



NEIGHBORS

Description

By Greg Stangl

By some magical mystical miracle all of the world's greatest neighbors have landed all in one place: Whisper Creek. It truly amazes me the depth of talent and neighborly compassion that we have here in the park.

For example, I was having trouble with my golf cart the other day and a generous circle of neighbors came over to offer advice. After some hemming and a little hawing, the problem was discovered, analyzed and solved. It was a "Festivus" miracle!

Many people here at the park have helped me with projects and I've always tried to "pay it forward" by helping some neighbors with flooring and drywall. And naturally, I am never too busy to offer some of my sage advice or wisdom. ?

Evidence shows that helping others can often benefit our own mental health and wellbeing. Being a good neighbor can reduce stress, improve mood, self-esteem and happiness.

A few days back neighbor Tony decided to put the cloth cover over his gazebo on the patio. Several neighbors stopped by to offer help. A work committee was quickly formed and a foreman was appointed. A food truck rolled in and an emergency first aid station was established ~ complete with bandaids and rubbing alcohol. By the time I got there, the work was pretty much done so I was assigned to the cleanup crew.

Did you know that volunteering to help a neighbor is actually a very selfish act? Studies show that helping others can help *you* feel better! It's also a great way to build long-lasting relationships.

Some other ways to help our community become even a better place include:

- Volunteer to be on a committee.

- Check in with a neighbor to see how he/she is doing.

Call a family member to tell them how much you love them.

Offer a listening ear to someone who wants to talk.

Pick up that errant plastic bottle or piece of trash. Let's keep our little paradise clean for everyone.

And finally, when you make a little too much for dinner, run a plate over to that single neighbor who finds it hard to cook for one. You'll get a higher place in heaven, I promise! Oh and if you bake a few too many cookies, you can run some by me. Hey, I'm just trying to make *you* feel better!

MEET THE AUTHOR ??

Fellow Whisper Creeker Greg Stangl comes to us from the great state of Wisconsin. He and his wife Colleen spend summers on Lake Wisconsin and enjoy the leisurely winter months here in our little paradise together with their beautiful Springer Spaniels Isabella Rosalini and Sophia Loren.

Greg is a professional photographer, speaker and writer who not only owned a photography studio for 40 years, but also taught college courses and lectured on the subject in 35 states and 7 countries.

Greg's other passion is writing. He has published works in 10 national magazines and also authored workbooks employed in photography and marketing. Whisper Creeker News is both honored and excited for Greg to share his creative writing talents with us as well!

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Date Created

November 30, 2024

Author

greg-stangl

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