

Meadoword

The Meadows Community News and Lifestyle



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★
JOY
★HOPE
LIGHTS★
★CRAFTS
HOLIDAY★
★CELEBRATE
SHOPPORTUNITY★
COOKIE★EXCHANGE
TOYS★FOR★TOTS
MEADOWS★GIVING★TREE
SONGS★FRIENDS★LOVE★
★ HOLLY JOLLY HOLIDAY TROLLEY
FESTIVE★MERRY★PARTIES★
HOLIDAY★IN★THE★EMERALD★CITY
★ MEADOWS CHORUS HOLIDAY CONCERT ★

MAKE
YOUR HOLIDAY BRIGHT

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THE HOLIDAY SEASON IS A GIFT TO ALL OF US

IT IS A TIME TO REMEMBER, A TIME TO CARE AND A TIME TO FORGIVE



Bob Clark — MCA Board President

The holiday season is a very personal time for all of us. It brings back memories of years past about our favorite gift as a child, the time our families spent together or the special people who helped make us who we are today. It can also be a time of sadness as we recall those who are no longer with us who we loved and loved us.

It is also a season of caring, when we can bring the brightness of the season to others through our acts of kindness and sharing. One of the best things about living in a community like The Meadows is that you are living in a place where people care about each other and lend a helping hand when needed. I am amazed when I read the incident

reports turned in by our safety patrol describing the many times they have provided aid and comfort to the community.

The good feelings and warmth that flow from this season give us an opportunity to look inward and reflect on any baggage we may want to unpack from the past. Occasionally today we have allowed issues that used to be friendly discussions grow out of proportion to other important things in our lives and divide us. It saddens me when I hear about families who have let things like political differences come between them and obscure the love that once bonded them together.

In The Meadows the brightness of the season comes through in the many activities that bring residents together in celebration. We gather together for the Hanukkah Celebration, attend the holiday party, sing carols, and gaze in wonder at the many house decorations that warm our streets and hearts. These and other activities truly make the season special and bright.

Our season is made even more special by the many volunteers that come forward to help in so many ways in the Meadows. We need to extend a special thank

you to these residents who serve our community at every level from the condo associations to the HOA's and the MCA. If you want to brighten your life, get involved and experience the enrichment that working with others brings to your life.

As always, my sincere well done to all who volunteer and our hard working staff. They are the ones who really make things brighter for us not only in December but throughout the year.

ONE OF THE BEST THINGS ABOUT LIVING IN A COMMUNITY LIKE THE MEADOWS IS THAT YOU ARE LIVING IN A PLACE WHERE PEOPLE CARE ABOUT EACH OTHER AND LEND A HELPING HAND WHEN NEEDED.

In the air there's a feeling of Excitement!

WELCOME THE MEADOWS LIFESTYLE AND WELLNESS FACILITY



Frances Rippondi — MCA General Manager

The Meadows has plenty to be excited about this year, as we celebrate our new Meadows Community Lifestyle and Wellness Facility (MCLWF), the jewel of our community. This new modernized building with its minimalist exterior captivates you from the time you set eyes on it. Starting in the parking lot where ribbon palms surrounded by green island ficuses, grasses and native plantings complement the natural setting of The Meadows and draw your attention to the building's overall presence.

Upon entering the building, it doesn't take long to realize that nature and the built environment can go together as each space is accented with tones, colors and

appearance. A thoughtfully designed reception desk, modern hanging circular light fixture and deep blue Sea Serpent accent walls are only a few of the details that will jump start your work out. Whether you start your routine with cardio or weights, your joints will be protected by the peppered colored Pro-flex muscle mat flooring throughout providing a cushioned step for your workout experience.

End your day with a Retreat without leaving The Meadows. "The Retreat" was designed specifically to provide the necessary escape to soothe your soul or muscles with massage. What better gift to give yourself than the gift of health.

With the holiday season upon us and our new building complete, we will enter into the final phase of construction—the demolition of the

with the sparkling green and gold decorations accented with holiday hues. Bring your friends, meet new friends, and join your neighbors as we celebrate the festivities of the season.

If you are looking for a way to get in the holiday spirit, come aboard the **Holly Jolly Holiday Trolley** on December 15. You will "ho ho ho" your way through The Meadows and University Town Center while enjoying the festive lights and holiday decorations. End the night with a complimentary beverage and sweet treat. Something for everyone!

This year's **Hanukkah Celebration** on December 21 will be held at Aviva Kobernick Kretzmer Center. Welcoming all Meadows and Aviva residents to a buffet dinner, with Rabi Jennifer Singer officiating. Come join in the

.....
HEALTHY MIND, HEALTHY BODY, AND HEALTHY SPIRIT ALL CAN BE ACHIEVED AS WE ROLL OUT EVEN MORE COMMUNITY EVENTS IN THE COMING WEEKS AND MONTHS. COME HAVE FUN!
.....



textures that are reflective of nature and our surroundings. Revere Pewter walls accented by Peppercorn ceilings showcase the social hall while the soft green Sea Salt walls and Pearl cabinetry of the multi-purpose room create a light and lofty space.

However, the most celebrated room is sure to be the flex/catering kitchen and community gathering room—what we call the Perch. This beautiful room is equipped to accommodate our Health and Wellness programs or can be used as an additional meeting room. The Calacatta Bali quartz waterfall edge island with the Neo Walnut cabinetry backdrop is the center piece of the room and subtly commands all eyes to the front, making it the perfect place for lectures and healthy food demonstrations.

Once you learned about health and nutrition, you're only a few steps away from a heart rate elevating work out. Entering the newly-designed fitness area will certainly grab your attention with its fresh contemporary

Dicken's facility. Once removed, new parking will be added to accommodate the full range of Meadows activities.

MAKE YOUR HOLIDAYS BRIGHT
This year is sure to be bright as The Meadows activities and events will delight even the grinchiest grinch. So, whether you have been naughty or nice, come and participate in the upcoming events. You won't be disappointed.

Kicking off the holiday celebration is our first annual **Shoppportunity and the St. Marco Fashion Show** event held on December 1. This shopping event has over 20 vendors and will be bringing fresh ideas and creative treasures for you to explore and purchase. It's the perfect event to shop for the holidays while at the same time finding something new to wear.

Next up on our seasonal schedule is the **MCA Holiday Party** on December 13. Emerald City is the theme for this event, but don't be swayed into believing that you'll find Oz here. This dining event will be sure to dazzle you

celebration, tickets can be purchased on the MCA website themeadowssarasota.org

Treat yourself to these wonderful events and don't worry about overindulging. The new year is just around the corner, and we have a spectacular **Health Fair** with over 40 vendors on January 5, that will help you re-prioritize what's most important—your health.

THIS YEAR AFFORDED US THE OPPORTUNITY TO MEET MANY OF OUR GOALS SET FORTH IN THE PREVIOUS YEAR (I.E. THE COMPLETION OF THE MCLWF AND EXPANSION OF LIFESTYLE PROGRAMS). WE AT THE MCA ARE PROUD TO WORK IN A COMMUNITY WHOSE RESIDENTS SHARE IN THE MEADOWS VISION, GIVE GENEROUSLY OF THEIR TIME, AND JOIN IN THE FUN TO MAKE THE COMMUNITY THE BEST PLACE TO LIVE. WE LOOK FORWARD TO THE UPCOMING YEAR AND WISH ALL OF YOU A HEALTHY AND HAPPY HOLIDAY SEASON.

Having Healthy Trees Does Matter

PROPER CARE OF YOUR TREES WILL HELP THEM SURVIVE A STORM

Bob Clark — Standards Committee



The strong winds we experienced from hurricane Ian caused the loss of or damage to many of our trees in The Meadows. Some of the fallen trees were laurel oaks which were nearing the end of their life span but many other trees were damaged or toppled. Some of the trees that were lost might have survived if they had received periodic inspection or care by a quality tree specialist.

Our beautiful live oak trees are among the strongest trees, and can live for centuries. That is why we recommend replacing lost trees with live oaks to preserve the beauty of The Meadows far into the future. The strength of the live oak was appreciated by the Continental Congress. When they ordered the first six frigates for the U.S. Navy they specified they should be

made of live oak. Old Ironsides got its reputation when cannon balls bounced off of its live oak sides.

