

CROSSWINDS • GHRONIGLE•

June • 2015

Issue 4 39th Year

Summertime Fun in Floridal Edward and Polly enjoy a bike ride in Golden Gate. Check out those shirts...







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•		513-574-1312





Bird Group's Chairperson November, 2015 to March, 2016

Birdgroups	Chairperson	Month Assigned	
Sandpipers	Pamela Fairclough, #644, 727-875	51January, 201	16
Flamingos	Brenda Manfredi, #631, 727-914-4	4154February, 20)16
Blue Jays	Nancy Hope, #303, 727-546-4746	March, 2016)
Cardinals	Heather Hachey, #525, 727-826-0	298November, 2	2015
	Louisa Rice, #535, 727-827-7442.		









Crosswinds Homeowners Association Inc.

CI OSSWIII GS II OIII	cowners rissociation the	
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Treasurer	.Phillip DuBois. Lot #18	727-417-8760
Secretary	.Rachel Brabant Lot #743	727-350-3970
Member At Large	.Sandy Stanley Lot #27	727-471-9495
Member At Large	Albert Yoder Lot #330	828-612-9572
Member At Large	Mike McKay Lot #6	727-258-4512
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President's Message

s I write this I am still in Florida enjoying the sun and warm breezes. By the time this is in print I will be back in NB not enjoying the snow and cold. I would like to think the snow will be gone by the time I leave, however, I think there may still be snow on May 5th.

The Park is very quiet, almost eerie. There are few Snowbirds left here now, just a few stragglers.

On Tuesday, next week, Krispy Kremes is celebrating an anniversary, so we will make our way there to purchase some of their specials. Might as well add another pound or two to the ones from all the March meals.

What a great year we had this year. All the activities are bustling and we are just having fun. The Executive worked hard this year trying to accommodate everything. The Small Hall now has 2 Pool tables. One was purchased this year for the great price of \$200.00 which included the table, balls, cues, racks and even a light to go over the top. There are 12 now in the group that play pool and expecting more next season. Bridge has really expanded and probably will have outgrown that hall by next season and will be looking for a spot at the big hall. The Small Hall will be undergoing renovations during the summer months to bring it up to date.

We will also be adding another horseshoe pit in the fall. I hope someone will organize it and get some teams in place. I think we have several who would like to play, men and women.

We had a wonderful birthday party for Pauline in March to celebrate her upcoming 100th birthday in June. She plans to be in New York for her real birthday, so we will be looking forward to hearing all about the celebration there.

I hope you all have a wonderful summer with your families and friends at home. Don't forget about your Crosswinds family as well. Keep us all in your prayers.

God Bless Pat Brown President Activities Association Crosswinds MHP



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Crosswinds Ice Cream Social

Submitted by Pat Brown, President of Acitivites Association

n April 13th, an Ice Cream Social was put on by the Activities Executive. It was held at the Tiki Hut by the pool. 51 people attended.

It was a very hot afternoon, about 90 degrees, but we were blessed with a beautiful breeze that kept us very comfortable.

George O'Donnell played his guitar and led a sing along for the first hour, which was enjoyed by all. The ice cream was served and many helpings were passed out and then topped with strawberries, marshmallow, chocolate, caramel, crushed pineapple and of course what would an ice cream sundae be without sprinkles. Following the ice cream we were again treated to George O'Donnell , who was joined by Herbie Wacker to entertain for another hour. It was a wonderful day. Many thanks to all who participated.



















