

THE WIND



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August 2026 • Serving the community of Meadow Oaks

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From the Meadow Oaks Board of Directors

Greetings from your Board!

It goes without saying that it is hot! In fact, it is so hot that hot water is coming out of both taps.

That brings us to a request for volunteers. We are looking for residents to help maintain the Meadow Oaks irrigation system. Al and Steve have been doing an outstanding job maintaining the sprinklers, but we need additional volunteers to assist them. They are happy to train anyone who is interested in learning the system and helping our community. If you would like to volunteer, please contact Chris Brenner at 813-416-7144.

If you're looking for information about our community, *The Wind* has answers to many of your questions. It includes the phone numbers for the Meadow Oaks Board of Directors as well as the presidents of each village. Many of the questions the MOMA Board receives are actually matters that should be directed to your village president.

The Wind is delivered to residents' doorsteps, with additional copies available in the Clubhouse. A PDF version is also posted on the MOMA Facebook page, and you can access it through the MOMA website. The website also contains MOMA's governing documents, Rules and Regulations, and calendar of events. The website address is always included at the end of the MOMA Board article. Please note that you may need to use a web browser such as Safari, Google Chrome,

or Firefox to access the website.

A simple Google search may not take you directly to the site.

If you notice a problem in the community, please use the following contacts:

- Emergency situations: Call 911 immediately.

- Non-emergency situations: Call 727-847-8102 (Option 7) to reach dispatch. This line operates 24/7; you may need to let it ring several times.

- Potholes: Call 727-847-2411 (Pasco County main number). The operator will direct your call or take your report. You may also use the MyPasco app.

- Streetlight outages: Contact Withlacoochee River Electric at 727-868-9465.

Please provide the address and the pole number located on the light.

Contact information for MOMA Board Members and Village Presidents can be found in *The Wind*. Please do not use social media to contact Board members.

The Meadow Oaks landline number is 727-856-6426. General Meadow Oaks Master Association information, along with the community calendar and copies of *The Wind*, is available on our website: <https://meadowoaksmasterassociation.com>.



Thank you for being great neighbors in a great community.

School starts on August 13th!

Please drive carefully and be alert to children walking thru the neighborhood.



Mark your calendars for these upcoming events and meetings:

AUGUST

- Wednesday August 5, MOET Meeting 6:15 pm
- Thursday August 6, Food Truck 5-9 pm
- Friday August 14, Bingo 7pm
- Tuesday August 18, The Reserves BOD Meeting 7:00 - 8:30 pm
- Thursday August 20, Food Truck 5-9 pm
- Thursday August 20, Ladies Bible Study 10-12
- Thursday August 27, Bingo 7pm

SEPTEMBER

- Friday September 11, Bingo 7 PM
- Monday September 14, Yoga Resumes 10-11 AM
- Thursday September 24, Bingo 7 PM

LOVE YOUR PET?

Make sure your neighbors do too!!

We all love our furry friends and having a dog is a good excuse to get out and get some steps in for both ourselves and our pets. It bears repeating, that while you are out enjoying your walk, please come prepared to clean up after your pet. Dogs must be walked on leashes at all times. For their own safety, dogs or cats should not be allowed to roam off leash or unattended.

Additionally, there are some streets in Meadow Oaks that are privately owned and maintained by their residents. If you are walking your pet on these streets, you are there at the pleasure of its residents. While common courtesy should always be the rule, if you are trespassing in someone's yard or observed not cleaning up after your pet, you may be asked to leave.



MOMA Board of Directors

Chris Brenner - President
813-416-7144

John Crouse - Vice President
612-961-8479

Ed Kuss - Treasurer
716-387-2989

Julie Toske - Secretary
715-579-3116

Larry Schrieffer - Director
773-392-5493

Village Presidents

Castle Oaks

Tatiana Pagan 813-393-5791

Cypress Run

John Crouse 612-961-8479

Fairway Homes

Joan Murray 727-359-1117

Fairway Village

Edward Kuss 716-387-2989

Fairway Villas

Jonathan Kessell 727-389-6747

Greenside Village

Lee Shalosky 727-233-9570

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 \$200, 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.

