of Agriculture printed pamphlets about pigs, telling us if you are going to eat it, you better cook it very well to kill the trichina larvae. Do not cook your pork in a microwave, because some of the trichina cysts could survive. When the cysts are eaten by humans, they can catch and release thousands of larvae trichina worms in your body.

Sometimes, we hear people quote Timothy about every creature is good. Hmm... let’s see. **1 Timothy 4:4: “For every creature is good, and nothing to be refused, if it be received with thanksgiving. It’s sanctified by a word of God in prayer.”** What Paul is saying is that if these animals are sanctified or endorsed by God then we can receive it with thanksgiving and prayer, similar to saying grace.

Among the grain—**Genesis 1:29: “And God said, “Behold. I have given you every herb bearing seed, and every tree in which is the fruit of the tree yielding seed; to you it shall be for meat.”** The original diet was fruits, grains, nuts, and legumes when man was eating from the tree of life and was intended to flourish through eternity because his body was going to live forever. But after sin when man was evicted from the Garden of Eden, he could no longer eat from the tree of life.

Evidently, there was something that the tree of life offered, and God was now going to supplement it with a substitute. He told man he could now eat vegetables. **Genesis 3:18: “Thou shall eat the herb of the field.”** The difference between a fruit and a vegetable is the fruit is going to be the product of the blossom of the plant. If you eat the leaf or stalk or the root, it’s a vegetable. So if it’s not the product of the blossom and you’ve got the seeds which are the same as a nut, it is a vegetarian diet.

A solemn reminder is given to those who ignore God’s rules. **1 Corinthians 3:16-17: “Ye are the temple of God. If any man defile the temple of God, him shall God destroy. Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God? You are not your own, for you were bought at a price. Therefore, glorify God in your body and in your spirit, which are God’s.”** Galatians 6:7: “Be not deceived, God is not mocked: for whatsoever a man soweth, that shall he also reap.”

Deuteronomy 6:24: “And the Lord commanded us to do all these statutes for our good always, that he might preserve us alive. It’s for our good that he gave us these things.” Exodus 23:25: “And you shall serve the Lord your God, and he will bless your bread, and your water, and I will take sickness away from the midst of thee.”

Amazing Facts Presents Amazing Facts: The Good News About Hell, Pt. 2
<https://www.youtube.com/user/AmazingFacts/videos?app=desktop>
Publisher of the Gazettes
Ambassador for Christ



Winner of the November Bible Trivia Contest



Right to Left: Denise C. winner, pictured with Kay, of Dunndead Gazettes and Shirley, store manager of the Carrollwood Royal Pets Market, is picking up her grand prize basket of goodies along with a \$100 gift certificate. Denise is donating her winnings to the local Tampa Bay Spca. Her beloved companion of 15 years has recently gone to doggy heaven.



Enter to Win!

\$15 Food Certificate To Don Julios Mexican Restaurant
New location on Tampa Palms Blvd.

Find the Bible verses in the paper and complete the entry!

1. May God himself, the God of peace, _____
2. Brothers, I could not address you _____
3. The thief comes only to steal _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

IT’S A DUNNDEAL @ 218 E. BEARSS AVE. #256 TAMPA, FL 33613

The Great Florida Outdoors: Owls

Dr. Robert Norman, Clinical Professor, Dermatology, Nova Southeastern University

Do you know how many types of owls are in Florida?

We are fortunate to have eight species of owls to look out for in Florida, two of which are rare in the region, but have been sighted and are worth finding. Owls that live in Florida are the eastern screech owl, great horned owl, barred owl, short-eared owl, barn owl, burrowing owl, the northern saw-whet owl (rare) and the snowy owl (very rare).

I have seen owls all over Florida, and they often appear as a wonderful surprise. I went to Cape Coral to explore the burrowing owls and learn about their habitats and the difficulties in keeping these amazing creatures protected. I have seen owls while kayaking on the Hillsborough River and walking at Lettuce Lake Park. I have watched and photographed owls at Fort De Soto Park, Lake Rogers Park, Philippe Park, and many other places.

