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#### Emergency Numbers



#### **Notes**



#### View this Newsletter in full color at www.monthly-media.com right click with mouse to download to your computer



CROSSWINDS CHRONICLE DECEMBER, 2023 D



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## Letter from the Editor

ny residents wishing to run for board must have letters of intent to lot 426 by January 1st. Beverly

## **Calendar Events**

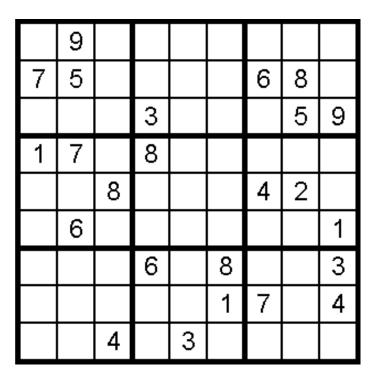
ecember 1st is Pancakes at 9am December 9th is Xmas parade at 530, meet at clubhouse

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# December







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# **SUB-FLOOR & FLOORING EXPERTS!**

#### **COVID-19 NOTICE:**

We are taking as many precautions as we can to ensure not only our workers safety but yours as well. We are checking employee temperatures daily, limiting contact between crews, and offering no customer contact if you choose. We are an "Essential Business" and here for you when you need us.



CROSSWINDS CHRONICLE DECEMBER, 2023 D













CROSSWINDS CHRONICLE NOVEMBER, 2023 D

- Write a Friend Month

#### Weekly

- Hanukkah\* (changes yearly and lasts for 8 days)
- National Handwashing Awareness Week (first week)
- National Influenza Vaccination Week\* (typically first week)
- Tolerance Week (first full week)
- Human Rights Week (second week)

#### Daily

- December 23: Festivus, National Roots Day, National Pfeffernüsse Day
- December 24: Christmas Eve, National Egg Nog Day
- December 25: Christmas Day, National Pumpkin Pie Day
- December 26: National Whiners Day, Boxing Day, National Candy Cane Day
- December 27: National Fruitcake Day, Make Cut-Out Snowflakes Day



## Art and Architecture Month

**December Monthly Holidays** 

- Egg Nog Month
- Handwashing Awareness Month
- Hi Neighbor Month
- Learn a Foreign Language Month
- Made in America Month
- National Drunk and Drugged Driving (3D) Prevention Month

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- National Fruit Cake Month
- National Identity Theft Prevention and Awareness Month
- National Pear Month
- Procrastination Awareness Month
- Read a New Book Month
- Root Vegetables Month
- Safe Toys and Gifts Month
- Sign Up for Summer Camp Month
- Stress-Free Family Holiday Month
- Tomato and Winter Squash Month
- Tropical Fruits Month
- Universal Human Rights Month
- World AIDS Awareness Month





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#### Do we really want to have the Midas touch?

In modern times, the name Midas is associated with someone who has such good luck that everything seems to go his or her way—and they become rich without even trying. But the original meaning of the King Midas story was very different.

Midas was the king of Phrygia, according to Edith Hamilton's classic book Mythology. Phrygia was the land of roses, and Midas maintained large, beautiful rose gardens near his palace.

One day, the old man Silenus wandered off from Bacchus' caravan because he was intoxicated. The rotund and aging drunkard was found passed out in a bower of roses near the palace. The servants, having a little fun, bound him with garlands of flowers and crowned him with a wreath of roses and took him stumbling and looking ridiculous to King Midas as a great joke.

Midas welcomed Silenus and entertained him for two days. Then the king led the old man back to Bacchus, the god of wine and intoxication, where he belonged. Bacchus was so glad to get Silenus back that he told Midas that whatever wish he made would come true.

Without giving the matter any thought, Midas immediately wished that whatever he touched would turn to gold. Bacchus, being a god, of course, immediately saw the folly of the king's wish, but granted it anyway.

Then Midas sat down at his table to take his dinner, but as he lifted his food to his lips he saw that it had become a lump of metal. Frightened, and beginning to suffer from hunger and thirst, he was forced to hurry off to Bacchus again and beg him to take the favor he had been granted back. Bacchus instructed the king to wash in the source of the river Pactolus and he would lose the fatal gift. The king did so, and that is why, they say, that gold was found in the bed of that river.

And what are we to take from this tale? Midas was not able to profit from his riches because he had committed a folly, which was just as fatal as sin. Even though the poor king meant no harm, he had failed to use his intelligence, and because of that he faced certain doom, had he not begged the gods to rid him of what he had asked for.

