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From the Meadow Oaks Board of Directors

We hope all is well with our neighbors as we try to beat the heat. We have been taking care of projects in addition to the regular maintenance and upkeep of Meadow Oaks. Here are some of the projects we have been working on. We planted six trees along Banyan St. This was done to replace old or dying trees or those that were storm damaged. We've received quotes to have the pool bathroom floors retiled. This project may be completed by the time you read this. We had the front gate walls and the front doors of the clubhouse cleaned, patched, and painted. We are looking at purchasing new pool chairs and lounges. If you see something in Meadow Oaks that needs attention or repair, please give us a call. We appreciate your care of our community.

MI Homes is progressing in Phase 1 of its development. There are about 20 homes under roof. Meadow Oaks will take over the lawn maintenance along the new extension of Maxfli to Hudson Avenue. Also, we will take ownership of the 1.3 acre parcel for a park or other use. That use has yet to be determined. So far, the area at the end of Knotty Lane where 66 homes are projected to be built is only in the infrastructure stage.

Again, please let us know if you see an issue that needs to be dealt with. If a situation seems dangerous, don't take chances, call 911 immediately. For non-emergency situations call the sheriff's office at 727-847-8102, option 7. This will get you to dispatch. This number is operated 24/7. You might need to let it ring for a while.

MOMA board members' and village presidents' phone numbers can be found in *The Wind*. Please do not use social media to contact board members. You can find general Meadow Oaks Master Association governing information on the website at <https://meadowoaksmasterassociation.com>.

Thank you for being great neighbors in a great community.



August is
**Back-to-School
Month**



**School is back in session on
Wednesday, August 13th.**

When you are driving, please take extra caution as students are walking to and from bus stops. Thank you.



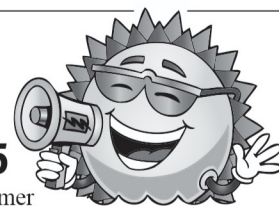
Saturday, August 16th! Checkout The Meadow Oaks Golf and Country Club's Facebook page for more details.

The July 21st event was, once again, a GREAT EVENT provided by **Meadow Oaks Golf and Country Club!**

We appreciate Eric and the team's devotion to our community. Over 90 people attended. Check out the event pictures on pages 4-7 of this newsletter.

He has moved the August event indoors due to heat index. **Please come out and support these local events. Check out their Facebook page for more details of upcoming events.**

**MOET Meeting,
Open to All!
August 6th at 6:15**



Hope you are all enjoying the summer break! I know the team is relaxing and gearing up for our exciting Fall Season. As a part of the Meadow Oaks Event Team (MOET), we strive to host events that bring the community together for meet and greets. If you have any ideas or want to get involved in one or multiple events, we would love to see you at our meeting!

We are moving into our busy season and looking for what people would like to attend. You can reach the MOET team via moetteam001@gmail.com or call a member. We are always looking for ideas, also we will be coordinating with the Golf Course to ensure we are not hosting events on the same night.

We're looking forward to a vibrant and fun-filled season, and we hope to see you at our meeting soon!

Alice 843-870-5571

Brenda 813-909-3756

Lu 727-514-1099

Raquel 419-656-1701

Only listing those that are in Florida at this time.

- 2 -

MOMA Board of Directors**John Crouse - President**

612-961-8479

Joe James - Vice President

727-480-4172

Chris Brenner - Treasurer

813-416-7144

Julie Toske - Secretary

715-579-3116

Dena Peterson - Director

515-451-5077

Village Presidents*Cypress Run*

John Crouse 612-961-8479

Fairway Homes

Rick Hess 727-243-6677

Fairway Village

Edward Kuss 716-387-2989

Fairway Villas

Gus Martinez 727-515-1999

Greenside Village

Terri Best 815-762-1406

Lakeside Village

Jerry Boyce 727-235-1190

The Reserve

Larry Schrieffer 773-392-5493

Woodview Village

Kevin Smith 727-859-5590

Clubhouse & Related Info

SCHEDULING MEETINGS

To schedule a meeting at the clubhouse, please **send** an email to meadowoaksbod@gmail.com. A MOMA representative will get back with you to set the date.

RENTING THE CLUBHOUSE

If you are interested in renting the clubhouse, send an email to: meadowclubhouse@gmail.com as soon as you know your date so that it can be reserved for you and added to the community calendar. The rental fee is \$150, payable by check or money order to MOMA. There is also a \$500 refundable cleanup deposit required. The clubhouse can only be used for personal use of Meadow Oaks residents.

