



OFFICE: 249 Jasper Street • Largo • FL 33770 • (727) 585-2850

SHANGRI LA

• S T A R •

S

January • 2024

Issue 11 47th Year

Happy New Year!

January is a great time of year so see some Florida wildlife!
Thanks to Randy Spencer from Blue Jay MHP for these photos!



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Vice PresidentNancy Wadsworth, Lot 105 315-440-7037

TreasurerGary Deutschmann, Lot 94 636-492-1231

Ass't Treasurer.....Penny Campbell, Lot 5 727-482-9668

SecretaryTammy Tynan, Lot 26 519-751-9408

Activities Director.....Jay Frieland, Lot 145

Park Office.....727-582-2850

After Hours Emergency.....727-641-9556

Shangri La Star Newsletter by Lisa Vachon, Lot 144

Email: ShangriLaStar2023@gmail.com

JANUARY BIRTHDAYS AND ANNIVERSARIES:

9TH – Gary Deutschmann, Lot 94 Birthday

21st – Mike Christian, Lot 61 Birthday

24th – Mike Muldrew, Lot 62 Birthday

25th – Bruce Vachon, Lot 144 Birthday

If we are missing your birthday or anniversary, please let us know.

Email: ShangriLaStar2023@gmail.com



GREETINGS FROM THE MANAGEMENT OFFICE

A

new manager started on December 28th. Hopefully we will be hearing from them in the next newsletter.

**A Complete Listing of Resident Services
can be found on the page before your calendar**

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John 3:16

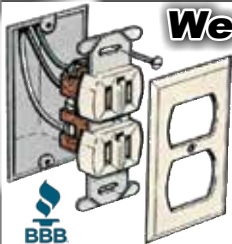
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55 ★ 2



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MESSAGE FROM OUR HOA PRESIDENT



Happy New Year to all Shangri-la residents! We have a newly elected board for 2024 and we are all ready to work on your behalf. Additionally Jay Freeland is our new Activities Director. He will be needing volunteers so please help where you can.

2024 looks to be a good year. Hopefully we get our pool patio finished with new furniture and river rock around the clubhouse.

Looking forward to bettering our park.
Cheryl "CC" Doty

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Neighborly Transportation is available for adults 60 and older. They offer door-to-door service, courteous drivers, and wheelchair accessible buses. Transportation is available to: Medical appointments within Pinellas County, Group outings of 6 or more participants for shopping, dining out, or other fun outings.

All medical appointments must be within 10 miles of your home, and the trip scheduled at least two business days in advance. Special events require at least 5 days' advanced notice. There is no charge for services – donations are accepted. You must register with Neighborly prior to scheduling a ride. Visit neighborly.org or call: (727) 573-9444 for more information - Business Hours: 8am-5pm, Monday - Friday

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Since 1977, the Clearwater Free Clinic has provided problem-oriented healthcare to low income, uninsured residents of upper Pinellas County by means of office visits, medications, lab work, x-rays and specialty referrals. The Clinic, a volunteer driven non-profit, non-government medical facility, provides primary healthcare at no cost to those who do not qualify for government assistance, and who cannot afford private medical care. They are located at 1218 Court St., Clearwater – 727-447-3041

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12 ★ 8

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Don't leave your family with a legal mess!

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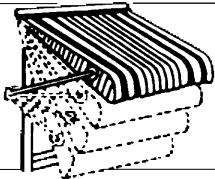
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SHANGRI-LA SECOND SATURDAY BOOK CLUB

Lisa Vachon will be hosting a monthly book club on the 2nd Saturday of each month at the clubhouse. January's meeting will be on Saturday, January 13th at 10 a.m. Come and Join us for coffee, tea, breakfast treats and great books!! If you need help getting any books that are chosen, please let Lisa or CC know. We will be reading one book a month and at each meeting we will choose a new book to read. January's book will be *The Book of Lost Names* by Kristin Harmel



MONTHLY ACTIVITIES

January 13th, 10 a.m. Book Club at the clubhouse.



JOKE

Why do you need a jeweler on New Year's Eve? To RING in the new year!

KNOW YOUR NEIGHBOR

If you would like to be featured in the newsletter, please let us know.



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16 ★ 16

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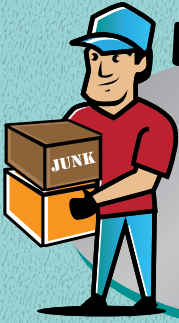
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34 ★ 14



RECIPE:

Cowboy Caviar

Cowboy caviar is a quick, refreshing dish made with black-eyed peas and other pantry staples you're sure to have on-hand. It comes together in minutes and develops more flavor as it sits in the fridge, so consider taking this crowd-pleasing dip to picnics, parties, or potlucks.