The story tells us that failing to use our intelligence can bring us to ruin just as quickly as wrongdoing. That being intoxicated with the so-called "riches" of our world can bring us down quickly, and the best course of action is to stop and think about the consequences of what we are about to ask or wish for.

On giving

Giving frees us from the familiar territory of our own needs by opening our mind to the unexplained worlds occupied by the needs of others. — Barbara Bush

> The habit of giving only enhances the desire to give. — Walt Whitman



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#### **December Word Search** т S Ν R F F R S S D R F А S R А S N U А т А Ν F E Ν IJ IJ А н റ M F R D Ν Ν S F w О D N Т О S κ U Υ R Ν I в G $\Box$ S F R R В т F F Р D U R R С А κ А I κ Т О В Ε S G т Ε Т н F Т D R Ν F Ν 0 R F റ А Υ Ν Ν G M G I А I А O Т Ν Ν G Ν т R А F ν G S S н Ε Т R Ν н D O Y

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## / R F Monday Sunday JANUARY 2024 S МТWТ 2 3 4 5 6 1 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 3 4 First Sunday of Advent 10 11 17 18 25 24 Christmas Eve Christmas 31 New Year's Eve

# Crosswinds

uesday	Wednesday	Thursday	Friday	Saturday
			1 Pancakes at 9am	2
5	6	7 Pearl Harbor Remem- brance Day	8	9 Xmas parade at 530, meet at clubhouse
12	13	14	15	16
19	20	21	22 First Day of Winter	23
26	27	28	29	30



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## Staying fit in old age keeps the brain sharp, study finds

study published in the journal Neurology suggests that keeping physically fit in old age can also keep the brain functioning normally. "Our study suggests that being physically active in old age could keep the brain fit," says study author Boukje M. van Gelder.

Physical activity can improve blood flow to the brain and in so doing reduce the risk of dementia, stroke and cognitive decline. Activity could stimulate the growth of nerve cells in the hippocampus, the region of the brain involved in memory function. This could help the brain prevent further deterioration, because there is a "reserve" of nerve cells available.

The study included data on 295 men between the ages of 70 and 90, born between 1900 and 1920. The study began in 1990, and the men were tracked for physical activity and mental agility over a 10-year period.

Researchers found:

- Men who reduced their physical activity by an hour or more were 2.6 times more likely to suffer cognitive decline than men who maintained their activity levels.
- Men who performed their physical activity at a lower intensity over a 10-year period were 3.6 times more likely to suffer cognitive decline than those who maintained intensity level.

## Researchers prove learning keeps brain physically fit

Researchers at the Massachusetts Institute of Technology have finally proved that when it comes to brainpower the lowdown is "use it or lose it."

According to DrWeil.com's Weekly Bulletin, rats that were put into a two-chambered box and then learned to avoid a darkened area through receiving unpleasant foot shocks exhibited strengthened connections among synapses in the hippocampus.

Weil says that even though this learning/brain health connection has been suspected for decades— that this evidence actually shows the physical change in the brain when learning takes place.

This is an important piece of evidence that learning keeps the brain physically strong.

On kindness One kind word can warm three winter months. — Japanese proverb

#### On winter

In the depth of winter, I finally learned that within me there lay an invincible summer. — Albert Camus





## 

## Only in L.A....

man and a woman met at a Hollywood party and began to get to know each other through the usual introductory chitchat.

"Are you in the business?" asked the woman.

"Yes," said the man. "I'm a stunt man. You know. I drive cars off bridges, I jump from cliffs, I fall out of airplanes...things like that."

"Wow!" said the woman. "How do you manage to stay alive?"

"I wait tables in Santa Monica," he said. As retold from Good Clean Jokes

## Best excuses when caught sleeping at your desk

- 1. They told me at the blood bank this might happen.
- 2. This is just a 15 minute power-nap like they raved about in the last timemanagement course you sent me to.
- 3. Whew! Guess I left the top off the liquid paper.
- 4. I wasn't sleeping! I was meditating on the mission statement and envisioning a new paradigm!
- 5. This is one of the seven habits of highly effective people.
- 6. I was testing the keyboard for drool resistance.
- 7. Actually, I'm doing a "Stress Level Elimination Exercise Plan" (SLEEP) I learned at the last mandatory seminar you made me attend.
- 8. I was doing a highly specific yoga exercise to relieve work-related stress. Are you discriminatory about people who practice yoga.
- 9. Darn! Why did you interrupt me? I had almost figured out a solution to our biggest problem.
- 10. The coffee machine is broken...
- 11. Someone must've put decaf in the wrong pot.
- 12. Boy, that cold medicine I took last night just won't wear off.
- 13. Ah, the unique and unpredictable circadian rhythms of the workaholic.
- 14. Wasn't sleeping. Was trying to pick up contact lens without hands.
  - from JeffJustice.com

#### On success

To laugh often and much; to win the respect of intelligent people and the affection of children...to leave the world a better place...to know even one life has breathed easier because you have lived. This is to have succeeded. —Ralph Waldo Emerson







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Wishing you good health and safety, The Florida Anchor & Barrier Team



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## 

## A few Christmas questions

: What do elves learn in school? A: The Elf-abet!