KEY FOB INFORMATION

Key fobs are needed to access the entrance to the clubhouse, pool, and tennis courts. If you are new to the Meadow Oaks Community, at the time of your appointment you will receive general information about the community and a tour of the recreation areas. If you would like a fob to use the community amenities, please send an email to: meadowoaksfob@gmail.com

Please do not give your fob to the people you sold your home to. If you are a new homeowner and received your fob this way, please report it so that we can get the correct information attached to the fob.

If you lose your fob, or find a fob, please report it to the above email address. If your fob is lost or damaged, you may get a new one for \$25.

Mark Your Calendars

For These Upcoming Events & Meetings

August

- Wednesday, August 6th, Moet Meeting 6:15 p.m.
- Friday, August 8th, Bingo 7 p.m.
- Tuesday, August 19th, The Reserves Board Mtg 7 p.m.
- Thursday, August 28th, Bingo 7 p.m.

October

- Thursday, October 2nd, Blood Drive 2-6 p.m.
- Tuesday, October 21st, The Reserves Board meeting 7 p.m.

September

- Friday, September 12th, Bingo 7 p.m.**
- Thursday, September 25th, Bingo 7 p.m.
- **We need a money person and caller for Bingo on September 12th.** If there are no volunteers, we will need to cancel this event, thanks. Contact Brenda Martens 813-909-3756

If you have any ideas for events, please send them to moeteam001@gmail.com. One event may be in the works is "A Night at the Races" but we need some volunteers that have done this type of event that would be willing to help organize it. We will post the team and contact info at the clubhouse.





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Ongoing Weekly Activities



JUICE YOUR JOINTS, Monday, Wednesday and Fridays 9-10 AM.

Workout with Leslie Sansone video. This is a low to moderate intensity workout with no floor exercise.

YOGA with Lori Ann Lynde, Wednesdays 5-6 PM.

Sponsor: Gail Swiderski text to 727-204-5506.

ADULT WATER VOLLEYBALL, Mondays 6:30-8:30 PM.

Group communication is through TEAM REACH app. Please download the app and sign up with code: movolleyball. Sponsor: Gina Muster

ADULT WATER VOLLEYBALL, Tuesdays and Fridays 1-3 PM.

Sponsor: William (Billy Bob) Eberhardt 727-798-5683.

"HAND AND FOOT"

CARDS, Mondays 6:30 PM.

Sponsor: funnybunnie70@yahoo.com

LADIES GOLF LEAGUE, Tuesdays 8 AM.

Sponsors: Judy Collier 810-441-8685 or Annette Gee 727-808-8844.

DEALER'S CHOICE

POKER, Tuesdays 6-8:30 PM Quarter Ante, Members only.



Sponsor: P.J. O'Connor 727-457-2772.

ADULT PICKLEBALL, Tuesdays and Thursdays, 6:30 PM (All Levels)

Sponsor: Lu Brown 727-514-1099.

DOMINOS, Tuesdays 1 PM. No Sponsor

RUMMIKUB, Thursdays 1 PM. No Sponsor



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Simple Ways to Get Through a Power Outage

Electricity is vital to modern life. When a power outage strikes, life can be turned upside down in a heartbeat, particularly when communities remain in the dark for hours or even days on end.

A loss of power can knock out internet communications, close retail businesses, prevent use of

medical devices, and adversely affect transportation. Power outages can cause food spoilage, affect HVAC systems and impact indoor temperatures, and may even prevent some water wells and septic systems from operating.

No one wants to be inconvenienced by a loss of power, but

taking certain steps in anticipation of a potential outage can make it easier to manage these unwelcome disruptions.

• **Invest in a generator.** A portable or whole-house generator can be a valuable investment. Whole-house generators will switch on when power is disrupted to the home. A portable generator takes a little more work to get started and runs on gasoline. But it can be used to provide power.

Outage continued on page 5

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**Enjoy Pictures from the event on
July 21st at the Meadow Oaks Golf
& Country Club Oaks Tavern**

Please come out and support these local events.
Check out their Facebook page for more
details of upcoming events.



Event Pictures continued on next page



Outage *continued*

er to some appliances in the home, depending on size, or to keep a light or two on as needed. Portable generators should be kept away from windows and far enough

from the home (20 feet) to prevent carbon monoxide exposure.