Ingredients:

- 1 (15.5 ounce) can black beans, drained
- 1 (15.5 ounce) can black-eyed peas, drained
- 1 (14.5 ounce) can diced tomatoes, drained
- 2 cups frozen corn kernels, thawed
- ½ medium onion, diced
- ¼ medium green bell pepper, finely chopped
- ½ cup chopped pickled jalapeño peppers
- ½ teaspoon garlic salt
- 1 cup Italian salad dressing
- ¾ cup chopped cilantro



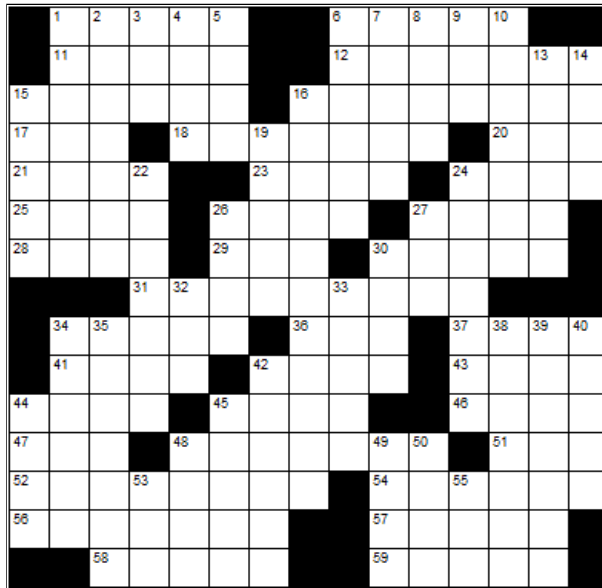
Directions

1. Mix black beans, black-eyed peas, diced tomatoes, corn, onion, bell pepper, and jalapeño peppers together in a large bowl. Season with garlic salt, then pour in Italian salad dressing and add cilantro. Mix until well coated.
2. Refrigerate until flavors have melded, at least 20 minutes or up to 3 days, before serving. If you've got a recipe you think we'll all like, please share.
Email: ShangriLaStar2023@gmail.com



ACROSS

1. Debate
6. Tattles
11. Plank
12. Stronghold
15. Route or path
16. Adorable
17. Paintings
18. Immune response trigger
20. Saxophone
21. Anagram of "Ties"
23. Debauchee
24. Encircle or bind
25. Canvas dwelling
26. Physics unit
27. Commanded
28. Border
29. Fire residue
30. Stuns
31. Restate
34. Sea eagles
36. Aspiration
37. Room at the top
41. Average
42. Harvest
43. Den
44. Iridescent gem
45. Unit of power
46. European volcano
47. Purge
48. Think likely
51. Angry
52. Burned to ashes
54. Calm
56. Oxygenates
57. Of a pelvic bone
58. Suns
59. A computer company



DOWN

- | | | |
|--------------------------|----------------------------------|-----------------------|
| 1. Cut short | 15. Hindu social division | 35. Book lovers |
| 2. Trouncing | 16. Brave | 38. Rolled oats |
| 3. Needlefish | 19. Secret meeting | 39. Fund |
| 4. Celestial bear | 22. For all time | 40. Exchange |
| 5. Biblical garden | 24. Small antelope | 42. Gentle touch |
| 6. Irish accent | 26. Speaker's place | 44. Whale |
| 7. Embankment | 27. Used in baseball | 45. Ice or steam |
| 8. Gulf port | 30. Moist | 48. Information |
| 9. Type of snake | 32. Evening (poetic) | 49. Largest continent |
| 10. Ebb | 33. Violent disruptions | 50. Cry of pain |
| 13. Plays at high volume | 34. Nations ruled by a sovereign | 53. Thick flat pad |
| 14. Passage | | 55. Tear |



January
Crossword



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January Monthly Holidays



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Financial Wellness Month. For people to establish financial balance after credit card bills pour in from the holidays. This is a time to set new goals for financial freedom and moderation in spending. For more information, browse www.wordsofwellness.com.

International Creativity Month. To remind individuals and organizations around the globe to capitalize on the power of creativity. Unleashing creativity and innovation is vital for personal and business success in this age of accelerating change. For more information browse, www.CreativelySpeaking.com.

