Orange Blossom Gardens

## PROPERTY OWNERS ASSOCIATION, INC.

To Further the Good Will and Friendship of All Residents

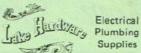
# NEWS



The Association asks its members to patronize the establishments advertised in this bulletin. It is because of their contributions that we can provide you with the News.

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Corr. Secy .: Treasurer:

Mitzi Baker Vi Coburn John Baker

(U-3) Ray Clarke

SPECIAL COMMITTEES CHAIRMAN: Fred Diana

NOTE: Please contact any of the above for any assistance or information regarding our Association.

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### BLOOD PRESSURE CHECKS

During September more than 75 residents took advantage of the Free Blood Pressure checks being conducted at the Clubhouse every 1st and 3rd Wednesday of each month from 10:00 A.M. to 12:00 noon.

This service was instituted by the OBG Property Owners' Association and is for the benefit of all residents in OBG.

Hosemary Kurtz, K.N., is volunteering her time and professional services to administer the Blood Pressure checks.

Also, a big "THANK YOU" goes to Marie Carsley for her cooperation in this project. She keeps things well organized so everyone takes their turn in an orderly manner.

### WELCOME NEW MEMBERS

Gerald P. rate, 61 weeping Willow, U-3 Frank & Thelma Hose, Jr., 119 Royal Palm, U-3 Andrew & Matilda Druga, 29 Silver Oak, U-3 Michael & Patty Czipoth, 77 Weeping Willow, U-3 Otis & Marguerite Jennings, 71 Aloha Way, U-1 Mrs. Edna M. Sheckells, 106 Royal Palm, U-3



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FIRE SAFETY

What is the first thing you would need if a fire started in your home? That's right - a fire extinguisher. The first three minutes a fire starts is the most crucial. With a fire extinguisher you can usually put out the fire and save your home. Without it your chances of the fire spreading are tremendous.

It is recommended that every home be equipped with a dry chemical extinguisher to be used for combustibles and

especially for liquid and electrical fires.

Be sure you have a three-pound extinguisher or larger. Keep it in a convenient place, preferably in the kitchen area. Read the instructions so you will know how to use it properly in case of an emergency.

DO YOU HAVE A LEGITIMATE COMPLAINT?

Were you told that your house would be ready for occupancy and when you arrived here it was far from being completed? Was your home erected with defects or lack of proper furnishings, etc.? If so, you do have free legal recourse at your disposal.

If you have contacted Management and not received cooperation, you could receive assistance by writing to Consumer Complaints Analyst, Division of Motor Vehicle, 107 W. Gaines St., Collins Building, Tallahassee, Fl.,

32304.

CORRECTION

In last month's News Bulletin we inadvertently listed a name incorrectly. It should be ROY (not RAY) Earber, 132 Truman, U-3. Sorry about that.

Clyde named his new baby "Oscar" because it was his best performance of the year.



This issue of the Bulletin is dedicated to the memory of David Grant, Past President of our Orange Blessom Gardens Property Owners organization. David died on Sunday, September 23rd. He was one of our hardest working members and he had great faith in our purpose of uniting and solving problems as a group.

We will all miss Dave, both personally and as a loyal member. As a person, he was quiet, unassuming and cheerful. As a member, he promoted good will and enlisted new members almost as quickly as they moved into homes in Phase III.

Those of us who knew him well, will always remember him as a warm, kind and sincere person. It was a pleasure to knew him.

God's Mighty Handiwork

"The earth is THE LORD's
and the fullness thereof" 
It speaks of HIS GREATNESS
and it sings of HIS LOVE 
It whispers of mysteries
we cannot comprehend

Of a beautiful land
where life has no end!

### DIABETES MELLITUS

Diabetes, as most people refer to it, is a disorder in which the body is unable to break down and use food properly. It occurs as a result of the fact that the pancreas is unable to produce a sufficient supply of insulin. This is manifested by increased amounts of sugar in the blood and the finding of sugar in the urine. Early signs and symptoms of this condition stem from disorders in the metabolism of carbohydrates, fats, and proteins; later complications stem from disorders related to the vascular system. The treatment of diabetes consists in supplementing the body's low supply of insulin with Insulin by injection or by use of oral agents such as Orinase, careful regulation of the diet, and exercise.

Most patients with diabetes are able to live a healthy life provided they keep it under control. The usual or "classical" symptoms include: (1) weight loss, (2) excessive thirst, (3) passing urine in more than normal amounts and with greater frequency, and (4) an increased appetite and hunger which is associated with weight loss even though excessive amounts of food are eaten.

The successful diabetic life is a well-planned life. Proper care of matters of personal hygiene which are normally taken for granted have a special significance. Care of the teeth, bowel regularity, adequate rest and sleep, and regular moderate exercise are a few responsibilities requiring special attention.

If initial symptoms persist, more serious complications may arise. The three R's for a successful life for a diabetic are regulation, regularity, and routine. They enter into every phase of life. Special effort should be exerted to achieve and attain normal weight, to avoid infection, and to care of feet, legs, and general circulation. If you have diabetes, it need never be a burden to you if you cooperate with your doctor and learn as much as you can about your condition.

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### LET'S PARTICIPATE

Three, four, or five years ago when we had doings at the Clubhouse, everyone showed up prepared to have fun. We were mostly newcomers here and were looking for company. At the Clubhouse we found it. It was like a continual vacation. We met people we knew at the pool, the shuffleboard court, the Clubhouse, in the pool room, riding bicycles.

Somewhere along the line, the spirit of friendliness has diminished. The shuffleboard court is mostly empty, the pool is much less occupied. At the Clubhouse when anything is being held, people eat and run. If you are a loner and don't wish to make friends, that is fine. But for those of us who like to mix and mingle with neighbors and make new friends, show up and hang in there. By the end of the evening you might have a good time and meet people whose company you enjoy. At the pool or shuffleboard court you may find others who have the same interests as you do. At least give it a try.

"e all say "It isn't the same as it used to be". But then, maybe we don't enter into activities the same way as

we did before.

### WOULD YOU LIKE TO RECEIVE? -

A monthly report on the Consumer Price Indexes? It tells you exactly how much the cost of living goes up every month and also gives the annual total plus other detailed information.

It is absolutely FREE. Just write to the U.S. Department of Labor, Southeastern Regional Office, Bureau of Labor Statistics, Suite 540-1371 Peachtree St., N.E., Atlanta, Georgia 30309.

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