- **Keep flashlights, candles and batteries handy.** Make sure to have these items at the ready and easily accessible. Extinguish candles before retiring to bed,

and always exercise caution around open flames.

- **Charge devices.** Keep mobile phones, tablets, laptops, and any other devices fully charged if an outage warning is issued. A fully-charged power bank or a

solar-powered charging station also can be helpful. Store a charging cable in the car and use that to replenish power supplies if the outage lasts awhile.

- **Prepare for food storage.** *Outage continued on next page*

Event Pictures from July 21st continued



Outage *continued*

Keep freezers and refrigerators closed as much as possible to retain the cold air inside. The U.S. Department of Agriculture says a refrigerator will keep food safe for up to four hours during a power outage. If the outage lasts more than four hours, discard meat, poultry, fish, eggs, cooked leftovers, milk, and yogurt. Fill a cooler with ice bags or frozen

bottles of water to keep additional items, including medications, cold.

- **Plan for cooling or heating a home.** The American Red Cross suggests using sealant around windows to insulate the home. Extra blankets can keep people warm. Opening the windows for a cross breeze may help when it's hot inside. However, if the weather is very hot or cold and the indoor temperature can-

not be maintained, go to a location with air conditioning or with heat. Don't use the stove or an outdoor grill indoors for warmth.

- **Stock books, puzzles and games.** Figure out ways to keep busy that don't require electricity. These can include crafts, reading material, puzzles, board games, and more.

- **Unplug appliances.** Unplug appliances and other devices so they are not damaged when the

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power returns and potentially surges.

Power outages can be a nuisance and even dangerous. Plan accordingly if a storm is expected to knock out power.

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Event Pictures from July 21st continued



*Event Pictures
continued
on next page*

Event Pictures from July 21st continued



*Event Pictures continued
on next page*



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5 Things Not to Post on Social Media

There are no shortage of cautionary tales about bad social media posts -- just ask Justine Sacco, who posted an ill-advised joke on Twitter during a layover in London before boarding a flight to South Africa. By the time her plane landed 11 hours later, Sacco was an international punchline and internet villain. Two days later, she was out of a job.

Most of us are unlikely to reach Justin Sacco-level notoriety with any social media post, but what we post can impact our lives and the lives of those around us. Here are a few things to avoid on social media, but it's far from an exhaustive list.

- Negative comments or complaints about clients and cus-

tomers. A private profile is not a guarantee that they won't see or hear about those comments.

- Personal business -- yours or someone else's. It doesn't belong on social media could lead to negative consequences for you and others.

- Embarrassing or compromising photos of yourself. Photos are easy to screenshot and share, regardless of your privacy settings. If you don't feel comfortable with everyone in the world seeing a photo, don't post it.

- Workplace politics and complaints about your supervisor or coworkers. It's not just unpro-

fessional, it's unkind.

- Popular hashtags that you haven't researched yourself. Some hashtags have unclear or double meanings that you might not want to be associated with.

Remember one of the most important rules of social media: You may live to regret posting something, but you'll never regret not posting something.

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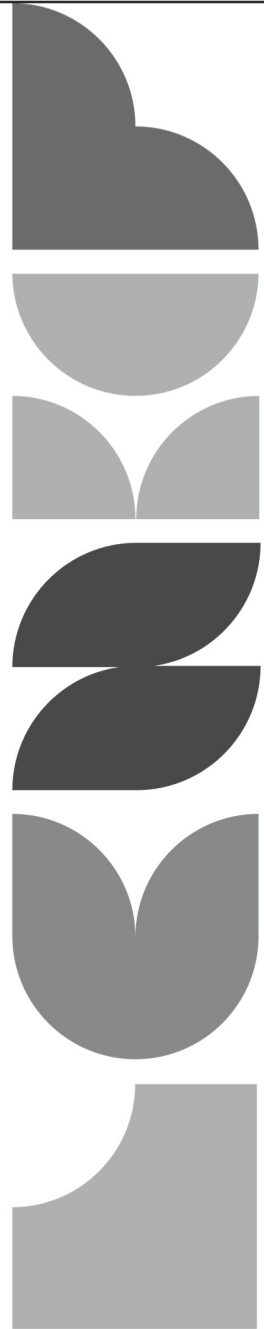
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Internal Medicine

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Food Fit for Football Fans

Whether they're tailgating outside a favorite team's stadium or hosting a game watch at home, football fans know food is a big part of the game day experience. Certain foods, like chicken wings and nachos, are synonymous with game day buffets, but fans can cook anything they like for the big game. Those who want something a little more hearty than finger foods can try their hands at this recipe for "Barbecued Chicken Breast With Grilled Corn and Tomatoes" courtesy of Lines + Angles.