National Get Organized Month. An opportunity to streamline your life, create more time, lower your stress and increase your profit. For more information, browse, www.napo.net.

Slow Cooking Month. Jan. 1–31. A month to allow slow-cooking enthusiasts to celebrate this useful cooking method and the appliances to make it happen. For more information, browse www.bettycrocker.com/products /prod_slowcooker.aspx.

Weekly

New Year's Resolution Week. Jan. 1–7. To show people how, why and what resolutions/goals should be set and the necessary steps to make this year the best ever. For more information, browse www.goalsguy.com.

Home Office Safety and Security Week.

Jan. 14–20. Dedicated to ensuring that the more than 30 million American home offices are safeguarded and protected against break-ins, theft, workplace injury, computer virus and hacking, natural disaster and any other malady that can impact the home worker. For more information, browse www.chiefhomeofficer.com.

Hunt for Happiness Week. Jan. 21–27. To encourage teens and kids to find more happy moments. For more information, browse www.sohp.com.

Daily

New Year's Day. Jan. 1. The first day of the first month of the Gregorian calendar year. I'm not going to take it anymore Day. Jan. 7. A day to fight back and take control of all events that happen in one's life. For more information, browse www.wtbq.com.

Martin Luther King Jr. Day. Jan. 15. To celebrate the birth of civil rights leader Martin Luther King Jr.

Better Business Communication Day. Jan. 22. To encourage workers to acknowledge the importance of effective communication in the workplace. For more information, browse www.corspan.org.

National Compliment Day. Jan. 24. A day set aside to compliment at least five people. For more information, browse www.complimentday.com.

Fun at Work Day. Jan. 26. Inject some fun into your workday by planning a fun and relaxing activity. For more information, browse www.qualitytransitions.com.

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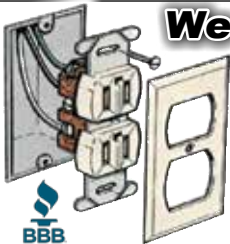
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7	8	Shuffle 10:00am Bingo a Gary D Lot 94
14	15	Shuffle 10:00am Bingo a
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28	29	Shuffle 10:00am Bingo a

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Tuesday	Wednesday	Thursday	Friday	Saturday
2 board n at 7 p.m.	3	4	5	6 Epiphany
9 board n at 7 p.m. Deutschmann Birthday	10	11	12	13
16 board n at 7 p.m.	17	18	19	20
23 board n at 7 p.m.	24 Mike Muldrew Lot 62 Birthday	25 Bruce Vachon Lot 144 Birthday	26	27
30 board n at 7 p.m.	31	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>If we are missing your birthday or anniversary, please let us know. Email: ShangriLaStar2023@gmail.com</p> </div>		



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A gymnast on the angles of success



When Kerri Strug was a young girl, she had a big dream. She wanted to go to the Olympics and become an all-around champion—like Mary Lou Retton. And at the age of 13, she made the huge decision to move away from home, from Arizona to Texas, to work with the famous gymnastics coach Bela Karolyi. She worked hard and the move put her dreams within reaching distance.

Eventually at the 1996 Olympics in Atlanta, Strug seemed to be approaching the possibility of living her dream of becoming an all-around champion. Before she could qualify for that part of the competition, however, Strug participated in the team competition as a vaulter. On her first attempt, however, the 18-year-old athlete fell, injuring her ankle. Despite her painful injury the competition was not yet over for Strug. On her second attempt, she vaulted beautifully and managed to stick the landing before collapsing in pain.

As a consequence of her performance, Strug qualified for the all-around competition, but due to her injury she was unable to compete.

Now Strug says that while she was disappointed that she could not compete in the all-around, she realizes that by helping her team win she had achieved something that she had not been aware was even possible when she arrived at the competition. Life, she says, has taught her that it's important to look at situations from many angles. And it's important to be open to possibilities you might not know are there.

And, says Strug, it's critical to have some fun and enjoy your success along the way.

An important moment in Jay Leno's life



Comedian and host of the Tonight Show, Jay Leno, says that when he was 8 years old and living in a New York City suburb, he had a moment of clarity that changed his life forever.

According to his piece “Why I walked away,” in *O: The Oprah Magazine*, he was hanging out with an older, rougher gang of kids one day when one of the kids pulled out what was purported to be some pornography. One of the kids in the group, Leno noticed, was spinning a small pocketknife around in his hand.

