



## President’s Comments

By Craig Holcomb, Section 22 HOA

Here is the meat of this article - I thought I would share something from the “You can’t make this up” theory. One of the issues that we discussed at our April board meeting was the liquor license for Linkside Café. The liquor license has been in the name of Burnt Store Golf & Activity Club since 2007, and all we wanted to do was to transfer that license to PGI Section 22 HOA, dba Burnt Store Marina CC. One would think this would be an easy exercise to do. Just transfer the license to the new owner, and new name, once we gave them all the information, which is a lot, in order to grant this request. The establishment is still the same, same location, same type of setup. They just needed to make sure the new owner was legitimate. That owner being us, PGI Section 22 HOA.

We began the process back in September of last year. We hired a firm in Sarasota that does these types of things, working with the State of Florida. First, many employees of the State of Florida were not working because of the Covid pandemic, a whole other topic. So, we knew it would be a slow start. And the State, of course, kept coming back and wanting more information about PGI Section 22 HOA. But they finally thought, ok, and eventually the license process was sent to Lee County for them to do their thing, sign off and return it to the State. The Lee County Zoning Department handles the liquor license applications.

The county asked for more information, and then they did an inspection of the property. No problem, we thought. Then we never heard from them. Our representative contacted the county, as the county never contacted us about the status of the license signoff. Our representative found out that the county did not sign off on the transfer. And of course, the county never contacted us as to why we were not approved, it was just in their file. No communication. The reason the county did not approve our application is, are you ready for this? They wanted detailed information about the grease trap in the Linkside Café kitchen. Why? To see if it is sufficient to handle the total amount of occupants that can be in the restaurant, that was on the certificate from the Health Department. In other words, if we were at full capacity in the restaurant, would the grease trap be sufficient to handle, I guess, the grease that comes from everyone eating all at one time.

So, the license was once again held up, for about three weeks, to address the issue of a grease trap in the kitchen being sufficient to handle whatever was thrown its way, if the restaurant was at full capacity. Now the logical question when someone is told this story is, “What in heavens name does a grease trap in the kitchen have to do with serving adult beverages?” Now I’m sure many of you can come up with some good reasons, not logical, or maybe even logical, but funny good reasons as to why the grease trap in the kitchen is very important in the use of a liquor license to sell adult beverages!

The County finally approved their end of the license process, and we were finally able to send a complete application back to the State of Florida for, hopefully, their final approval. But do not count this final process as a done deal. Murphy’s Law always is in play!

So, the meat of this story is - you just cannot make this stuff up. It’s too good not to be true.



Eagle on Cupola Prosperity Point Lighthouse caught by Nancy Coelho. “I captured this impromptu visit to the Burnt Store Marina Prosperity Point West Pool lighthouse by a magnificent American Bald Eagle. It was a special moment for me even though the resident Ospreys were not so delighted. It is worthy of sharing if you feel it deserves a spot in a future issue of the Beacon. I apologize in advance for the somewhat grainy image but it was the best opportunity to catch this visitor through my lanai screen before he flew off.”

## Section 22 HOA Committee Reports

### Architectural Review Committee

By Barry Groesch, Chair

House need painting? All changes to the exterior of homes in BSM must have ARC approval. This applies to independent homes as well as homes in a condo association. If you do not get ARC approval and your changes do not meet Section 22 HOA Restrictions, you may be asked to change or remove them. You can get this approval if your changes meet Section 22 HOA Restrictions by filling out and submitting an application to ARC.

The following applications were approved last month by the Section 22 HOA ARC:

- Raymond Desmarais, 1610 Islamorada Blvd. #62A, installation of windows and a door.
- Willis & Deborah Hummer, 1302 Islamorada Blvd., updating landscaping.
- Regina & Andrew Schlupp, 2045 Big Pass Ln., hurricane shutter installation.
- Robert Hubbard, 17837 Hibiscus Cove Ct., exterior paint.
- Karen & William Bailey, 2050 Matecumbe Key Rd., sidewalk & driveway paver installation.
- Dave & Gloria Deskur, 4081 Marianne Key Rd., update landscaping.
- Leonard & Joyce Dersa, 2010 King Tarpon Dr., exterior paint.
- James L. Truitt, 111 Big Pine Ln., roof replacement.
- Diana Andress, 2041 King Tarpon Dr., exterior paint.
- Ken Higgins, 4041 King Tarpon Dr., door replacement.
- Tom Jones, 2031 King Tarpon Dr., exterior paint.
- Robert & Barbara Honcharski, 24135 Redfish Cove Dr., roof replacement.
- Steve & Kathy Hocker, 4000 Cape Cole Blvd., whole house generator update.
- Deborah Hedrick, 2090 Matecumbe Key Rd., #1304, hurricane shutter installation.
- James L. Rooney, 24069 Redfish Cove Dr., roof replacement.