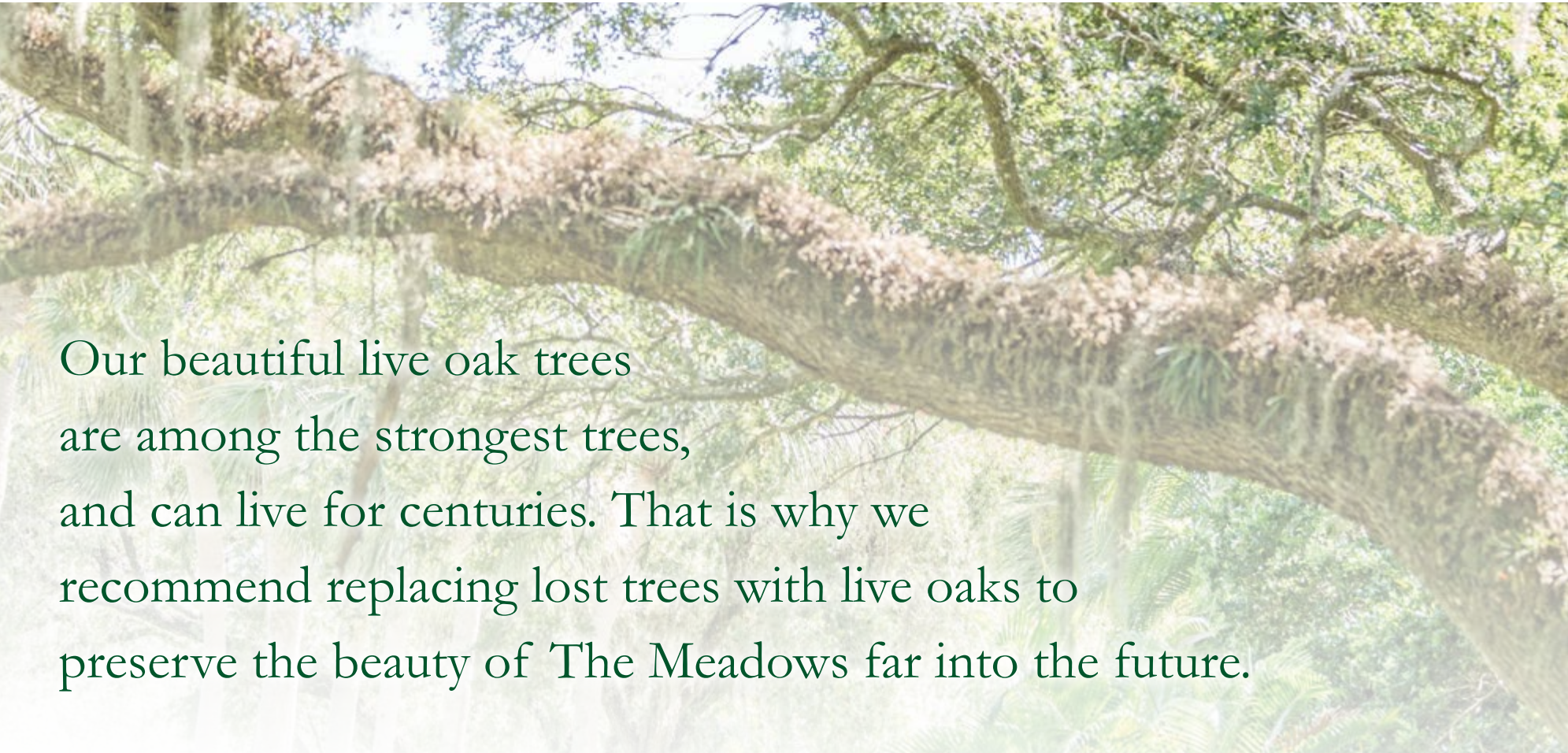
Some of the trees lost were pine trees that had been infected by pine beetles or palm trees that had been suffering from palm fungus. Both of these conditions can be controlled by periodic injections which will protect them and keep them healthy. There is some cost to treat your trees, but it is much less than you would incur to have the trees removed and replanted.

One of the best things you can do to protect your trees is to have them inspected and trimmed. A tree with a full canopy that is covered with Spanish moss will put up a lot of resistance to the wind and make it more likely to be lost in a storm. Very few properly

daylighted and trimmed trees were toppled during the storm.

Now is a good time to check on the structural integrity of your trees. Trees that remained standing after the storm could have sustained damage that make them a hazard to people and property. As I write this we are several weeks after Ian and there are still trees and limbs falling due to damage they suffered in the high wind.

The Standards Committee has taken on the task of looking for damaged trees that could present a hazard and will report them but they can't spot them all. Many thanks to them and our hard working staff for the service they are providing during this difficult recovery period.



Our beautiful live oak trees are among the strongest trees, and can live for centuries. That is why we recommend replacing lost trees with live oaks to preserve the beauty of The Meadows far into the future.

OCTOBER APPROVED ARCHITECTURAL REVIEWS

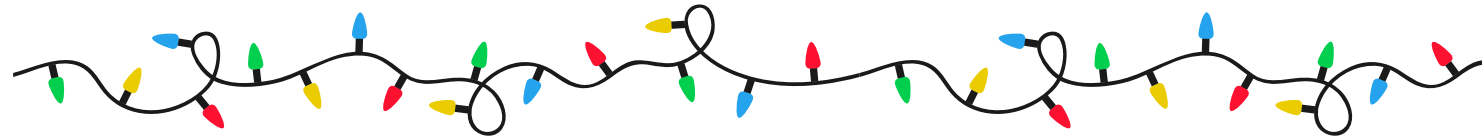
5187 Everwood Run
3358 Chelmsford Ct
2843 Wrenwood Ct
4925 Marsh Field Rd
3902 Chatsworth Greene

4627 Chandlers Forde
5187 Everwood Run
4831 Greencroft Rd
3212 Sandleheath
3121 Sandleheath

5647 Sheffield Greene Cir
4921 Rutland Gate
5452 Downham Meadow
4521 Highland Oaks Cir
3445 Highlands Bridge Rd

4291 Highlands Bridge Rd
2993 Longleat Woods
5024 Marsh Field Rd
4430 Whisperwood
2905 Sandringham PI

Making the Neighborhoods Bright for the Holidays



Michelle Johnston — MHOA President

December is a great month in The Meadows single-family home neighborhoods because many homeowners decorate their homes to look festive with lights, plants, and decor, making the holidays bright. It is fun to drive around The Meadows during the day or at night to see the holiday decorations in the front yards. Passers-by can see a variety of decorative holiday themes at the homes, demonstrating the creativity of the single-family homeowners.

The Meadows Homeowners Association (MHOA) had a busy autumn, contributing to the Veterans luncheon, collaborating with the Meadows Garden Club on its composting project, supporting pickleball, and hosting the MHOA "Welcome Back Salsa Buffet," which was a fantastic way to meet other single-family homeowners. It is also looking forward to hosting its annual meeting in February and looking forward to having all the single-family homeowners in attendance.

When single-family homeowners responded to a question about why they liked living in The

Meadows, many residents checked environment, lifestyle, and home values as the reasons, according to The Meadows Community Association (MCA) 2022 survey findings. They appreciate the green spaces, lush plants, and ponds, amenities of The Meadows, and value of their homes, which are important investments. However, keeping the beautiful environment, lifestyle, and home values take collaboration and work. Therefore, MHOA Board is working on the various MCA committees to represent the issues and concerns of the single-family homeowners.

The MHOA invites all single-family homeowners to join us in our efforts to help keep The Meadows a great place to live. Come to the February annual meeting and give us your ideas. Specific details regarding the meeting coming soon.

Lighting up The Meadows for the holidays is a way to celebrate the successes of The Meadows.

In the meantime, the MHOA hopes that your holidays are brighter than ever before.

For information write:

meadowshomeownerssaratooa@gmail.com

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✓ HIP PAIN / INJURIES

✓ BACK AND NECK PAIN / INJURIES

✓ POST-SURGERY REHABILITATION

✓ VERTIGO

✓ GOLF, TENNIS, & PICKLEBALL INJURIES

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December 2022

MEADOWORD

5

WEATHER THAT MAKES YOUR
2022
HOLIDAYS
BRIGHT

MEADOW’S WEATHER/HURRICANE
ANALYSIS: OCTOBER 2022 REPORT

Roy Wysnewski — Meadow’s
Weather/Climate/Hurricane
Analysis

WEATHER SUMMARY

With the end of the 2022
hurricane season (Nov. 30), and
with a prospect for some of the
coolest temperatures of the year
to occur in December, the weather
outlook for the forthcoming
holiday season is bright!

October average temperature
was near normal, but rainfall was
one-half what we normally expect.

TEMPERATURE
ANALYSIS

In the aftermath of Hurricane
Ian, a new temperature pattern
set in – one that carried over
into October and subsequently
resulted in an overall monthly
temperature of 85.4 F. This was
one degree short of normal – the
first time we’ve experienced a
below normal month in the past
two and a half years!

Other statistics for the month
include sixteen above-normal
temperature days and, for
the first time in thirty-four
consecutive months, no record
high-temperature days!

RAINFALL ANALYSIS

If your recollection of The
Meadows rainfall over the past
two months is ‘feast or famine’
– you are right on! Following
record rainfall in September, we

experienced a really dry October.
In fact, it was one of the four
driest months in the past twenty-
four years.

The year-to-date total (60.4”) now
exceeds our expected end-of-the
year twelve-month average (51.6)
by more than one-half foot of
water and puts us in position to
have one of the rainiest years in
history!

Monthly temperature and rainfall
data are presented in the graph.