While Leno admits he was no angel at that point in his life, he says suddenly he stepped back from the group, which was collectively lurching forward to look at the pictures. He says in that moment he knew that he might possibly be starting down a path that would lead him nowhere in life. And so he turned and walked away.

Leno says that every decision he has made in life since, in part, was based on that early decision to walk away from the crowd. It was a small moment, he says, one in which he learned how to make a conscious, moral decision for himself.

On genius

It takes a lot of time being a genius, you have to sit around so much doing nothing.

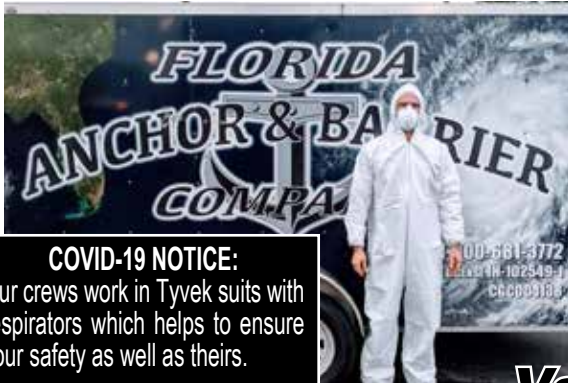
— Gertrude Stein

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Did your mother really say that?



Here are a few things we bet your mother would never really say:

- How on earth can you see the TV sitting so far back?"
 - "Yeah, I used to skip school a lot, too."
 - "Just leave all the lights on ... it makes the house look more cheery."
 - "Let me smell that shirt — Yeah, it's good for another week."
 - "Go ahead and keep that stray dog, honey. I'll be glad to feed and walk him every day."
 - "Well, if Timmy's mom says it's OK, that's good enough for me."
 - "The curfew is just a general time to shoot for. It's not like I'm running a prison around here."
 - "I don't have a tissue with me ... just use your sleeve."
 - "Don't bother wearing a jacket—the wind-chill is bound to improve."
- From AhaJokes.com

New Year's resolutions for the digital world



If you're spending a lot of time on the Internet, here are some New Year's resolutions just for you:

- I will try to figure out why I "really" need nine e-mail addresses.
 - I will stop sending e-mail to my wife (husband).
 - I resolve to work with neglected children — my own.
 - I will answer my snail mail with the same enthusiasm with which I answer my e-mail.
 - I will stop sending e-mail, ICQ, Instant Messages and be on the phone at the same time with the same person.
 - I resolve to back up my 1TB hard drive daily ... well, once a week ... okay, monthly then ... or maybe ...
 - I will spend less than one hour a day on the Internet. This, of course, will be hard to estimate since I'm not a clock-watcher.
 - When I hear "Where do you want to go today?" I will not reply "MS Tech Support."
 - When I hear a funny joke I will not reply, "LOL ... LOL!"
 - I will read the manual ... just as soon as I can find it.
 - I will think of a password other than "password."
 - I will stop checking my e-mail at 3:00 in the morning ... 4:30 is much more practical.
 - I resolve ... I resolve to ... I resolve to, uh ... I resolve to, uh, get my, er ...
 - I resolve to, uh, get my, er, off-line work done, too!
- From JokesGalore.com

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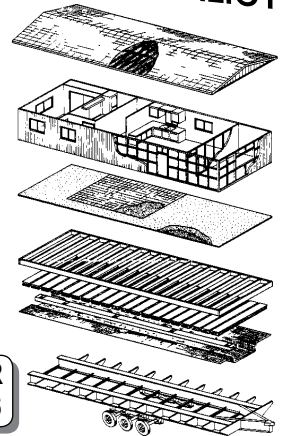
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Are these habits defeating your dieting?

Trying to lose weight and live a healthier life? These days who isn't? But often people find that their weight loss attempts are not panning out. If you're trying to shed pounds, but you're finding it more difficult than you thought it would be, you might be participating in some unhealthy habits that are giving your pounds their staying power.



