

the alternative

A COMMUNITY NEWSLETTER FOR *Cheval* RESIDENTS

**MAKE
SOMEONE
SMILE
TODAY**

Has a stranger ever done something that **made your whole day look brighter**? Perhaps they opened the door at the bank for you or let you go ahead of them in the queue? Remember how good it made you feel? Making someone smile and brightening their day is one of the most generous things you can do. It has a ripple effect that touches the whole community; if you are nice to someone it is likely they will be nice to someone as well.

Why bother trying to make people smile?

Try to think back to when someone last did something that made you smile or brightened your day. A simple smile or friendly gesture by that stranger had an effect on your whole world, even if only for a few hours. It rippled through the people in your life. Quite amazing when you think about it.

So we know that making someone smile can change the whole community. But what else can it do? Why else should we bother trying to make people smile? Well there are a lot of reasons actually.

Firstly, it makes you feel good about yourself. When you make someone happy you really feel like you have done something good. So making other people happy makes you happier.

Secondly, it is healthy. If you smile at someone and make them smile you are

actively causing chemicals to be released in to your body that battle stress and cause feelings of joy. This is good. Making other people smile benefits both yourself and others.

Making someone else smile or brightening their day is all about putting them before you. When you engage in this type or practice (and it is a practice) you also develop positive qualities in your mind like patience and kindness. But the main quality that you will develop is generosity. If you go out everyday and try to make the people around you smile you will develop the inner qualities of a very generous person. This is one of the most respectable and admirable qualities a person can possess.

Ways to make someone smile and brighten their whole day

Here are some simple and easy ways to make the people around you smile or brighten their day. They are small acts that have big effects.

1. **Smile first** - The easiest and possibly the most effective way to get someone to smile is to smile at them first. People don't seem to do this anymore. I remember when I was a kid walking through the park with my family and everyone would smile at each other and say hello. Now people sort of just power walk through the park and avert their eyes when they get near you. Perhaps it is because we have so much more fear now. I don't know. But what I do know is that if you smile at someone first they will almost always smile back and walk away feeling happier.
2. **Be chivalrous** - Chivalry is a term dating back to the medieval knights and their values of honor, courtesy and good manners. It is a very simple practice where you endeavor to behave in a kind and courteous way to the people around you and especially to members of the opposite sex. A typical example would be holding the door open for someone or standing up to greet someone when they meet you for lunch. Again, it is easy to do but makes people feel really good.
3. **Listen** - When someone is talking to you

listen to them. Don't just sit there waiting for your turn to talk. Actually listen. This is one of the best ways to make people feel good about themselves.

4. **Surprise someone** - Have you ever brought flowers home for your wife or girlfriend because it was a Wednesday? Not Valentine's Day that fell on a Wednesday, just because it was Wednesday? Surprising someone for no particular reason other than to make the person smile is a fantastic way to brighten someone's day.
5. **Be humble** - I am always shocked at how much a truly humble person can improve my day. Their inner warmth seems to radiate outwards and makes you feel protected and comfortable. Humility is truly a great quality.
6. **Make eye contact** - Looking people in the eyes is a good habit to develop. It shows trust and demonstrates that you are truly trying to engage the person. When you show someone that you are trustworthy you make them feel good. This is particularly true of business related meetings. People want to know that they are dealing with a trustworthy person and as such looking someone in the eyes will improve their day.
7. **Offer a random compliment** - This seems like a pretty obvious thing to do but it actually takes a lot more guts than people think. Compliments are a sure-fire way to make someone smile but quite often they are hard to deliver. It takes bravery.

A big "thank you" to anyone who is out there in the world making people smile. It is a truly admirable thing to do.



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NEWCOMERS OF NW HILLSBOROUGH COUNTY

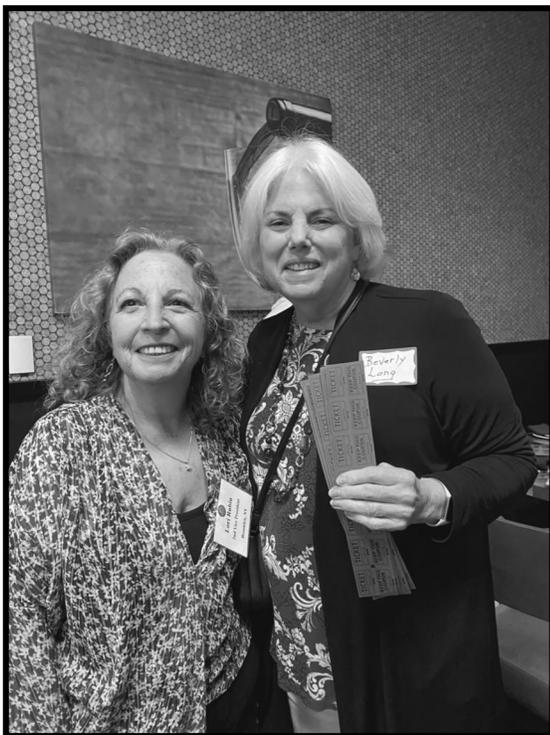


Would you like to meet new people in the area and get involved with some wonderful local activities? Then our Newcomer's club is for you. The goal of our club is to provide opportunities for meeting new friends!