- John & Sharon Hudoba, 1507 Islamorada Blvd., hurricane shutter installation.
- Robert & Sara Washicheck, 3949 Cape Cole Blvd., paint roof.
- Thomas Eschmann, 1300 Marathon Way, roof replacement.

Section 22 restrictions and applications are available for download at **BSM22.org**. Submit your ARC applications to your condo association, if applicable, then to Alliant Association Management, 13831 Vector Ave., Fort Myers, FL 33919.

### Community Access Committee

By Pat O’Neill, Chair

**Staying Safe In Extreme Heat: Tips to Prevent Heat Illness**

**Why does it happen?**

Heat illnesses occur when your body can’t keep itself cool through perspiration, also called sweating. After a certain point, it loses the ability to sweat and that’s when a heat-related illness occurs.

Section 22 HOA Committee Reports on page 5

**Reminder:**  
**Next Section 22 HOA Board Meeting**  
**– Tuesday, July 27, 9 a.m.,**  
**Linkside Café Patio**

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Sunrise – Pelican 1 by Pat Folio

## Attention Residents:

We have notified you in the past that when you have a medical emergency, you need to call 911 and identify that you live in Lee County.

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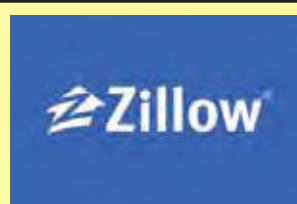
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# Mark Your Calendar – Out And About

## Inside the Gates Dates

- **Thursday, July 1:** Deadline for the August *Beacon*. Article and picture submissions are welcomed. Become part of the *Beacon* family.
- **Tuesday, July 26:** Section 22 HOA Board Meeting, Linkside patio, 9 a.m.
- **Every Tuesday:** Bar code installation, front gate, 1 to 3 p.m.
- **Every Thursday:** Bar code installation, front gate, 9 to 11 a.m.

## Outside the Gates Dates

- **Sunday, July 4:** Fishermen’s Village July 4th activities. Starting at noon, Freedom Swim, food trucks, games, other activities. Fireworks start at 9 p.m.
- **Sunday, July 4:** Cape Coral Red, White & Boom activities. Starting at 1 p.m. Cape Coral Pkwy, at the foot of the Cape Coral Bridge. Vendors, games, other activities. Fireworks start at 9:30 p.m.
- **Every Tuesday and Friday:** Dance Fusion Class. 8:30 to 9:30 a.m. Punta Gorda Isles Civic Association, 2001 Shreve St. Call Cara Peralta for information, 941-276-1887. \$10 per class.
- **Every Tuesday:** Cape Coral Surfside Sunset Market, from 9 a.m. to 1 p.m., Veterans Parkway and Surfside Boulevard, opposite end of Belks Dept. Store.
- **Every Friday:** Flower Fridays. Edison-Ford Winter Estates Garden Shoppe receives new plants, including butterfly hosts and nectar plants, herbs, orchids, and more. 2350 McGregor Blvd, Fort Myers.
- **Every Saturday:** Punta Gorda Farmers Market from 8 a.m. to 1 p.m., downtown. Lots of vendors with fresh fruits and vegetables, live music, crafts and other great buys. Visit nearby murals and enjoy some of the great downtown restaurants.
- **Every Saturday:** Cape Coral Farmers Market, from 8 a.m. to 1 p.m., SE 14th Ter. and SE 10th Pl., Cape Coral.
- **Every Sunday:** Punta Gorda Historical Society’s Farmers Market from 9 a.m. to 1 p.m., at History Park, 501 Shreve Street. Shop for veggies, meats, plants and gifts. Most Sundays you will be treated to live music by Dave Heveron. When the market closes at 1 p.m., take a guided tour of the gardens at the park. Walk the grounds with Florida native gardener, Starr Zachritz, and learn about Florida’s flora. A \$5 suggested donation gets you a plant to take home. Call 941-380-6814.