According to registered dietitian Frances Largeman there are seven habits that many people fall prey to that keep them from losing weight. Here they are:

1. Not eating breakfast. You've heard it before, but people who eat breakfast are generally thinner than those who skip. Skipping breakfast will not help you lose weight. In fact, according to many studies, it will actually help you pack it on.
2. Eating when you are distracted. People who eat while engaged in other activities often overeat. That means you shouldn't eat at your desk, in your car or while you're watching television.
3. Not counting calories. If you aren't paying attention to proportion with foods like pasta or burritos, the calories can add up quickly. Drinks can also be high calorie traps—soft drinks can add 180 to 240 calories to your meal quickly. And smoothies—though made from healthy ingredients—can pack on the calories in a flash as well.
4. Not instituting a regular exercise program. Merely cutting back on calories is not likely to do the job. You might lose weight in the beginning by merely dieting, but it will be hard to keep off and maintain your new weight without exercising.
5. Snacking. Lots of people stick to their diets during meal times, but then lose it when they're watching television and break out the chips and ice cream. One solution: keep healthy snacks—like baby carrots and yogurt—on hand.
6. The no-fat dilemma. If you reduce your fat intake too much, you also reduce your satisfaction level and might become more prone to indulging in too many low-fat, high-calorie snacks.
7. Cheers. Alcohol is loaded with calories. You'll want to limit your drinking to one or two drinks per night. And you'll be better off to skip sugary, tropical and frozen drinks.

On people

When dealing with people, let us remember we are not dealing with creatures of logic. We are dealing with creatures of emotion, creatures bristling with prejudices and motivated by pride and vanity.

— **Dale Carnegie**

There are four kinds of people: Those who don't have it and know they don't have it; those who don't have it and think they have it; those who have it and don't think they have it; and those who have it and know they have it.

— **Anonymous**



January

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2024

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Tips for couples who want to stay married



Here is a list of communication dos and don'ts from the Academy of Matrimonial Attorneys Web site:

- Stop trying to win arguments and work on solving the problem.
- Really listen to your spouse, and don't immediately jump into an argument before you hear him or her out.
- If you feel like your spouse is misunderstanding you, then take the time and energy necessary to explain yourself.
- If you can't solve your problem, respect the other person's opinion anyway.
- Talk about issues that are important to you both.
- Forget things and move on. Be fast to forgive.
- Always be sincere. If you say something, but your body language or tone of voice conveys another message, then trust will be hard to build.
- Say what you mean, and say it clearly.
- Never go to bed mad. Stay with the issue and solve it before you go to bed.
- Don't speak in rude or disparaging ways to your spouse. Don't criticize your spouse in front of others.
- Don't let your emotions guide your behavior.
- Don't get into arguments about things that happened in the distant past.
- If your spouse disagrees with you, don't assume that he/she is attacking you.

Listen

Listen to the whispers of your soul, and know how beautiful you truly are.

— *Josiane Antonette*

On beauty

You suppose you are the trouble But you are the cure You suppose that you are the lock on the door But you are the key that opens it It's too bad that you want to be someone else You don't see your own face, your own beauty Yet, no face is more beautiful than yours.

— *Rumi*

Silencing negativity

If you hear a voice within you say 'you cannot paint,' then by all means paint, and that voice will be silenced.

— *Vincent Van Gogh*

You must do the thing you think you cannot do.

— *Eleanor Roosevelt*

A business owner's secret



Keeping a secret about yourself can be a painful prospect, and for Joe Thiessens eventually the pain became too much to bear.

For decades, the business owner hid the truth about himself while he built his small business into a \$5 million success.

According to an article by Sandra Chereb in the *The Atlanta Journal Constitution*, Thiessens, the man who took a fledgling business and made it a lucrative enterprise, could not read.

His wife helped him with the paperwork at home at night. And he often appealed to managers at the office, telling them they were better at understanding all the jargon than he was. One manager, who said he had worked with Thiessens for seven years, said he had no clue that the company owner could not read.

Thiessens was ashamed that he could not read—and more than anything in the world, he wanted to read a bedtime story to his grandchildren.

Eventually, Thiessens says the secret grew too painful to keep any longer. He says he felt a great relief when he decided to let the secret out.

Thiessens was eventually awarded the National Blue Chip Enterprise Initiative Award, which honors small businesses that overcome adversity.

And Joe Thiessens, at the age of 56, hired a tutor for an hour a day five days a week to learn how to read.

Would you like some love apple sauce with your pasta?

Did you know that tomatoes were once known as love apples? So were tomatoes once considered an aphrodisiac? According to the *Morris Dictionary of Word and Phrase Origins*, maybe, but if so, the whole idea probably arose from an etymological accident.

Tomatoes originally grew in South America and were imported to Spain not long after Columbus discovered the New World. From there the plants traveled to Morocco, and eventually were shipped and grown in Italy. In Italy the fruit was given the name *pomo dei Moro*, meaning apple of the Moors. Then, apparently a Frenchman in a romantic mood made a mistake in translation calling the tomatoes *pomme d'amour*, meaning love apples.