Activities of Newcomers of NW Hillsborough

Formal Luncheon Members enjoyed lunch at Coopers Hawk Winery and Restaurant. Speaker was Veronica Maxwell, M.Ed., Director of Olli (Osher Lifelong Learning Institute), USF. She spoke about the many opportunities for adults to continue learning through Olli,

USF. Newcomers contributed a donation to this excellent program. Members also contributed to our charity "End 68 Hours of Hunger" by a 50/25/25 raffle. 50% of ticket money went to charity and 2 winners shared the rest. Prizes were also given out to luncheon goers for fun.



Lori Rubin and Beverly Long selling raffle tickets for Newcomers charity, "End 68 Hours of Hunger."



Lynn Marie and Rebecca were organizers of the luncheon.



Janet, Suzanne, Marilyn, Jeanne and Lynn enjoying luncheon.

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■ THINGS TO DO

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April 5 • 7:30 pm

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CARROLLWOOD BLUES & BBQ

April 6 • 11 am – 6 pm

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ART OPENING & RECEPTION

April 12 • 5:30 – 7:30 pm

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CARROLLWOOD MARKET

April 13 • 10 am – 2 pm

Presented by Tampa Bay Markets



STRINGS IN THE SPRING

April 13 • 7 pm

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UPCOMING EVENTS



Speaker Veronica Maxwell.

Adventures in Lunch

Members enjoyed Bonefish Grill restaurant in Tampa. The lunch group meets once a month.

Annual Party

The event will be held in April at Westchase Golf Club. Theme of the Annual Party is "A Night At The Movies".

Book Club

Book Club meets on the fourth Friday of the month in the morning at a local library. Discussions are interesting, lively and vibrant. Next book selection is "Personal Librarian" by Heather Terrell & Victoria Christopher Murray.

Bridge

Bridge players meet on the first Thursday of the month at Carrollwood Country Club. Recent winners were: 1st place: Gisela Pegram, 2nd place: Bette Lou Stephens, and 3rd place" Jane James.

Bunco

Members meet once a month on Wednesday mornings at various member's homes.

Continued on page 8



Treasurer Jo Perry presents check to Veronica Maxwell for Olli program. Mary Banks, President and Mary Jane Skornscheck, advisor.

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UPCOMING EVENTS

Gad-Abouts

Group is taking a trip to Sunken Gardens, St. Pete in April followed by lunch.

Game Day

It is held on the first and third Monday of each month from 12-3 at Eagles Golf Club. Members have a fun afternoon enjoying various games like Canasta, Mexican Train, and Rummikub.

Chick Flicks

The group had lunch at Tampa Joe's Restaurant and then enjoyed a movie afterwards.

Cycling

Members cycled Withlacoochee Trail, Lake Townsend Park and had lunch in invernness. Bikers meet once a month on Tuesday mornings.

Hiking

Hikers meet on First Thursday of Month. Hikes are approximately 6 miles long in area forests, moving at a moderately brisk pace on rugged, dirt trails.

Ladies Night Out

Ladies enjoy a night out at a local restaurant. They meet on the last Wednesday of the month.

Mahjong

Members meet every Tuesday at various local libraries and Westchase Golf Club to play this challenging game and enjoy friends.

Nature Walk

Group walks 2-3 miles at various locations and socialize after the walk. Members meet on Monday morning once a month.

Wine Time

They meet on the first Friday of the month at a member's home and it is open to couples and singles. They feature wines that may be new to the group. Everyone brings an appetizer to share.

There's a New Activity !! Health and Well Being

The group will focus on healthy lifestyles in all areas: physical, mental, spiritual and emotional. They will meet on the third Wednesday of the month.

Interested in joining Newcomers of NW Hillsborough?

We would like to invite anyone wanting to meet new friends, get to know the area better and enjoy our many activities to become a new member. Contact Lori Rubin – Phone or text : 813-758-7238 or email : membership2.newcomers@yahoo.com.



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