# Balsam Apple, aka Love Vine...What’s Not to Love?

By Jan McLaughlin,  
former Beacon editor and Master Gardener

Whether you’re a landscape maintenance person or gardener, this is a vine to test one’s patience with its persistence and rapid growth. Overnight it will reappear. Go on a two-week vacation and discover upon your return that it’s laying claim to your arboricola hedge – and everything else! Knowledge is power, so here goes:

We are talking about a vine from tropical Africa and Southeast Asia that is in the gourd family. It escaped cultivation and now is growing from Florida to Texas. The Latin name of the balsam apple (*Momordica charantia*) refers to the bitten appearance of the uneven seeds and the pointed fruit.



Sunset outside BSM – by Debbie Burns

Balsam apple is an annual that rapidly grows from seed and produces high-climbing vines. The vines can grow to over 15 feet long and may flower for up to six months. Look for dark green leaves with deep lobes, less than three inches wide. This is probably unlike the foliage of whatever the balsam apple chooses to grow upon, so you can spot it by the hand-like shaped leaves. The stems have slender tendrils that wrap around whatever it can, and support the vine on fences or other garden plants. It produces yellow blossoms with either male or female parts. The female flowers produce stumpy, lumpy, warty, green, maturing to orange-colored fruits that are tapered at both ends. The fruit hangs from the vine looking like a lantern. Because the balsam apple belongs to the *Cucurbitaceae* family of plants, the general characteristics of behavior and appearance are similar to cucumbers, squash, zucchini and gourds.

At maturity, the fruit bursts open in thirds. The orange pulp contains seeds covered with a bright red skin. The apple in balsam apple refers to the bright red pulp surrounding the seeds, which are seen when the mature rind splits and exposes the seeds. **The ripe fruits and seeds are toxic.**



The best way to deal with this vine is to pull it out close to the ground, trying your best to include the roots. Once the fruit has opened and red seeds fallen, it’s a matter of waiting for the seedlings to appear. When just a few inches tall, they easily come out of our sandy soil, roots and all. Any herbicide you might use will not be selective at targeting only the balsam apple. Although, I’ve found if it’s in the saw palmetto, and you spray with a Round-Up type of herbicide, it will kill the vine (not the seeds) without harming the palmetto. The key to managing this weed is to keep a sharp eye and when seen, pull it out.

To what degree is it harmful to other landscape plants? In its desire to reach as much sun as is possible, it will climb up to the top of a bush/hedge and then blanket it. The problem with balsam apple and most other invasive vines is they shield out light to the plant they are covering. No light? No photosynthesis. You are now forewarned and forearmed!

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Section 22 HOA Committee Reports from page 1

What role does the heat index and high humidity play?

Heat illnesses are strongly related to the heat index, which measures how hot you feel when you combine the effects of relative humidity with air temperature.

High humidity makes heat more dangerous because it interferes with your body’s cooling ability. As sweat evaporates, it transfers your body’s heat into the air. But how quickly your sweat evaporates depends on how much water’s already in the air.

On drier days, sweat evaporates faster, and that means it carries away heat faster from your body. On humid days, when the air’s already saturated with water, your sweat evaporates very slowly, if at all, and your body heats up. And, this is when people experience heat-related illnesses.

So before you go out, check the daily heat index that’s online, in the newspaper or on the TV weather forecast.

Who’s most at risk of a heat illness?

Anyone, at any age can be affected – especially young children and older adults – but, if you pay attention to warning signs, heat-related illnesses can be prevented.

So just what are heat illnesses and what can I do to prevent or treat them?

Heat illnesses include:

Heat Rash

What is it? Sometimes called prickly heat, heat rash

is a skin irritation from excessive sweating and occurs where clothing covers your body.

Symptoms: It looks like a red or pink rash that sometimes resembles tiny dots or pimples on your skin.