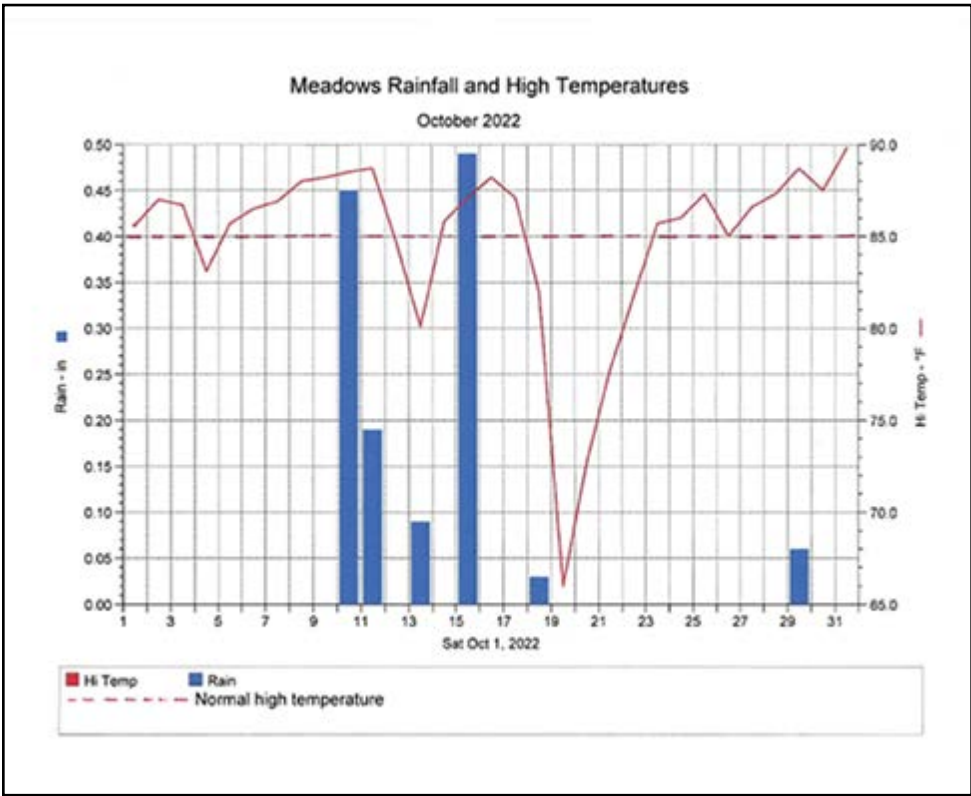
HURRICANE SEASON
ANALYSIS

Weather experts report that the
odds for a tropical cyclone – of
any strength – to develop in the
Gulf of Mexico after November
30, are very low to nil. However,
due to our changing climate,
the prospects for late fall and
winter storms to deposit record,
and even historic, inland rainfall
amounts are increasing. We
experienced record monthly
rainfall of 9.7 inches (300% above
average) in December 2018.
Hurricane Ian is a good example
of the devastation and ‘horror’
that flooding alone – surge and
wind aside – can produce.

Therefore, even though the
hurricane season has ended, we
must continue our preparedness
for such events.

Send comments and questions
about this month’s report to:
roywys9@gmail.com.

OCTOBER RAINFALL & TEMPERATURE DATA	
Rainfall for month:	1.25 in.
Rainfall year-to-date:	60.45 in.
23 yr. monthly rainfall average:	2.45 in.
Average high temperature:	85.4 F (normal: 85.9 F)
Above normal temperature days:	16
Record high temperature days:	0



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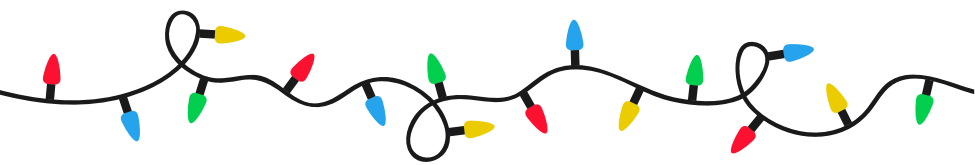
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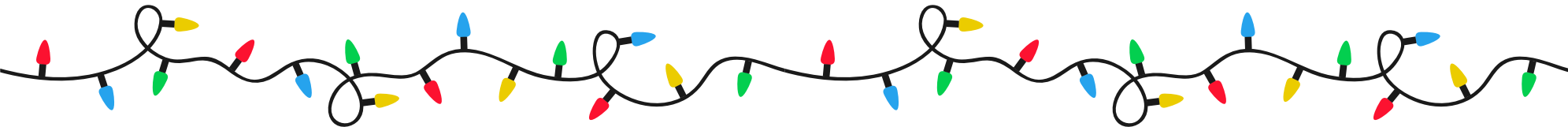


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HAPPY AND HEALTHY HOLIDAYS

FOR SALE IN THE HIGHLANDS

4415 Highland Oaks Cir – Updated pool-home with privacy and golf views Pending
3449 Highlands Bridge Rd – Pool home with lake and distant golf views Pending
3841 Chatsworth Greene Ct – Gorgeous update, prime pond and golf views Pending

FOR SALE ELSEWHERE IN THE MEADOWS

2822 Wrenwood Ct - Updated, secure and private pool home Pending
4421 Glebe Farm Rd - Stand-alone villa with amazing golf and pond views SOLD!
4785 Chandlers Forde - Light and bright end-unit with tranquil golf views SOLD!
5014 Marsh Field Rd – Updated top-floor, 3 BD condo with garden views Pending
5143 Willow Links – Spectacular views from updated second-floor condo SOLD!

FOR SALE IN THE SARASOTA METRO AREA

Downtown - Exquisite finishes, health-centered upgrades in prime location . . . \$2.075M
Downtown – Luxury two-story pool home steps from Burns Court SOLD!
Downtown – Updated direct bayfront and marina condo at Regency House . . . \$819K

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SAFETY REPORT

During the month of October, 2022 there were 18 incident free days — 6 more than September. There were 26 reported incidents — 4 more than September. There were 62 citations issued this month — 46 more than September. Safety responded to 5 requests for health welfare checks, all resulted in positive outcomes.

Suspicious persons reported for the month of October

- October 5: suspicious man at the an association pool. The man was described as wearing a fishing hat, big sunglasses, skin tight flesh colored shorts and a fake black bushy beard and was Caucasian. Sheriff's dept. was notified by the complainant.
- October 4: Safety responded to a call regarding a possible burglary. Safety inspected the outside of the residence. Complainant stated screens were torn, no further information was provided. Property owner was contacted. Owner was unaware of damage to screens. Damage to the screens appeared to be storm related. Advised the resident to contact the Sarasota Sheriff's Office and make an official report. Safety made a report.

Theft Reports

- October 22: Bicycle wheel & sprocket were taken from a bike rack on Longmeadow.
- October 31: Jewelry was reported missing sometime between the 9/22 and the 10/28. The resident was away for the summer, work was done inside the house during this time. Residents were advised to contact the Sarasota Sheriff's Office.

Noise Complaints

- 2 complaints of persons being loud. Safety responded and advised them of the complaint, and requested them to quiet down.
- Complaint of a dog barking for hours on Ringwood Meadow. Occupant(s) were not home when safety responded. A dog was not heard barking. A notice of complaint was left on the door.

Solicitation Complaints

- Mistaken solicitation report, the individual was the resident's pool company.
- Soliciting of storm windows on Marshfield. The company representative was told to leave and complied.
- October 21: Safety responded, located an individual on Greencroft RD, and he had a Verizon ID badge. Safety advised him of no solicitation in The Meadows. The man said he was just leaving and safety advised him not to return.

Animal Complaints

- Loose dog on Ringwood Meadow. Safety searched for the dog and was unable to find it.
- Snake found in a resident's lanai and removed by safety.

In the event of an emergency, call 911.
After you have called 911 please report the incident to the MCA Safety Patrol.

The non-emergency Sarasota County Sheriff's Office number is 941-316-1201.

The Meadows Safety Patrol number is 941-809-0084.



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**WISHING YOU A
HAPPY HOLIDAY
SEASON AND
GOOD FORTUNE
FOR THE NEW
YEAR!**

May your holidays be filled with tradition and happiness, bringing in positivity and prosperity for the year ahead.

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'tis the season... FOR SCAMS

LATEST HOLIDAY SCAMS

Holiday scams capitalize on the increase in online shopping, travel, and charitable giving during the holiday season by trying to trick you into giving up money, gift cards, or sensitive information.

Last year, nearly 75% of Americans experienced at least one of these holiday scams listed in this article. The consequences can be steep.

Fake charities that steal your money

Scammers will try and take advantage of your generosity by creating fake charities, GoFundMe campaigns, and other charitable activities. “Lookalike” charities are often created that use variations of trusted names to fool you.

- Before giving money to charities, research them through the Better Business Bureau’s Wise Giving Alliance or Charity Navigator. For GoFundMe and similar campaigns, look into the organizer or group behind it before donating.

Gift card scams (including empty gift cards)

Scammers love gift cards, they’re almost impossible to trace. They buy and sell fraudulent gift cards or trick you into giving up the numbers on the backs of gift cards by impersonating your bank or government agencies.