Here is a good overview on owls from Raeesah Habib (avibirds.com) She writes, "Owls live in a variety of habitats. They are nocturnal raptors, specialized for hunting in the dark, and are equipped with excellent night-vision, hearing, and stealth. Although they are strongly associated with nocturnal behavior, some species are active during the day, while others may hunt diurnally depending on the season. And many owls are crepuscular – meaning they are active at dawn and dusk. Owls are split into two families, the Strigidae, which are the true owls, and the Tytonidae – the barn owls. Spotting owls can be tricky since most species are not active during the day. And owls, by nature, are shy and elusive creatures."

Here are 5 tips from Raeesah for successful owling:

Learn – Find out about the species of owls in the area you are looking.

Listen – Familiarize yourself with the calls of different owls you can come across and listen actively. You are more likely to hear them before seeing them.

Look carefully – Owls have excellent camouflage, and their plumages are adapted to blend into the night.

Signs – Also look out for their pellets which are oblong or spherical and brown or grey in color. A large number of pellets indicates a nearby nesting or roosting owl.

Be respectful – Be still and silent, and refrain from using bright lights, so as not to disturb or frighten them away.

Types Of Owls

Large Owls

1. Great Horned Owl (*Bubo virginianus*) The great horned owl is a large raptor named for its sizable tufts and are the most widespread of the true owls, occurring all across North America, extending to parts of Central and South America. These owls need a combination of wooded habitats for nesting and roosting and open areas for hunting. Great horned owls occur year-round in Florida. They do not typically migrate and usually remain in the same territory for life



The barred owls nests in hollow trunks of large trees or snags in deep, wooded areas. The owl is a vocal raptor with a wide repertoire of spectacular, far-reaching calls. The most common call is the series of eight hoots that can be described mnemonically as hu hu hu hoo, hu hu hu huhoo. Other vocalizations may include eerie cackling, grumbling, screeching, and cat-like screams. Barred owls are opportunistic predators that hunt after sunset,



typically from a perch, and swoop down to capture small mammals, birds, and amphibians. They also can feed on reptiles, fish, and invertebrates.

2. Barred Owl (*Strix varia*) The barred owl has brown plumage above with cream-white barring and pale below with a scalloped mantle and brown streaks on the lower breast and belly. The owl has a large, rounded head and a pale facial disk with faint, concentric markings, a large, dark close-set eyes, and a pale yellow bill. The barred owl has feathered legs and yellow feet with black talons.



Small Owls

4. Eastern Screech Owl (*Megascops asio*) The eastern screech owl is Florida's smallest owl. Standing only 6-9 inches tall at maturity, these little owls are commonly seen in Florida's residential areas. The eastern screech owl is a stocky raptor with broad wings, short tail and a patterned plumage with streaked underparts. Two color morphs of this species can be seen, varying from gray to rusty-brown. The owl has a large head with prominent ear-tufts, yellow eyes, and a yellowish bill. The feathered legs have large, powerful feet.

5. Burrowing Owl (*Athene cunicularia*) The burrowing owl is Florida's only state-designated Threatened Species of owl. They usually stand 7-10 inches tall and, except in size, are most similar in appearance to a barred owl. The burrowing owl has mottled brown and buff coloration and



Medium-Sized Owls

6. Short-Eared Owl (*Asio flammeus*) This owl species occurs all across North America, with the majority of the population breeding in the north. They migrate south for the winter when you may get a chance to spot one in Florida. Look out for them in open fields and grasslands around dawn or dusk in winter. They may be on the ground or flying low. They have a floppy, bat-like flight. The common call is a raspy bark, but they are mostly silent during winter. Short-eared owls inhabit large, sparsely vegetated open areas. They nest on the ground, partially concealed amidst low vegetation. Unlike other owls, short-eared owls build their own nests. The female constructs a bowl-shaped nest using grasses, weeds, and feathers. Short-eared owls mostly eat rodents, especially voles, rats, and mice. They also take birds and their nestlings. Populations of short-eared owls appear to be in decline due to habitat loss.

Rare Owls

7. Northern Saw-Whet Owl (Rare) (*Aegolius acadicus*) The northern saw-whet owl is one of the smallest and most adorable owls on the continent. It has a large, round head and a compact body. Its plumage is a rich brown with small white spots on the upperparts and blotchy white streaks below. The facial disc is paler brown, and it has a white Y-shape from the brows to the bill, between its huge yellow eyes.