Treatment: Heat rash typically goes away on its own. If you experience it, move to a shady area, loosen your clothing and let your skin air-dry.

Heat Cramps

What is it? Heat cramps are muscle pains or spasms that usually happen during heavy exercise. If you don’t treat them, they can worsen and lead to heat exhaustion.

Symptoms: Typically you have painful muscle spasms in your arms or legs. Some people experience nausea or abdominal cramping.

Treatment: If you feel spasms, gently stretch and massage the affected areas. Rest in a cool place and drink a sports drink, preferably one with electrolytes and salt, or drink cool water.

Heat Exhaustion

What is it? Heat exhaustion is an illness that occurs when your body’s depleted of water or salt. It shouldn’t be ignored and it can occur before heat stroke.

Symptoms: Common symptoms are confusion; dark-colored urine; fatigue or weakness; headache; extreme thirst; pale skin; nausea or vomiting; muscle cramps; dizziness; or even loss of consciousness.

Treatment: Get out of the heat and rest in air

conditioning or a shady area. Remove unnecessary clothing and take a cool shower (sponge bath if needed). Be sure to drink plenty of beverages (nonalcoholic and decaffeinated). If this doesn’t help, call 9-1-1 and get immediate help.

Heat Stroke

What is it? It’s a life-threatening illness where your body temperature rises above 105 degrees fahrenheit. There are two types of heat stroke: classic or nonexertional and exertional.

Classic (nonexertional) heat stroke develops slowly over a few days after repeated exposure to hot, humid weather, and usually occurs during summer heat waves. Those most at risk are the young, elderly and those with chronic illnesses.

Exertional heat stroke occurs more rapidly, think hours versus days, and affects healthy, active people – firefighters, factory workers, military recruits and athletes. The intense exertion in a hot environment causes sudden, massive heat that the body can’t handle. This type of heat stroke is responsible for disability and death in these groups, particularly football players.

Symptoms: These include a body temperature above 105 degrees; sweating or a lack of sweating; severe headache; confusion or disorientation; red, hot and dry skin; nausea or vomiting; rapid pulse, seizures; or even loss of consciousness. Unlike classic heat stroke though, in nonexertional heat stroke, sweating still occurs, but it doesn’t cool the body.

Treatment: Call 9-1-1 immediately. Then get the person out of the heat and rest in air conditioning or a shady area. Remove unnecessary clothing and begin cooling the body immediately by:

- Fanning air over the person while wetting the skin with a garden hose or sponge
- Applying ice to the underarms, groin, neck or back
- Placing the person in a cool shower or tub of cool water, or an ice bath

Sources: National Institutes of Health, Florida Hospital, Massachusetts Institute of Technology, National Oceanic and Atmospheric Administration

# Enjoying Your Walk

By Jan McLaughlin, Former Beacon Editor

One morning a fellow walker stopped me and asked what the distance was around Prosperity Point, and how far was it from there to the front entry gate. With lots of residents returning and enjoying our pedestrian paths, I offer the following. All distances were measured with a GPS while riding in a golf cart.

- Islamorada Entrance Gate to Cape Cole Blvd. – 0.82 mile
- Cape Cole Blvd., golf clubhouse gate arm to Islamorada Blvd. – 0.60 mile
- Cape Cole Blvd., golf club gate arm to Matecumbe Key entry – 0.72 mile
- Matecumbe Key Blvd., construction entrance to Cape Cole Blvd., 0.72 mile

- Matecumbe Key Blvd., Cape Cole Blvd., to South Shore – 0.55 mile
  - Courtside Landings’ Loop, start/stop at entrance – 0.48 mile
  - Prosperity Point sidewalk loop, start/stop at Matcumbe Key Blvd, 1.26 mile
  - Admiral’s Point loop (includes Key Largo Lane Circle, Sable Key Circle and Key Largo Circle) start/stop at Marathon & Cape Cole Blvd., 1.06 mile
  - Tarpon Pass loop, start/stop at Islamorada Blvd., 0.76 mile
- Wonderful resources for walkers abound on the Internet. These sites offer a wide selection of audio music apps for beginners to advanced walkers, exercise videos, gear (including shoes), accessories and resource information.