Cybercriminals create fake stores or Craigslist for discounted gift cards. If you send them money, you’ll receive an empty gift card in return.

- When purchasing gift cards, ensure haven’t been tampered with. Check the back to see if the PIN has been exposed. Get a receipt in case your card is lost or stolen.

- Only purchase gift cards from reputable retailers. If you buy online, check the store’s URL to see if it’s secure. Never pay an “activation fee” for a gift card.
- Only use gift cards as gifts. If anyone asks you to pay fees or “protect your money” by buying gift cards, it’s a scam.

Lookalike online stores offering big discounts

With more people than ever before shopping online since the start of the pandemic, it’s important to know how to shop online safely. Scammers create online stores with deeply discounted prices to trick you into buying from them. DON’T. They’ll either steal your credit card number or force you to use payment methods that can’t be reversed (such as wire transfers, payment apps like Zelle, or gift cards).

- They advertise significant discounts (50% off or more) on all of their items. If an obscure online store offers the best available prices online, there’s a good chance it’s a scam.
- Fake websites show signs of a scam, with poor spelling and grammar, bad quality images, and fake sounding reviews.
- Often they are missing basic company information: ie., an “About Us” page, contact information, address, or details on returns.
- Buy from trusted online stores. Do your research. Use a credit card for your purchase.

Phishing Scams

During the holidays, scammers send phishing messages claiming to be from companies like Amazon or Apple and offer

special discounts or claim that your account has been hacked.

These scams lure you with special offers or prizes to a fake website or infect your device with malware. Look for strange spelling, grammar, and formatting issues.

- Ignore emails and texts from people you don’t know. Never click on unfamiliar links. When in doubt, log in to your account or contact the company directly.

Fraudulent seasonal jobs

Scammers prey on people looking to make extra cash by posting fake job listings offering good money for little work.

- They want to steal your personal information during the “hiring process” or trick you into sending them money for “supplies/ training.”
- They hire right away, or the interview takes place over WhatsApp or Telegram and immediately start asking for your Social Security number, bank accounts, or tax information.

Missed delivery notification scam texts

One recent scam involves fraudsters sending fake delivery notification text messages, in hopes that you’ll click on the link that takes you to a fake website to either steal your personal information, ask for your credit card number, or to send them money.

You’re asked to enter sensitive information. FedEx, UPS, and other delivery companies won’t ask for your SSN or credit card number to “find” your delivery. Don’t use their link. Track deliveries through the delivery company’s official website using the provided tracking number.

Grandparent scams fraudsters posing as family

This especially insidious scam mainly targets senior citizens. According to the FBI, elder fraud costs victims \$3 billion in losses each year. Scammers text or email posing as a grandchild in trouble and ask for money — usually through wire transfers or gift cards.

- When in doubt, trust your gut. Call the family member directly to confirm.

Holiday travel and online airfare scams

With travel opening back up, many people are looking for cheap airline tickets. Scammers target travelers with bogus flight-booking websites & fraudulent flight cancellation emails and sudden price increases.

- Purchase airline tickets directly from the airline (or through reputable third-party sellers with customer service). If you receive any messages about your trip, contact the airline directly.

Warning signs of a fake online giveaway or survey

You’re asked to provide sensitive information in return for a free gift or prize. Don’t, IT’S A SCAM — especially if you never entered the giveaway.

Unprotected Wi-Fi

Resist the temptation to shop over Wi-Fi when you’re out during the holiday season. Public Wi-Fi is notoriously easy to hack.



IF YOU’VE BEEN SCAMMED. Call your credit card company or your bank. Dispute any suspicious charges. Contract local law enforcement. Report the scam to the FBI’s Internet Crime Complaint Center at <https://www.ic3.gov/>

Our Lifestyle

CHOICES



Tony Johnson — General Manager,
The Meadows Country Club

What's the value of having a choice? Options and choices offer an opportunity for a custom fit based on what's best for you, your lifestyle and your family. "One size" doesn't always fit everyone.

Recently, The Meadows Country Club has provided another lifestyle choice for residents in the way of an Exclusive Amenities Offer that comes with no initiation fee and one month of complimentary dues. And there are a variety of options to choose from—Social, Golf and Tennis.

We all don't wake up at the same time, have the same free time as others, like the same things. We have individual likes and dislikes. So why not consider an opportunity that is

tailored to your time schedule, your lifestyle structure and your interests? Fun comes in all shapes and sizes, in a variety of activities. Discover what may fit you best. Explore the potential of one of The Exclusive Resident Membership offers.

What features come with this special membership offer?

Extended fitness hours from 5:30 am to 8 pm with full fitness equipment access and classes.

CHOICES



Tennis access on weekdays starting at 4 pm and weekends before 9:30 and after 11 am. Tennis clinics available to hone in on your game.

Those that choose to join, will have access to all club events year round, including Thanksgiving, holiday parties, special member events, New Years Eve, and much more. Contact the club for details on all events.

Full access to all dining venues year-round inclusive of music events.

Hosting of personal events and celebrations for you and the family at the club (room fees are waived).

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Living in The Meadows community means having a variety of choices availed for you to make the decisions that will bring generations of fun for the whole family based on your lifestyle. We embrace individual differences and celebrate it by providing opportunities for the entire family to enjoy.

CHOICES



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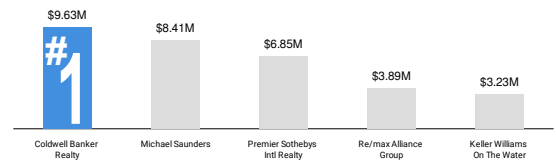
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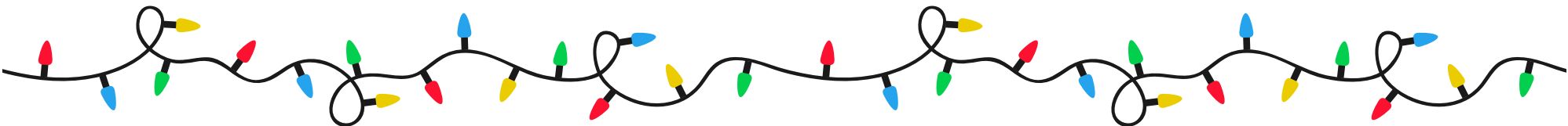
The Nutcracker



Featuring stars from the Houston Ballet!

Don't miss your chance to see Principal dancer Charles-Louis Yoshiyama and First Soloist Allison Miller light up the stage on December 10, 2022 - 7:00pm at the Sarasota Opera House

Tickets available at:
Sarasota Opera Box Office
941-328-1300 or online at
tickets.sarasotaopera.org/6048



EGGNOG

Reimagined

by Patricia Wilson

COCONOG RECIPE

Your holiday guest list is likely to include someone who is vegan, gluten-free, or lactose intolerant. By reimagining eggnog, a traditional favorite, you can meet this challenge while serving a delicious treat.

Consumers today have a high food IQ and are interested in the health benefits of foods like turmeric, coconut milk, and lactose-free milk, while cutting back on refined sugars and processed foods.

Your holiday party is your gift to your guests, and sharing your healthy recipe is a gift of empowerment.

Ingredients

- 1 can of full-fat coconut milk
- 1 ½ cups of vanilla almond milk
- 2 teaspoons of vanilla extract
- 1 heaping teaspoon each of nutmeg and cinnamon
- ½ teaspoon of turmeric
- ¼ cup of maple syrup
- 1 packet of stevia

Instructions

Put all of the ingredients in the blender and give it a quick blend. Serve freshly blended. Dust with nutmeg, if desired. Store leftovers in the refrigerator. Serves four to six, or several mini party glasses.

Think Healthy

Turmeric, a functional food, contains iron, fiber, vitamins, and magnesium. It is an anti-inflammatory used for pain relief and may also help prevent certain cancers.

Coconut milk contains medium-chain triglycerides (MCT), a type of fat that studies show may improve heart health and boost the brain with energy.

Maple syrup, loaded with antioxidants, also contains manganese and zinc. This alternative to refined sugar may help lower inflammation.

Excerpted and adapted from “Reimagined Recipes” by Patricia Wilson. First published in LIFESTYLES Magazine/Tyler Morning Telegraph, Tyler, Texas. Photo by Patricia Wilson. Copyrighted material; all rights reserved.

Connect with her at PatriciaCWilson.com.



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BREAKFAST BUFFET: Sat & Sun, 8am-2pm

Sarasota Event Center

BINGO: Tuesday, doors 9am; 10:45am-3:15pm
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Crafts Keep the Holidays Bright

Liz Barnett — Craft Group

As I am writing this column in early November, everyone in the Craft Group is busy with the final preparations for the Craft and Bake Sale on November 12 and 13 and the Shopportunity on Dec. 1. We've spent the past few weeks retrieving everything we have made during the year, adding price tags and sorting them into groups—housewares, Christmas decorations, home décor, toys and knits for babies and children, jewelry, boutique accessories and cards for every occasion. We've stockpiled chocolate for fudge and candies. Our homes are filled with the smells of baking from cookies, pies and sweet breads and we are using all our will power to keep from eating these goodies ourselves.