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June Birthdays

0246 Hamilton, Charles	1-Jun
0822 Lucas, Barbara	1-Jun
0433 Brown, Jack (John)	6-Jun
0936 Hunter, Marcella	6-Jun
0204 Hampton, Marvin	7-Jun
0318 Parkinson, Deborah	14-Jun
0508 Keller, Gwen	14-Jun
0248 Hobbs, Barbara	15-Jun
0413 Roy, Andre	17-Jun
0515 Warren, David	19-Jun
0531 Donovan, Eugene	19-Jun
0612 Flannigan, Vera	23-Jun
0306 Cordes, Robert	28-Jun
0848 Yorton, Pauline	28-Jun
005A Lombardi, Domenico	29-Jun
0621 Blais, Bernard	30-Jun



June Anniversaries

005A Lombardi, Domenico & Giovanna	6-Jun
0306 Cordes, Robert & JoAnn	13-Jun
0510 Voorberg, Mike (Marinus) & Emmy	18-Jun
0127 Van Dommelen, Jos & Linda	24-Jun
0209 Hankel, Charles & Cindy	24-Jun
0716 Willey, James & Paulette	29-Jun
1048 Nelson, Allan & Gail	30-Jun

















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Congratuations!!!

auline Yorton is on the road again. Today she took her first ride on her bike since last Fall. Congrats to Pauline!! To be 100 years old on June 28th and going strong!!!

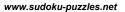


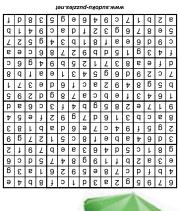




June Sudoku

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	3		2			1					7		d	С	
											b			f	
				а	b		f		С		1	2		g	
		5		9	4					d			1		
8	а				1	6	d		g			f			
9		7		2	8	5			4						
					е		С						2		5
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b	5		8	4	e 6	2	С	4			d e	а	_	7	5
b	5	е	8 a	4		2	С	4	5			a 4	3	7	5
	5	e 3		4			С	4	5		е		3		5 a
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d	5	3	а	6		7 d	С		5	3 a	е		3 f	6	











ather's Day started with a dedicated woman: Sonora Smart Dodd, the daughter of a widowed Civil War veteran who had raised her on his own. Dodd came up with the idea for a special day celebrating fathers when listening to a Mother's Day sermon in 1909. She held her own special tribute for her father on June 19, 1910, in Spokane, Wash., and began a campaign for an official celebration thereafter.

The idea of Father's Day initially met with some skepticism, but in 1919, President Calvin Coolidge expressed support for the holiday, and in 1926 a National Father's Day Committee was formed in New York City. In 1966 President Lyndon B. Johnson signed a proclamation designating the third Sunday in June as Father's Day, but it wasn't until 1972 that President Richard Nixon officially recognized it as a national holiday.

Loyalty to country, always. Loyalty to government, when it deserves it.

-Mark Twain



Quick zingers and fast chuckles

Teed to get a laugh in a hurry? Try some of these handy one- or two-liners:

- Explaining puns to kleptomaniacs is hard because they always take things literally.
- I used to think the brain was the most important organ. Then I thought, "Look where that idea comes from"
- A dwarf fortune-teller who kills his customers might be known as a small medium at large.
- Did you hear about the dyslexic devil worshipper who sold his soul to Santa?
- During a prison break I saw a dwarf climb over a wall. As he jumped down he sneered at me, and I thought, "That's a little condescending."
- A blind man walks into a bar. And a table. And a chair.
- You never see a hippopotamus hiding in a tree. They must be really good at it.

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JUNE-2015

Sunday	Monday	Т
	1	
7	8	
14	15	
First Day of Summer Father's Day	22	
28	29	

Crosswinds

uesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

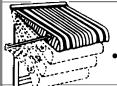
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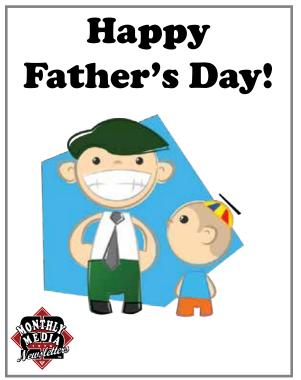


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Eat Better to Spur Creativity

ome great artists and writers are known to have used drugs or alcohol to seek inspiration, but you don't have to risk your health when you need a creative boost. The Medical Daily website suggests trying some of these foods to help stimulate the brain:

• **Fruit**. Fruits have lots of an amino acid called tyrosine, which helps synthesize proteins and may influence your ability to think deeply. In one study, students performed better at completing puzzles when they drank orange juice strong with tyrosine.