**Q:** If athletes get athletes foot, what do astronauts get? **A:** Missletoe!

**Q:** What do you get when you cross a snowman with a vampire? **A:** Frostbite.

**Q:** Why was Santa's little helper depressed? **A:** Because he had low elf esteem.

**Q:** Why does Santa have 3 gardens? **A:** So he can ho-ho-ho.

**Q:** Where do polar bears vote? **A:** The North Poll.

**Q:** What do you get when you cross an archer with a gift-wrapper? **A:** Ribbon hood.

**Q:** What kind of bird can write? **A:** A PENguin.

**Q:** What do you call a cat on the beach at Christmas time? **A:** Sandy Claus!

**Q:** How do sheep in Mexico say Merry Christmas? **A:** Fleece Navidad!

**Q:** Why does Santa's sled get such good mileage? **A:** Because it has long-distance runners on each side.

**Q:** What do you call a bunch of grandmasters of chess bragging about their games in a hotel lobby?

A: Chess nuts boasting in an open foyer!

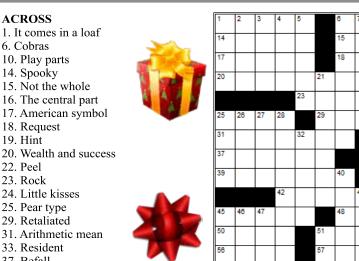
**Q:** What did the ghosts say to Santa Claus? **A:** We'll have a boo Christmas without you.

**Q:** If Santa Claus and Mrs. Claus had a child, what would he be called? **A:** A subordinate Claus. — from AhaJokes.com





#### 



59

62





33. Resident 37. Befall

ACROSS

6. Cobras

10. Play parts 14. Spooky

18. Request

19. Hint

22. Peel

23. Rock

24. Little kisses 25. Pear type

29. Retaliated

- 38. Born here
- 39. Expunction
- 41. Expunges
- 42. Thin
- 44. Filth
- 45. Select by voting
- 48. Transfer
- 50. Teller of untruths
- 51. Devastation
- 56. Put \_\_\_\_\_ words
- 57. In the center of
- 58. Insignia
- 59. T T T
- 60. Rubber wheel
- 61. Drama set to classical music
- 62. Makes a mistake
- 63. Cards with one symbol
- 64. Adjust again

#### DOWN

- 1. Toot
- 2. Backside
- 3. Therefore
- 4. Afflicts
- 5. Ocean trenches
- 6. Give permission
- 7. Containing salt
- 8. Make-believe
- 9. Remain
- 10. Licensed 11. Infant's illness
- 12. Torso

- 13. Sows
- 21. Knickknack holder
- 24. Prison-related
- 25. Ruth, baseball
- legend
- 26. Not under
- 27. Bristle
- 28. Move back and forth 49. Work hard
- 30. Universal
- 32. No longer a child
- 34. Tubular pasta
- 35. Always
- 36. Bird home
- 40. Confined to certain regions 41. Deciphers 43. Craving 45. Gentry 46. Protective covering 47. Consumer of food 51. Information 52. Adhesive strip 53. Mid-month days 54. Beast 55. Tidy

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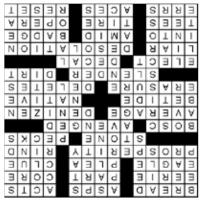
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#### L musically gifted god was also known for giving great shouts that instilled fear into

The origin of our word panic is derived from the Greek god Pan. According to the Merriam-Webster New Book of Word Histories, this lusty and

giants as they battled the gods. Pan was worshipped in Athens because it was believed that he instilled fear into the hearts of the Persians causing them to flee the Battle of Marathon. And that is where we get our word and idea of panic — any sudden and groundless fear.

You can have everything in life that you want if you just give enough other people what they want. — Zig Ziglar

CROSSWINDS CHRONICLE NOVEMBER, 2023 D

## How to throw a great party

Throwing a party is often a matter of the right combination of providing your guests relaxation and enough structure that they are able to \_ enjoy themselves.