Of course, we have been busy making things all year. We've made 371 greeting cards (119 of them for Christmas and Hanukkah), 251 Christmas ornaments, 46 squeezum toys, 47 microwave bowl holders, 103 scrubbies, 59 key fobs as well as 86 decoupaged shells, vases and coasters to name a few of the things we've made. It takes a leap of faith to make all these things and expect they will be sold. But our good neighbors in The Meadows have shopped at our craft sales every year for the past 31 years, enabling us to donate more than \$60,000 to local charities. We expect this year will be no different.

Our good Meadows neighbors include more than the shoppers. The Knit Happens group that meets here at the MCA on the second Monday of each month donated some of their handmade knits. The Meadows

Country Club donated gift certificates for dinner for two and for 18 holes of golf for two to be included in our Basket Raffle.

We have also received gift certificates and merchandise for the Basket Raffles from area businesses. When making plans for dining out, we hope you'll consider these restaurants that contributed gift certificates: Carrabba's, Donato's Pizza, Faicco's Italian Heros and Grill, Food+Beer-Sarasota, and Outback Steakhouse. We hope you'll support these companies that contributed merchandise or gift certificates: Angela's Pure Salon and Spa, Bradenton Marauders, Detwilers, Eager Beaver Car Wash, New Balance Factory Store Ellenton, Publix, Stephanie King Hair Studio, and Winn Dixie.

We expect that by the time you read this column, homes all over The Meadows will sparkle with Christmas decorations, gifts will be ready to wrap, cards will be sent to friends and housework will be a little easier—all because of things you bought at the Craft Sale. Lives will be changed and our community will be strengthened because we have joined together to support the work of local charities. The holidays will be brighter for all of us.

To keep that holiday glow all year, join us in January as we return to making crafts every Wednesday morning from 9 to 11 at the MCA. *If you can glue, we want you.*



ACTIVITIES

THE MCA

Shoppportunity

Thursday, December 1 • 6 - 8 PM


The Meadows Community Lifestyle and Wellness Facility (MCLWF)

Get a head start on your holiday shopping! Over 20 unique, local vendors.

Fashion Show by
ST. MARCO BOUTIQUE
6:30 – 7:15 PM

Amazing raffle prizes and give-aways!
You won't want to miss this one.

Register on-line at themeadowssarasota.org



INTERACTIVE

Health FAIR

JANUARY 5 • 10 AM – 1 PM

ENGAGE, LEARN AND GROW

at our 2022 Health & Wellness Fair featuring over 40 vendors offering education and health services for a happy, healthy life. Watch a cooking demo, enjoy healthy food samples, get your flu vaccine, participate in presentations, health screenings & more!

Registration is required for this event. Due to the date change, we are re-registering ALL for this event at: themeadowssarasota.org



THE SPARKLE OF THE SEASON SHINES

HOLIDAY IN THE Emerald City

Tuesday, December 13
6 – 10 PM
Regency Room

\$25 per person. Register at themeadowssarasota.org

MCA HOLIDAY PARTY
PLATED DINNER
DANCING
ENTERTAINMENT
FUN

MEAL SELECTION:
Macadamia Encrusted Grouper
5 oz. Petite Filet of Beef
Grilled Vegetable Napoleon



HAVE A ROARING GOOD TIME AT OUR END OF PROHIBITION GATSBY GALA!

January 26, 2023 • 6 PM
\$20 per person
Meadows Community Lifestyle & Wellness Facility

Featuring the talented Z Street Speakeasy Band as seen at Disney World and Las Vegas.

PLEASE NOTE: Room locations or times/dates of activities/events may change. Please check with event contact person, website, email updates, or room schedules outside MCA activity rooms to confirm.

S & EVENTS

Meadows Hanukkah Celebration



Wednesday December 21 • 5 PM

All Are Welcome • Aviva Kobernick Kretzmer Center
Buffet dinner, Rabi Jennifer Singer officiating

\$10 per ticket (must sign up by 12/10)

Sign up & purchase tickets on the MCA website
themeadowssarasota.org

Or mail your check to: 3419 Hadfield Greene,
Sarasota FL34235. Make checks payable to:
Meadows Community Association

MEADOWS U PRESENTS

Holiday Card Class



**December 6
10 AM – 12 PM
Lakeside Room MCA**

Don't you just love receiving hand made creations? Come in and try your hand at card making. Complete 2 optional designs. All materials provided.

**\$10 payable to instructor at door.
Please bring exact change.**

Register online at themeadowssarasota.org.
For more information contact Sue Dillion
at SueDsnooze@gmail.com

Meadows Giving Tree

December 1 – December 19

Select a gift for a local child in need from our Giving Tree located in the MCA Lobby. Gifts must be dropped off to the MCA by December 19.



BEST KEPT 2022 HOLIDAY AWARDS

December 5 – 8

Decorate your home for a chance to win!
Remember to turn on your lights by dusk for judging on December 5-8. See page 27 for details.



COOKIE EXCHANGE

**December 20 • 2 PM
Lakeside**

Call Sue at
941-377-2300 to register.



Electronic Tutor

**December 1 • 1 – 4 PM
MCA**



Need assistance with
your electronic devices?
Call David at 941-404-5585.

FRIENDLY REMINDER: If you reserve space for an association meeting, activity or event and are unable to come, please call and let us know, so someone else may enjoy using the space. Space is limited and we ask that you be considerate of others. Thank you.



BIKE CLUB

Join us as we adventure near and far on weekly bicycle rides. We are a fun group of recreational riders excited to share the joy of exploring our neighborhood and others close by. Meet at 8:30 am each Wednesday morning in front of the Meadows Village Pub. Questions? Call David at 402-499-6490 or Janet at 206-719-4255.



**December 7
6:30 – 7:30 PM
Lakeside**

Doors open at 6 PM.
\$5 for 3 cards.

Email RSVPBingo@Yahoo.com to register.

REMINDERS

NEED A RIDE TO AN EVENT? SEE PAGES 26-27 FOR BUSINESS AND CLASSIFIED SERVICES.



**MCA WILL BE CLOSED
FOR THE HOLIDAYS**

Friday, December 23
Monday, December 26
Friday, December 30
Monday, January 2

The library on the public side will be open.


**There are no changes on the Holiday
Trash Pick up Schedule**

BLOOD DRIVE

December 22 • 8 AM – 2 PM

MCA Parking Lot

Call 1-866-972-5663 to register.





December 15

8 – 3:30 PM


MCA Parking Lot

Call 941-444-0011
to schedule your
appointment today!

Toys For Tots Toy Drive

Until December 16


New Toy Collection at the MCA.
Public side and main lobby.



Renaissance Card Appointments

Meadows homeowners and annual tenants are eligible
for a renaissance card.

Renaissance Cards are currently by
appointment so we may ensure
the proper staff is available to
assist you. Please call 941-377-
2300 and ask to speak to Luisa to
make a Renaissance Access Card
Appointment.





December 9 • 9 -11 AM

**MCA Garden Room
Sun Room**

Call 941-312-4781 to schedule
your appointment today.



Happy Holidays

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in The Meadows!*

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Being Merry & Bright

REMEMBERING THINGS THAT MATTER MOST THIS HOLIDAY

Tia Calomeris — MCA Director, Marketing and Communications

It’s so easy to be distracted by the small things in life or overwhelmed by the big things brought on by Jan. But remember not to ignore the things that matter the most and what makes us happy.

**BE MERRY
& BRIGHT**

Let us feel the wonder of the season and allow ourselves to enjoy the excitement, joy and fun surrounding the holidays. We all have much to be thankful for.

GIVE

FREELY - Brighten a child’s holiday. MCA has a Giving Tree for those who are less fortunate, we ask that you consider taking an angel off the tree so you may make their holiday bright. Give what you can to those who don’t have much. Give a compliment, a hug, give people the benefit of the doubt, give yourself credit and show others a positive outlook.

LOVE

yourself, friends, family and neighbors. Often life’s busy moments distract from what we need, and from the ones who are closest to us. Take the time to make sure those close to you know how much you appreciate them through small gestures of thoughtfulness. Drive a neighbor to the store or to a Meadows event, help others engage in the holiday spirit.

**BE
EXUBERANT
ABOUT THE
HOLIDAY SPIRIT.**

Savor the small things—the smell of the holidays, the sight of twinkling lights, indulge a little without guilt. Get swept away in the magic of the season and traditions that make you happy.

GIVE LOVE

to those who need it most. Give the gift of life this holiday season. One donation has the potential to save 3 lives. What greater gift is there than giving hope for tomorrow.

THIS IS A SPECIAL TIME OF THE YEAR. ENJOY EVERY MOMENT BECAUSE LIKE A DELICATE SNOWFLAKE, IN ALL ITS UNIQUE BEAUTY, IT’LL BE GONE TOO QUICKLY.