The short-eared owl is a medium-sized owl of the grasslands. It has a rounded head with small ear tufts for which it is named. Its plumage is mottled brown, buff, and white above and buff below with dark streaks on the breast. The face is white in the center, with a brown facial disc edged with a pale rim. Its piercing yellow eyes are encircled by dark eye patches.

8. Snowy Owl (Very Rare) (*Bubo scandiacus*) Technically, Florida is not part of their natural range, but snowy owls have been known to veer as far south as the Sunshine State in some years. With its striking white plumage and bright yellow eyes, the snowy owl is one of the most unmistakable owls in the world. Although mostly white, the plumage is stippled with dark spots on the upper parts. Females are more spotted and have faint brown barring. Snowy owls have relatively small heads, short ear-tufts, and long feathering.

Snowy owls are raptors of the Arctic tundra, where they inhabit open treeless environments. They nest in shallow scrapes on dry ground, often on elevated sites such as ridges, hummocks, hills, and outcrops. Snowy owls are nomadic birds with unpredictable migration patterns. During some winters, they erupt south. Their wintering habitat includes meadows, prairies, grasslands, lakeshores, and coastal habitats.

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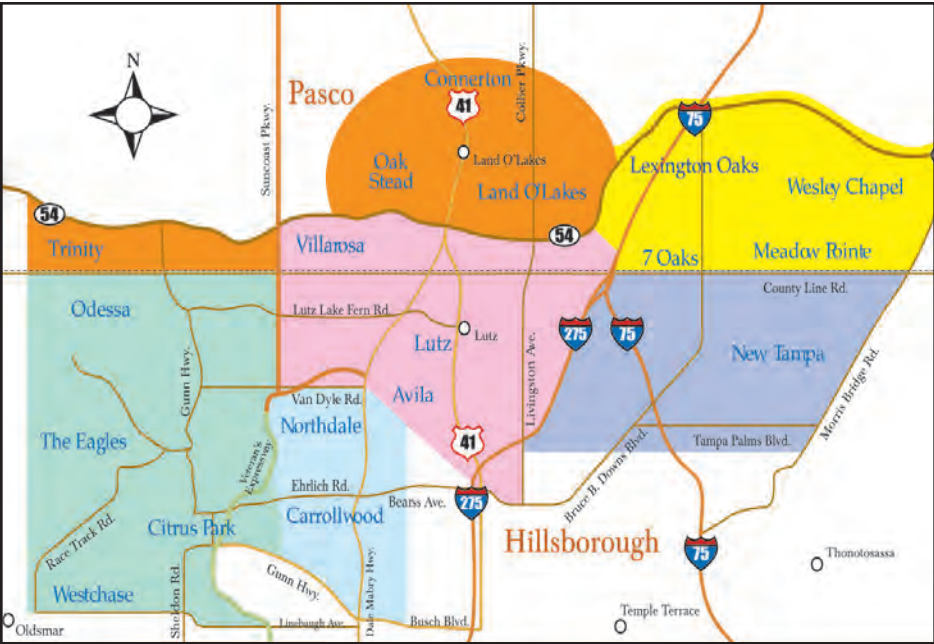
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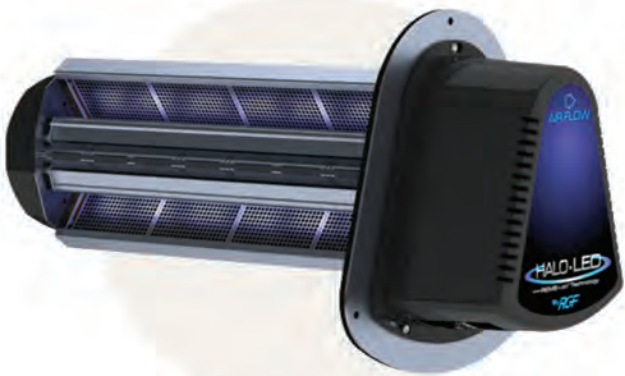


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