A NOTE FROM THE WIND EDITORS

The *Wind* editors would like to thank everyone for their monthly submissions. While they help to advertise events happening within Meadow Oaks, they also provide valuable information and cohesiveness in the community. As a reminder, **all submissions are due by the 15th** of the month and should be sent to

thewindmo@gmail.com to ensure that proofing and printing deadlines can be met.

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.

If you need help with a fob for The Reserve gate, please contact Gail Dashner at Sentry Management, gdasher@sentrymgt.com



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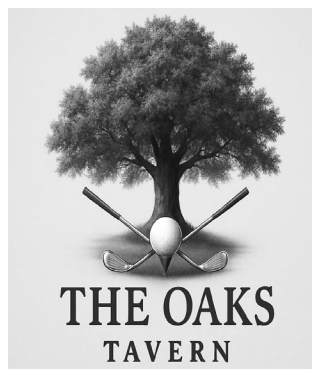
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The Oaks Tavern at the Golf Course in Meadow Oaks

Start your day or take a well-deserved lunch break at Oak's Tavern, where you'll enjoy delicious food, friendly service, and a welcoming atmosphere. Join us throughout the month of August for our Breakfast and Lunch Specials, and as a special promotion, **simply say "Bride" when you order to receive 10% off your meal.** We look forward to serving you and making Oak's Tavern your favorite breakfast and lunch destination!

A note from the publisher:

Thanks to Our Readers:

Just a note to thank our readers for patronizing the businesses in this publication and letting them know you saw their ad in *The Wind*.

The advertisers make this free magazine possible to all the residents in Meadow Oaks.

Thanks again —
Your friends at Sieber Graphics





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 Cindy Monastar**, Mondays 10-11 AM. ON SUMMER BREAK. Sponsor: Gelsa Staley text to 727-597-0573.
- **YOGA with Lori Ann Lynde**, Wednesdays 5-6 PM.
- **SEW CRAFTY**, Wednesdays 6:15 PM. Sponsor: Mary Maloney text to 708-642-4405.
- **ADULT WATER VOLLEYBALL**, Wednesdays and Fridays 1-3 PM. Group communication is through TEAM REACH app. Please download the app and sign up with code: movolleyball. Sponsor: Billy Bob.
- **"HAND AND FOOT" CARDS**, Mondays 6:30 PM. Sponsor: funnybunnie70@yahoo.com.
- **DEALER'S CHOICE POKER**, Tuesdays 6-8:30 PM Quarter Ante. Sponsor: P.J. O'Connor 727-457-2772.
- **ADULT PICKLEBALL**, Tuesdays, Thursdays, Saturdays and Sundays 6:30 PM (All Levels) Sponsor: Lu Brown 727-514-1099.
- **DOMINOS**, Tuesdays 1 PM. No Sponsor.
- **RUMMIKUB**, Thursdays 1 PM. No Sponsor.
- **TEXAS HOLDEM**, Fridays 1-4 PM. Bunny 727-580-0872.



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Pasta e Ceci: An ancient Roman comfort dish made sim- ple



Pasta e ceci -- pasta and chickpeas, pronounced roughly 'pas-ta eh CHEH-chee' -- is one of Italy's oldest comfort foods, and one most Americans have never tasted. It belongs to what Italians call cucina povera, or 'poor kitchen.' The thrifty peasant cooking that turns a handful of cheap pantry staples into a filling meal. The dish is genuinely ancient: the Roman poet Horace described eating pasta with chickpeas more than 2,000 years ago in his Satires.

Cheap, filling, and rich in

protein, chickpeas made the dish a stand-by across central and southern Italy, and especially in Rome, where cooks traditionally served it on Fridays as a meatless meal, according to Rome's tourism office. The earliest versions had no tomato at all, since tomatoes did not reach Italy from the Americas until centuries later.