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A savvy hostess knows that there are many ways to do this. Here are a few tips for throwing a winning party:

- Set the tone. If you really want everyone to relax and have fun make sure that you are completely organized, but, according to party-throwing expert Katie Brown, you might want to answer the door in your robe with your hair wrapped up in a towel to show people you are and getting ready to enjoy the evening without stressing out. Then go change for the party.
- Whatever you're going to serve, have it ready to go, and know how you're going to serve it. If it's sit down, you'll want to have the first course on the table before you call your guests in to sit down. If it's a buffet, round up some light help from your guests to do last minute preparations—they'll be relieved to be called upon—just don't ask too much of them.
- Accept all gifts graciously, but don't feel pressure to use what people bring immediately if you already have something else planned. Make sure you thank the person and emphasize you can't wait to try it tomorrow. If someone brings flowers, put them in a vase, but don't destroy the look of your table or room by giving them a central location (unless you want to and feel they will look good).
- Keep people talking and the conversation rolling. Don't let one person dictate what everyone talks about. You are the hostess and you can politely interject if someone takes over inappropriately or focuses on an inappropriate subject. Listen to what the per-son is saying and find a place to interject and segue into a new subject.
- See people out when they are ready to go, but don't linger at the door and ignore your other guests. You want to make sure everyone leaves feeling you truly enjoyed their company and that they added to the uniqueness of the evening.

## The next time you panic — think on this





## Some words to keep you hanging in...

When you're having a bad day, it might do your heart good to embrace the wise words of the beloved Benjamin Franklin (Bite-size Franklin, compiled by John P. Holms and Karin Baji). Here they are: Diligence is the mother of good luck.



Little strokes, Fell great oaks.

### Is your self-image ruling your life?

eepak Chopra, in The Book of Secrets, says to be ruled by self-image is to exclude many feelings that we don't believe jibe with our imagined selves. This, he speculates, keeps reality at bay. Chopra says you are no longer ruled by self-image when:

- You let yourself feel what you feel.
- You stop being offended by things.
- You stop worrying about how a situation makes you look.
- You stop excluding people you feel inferior or superior to.
- You stop worrying about what people are thinking of you.
- You stop obsessing over money, possessions and status.
- You no longer feel the urge to defend your opinions.

#### Moving forward—without looking back

F ear can often get the best of even the very brave. Here's a story adapted from Tales for Change by Margaret Parkin, from whence comes the expression "burning the boats." It's a powerful story of facing change—and learning the lesson that sometimes it's best to push forward without looking back:

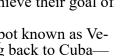
Cortez, the explorer, was born in Spain in 1485. At the age of 14, he made his way out into the world to study law—but his true ambition was to become a conqueror and explorer.

Cortez had many adventures in his twenties and thirties, and eventually he joined forces with another explorer, Diego Velasquez. Together the explorers hoped to achieve their goal of conquering the Aztec city of Tenochitlan.

Cortez set off with about 500 soldiers in the year 1519 and landed at a spot known as Veracruz. Soon the explorer realized there was talk amongst his men of turning back to Cuba—rather than facing the potentially hazardous journey ahead. The soldiers, in order to conquer Tenochitlan, would have to navigate 200 miles of jungle and swampland before attacking the city, which was surrounded by water.

Cortez knew that he was facing a possible mutiny, and so took the bold action of having all of his own party's boats burnt.

Cortez forced the men to choose to fight or die by taking away all hope of retreat. Cortez's party went on to fight the Aztecs and conquer the fortress city.





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#### **EVENTS & PROGRAMS**

Ranch Mobile Park, Park-wide Yard Sale, Saturday, December 2nd, 8:00am - 2:00pm at 6800 - 150th Ave. N., Clearwater (Largo)

CRAFT FAIR 12/2/23 10 a.m. to Noon. AMERICANA COVE Clubhouse 7201 1st Street NE Saint Petersburg

CRAFT SHOW, BAKE SALE and RAFFLE. Saturday Dcember 2, 9-1. Southwind MHC, 795 Country Road 1. Palm Harbor, 440.227.5906

CRAFT SHOW/ Lunch, Saturday 12-02-2023, 9am- 1pm, AMBER GLADES Clubhouse, 3113 State Road 580, Safety Harbor



#### 10 WORDS for \$8.55 – Each additional word is 80¢ Your Ad Will Appear in 60 Mobile Home Park Newsletters NO ADS ACCEPTED BY PHONE OR EMAIL

**EVENTS & PROGRAMS** 

Saturday CRAFT SHOW/ Lunch. 12-02-2023, 9am- 1pm, AMBER GLADES Clubhouse, 3113 State Road 580. Safety Harbor

HELLO CANADIANS! Canadian Club Canadien Gulf Coast Florida, having survived COVID, is now regrowing to promote fellowship among Canadians in Pinellas County, and foster goodwill with American people. Join us; for our monthly lunch with informative speakers, weekly golf, MLB game, dinner/theater, museums, deep sea fishing. Your first lunch is FREE! For information, email: cccgcfl@galt.biz.