On the easiest job in the world

The easiest job in the world has to be coroner. Surgery on dead people. What's the worst thing that could happen? If everything went wrong, maybe you'd get a pulse?

— **Dennis Miller**

On doing nothing


Doing nothing is very hard to do...you never know when you're finished.

— **Leslie Nielsen**

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<p>FURNITURE, good clean, pre-owned. Top dollar paid. Charles, 727-657-7021</p>	<p>Largest Garage Sale in southwest Florida! Northwood Presbyterian Church, 2875 State Road 580, Clearwater, FL 33761 will hold a gigantic sale on January 11th, 12th, 13th from 8:00am - 2:00pm. There will be something for everyone. Contact Susan Curry 727-709-8237 for information.</p>	<p>HUGE carport sale inside and outside the clubhouse. Browse in comfort. Clearwater Cascades, 9790 66th St. North, Pinellas Park. February 17th, 8-2pm. Furniture, décor, housewares, tools. Refreshments available.</p>
<p>OTHER</p>	<p>Point West MHP Annual Bazaar and Flea Market Jan. 27th, 8am-2pm. 12651 Seminole Blvd. Largo. Furniture, Clothes, Household, Jewelry, Electronics & Misc. Chinese Auction, 50/50, Food. Contact: Judy Master 708-602-3144</p>	<p>Flea Market Sat. Feb. 24th, 8-12 pm. Colonial Village, 2000 East Bay Drive, Largo. Furniture, Kitchen appliances, housewares, bicycles, clothing, home-baking.</p>
<p>GOLF club re gripping and repair in Largo. Call/text 301-466-7090</p>	<p>Sat. Jan. 27, 2024 -Community Sale- 8:30am-1pm. Paradise Island Section of Lake Haven MHP. Main St. (SR580) & Lake Haven Rd. (W of Keene/CR1), Dunedin. Housewares, Linens, Small Appliances, Jewelry, Bakery, Raffle Baskets, Lunch.</p>	<p>Gateway MHP Community Sale, Saturday, Feb. 3rd, 8am-2pm. 10100 Gandy Blvd. St. Petersburg</p>
<p>WANTED</p>	<p>Embassy Mobile Park, Inc. Saturday January 27th, 8:00 a.m. to 1:00 p.m. Park Wide Yard Sale, Off of East Bay just west of Tri City Plaza, come in by Wendy's onto Pine Forest Dr. 16416 US Highway 19 N, Clearwater -Largo area.</p>	<p>HELLO CANADIANS! Canadian Club Canadien Gulf Coast Florida, having survived COVID, is now regrouping 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: cccgcf1@galt.biz.</p>
<p>SEEKING PASTOR FOR RETIREMENT COMMUNITY that meets in the Clubhouse at 1001 Starkey Road, Largo, FL 33771. Please send a brief resume to: Serena Johnson at Lot 451 or smjpray@aol.com</p>		<p>WANTED TO BUY</p>
<p>EVENTS & PROGRAMS</p>		<p>Wanted to buy stamp collections. High prices for good quality. 709-682-9499</p>
<p>The Royal Canadian Legion Post 144 Pinellas County, having survived COVID, is regrouping 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 game, dinner/theater, museums, etc. For information, email: info@rcelpost144.org.</p>		
<p>Bingo Lake Seminole Resort 10245 110th Ave. Largo. Monday, January 8th at 6:50 pm. Doors open at 5:30, Cards on sale until 6:30</p>		

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Quotable Humor



On parents

I'm starting to wonder what my folks were up to at my age that makes them so doggoned suspicious of me all the time.

— **Margaret Blair**

On merit pay

My husband once worked for a company that had a merit pay system. After six months they told him that he owed the company money.

— **Phyllis Diller**

On neat desks

Those proud of keeping an orderly desk never know the thrill of finding something that they thought irretrievably lost.

— **Helen Exley**

On the mystery of life

One of the mysteries of human conduct is why adult men and women are ready to sign documents they do not read, at the behest of salesmen they do not know, binding them to pay for articles they do not want, with money which they do not have.

— **Gerald Hurst**

On customer service

They usually have two tellers in my local bank, except when it's very busy, when they have one.

— **Rita Rudner**

On funerals

They say such nice things about people at their funerals that it makes me sad to realize that I'm going to miss mine by just a few days.

— **Garrison Keillor**

On language

Man invented language to satisfy his deep need to complain.

— **Lilly Tomlin**

On intelligence

Cabbage: A familiar kitchen-garden vegetable about as large and wise as a man's head.

— **Ambrose Bierce**



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