- •Chocolate. The flavanols in chocolate may enhance short-term cognitive skills, according to one British study, because flavanols boost the amount of oxygen in the brain. Try a cup of hot cocoa before you need to be at the top of your mental game.
- Carbohydrates. Carbs deliver a quick dose of glucose to your body and brain, providing aid to concentration and memory. Potatoes, oatmeal, and other carbs may have a beneficial effect on brain function.
- Walnuts. Rich in omega-3 fatty acids, walnuts can help memory and increase brain function, according to the journal Plant Foods for Human Nutrition. The results of one study showed that rats given a diet of raw walnuts for 28 days showed better learning and memory than rodents on another diet.



Money Matters

Try these smart shopping tips at the grocery store

Everyone wants to stretch his or her food dollars. You don't have to live on ramen noodles and cold cereal three times a day to do it. Here are some tips for savvier shopping at the store:

- Don't fall for fancy displays. Items stacked at the end of the aisles, like sodas, aren't necessarily on sale. The display can make them seem like they're marked down, but often they're still regular price.
- Remember that you pay for convenience. Skinless chicken breasts cost more than those packaged with skin. The same applies to the pre-cleaned and cut carrot sticks. In both cases, they're a little more expensive. Decide whether the convenience is worth the extra money.
- Try the store brands. If you compare the contents and nutritional value of name-brand versus no-brand items, you'll often discover that they're almost identical. In many cases, they're made in the same plant and just packaged with the store label.
- Use coupons. How often have you clipped coupons only to allow them to expire? Develop a system that will ensure you remember and use them.









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Danger at home: Keep your children and grandchildren safe

The home can be a dangerous place, especially for young children. Most household accidents are avoidable, though, with some commonsense precautions. Safe Kids Worldwide, a global organization providing safety information aimed at preventing accidents and injuries to children, shares these tips for keeping your family healthy and safe:

- Bathroom. Don't leave children alone in the bath, or anywhere near water.
- Hallways. Install smoke and carbon monoxide detectors, and check their batteries at least every six months to ensure they're working properly.



- Bedrooms. At bedtime and nap time, remove any blankets, pillows, stuffed animals, and toys from your baby's crib to prevent accidental suffocation. Make sure your baby sleeps alone and on his or her back
- Staircases. Put up safety gates to keep children from tumbling down staircases. Install similar gates for every window a child might reach.
- Medicine chest. Store all medicine in cabinets above the reach of children, and lock cabinets they might get into. Keep track of any medication you might carry in your purse or briefcase
- Living room. Install brackets and braces to secure bookshelves and other furniture against accidental tipping. Secure television sets to the wall or place them on low platforms.
- Kitchen. Use the back burner of your stove when cooking with children present. Turn pots and pans so that their handles face away from the edge, out of reach from tiny hands. Store household cleaners in high cabinets and shelves, or lock lower cabinets to keep children out.

Keep kids safe from bugs during summer months

As summer comes, so do the bugs. And some of those bugs can bite. Follow these guidelines from the American Academy of Pediatrics to protect your children from getting stung or bitten:

- Avoid using scented soaps, hair sprays, and perfumes on your child. The scents can draw insects and bugs and increase your child's risk of being bitten.
- Stay away from nests or places bugs might congregate. This includes stagnant pools of
 water, areas where uncovered foods are abundant, and gardens where flowers are blooming.



Where there's a will, you need a plan

It sounds like the setup for a joke: A rich uncle dies and leaves you a fortune. But what happens next in real life? A financial windfall, large or small, needs to be managed well. Here are some tips on what to do if you come into some money:

- Stash it away. Put the money away for at least six months. Trying to decide what to do with the money too soon after a relative's death may lead to questionable decisions. Put it into a money market or savings account for a little while.
- Assess your debt situation. Before you decide to invest or buy something with the money, determine whether the funds would be better spent wiping out any debt you may have.
- Seek advice. If you receive more than \$20,000, consider hiring a financial advisor who can tell you how to gain the largest or safest return on your investments.