Barbecued Chicken Breast With Grilled Corn and Tomatoes

Makes 4 servings

3 1/2 tablespoons lemon juice

1/2 cup olive oil

Kosher or sea salt, to taste

Freshly ground black pepper, to taste

2 cloves of garlic, minced

1 small onion, minced

1/4 teaspoon thyme

1/4 teaspoon cumin

4 boneless chicken breast halves

4 ears fresh corn, husks removed

2 tomatoes, thickly sliced

1 tablespoon olive oil

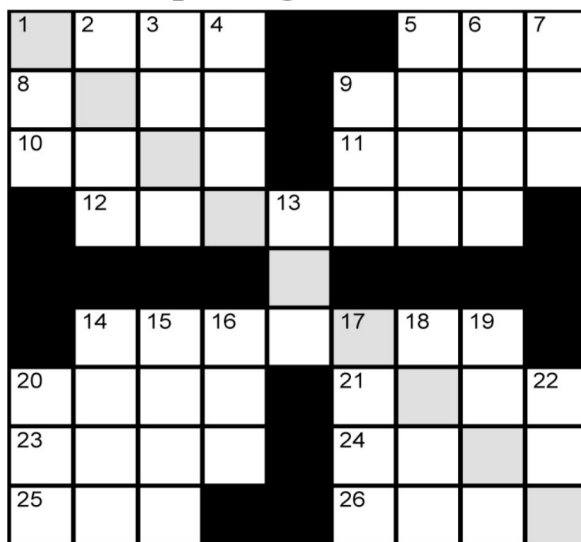
1. In a small glass bowl, combine the first eight ingredients to create the marinade.

2. Place the chicken and the marinade in a gallon plastic storage bag. Squeeze bag to coat the chicken. Seal and refrigerate for at least 4 hours or up to 24 hours.

3. Grill chicken over indirect medium heat for 8 to 10 minutes on each side, or until a meat thermometer inserted into the center of the breast registers 170 F.

4. About 10 minutes before the chicken is ready, brush corn and tomatoes with olive oil and season with salt and pepper. *Watching carefully*, grill for about 5 to 8 minutes until done.

Expecting an Answer



Headline is a clue to the word in the shaded diagonal.

ACROSS

1. "What ___ is new?"
5. Any doctrine
8. Greek earth goddess: Var.
9. On the ocean
10. Jobs
11. Responded in court
12. Con man
14. Souvenir
20. Wise one
21. Eagle's nest
23. Early video game
24. Flower holder
25. "A Chorus Line" number
26. Greek god of love

DOWN

1. Breakfast fare
2. Secular
3. Sound of relief
4. Facilitate
5. Part of an archipelago
6. Soothsayer
7. "Spy vs. Spy" magazine
9. Likely
13. "___ we there yet?"
14. Atomic particle
15. Sea eagle
16. Coffee holder
17. Church section
18. Eye drop
19. About
20. U.S. document publisher
22. "I agree"

Puzzle Answers
on page 10

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Retirement is often characterized as a carefree time in life when adults who spent years in the workforce get to enjoy the fruits of their labors.

But upon retiring, many retirees find themselves fighting boredom.

How Seniors Can Cultivate a New Hobby

A recent study from Indeed found that, as of March 2022, 3.2 percent of workers who retired a year earlier had already reentered the workforce. No two retirees are the same, and a host of variables, boredom among them, likely compelled recently retired professionals to go back to work.

Retirees who like the freedom of not working but are confronting a good bit of boredom can consider these tips to cultivate a new hobby that can help them pass the time in a rewarding and engaging way.

• **Identify new (or old) interests.** Many retirees discover new passions in retirement, while others turn back the clock and revisit favorite hobbies from their youth. A good way to begin cultivating a new hobby is to jot down a list of activities you always found interesting but never had the time to learn or became too busy to fully invest in. Some seniors hit the links for the first time in retire-

ment, while others return to school to study subjects they find interesting but did not engage with during their college years. The options are endless, and jotting down a list of new or old interests is a great way to get the ball rolling.

• **Embrace new ways to engage a passion.** Virtual resources like online courses and book clubs conducted over Zoom with fellow readers across the nation and possibly even the globe are a great way to cultivate a new hobby in retirement. Virtual resources can be especially beneficial for seniors with mobility issues.