Ingredients (serves 4)

- 3 tablespoons olive oil.
- 1 small yellow onion, finely chopped
- 2 to 3 anchovy fillets (optional, but traditional in Rome)
- 3 cloves garlic, sliced
- 1 sprig fresh rosemary (or 1 teaspoon dried)



- 2 tablespoons tomato paste
- 2 cans (15 ounces each) chickpeas, drained and rinsed
- 4 cups vegetable or chicken broth, plus more as needed
- 1 piece Parmesan rind (optional)
- 1 cup ditalini or other small pasta (broken spaghetti works too)

- Salt and black pepper

- Grated Parmesan or Pecorino.

Directions

1. Warm the olive oil in a large pot over medium heat. Add the onion, along with the anchovies if using, and cook until the onion is soft and the anchovies have melted into the oil, about 5 minutes. Stir in the garlic and rosemary and cook one minute.

2. Add the tomato paste and stir it around the pot for a minute or two to deepen its flavor.

3. Add the chickpeas, broth, and Parmesan rind if using. Bring to a gentle simmer. For a creamier pot, scoop out a ladleful of chickpeas and broth, blend or mash it smooth, and stir back.

4. Simmer for about 10 minutes to let the flavors come together.

5. Stir in the pasta and cook until tender, about 10 minutes, stirring now and then so it does not stick. It should be thick and spoonable

6. Remove the rosemary stem and Parmesan. Season with salt and pepper. Serve in bowls topped with grated cheese, and a drizzle of olive oil.

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Fostering good balance is crucial for maintaining independence, staying active and preventing falls. According to West Hartford Health & Rehabilitation, falls are a leading cause of injury among older adults. By building better balance, seniors can ensure that a minor trip or stumble will not turn into a serious fall.

Balance training involves building strength in the lower back, core and legs. Should a fall occur, having stronger muscles and more nimble reflexes can help protect bones and joints. The following exercises courtesy of the Mayo Clinic are some activities that can improve balance and reduce falls.



How to Maintain Balance

• **Single-leg stance:** While standing near a counter, lift one foot two to three inches off the ground and hold for 10 to 30 seconds. Then switch legs and repeat. This can be done while brushing teeth to build it into a daily routine.

• **Sobriety test:** Much like a

police officer will conduct a sobriety test on a suspected offender, place your right heel directly in front of your left toe so they touch. Walk forward for 10 to 20 steps, focusing on a fixed point ahead.

• **Shift weight:** Stand with feet shoulder-width apart and

slowly shift all weight to one foot, lifting the heel of the opposite foot. Hold this for 10 seconds and then switch sides.

• **Tree pose:** Many yoga poses strengthen balance. Poses like the “tree pose” can train the center of gravity and improve flexibility.

• **Water exercises and swimming:** Swimming and pool exercises are great ways to build core and leg strength without straining the joints.

• **Pilates and tai chi:** These structured activities are good for building strength and improving flexibility, which can facilitate balance.

Older adults can engage in balance-building activities each day to promote greater health and reduce the risk of injury.

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Fun ways to close out summer!

After a few months of fun in the sun, it can be difficult to admit that summer will soon be over. Lazy, hazy days likely filled the calendar, with time spent poolside or at a beach.

Just because summer is winding down doesn't mean that all the relaxing fun must

cease. Families can extend the fun a little longer with these ideas that can help everyone ride the last of the summertime wave.

The fair is in town

The end of summer tends to be fair season. Fairs and carnivals offer an assortment of entertainment all under one roof

(or tent). In fact, many people live a short drive away from a fairgrounds, and residents can check the schedule posted on a municipal website. Fairs also are commonly advertised in newspapers and on signage.

Fairs have rides, carnival games, livestock shows and contests, food on a stick, and musical performances. They can be ideal ways for families to find something fun everyone can enjoy.