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FEATURED PROPERTIES

5132 Harpers Croft —2Bd/2Ba—On the golf course! SOLD	\$274,000
3625 Longmeadow —2Bd/2Ba—Villa with Garage. SOLD	\$329,000
4631 Longwater Chase —Turnkey furnished—2Bd/2Ba—Unbeatable Golf view!	\$339,900

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COMMON PARASITES IN
DOGS
& CATS



David J. Smith, VMD
Bay Road Animal Hospitals

For years, parasites in your dog or cat were a constant threat to your pet’s health. In the early days of my career, we would diagnose all types of worms in dogs and cats every day. Today, finding these same worms is rare. We would find some pets so debilitated by parasites that death was possible. Puppies were at great risk of severe disease from these worms. People were also at risk of infection by these parasites. The two most common parasitic worms in puppies are hookworms and roundworms.

Hookworms are transmitted directly in the uterus to the puppies. The larvae are activated during pregnancy in the mother’s body. The puppies are then born carrying the hookworm larvae. The larvae migrate to the intestines, mature to adults and “hook” onto the gut by hooks in the head of the worm. This can cause bleeding, which, in heavy infestations, will cause anemia, diarrhea, and death. As

the hookworms mature, they mate and produce thousands of eggs which will mix with intestine contents and pass with the stool. The eggs that come from the stool can remain infective on the ground for months. Therefore, it is very important to remove any stool that may contain eggs so your dog will not continue to become reinfected. People can also become infected with hookworm larvae that can invade the skin through cuts. The condition is called Cutaneous Larval Migrants because the larvae cause skin irritation from migrating under the skin. Adult dogs acquire the worms by ingesting the eggs from the contaminated soil which hatch, and the larvae migrate to the lungs. They are then coughed up by the dog, then swallowed back to the gut where they mature and start producing eggs. These worms could be eliminated with routine deworming medications; however, reinfestation is always a problem. Today, we have heartworm preventions which contain a drug to kill the hookworms monthly. The use of

monthly preventions has nearly eliminated this problem.

Roundworms have a similar route to maturation. They are also contracted in the uterus by the puppies. We assume that all puppies have parasites because of this transmission. People can also contract the roundworm larvae from puppies. Children seem more apt to get these larvae by ingestion while playing with the pup and eating at the same time or putting hands in/around their mouths. This infestation is called Visceral Larval Migrants because these larvae migrate through the body’s organs. A very dangerous spot of migration is in the human eye, which mimics a severe form of ocular cancer in children. Unfortunately, some children’s eyes have been removed only to find that it was not cancer, but a roundworm infection. These worms are also less prominent due to the advances in monthly heartworm preventions. Ultimately, we should always remember to wash up after playing with our puppies.

TODAY, WE HAVE
HEARTWORM
PREVENTIONS WHICH
CONTAIN A DRUG TO
KILL THE HOOKWORMS
MONTHLY. THE
USE OF MONTHLY
PREVENTIONS HAS
NEARLY ELIMINATED
THIS PROBLEM.
ULTIMATELY, WE
SHOULD ALWAYS
REMEMBER TO WASH
UP AFTER PLAYING
WITH OUR PETS.



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Feeling Chirpy

BEING AROUND
BIRDS BOOSTS
OUR MENTAL
WELL-BEING EVEN
8 HOURS AFTER
HEARING THEM

Andy Corbley, Good News Network, Oct 28, 2022

Being around birds make people feel ‘chirpy’ boosting mental well-being, according to a new study.

Seeing or hearing birds provides a lift to mental health—with the boost lasting for up to eight hours, according to the findings.

Researchers used a phone app called Urban Mind. People were asked three times a day whether they could see or hear birds, and afterwards they responded to questions about their mental wellbeing.

“There is growing evidence on the mental health benefits of being around nature and we intuitively think that the presence of birdsong and birds would help lift our mood,” said lead author Ryan Hammoud of King’s College London.

“However, there is little research that has actually investigated the impact of birds on mental health in real-time and in a real environment. By using the Urban Mind app we have for the first time showed the direct link between seeing or hearing birds and positive mood.”

The 3-year study involved more than 1,200 participants

who completed over 26,800 assessments using the Urban Mind app. These participants were mainly based in the UK, the EU and the US.

The study also collected information on existing diagnoses of mental health conditions such as depression. Through their findings they found that hearing and seeing birdlife improved the mental health of people with and without depression.

An interesting data point showed that the birds’ habitat, such as the sun-dabbled wood or the babbling brook, were not required for this improvement in mood.

“The term ecosystem services is often used to describe the benefits of certain aspects of the natural environment on our physical and mental health. However, it can be

difficult to prove these benefits scientifically,” said senior author Professor Andrea Mechelli, of King’s College London.

“Our study provides an evidence base for creating and supporting biodiverse spaces that harbor birdlife, since this is strongly linked with our mental health.”

“In addition, the findings support the implementation of measures to increase opportunities for people to come across birdlife, particularly for those living with mental health conditions such as depression,” he said.

The finds aren’t particularly surprising, in 2021, GNN reported that German scientists has found that being surrounding by a wide variety of birds can offer increasing life satisfaction equivalent to \$150 per week of added income.

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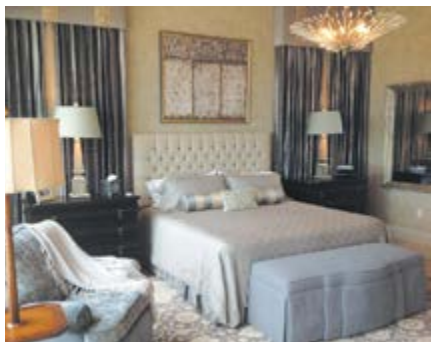


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ARE NAMED AFTER THOSE MOST COMMONLY SEEN IN OUR COMMUNITY.

BEST KEPT FALL 2022

Congratulations to the winners of Best Kept 2022 Renew and Refresh



Best Kept found its challenges with this year's Fall Awards as Ian made its way through our beautiful community, followed by Tropical Storm Nicole which delayed the judging this fall.

Thanks to all of our homeowners who worked so diligently on their properties to restore the beauty of their homes after the storm. This year we saw so many that were stand outs. Together we continue to make The Meadows the best place to live.