• **Consider locally based resources.** Community parks departments and libraries may offer an array of free or affordable opportunities for seniors to engage with a new hobby. Parks departments may offer anything from cross country skiing tutorials to age-based hiking excursions, while libraries may offer weekly crafting sessions or



"There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age."

— Sophia Loren —

wellness programs to local residents. In addition to providing fun ways to discover and cultivate a new hobby, programs offered through parks departments and local libraries are great ways to meet fellow retirees.

• **Put your experience to use.** Retirees with years in their field don't have to go back to work to make use of their professional expertise. Contact local youth organizations or outreach programs sponsored by churches, libraries or local law enforcement agencies and offer to share your expertise with young people. Such opportunities allow retirees to continue to engage

with their professions and help a younger generation of aspiring professionals gain valuable insight into fields they're interested in.

There's no shortage of ways for seniors to overcome retirement boredom and cultivate rewarding hobbies.



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Puzzle Answers

S	O	R	E			E	N	O
E	S	V	A			N	O	P
Y	A	V	E			R	U	G
	O	T	O			M	E	M
						R		
	R	E	R			C	H	E
D	E	P	L	E		S	G	I
A	S	E	A			A	I	A
S	M					E		E

An advertisement for Sieber Tree Service. It features a white service truck with the company name 'SIEBER TREE SERVICE' and 'CERTIFIED ARBORISTS' on the side. Below the name is the slogan 'Because your trees deserve the best!' and the website 'www.SieberTreeService.com' and phone number '727-862-2562'. Four arborists in hard hats and safety gear are standing in front of the truck. At the bottom of the ad, it says 'FREE ESTIMATES' and '727-862-2562' in large, bold letters.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Juice Your Joints 9:00 AM Water Volleyball 1-3 PM	2 
3	4 Juice Your Joints 9:00 AM "Hand & Foot" Cards 6:30 PM Adult Water Volleyball 6:30 PM	5 Ladies Golf League 8 AM Water Volleyball 1-3 PM Dominoes 1:00 PM Dealer's Choice Poker Members Only 6-8:30 PM	6 Juice Your Joints 9:00 AM YOGA 5:00 PM MOET Meeting 6:15 PM	7 Rummikub 1:00 PM Adult Pickleball 6:30 PM	8 Juice Your Joints 9:00 AM Water Volleyball 1-3 PM  7:00 PM	9
10	11 Juice Your Joints 9:00 AM "Hand & Foot" Cards 6:30 PM Adult Water Volleyball 6:30 PM	12 Ladies Golf League 8 AM Water Volleyball 1-3 PM Dominoes 1:00 PM Dealer's Choice Poker Members Only 6-8:30 PM	13 Juice Your Joints 9:00 AM YOGA 5:00 PM	14 Rummikub 1:00 PM Adult Pickleball 6:30 PM	15 Juice Your Joints 9:00 AM Water Volleyball 1-3 PM	16
17 	18 Juice Your Joints 9:00 AM "Hand & Foot" Cards 6:30 PM Adult Water Volleyball 6:30 PM	19 Ladies Golf League 8 AM Water Volleyball 1-3 PM Dominoes 1:00 PM Dealer's Choice Poker Members Only 6-8:30 PM The Reserves Board Meeting 7 PM	20 Juice Your Joints 9:00 AM YOGA 5:00 PM	21 Rummikub 1:00 PM Adult Pickleball 6:30 PM	22 Juice Your Joints 9:00 AM Water Volleyball 1-3 PM	23
24	25 Juice Your Joints 9:00 AM "Hand & Foot" Cards 6:30 PM Adult Water Volleyball 6:30 PM	26 Ladies Golf League 8 AM Water Volleyball 1-3 PM Dominoes 1:00 PM Dealer's Choice Poker Members Only 6-8:30 PM	27 Juice Your Joints 9:00 AM YOGA 5:00 PM	28 Rummikub 1:00 PM Adult Pickleball 6:30 PM  7:00 PM	29 Juice Your Joints 9:00 AM Water Volleyball 1-3 PM	30
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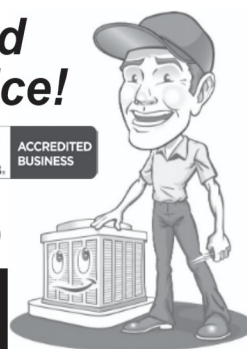
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