Craft Sale 12/9/23 9AM -1PM at Ranch Mobile Park Clubhouse. Refreshments and food sale too

The Royal Canadian Legion Post 144 Pinellas County, having survived COVID, is regrowing to continue supporting local Veterans, and providing social activities for new and existing Canadian Legion Members. Join us for our monthly Membership Meetings, Remembrance Ceremonies, VSO visits, raids, invasions, MLB dinner/theater. museums, game, etc. For information, email: info@ rclpost144.org.

#### **EVENTS & PROGRAMS**

HOLIDAY CRAFTS BIZAAR, Dec 16, 9-2, Pointe West Mobile Home Park, 12651 Seminole Blvd, Largo

Sunset Palms MHP Annual Community Yard Sales, Open Houses, Auction, Raffle. January 27th, Kitchen is open 8-2. Starts in the Clubhouse.

#### WANTED

PART- TIME FOR NOW. SEMI OR RETIRED FULL GOSPEL PASTOR FOR PARADISE ISLAND CHURCH IN THE PARK. PLEASE EMAIL SHORT RESUME TO: Serena Johnson at smjpray@aol.com

#### **ATTENTION RESIDENTS!**

Did vou know this Emporium/ Classified listing reaches over 21,500 homes in Pinellas County? It goes into 60 community newsletters (just like this one) from Dunedin to St. Petersburg. This is a great market to sell items, advertise your next event, try and get help for a function, and many other things. Remember to think about this the next time you're planning something.

-Monthly Media Staff

Your

Picture t<sub>erei</sub>

## **JANUARY AD DEADLINE - DECEMBER 8, 2023**

 Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at 220 Bahama St, Venice, FL 34285. • Ads over 10 words must be accompanied by \$.80 per extra word or publisher will edit. • No mobile home sales, no professional products or services. SORRY: No ads accepted by phone or email. DEADLINE: 10th OF EACH MONTH.

# We Need Cover Pictures! Send in Your Interesting Photos!

Get Your Picture on the Cover - We select a new and interesting picture every month to be printed on the cover of your newsletter. If you or your neighbors have fun events or activities please send in a picture and we'll enter it to be selected. Please include a description of the image and a brief release allowing us to reprint, the picture. Our mailing and email address are here:



220 Bahama St. • Venice, FL 34285 info@monthly-media.com • 727-484-7488



#### Not enough qualifying winners for the November drawing! Mail in your tickets or paid receipt for your chance to win!

• Limit of one ticket per visit • Advertiser may have up to 5 winners per month • Advertiser must have bill paid current to gualify • Allow 8-12 weeks for mailing of check • No purchase necessary • Contest void where prohibited by law • Tickets available at participating Monthly Media advertisers • CROSSWINDS CHRONICLE DECEMBER, 2023 D 34

Roxanne Wood ...... \$10 ......Gulf Coast Pressure Washing

Delores Dwelis...... \$10 .....Air Masters of Pinellas

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#### **Quotable Humor**



On family When our relatives are at home, we have to think of all their good points or it would be impossible to endure them. — George Bernard Shaw

**On gifts** I once bought my kids a set of batteries for Christmas with a note on it saying, toys not included. **— Bernard Manning** 

In department stores, so much kitchen equipment is bought indiscriminately by people who just come in for men's underwear. — Julia Child

On Christmas morning There's nothing sadder in this world than to awake Christmas morning and not be a child. — Erma Bombeck

> On New Year's Eve Youth is when you're allowed to stay up late on New Year's Eve. Middle age is when you're forced to. — Bill Vaughn



Now there are more overweight people in America than averageweight people. So overweight people are now average. Which means you've met your New Year's resolution. — Jay Leno

An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves. — Bill Vaughn

On friends Friends are God's apology for relations. — Hugh Kingsmill

On mailing packages Mail your packages early so the post office can lose them in time for Christmas. — Johnny Carson