Lesley Totten, Chairman



Single Family First Place

3390 Highlands Bridge Road
Bruce & Regina Cherry



Single Family Runner Up

5473 Downham Meadow, Ronald & Laura Spears



Chairman's Choice First Place

4752 Ringwood Meadow

Allan & Ann Mitchell

- Roof replacement
- Exterior painting of home
- New modern front door



Chairman's Choice Runner Up

Nancy Randle, President

Windrush Bourne

- Beautiful plantings
- Address plaques
- Exterior lighting



Association First Place

Sandringham, Mike Hannigan, President



Association Runner Up

Willow Green Condominium Association

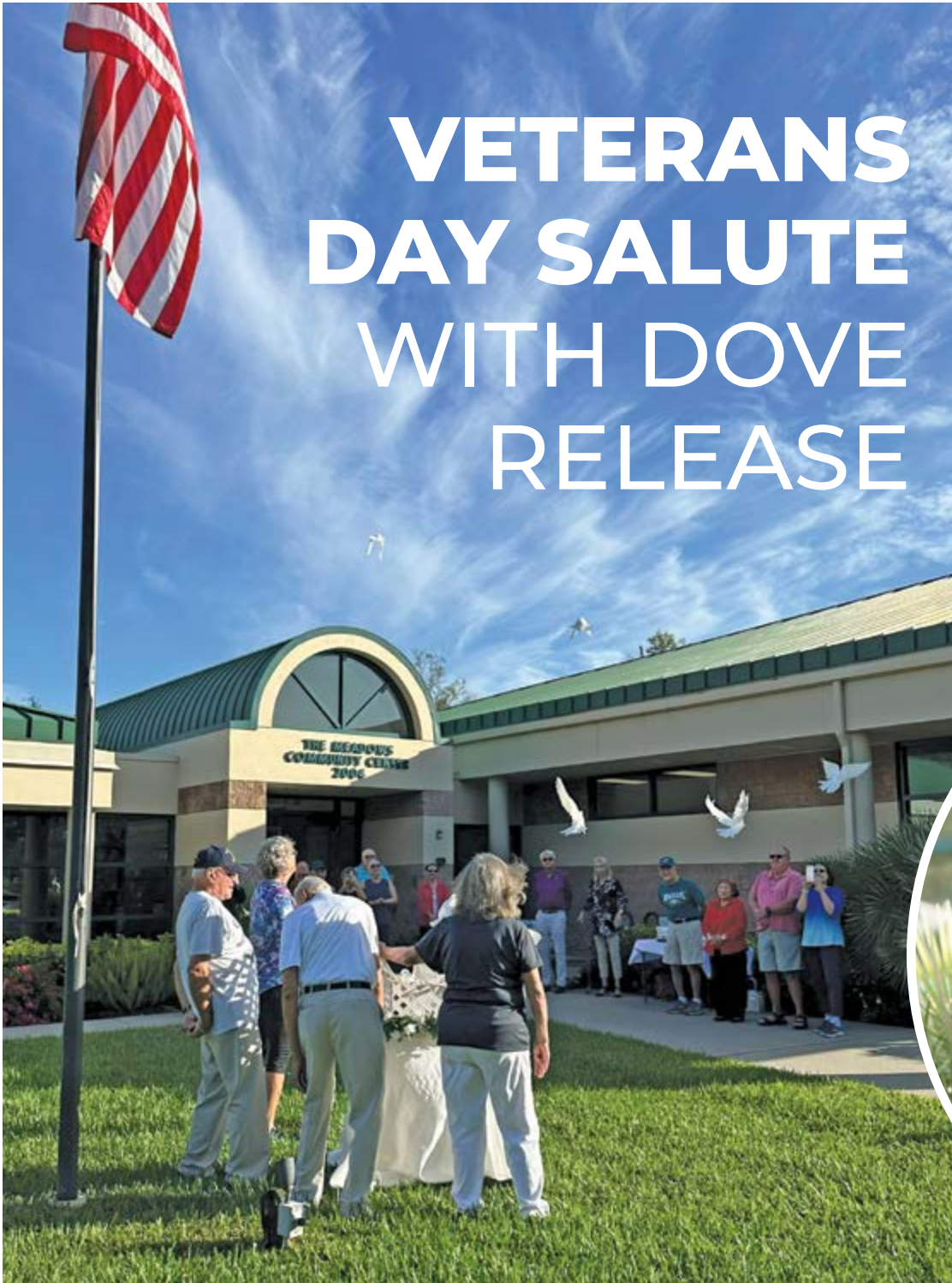
Robert Hernandez, President

MCA HALLOWEEN MASQUERADE BALL



HOWL-O-WEEN PARTY





THE MEADOWS COUNTRY CLUB VETERANS DAY LUNCHEON



Holiday Memories

Liz Barnett — Memoir Chair

As families and friends gather for the holidays, there comes a time after the gifts have been opened, the dinner eaten and cups of eggnog downed, that someone says, “Remember the time when.....” Then the stories pour forth. Those stories are a part of what makes the holidays bright. They are the shared experiences that remind us of who we are and how we got that way. They may become family legends to be told again and again but too often even those stories slip away from memory as the years pass.

In my family, we all remember the year when we awoke on Christmas morning to a broken furnace and an indoor temperature in the 30’s. As we huddled around the oven with its door opened for warmth, we experienced a Christmas miracle. A nearby furnace repairman answered his phone and agreed to make a house call on Christmas day. He arrived within minutes and had the furnace fixed in an hour.

Other stories only become known if they are talked about. That’s why Bob and I shared the saga of our first Christmas tree. A disagreement over proper tree trimming procedures led to me decorating the tree alone. Then a disagreement over who should undecorate and remove the tree led to the tree sitting in our living room for weeks as its needles slowly dropped to the rug. How the tree finally left probably explains one reason why 56 years later we were still in love.

Those stories will be remembered because they were both written down to be read in the Memoir Group. In fact, they were published in the Dec. 2014 and Dec. 2016 editions of *The Meadoword* and can be read on-line in the MCA website. “The Barn” which follows completes a trilogy of holiday memories. You undoubtedly have stories to tell and the Memoir Group exists to help you preserve them. You can join us from 10 until noon on the first, third, and fifth Friday of each month at the MCA or on-line through Zoom. For more information or for the link to join by Zoom, please email us at meadowsmemoir21@gmail.com.



THE BARN WAS A DETAILED REPLICA OF AN OLD-FASHIONED BARN WHICH A NEIGHBOR HAD MADE FOR MY MOTHER-IN-LAW AND HER SISTER WHEN THEY WERE LITTLE GIRLS. IT WAS BEAUTIFULLY HAND-CRAFTED WITH WIDE BARN DOORS THAT OPENED, DOWNSPOUTS, A METAL SHINGLED ROOF AND A SILO DESIGNED TO HOLD A CHRISTMAS TREE.

Liz Barnett

The news came after everyone had opened their gifts. Bob’s mother and his Aunt Bess announced that The Barn would be passed on to whoever had the first grandchild. Eyes widened and there were a few gasps from my husband’s s siblings and cousins. The Barnetts were not the type of family who handed down heirlooms that you might see on Antiques Roadshow. The Barn was as good an inheritance as they expected to see.

The Barn was a detailed replica of an old-fashioned barn which a neighbor had made for my mother-in-law and her sister when they were little girls. It was beautifully hand-crafted with wide barn-doors that opened, downspouts, a metal shingled roof and a silo designed to hold a Christmas tree. It had been a centerpiece of the Barnett’s Christmas decorations for as long as Bob and I had been married and had belonged to Aunt Bess’s family before that. Now it was up for grabs.

Initially, I saw little reason for excitement. Bob and I had not had a tree since the first year of our marriage. Then Bob’s mother shot me a look that suggested Christmas would not be a time of peace on earth and goodwill toward me if I didn’t deliver. My palms began to sweat and I felt a little nauseated. It might have been panic or it could have been

morning sickness. I was pregnant. And so was Bob’s cousin, Anne. The race was on.

Fortunately for me, our daughter arrived right on time. Bob’s Aunt Bess never quite forgave her daughter Anne for losing the race to give birth by three weeks, and in the years to come, neither did Bob. Since we had a child and The Barn, we felt obligated to have a tree. That was when the trouble started.

Things began innocently enough. We bought a cut tree at the Big Brothers fund-raiser and felt good about supporting a worthy cause. That warm glow lasted until we tried to put the tree into The Barn’s silo. Bob picked up the tree and I knelt to guide it into place. The tree wouldn’t go in. “Move it to the left,” I suggested. When Bob moved it in the opposite direction, I repeated the directions a bit louder. Then I began shouting, “No to the left. the left!” When that didn’t work, I began waving my right hand to show where the tree should go and the initial problem became clear. I am dyslexic and often mix-up right and left especially in stressful situations. Finally, I grabbed the bottom of the tree and moved it into place. But that was not the end of our problem.

It was nearly impossible to fit an actual tree through the opening of the silo. Tree trunks did not

Continued on next page

The Barn, continued

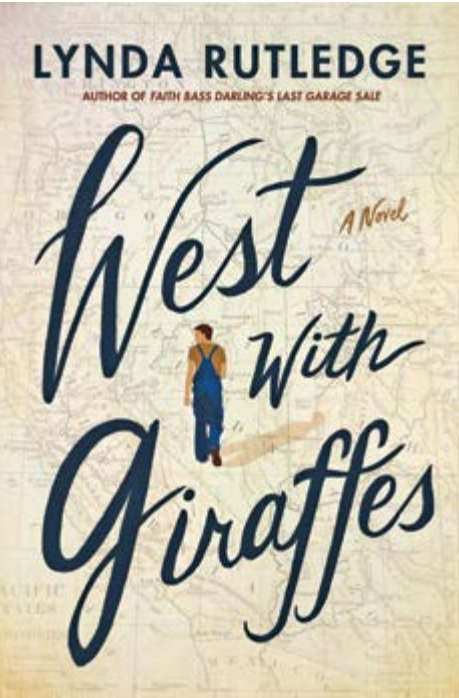
conform to the shape of the perfectly perpendicular silo. To compensate for the irregularities of tree trunks, The Barn's silo had been constructed with a series of screws to hold the tree in place. But once the trunk was in place, the screws could barely be reached by human hands. Over the years we learned that setting up the tree would require the joint efforts of whatever friends and neighbors Bob could round up (only true friends came back a second year) and lubrication by at least a six-pack of beer.

Once in The Barn, the tree always leaned to the left. Despite what Bob might have said, I never complained much about the tree not being straight. After a while I accepted the fact that men probably have some sort of perceptual deficit which interferes with their ability to see whether things are perpendicular. I only occasionally pointed out that the leaning got progressively worse each year. After all, we felt a sense of triumph every time we got the tree up. We loved having our tree in The Barn and

felt that its leaning was a small price to pay to have this tie to our heritage. Our annual ritual with The Barn continued until the day when just as we had gathered at the dining room table and Bob had begun carving the turkey, the tree began leaning further to the left. As we watched transfixed, the tree slowly and majestically descended onto the table, into the midst of Christmas dinner.

As soon as our daughters married, Bob announced that The Barn would go to whoever

had the first grandchild. For years thereafter, The Barn occupied a permanent place in our older daughter's dining room, holding bare branches from which seasonal decorations were hung. The Barn barely survived a recent move from CT to VA and no longer looks like the pristine, perfectly preserved barn of 50 years ago. That barn exists only in our memories and it will slip away forever unless its story is written down.



Jerry Bernier – The Meadows Book Club December Preview

On Wednesday, December 14th, the Meadows Book Club will discuss the novel **West with Giraffes** by Lynda Rutledge (Lake Union Publishing-2021). I will be the discussion leader for this delightful novel.