Fly Old Glory with pride on Flag Day

lag Day became an official national celebration in 1916, when President Woodrow Wilson proclaimed June 14 Flag Day to commemorate the adoption of the Stars and Stripes by the Second Continental Congress on that day in 1777.

The idea of setting aside a special day to celebrate the U.S. flag wasn't new, though. One of the earliest observances of Flag Day occurred in Hartford, Conn., in 1861, at the suggestion of George Morris, to pray for the preservation of the Union at the beginning of the Civil War.

In 1885, a Wisconsin schoolteacher named Bernard J. Cigrand held a formal observance of what he called "Flag Birthday" at his school. Cigrand went on to become a passionate promoter of Flag Day, delivering more than 2,000 speeches on the subject, and he is generally considered to be the "Father of Flag Day."

In 1914, Secretary of the Interior Franklin K. Lane delivered a Flag Day speech in which he said the flag had spoken to him that morning: "I am what you make me; nothing more. I swing before your eyes as a bright gleam of color, a symbol of yourself." In 1949, President Harry Truman signed an Act of Congress formally establishing June 14 as National Flag Day.



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Quote Details: -67 married male, vehicle driven for pleasure use, superior credit, 5 year clean driving record on all licensed household operators -2008 Chevy Impala LT, garaged in Pinellas County zip code 33771, equipped with Air-Bags, ABS and Anti-Theft device

*NOTICE: Acceptability of all proposed applicants subject to underwriting approval, premium rates are subject to change. Rates will vary based on age of operator, driving record, credit history, garaging address and type of vehicle.



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Scientists delve deep into the heart of the world

Jules Verne's Journey to the Center of the Earth described an inner world of jungles, seas, and dinosaurs. The reality is quite different, but no less interesting to scientists, and it's changing all the time. The latest discovery about the nature of the Earth's core comes from a professor at the University of Illinois at Urbana-Champaign. The inner core, about 3,000 miles beneath the world's crust, actually contains a second core about half the radius of the outer one. This inner core contains iron crystals, which are oriented in an east-west alignment. The outer inner core's crystals align north-south, although they appear to have flipped several times in the distant past.



Scientists liken the twin cores to the rings on a tree, which allow researchers to peer directly into the past. The discovery could provide important clues to the formation and development of our world.

'New' solar system is the oldest ever found

The oldest solar system in our galaxy is 11.2 billion years old, according to data from NASA's Kepler space telescope. By comparison, our home solar system is about 4.5 billion years old. The new find is about 117 light-years from Earth, with five Earth-sized planets in an orbit too close to their star to allow for life. But the discovery of a solar system's formation only a few billion years after the Big Bang some 13.8 billion years ago suggests that life could have proliferated throughout the cosmos much earlier than scientists previously believed.

Sophie the Stegosaurus steps on the scale (sort of)

ow much did the dinosaurs weigh? That question has been answered—at least for one specimen at London's Natural History Museum.

Sophie the Stegosaurus is about 150 million years old, and was discovered in 2003 by pale-ontologists in Wyoming. It now resides at the British museum, its skeleton 85 percent intact. According to the Yahoo News website, British researchers created a 3-D digital version of the

skeleton, then calculated the amount of flesh it would have had around its bones, and compared that with data from modern animals

of a similar size.

The result? Sophie tipped the scales at about 1.6 tons, with a body mass roughly equivalent to a small rhinoceros. Knowing its weight will allow paleontologists to learn more about stegosaurus metabolism, food needs, and growth rate.



Know Your Organs: The Gallbladder

The gallbladder is a small, pear-shaped organ located beneath the liver and next to the pancreas. You may not give it a lot of thought—until it starts malfunctioning. Then it can cause pain and serious health problems.

The gallbladder stores a substance called bile, or gall, that comes from the liver and helps to digest fat. The main problem that can arise is the formation of gallstones, which can be as small as a grain of sand or as large as a golf ball. They affect both men and women, and may occur as a single large stone or a group of small ones. What causes them is unclear, though they're more common in people with excessive body fat around the waist, and in those who

have lost weight very quickly. The risk of gallstones increases as you age, particularly

among women as they approach menopause and everyone after age 40.