Late-season vacation

When most families are gearing up to return to school and shopping for supplies and wardrobes, others may want to maximize the end of summer with a vacation. July tends to be a peak month for summer vacations. While August also is popular, prices and crowds tend to drop by late August, meaning families may be able to score good deals the longer they wait.

Local summer

In many beach towns, the crowds thin considerably after the Labor Day holiday. And beach entry fees may be waived after Labor Day. Families needn't say goodbye to seaside adventures just because the calendar flips from August to September. There are plenty of warm days still in store. In fact, waiting until the crowds dissipate can make local beach towns and amenities more enjoyable.

Camping out

A movie under the stars followed by an evening of camping out in the backyard or a nearby campsite can be an ideal way to close out summer. Everyone can listen to those late-summer crickets singing their tunes while fireflies light up the sky. While sitting around a campfire or firepit, everyone can take turns sharing what they loved most about the summer and what they're looking forward to doing in the weeks to come.

Summer may be singing a swan song, but there's still plenty of fun to be had in the waning weeks of this popular and fun season.

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The title is a clue to
the word that is shaded.

ACROSS

1. Box
5. 'Hey ... over here!'
9. '___ on Down the Road'
10. Cosmetic additive
11. Author Bagnold
12. Film part
13. Made buoyant again
15. Flow's partner
16. Type of sofa
22. Connive
23. Narrow street
24. Capri, for one
25. Song and dance, e.g.
26. Drop from the eye
27. Slaloms

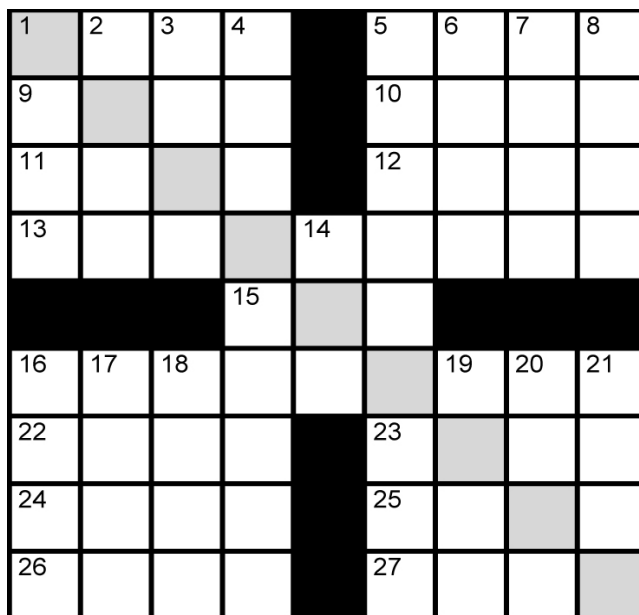
DOWN

1. Clairvoyant
2. Piece of glass
3. '___ I care!'
4. Memorable, special
5. Conic sections (Geom.)



6. Coin opening
7. Exclusive
8. Angry, with 'off'
14. ___-Wan Kenobi
16. Fast-moving card game
17. '... or ___!'
18. Fizzy drink
19. Informer
20. Against
21. More or ___

Puzzle answers below.



Puzzle Answers

S	I	K	S		R	A	T	E	R
S	T	A	R		E	T	S	I	
E	N	E	L		T	O	P		
L	A	N	O		I	C	S		
			B		E				
D	E	T	A		O	F	R		
E	T	O	R		D	I	N		
E	O	T	A		E	S	E		
T	S	P			R	P	A		

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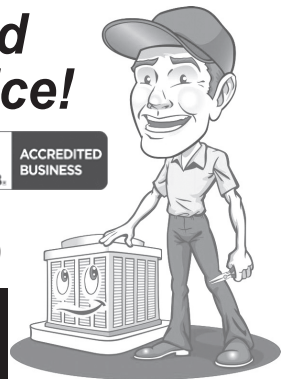
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