For those who have commented that our book club only reads books about “strong women,” here is a counter to that opinion. It is a fictionalized account of a 17-year-old lad who has run away from the drought-ravaged Panhandle of Texas in fear of the police who finds himself on a New Jersey dock as two African giraffes are being offloaded. There is much to do about the giraffes partly because of their survival of an Atlantic hurricane that hit New York, but also because they are destined to travel cross-country over land to the San Diego Zoo where they

THE MEADOWS BOOK CLUB DECEMBER PREVIEW
WEST WITH GIRAFFES

By Lynda Rutledge

will be the first zoo giraffes in Southern California.

It is 1938; the Depression is taking its toll not only on the economy but the spirit of Americans; these giraffes will provide relief and joy as they make their way on a 12-day trek. Newspapers along the route herald their coming and draw large crowds.

Young Woodrow Wilson Nickel has finagled himself into the driver's seat, accompanied by zookeeper Riley Jones, who was tasked by the female zoo owner to transport the animals in a crudely-made flat-bed rig to accommodate the giraffes' height, that of itself brings laughter from viewers.

The story is told in the first-person voice of 105-year-old Woody who, concerned about the disappearance in the world of giraffes and other magnificent creatures, feels compelled to write the account of his adventure and love for the giraffes. Many challenges are faced: treacherous mountainous roads, low underpasses and small bridges, and a flash flood in which a young, aspiring photojournalist “Red” — who has followed their journey — proves her mettle.

Woody has fallen in love with Red and after the giraffes are safely delivered, he uses his earnings to search for her.

“Central to this story is the promotion of animals as worthy of human devotion. It's about hope, resilience, love and the importance of memory and storytelling.” (Goodreads)

A professional writer for over 25 years, Lynda Rutledge has worked as a copywriter, restaurant and film reviewer, book collaborator, nonfiction author, travel writer, and freelance journalist. She holds an MFA in creative writing, an MA in American literature, and has won awards and residencies

from the Illinois Arts Council, Writers League of Texas, Ragdale Foundation, Atlantic Center for the Arts, Squaw Valley Community of Writers, and Sewanee Writers Conference. Her debut novel *Faith Bass Darling's Last Garage Sale* won the 2013 Writers League of Texas Novel of the Year and was adapted into a major French film. Currently, she lives with her husband and resident dog outside Austin, Texas.

Please join us on December 14th, 2:00 p.m. at the MCA when we discuss *West with Giraffes*. In the meantime, keep on reading and review our book club schedule on the back calendar for upcoming book titles to be reviewed!

The Meadows, Hub of Sarasota

Resales ending the months of October 2022 and October 2021 In The Meadows & Sarasota County

SALES	THE MEADOWS	SARASOTA COUNTY
Sales 2022 & 2021	↓2022 (17) 2021 (20)	↓2022 (664) 2021 (1001)
Median Sale Price	↑\$340,000 \$306,450	↑\$470,000 \$380,000
Condominium Sales	↑2022 (16) 2021 (15)	↓2022 (227) 2021 (301)
Med Condo Sale Price	↑\$340,000 \$275,000	↑\$380,000 \$312,900
House Sales	↓2022 (01) 2021 (05)	↓2022 (437) 2021 (699)
Med House Sale Price	↑\$510,000 \$430,000	↑\$533,500 \$410,000
For sale on the 31st	↑2022 (16) 2021 (06)	↑2022 (1496) 2021 (690)
Property Pending	↓2022 (11) 2021 (24)	↓2022 (690) 2021 (1481)
Listing Supply	↑2022 (0.9) 2021(0.3)	↑2022 (2.3) 2021 (0.7)

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Services & Classifieds

NEW MEADOWWORD
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If you spend several months of the year away from The Meadows, and would like to receive a print copy of The Meadowword, consider subscribing to The Meadowword or access it on themeadowssarasota.org. Forms for subscriptions may be found on the MCA website under News & Resources/ Meadowword Forms.

Annual Subscription - Begin in January and end in December of that same year. Your subscription will include all Meadowword issues and any special editions in June and August IF published.

USA	\$24.00
Canada	\$42.00
Foreign	\$75.00

Semiannual Subscription - Begin in May and end in December of that same year. You will receive 6 issues of the full Meadowword and any special editions in June and August IF published.

USA	\$14.40
Canada	\$25.20
Foreign	\$45.00

MEADOWWORD
DEADLINES

The deadline for advertising and article insertions into The Meadowword is the first Monday, one month prior to the month of insertion.

The deadline for the January Meadowword is Friday, December 2, due to the abbreviated holiday production schedule.



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Villa For Rent. Three Bedroom, 2 Bath Villa From Nov Thru April, in The Meadows, In Oakley Green. I Am Flexible on The starting Date. Please Contact Jim At 908-403-6103 or Email JPSTRAFACi@JAMEER.com

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Classified ads cost \$25 for up to 40 words. Classified copy must be submitted with payment on or before the first Monday of the month prior to publication. If the first Monday falls on a holiday, ads are due the previous business day. **Please practice due diligence when hiring service providers.**

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Submissions are published at the
discretion of the editor and the MCA.

LIGHT UP THE MEADOWS!

Best Kept 2022 Holiday Awards

Remember to turn your lights on by
dusk for judging on December 5-8

First Place winners receive \$100 and runners-up
receive \$50 in the following three categories:

- Single Family Homes
- Associations
- Chairman's Choice

Lesley Totten, Chairman



Meadoword

The Meadows Community News and Lifestyle

December Calendar

DATE	TIME	ACTIVITIES/EVENTS/MEETING
December 1	6 – 8 PM	Shoppportunity, MCLWF
December 5-8		Best Kept Judging, Christmas Edition
December 7	6:30 – 7:30 PM	Bingo, Lakeside
December 6	10 AM – 12 PM	Holiday Card Class, Lakeside
December 8	8:30 AM 1 – 2 PM	Bird Walk, Celery Fields MCA Board Meeting, MCLWF
December 9	9 – 11 AM	Adept Audiology, MCA
December 13	6 – 10 PM	MCA Holiday Party – Emerald City, Regency Room
December 14	2 PM	Book Club, MCA
December 15	8 AM – 3:30 PM 2 PM 6:30 – 7:30 PM 7:30 – 8:30 PM	OnSpot Dermatology, MCA Parking Meadows Chorus, Unitarian Universalist Church of Sarasota Holly Jolly Holiday Trolley, MCA Holly Jolly Holiday Trolley, MCA
December 16	4 PM	Toys For Tots Collection Ends, MCA
December 20	2 PM	Cookie Exchange, MCA
December 21	4 PM 5 PM	Assembly Meeting Hanukkah Celebration – AVIVA
December 22	8 AM – 2 PM	Blood Drive, MCA Parking Lot
December 23	Closed	MCA is Closed for Christmas
December 26	Closed MCA	MCA is Closed for Christmas
December 30	Closed MCA	MCA is Closed for New Year

Clubs

Art Club	Thursdays, 9 – 11 AM Contact MPGordan@gmail.com
Bike Club	Wednesday, 9:15 – 10:15 AM Contact jlschmidt@yahoo.com
Bridge	Wednesdays, 12:30 – 4 PM Contact susanritchay70@gmail.com
Game Night	Thursdays, 6:30 – 8:30 PM Contact Mi2tall4u@gmail.com
Hand & Foot Canasta	Fridays, 1:30 – 5 PM Contact whereismamamia@gmail.com
Mah Jongg	Mondays, 9 AM – 12 PM, Lakeside
Meadows Sailing Association	Tuesdays 1 – 3 PM, MCA Pond

For a full list of Meadows clubs, visit themeadowssarasota.org/activitiesandevents

MCA BOOK CLUB SCHEDULE 2023

<i>The Last Kings of Shanghai</i> Jonathan Kaufman	Jan 2023	Presenter: Cecelia Horowitz
<i>The Lincoln Highway</i> Amor Towles	Feb 2023	Presenter: Carilyn Reiter

Holiday FUN FACTS

- ★ Buying all the gifts from the “12 Days of Christmas” would cost you a ton of money—the most expensive being “Swans a Swimming,” about \$6,300.
- ★ There are about 16 different ways to spell Hanukkah. The word ‘Hanukkah’ means ‘dedication.’
- ★ Toys for Tots was founded in Los Angeles, California in 1947. A handmade doll was the first donation, and more than 5,000 toys were collected during that first drive.
- ★ The famous dreidel, or four-sided spinning top, is based on a German gambling game. The German letters were replaced with Hebrew ones to engage with the scripture.
- ★ Rudolph the Red-Nosed Reindeer got his start as an advertisement for Montgomery Ward in 1939.
- ★ Grand Army Plaza in New York reportedly has the largest Menorah in the world.
- ★ Christmas lights were so expensive that they used to be rented rather than sold. An electrically lit tree was a status symbol in the early 1900s (and a lot less dangerous than candles).
- ★ Christmas trees usually grow for nearly 15 years before they can be sold.
- ★ Blue and white Hanukkah decorations are largely an American phenomenon. The most common reason cited for the color choice is an international one: blue and white are the colors of Israel’s flag.
- ★ One in three men wait until Christmas Eve to do their holiday shopping.
- ★ Bing Crosby’s version of “White Christmas” is the highest-selling song of all time.