You may have gallstones for years without noticing them, regardless of their size or number. But during a gallstone attack, patients can experience sharp pain in the upper right side of the abdomen, along with nausea and vomiting. Attacks tend to occur at night, often after a large meal with lots of fat, as well as after drinking alcohol.

Gallstones are treated in a number of ways: Some people take an acid orally which dissolves the stones gradually, although they may reappear once the treatment is stopped. Otherwise, they can be broken up with ultrasonic shock waves or removed by surgery in serious cases.

Be on the lookout for these symptoms:

- Sudden severe pain in your upper right abdomen, lasting from 30 minutes to several hours.
- Pain in your right shoulder blade or under your right shoulder.
- Indigestion after eating desserts, fried foods, or foods high in fat or protein.

See a doctor immediately if abdominal pain lasts five hours or more, if you experience nausea, vomiting, fever, or chills, if you have a yellowish color in your skin or in the whites of your eyes, or if you have light-colored stools or dark urine.

Keep Your Heart Healthy With The Right Food Choices

The food you eat can make a big difference to your health, especially in matters of the heart. You can keep your heart ticking to a ripe old age by adding these foods to your diet:

- Tomatoes. A good source of vitamin C, vitamin A, potassium, and fiber, tomatoes also contain lycopene, an antioxidant that may help to lower bad cholesterol, keep blood vessels open, and lower the risk of heart disease. For best results, serve cooked tomatoes in stews, soups, and sauces.
- Blueberries. Blueberries contain antioxidants called anthocyanins, which may reduce blood pressure by relaxing blood vessels. One cup has only 80 calories, and they add fiber and vitamin C to your daily diet.

Memory Disorders Center at St. Anthony's Hospital





CONNECTING families to resources, education and support

The Memory Disorders Center at St. Anthony's Hospital connects those with memory disorders and their care partners with health care and community resources that can help enhance functioning and treat the symptoms of memory disorders. Led by the clinical director, a neuropsychologist and a licensed clinical social worker, the services of the Memory Disorders Center are free for patients and families.

Services include:

- Evaluation of patient's needs, development of a treatment plan, navigation of care and referrals to resources
- Support for caregivers through education, navigation and support groups
- Resource library

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St. Petersburg, FL 33705

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St. Anthony's Hospital

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homas Edison once said, "Make it a habit to keep on the lookout for novel and interesting ideas that others have used successfully. Your idea needs to be original only in its adaptation to the problem you are working on." The lesson? Creative thinkers know how to adapt. Follow these four steps to train your own creative mind to adapt ideas into new solutions:

- Look at your present problem and compare it to other similar situations.
- Look into the past and find a parallel. What solutions did other people use that you could apply to your situation?
- Identify people you can emulate. Observe how they approach challenges and problems.
- Expand your scope by looking at ideas outside your field. Can you find any to incorporate?







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ATTENTION RESIDENTS!

Did you know this Emporium/ Classified listing reaches over 21,000 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 great things. Remember to think about this the next time you're planning something.

Thanks!

-Monthly Media Staff

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• Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at P.O. Box 1023, Venice, FL 34284.
• 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.









Committee Contacts Bingo Maggie Deguire, #941 (727) 289-8775 Bocce.....Lou Sage, #7A.....(727) 374-6252 Bridge Betty Eicher, #624 513-574-1312 Coffee Hour.....(The birdgroups are responsible for organizing the coffee hour for the month that is assigned totheir group. See Birdgroups) Crafts.......Nancy Hope, #303......(727) 546-4746 Line Dancing......Glenys Forrester, #447......541-6126 Welcoming Comm. MaryBeth Leduc, #412 827-7114















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of the month the rabilishers t	will pick up the tickets and hold a drawing.
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Winifred Ruggeri \$100.0	0O.E. Wilson Insurance, Inc.
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Larry Schultz\$5.00	Capital Golf Carts, Inc.

vinners are:		
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