# Marina Beat

By Jaret Rogers, General Manager Safe Harbor Burnt Store



As we welcome July, it brings us closer to the peak of Hurricane Season. Please remember to stay advised of any pending storms. There are many storms that come through that are not hurricanes, but can still negatively impact our marina, with high winds and torrential rain. Please make sure that any object that can fly away is secured or stowed away, and if you have a vessel in the marina, that it is prepared for bad weather.

The marina has come a long way in the past four years. We have replaced thousands of feet of boardwalk and seawall, along with the replacement of numerous fixed docks. To date, there have been three conversions from fixed to floating dock. We will continue to rebuild the docks in the marina. The new dry storage operation is being finalized this month. The new security lockers and amenities buildings are projected to come online by the end of next year.

I have great optimism that this will be the number one marina on the Gulf Coast of Florida in the very near future. I would like to thank all of the residents and Members who have shared their kind words regarding the upgrades to our facility.

# Safety Is Necessary Around Fireworks Regardless Of Holiday

Fireworks are lovely, but can be very dangerous. They should be handled by professionals if at all possible. However, many individuals purchase them for home display, especially during holidays such as the Fourth of July, Labor Day, and New Years Eve. According to a recent study, the Centers for Disease Control (CDC) has found that most injuries reported about fireworks involve burns, with males receiving the most injuries.

The CDC provides the following pointers for using fireworks:

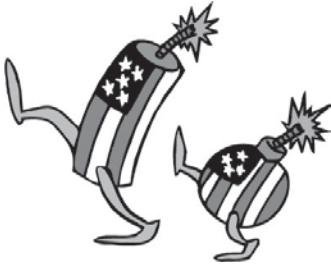
- The old adage “if all else fails, read the directions” should be followed even if you feel you know how to use a particular firework.
- Although sparklers are one of the most popular fireworks, especially for children, they can be very dangerous as they can heat up to 1,800 degrees Fahrenheit (hot enough to melt gold).
- Use fireworks outdoors only and have water handy.
- Never relight a “dud” firework; wait 15 to 20 minutes and then soak it in a bucket of water.

- Be sure everyone is out of range before lighting fireworks; bystanders are more frequently injured by fireworks than the people who use them.
- Only light one firework at a time and never let children handle or light fireworks.

For the safest of holidays, let the professionals handle the fireworks. Enjoy one of the many fireworks displays held in the area.

The Lee County Injury Prevention Coalition serves as a collaborative effort or partnership whose function is to facilitate partners’ work and act as a catalyst for injury prevention initiatives. Its mission is to prevent injury, disability, and death through advocacy, education, legislation, and partnerships.

For additional information about the Injury Prevention Coalition or handling fireworks, contact Brian Raimondo at ipcleecounty@gmail.com or (239) 330-2240.



# An ARC did you know, moment...

By Barry Groesch, Architectural Review Committee Chair

Did you know...If you replace your lanai screening with the same color, an ARC application is not needed. You guessed it; if you change the color an application is required. Go to **BSM22.org** to get your application.



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# Fit Happens... Grow Your Energy for Fitness with Plant-Based Nutrition

By Deanne Fitzpatrick,  
Water Fitness Instructor

“How many steps do you do a day, Deanne? Do you ever sit down? Where do you get all of your energy?” These are the questions I am asked as I walk, run, bike, or teach water fitness in our community Burnt Store Marina. My high energy levels aren’t solely from my dedication to fitness workouts. The additional endurance comes from me gradually making a nutrition change to more plant-based eating.



My first eye opener to plant-based eating came from watching the movie, *The Game Changers*. The science and athlete testimonies from the film were captivating. I followed this movie up with the film, *Forks Over Knives*. The information in both of these films made an impact. Knowing that food directly relates to overall health and wellbeing, thinking about plant-based nutrition made sense. I was inspired to research more facts that related to eating less animal-based food.

A friend in the community mentioned a doctor in Port Charlotte with a plant-based focus. Dr. Jaimela Dulaney practices Cardiology, Primary Care, and Nutrition, aimed at preventing and reversing disease and optimizing wellness. Part of Dr. Dulaney’s practice is using “Nutrition as Medicine.” As I began to make the changes in my eating habits, I had less inflammation in my joints, I was sleeping better, and I had energy throughout the entire day. My body mass index is as low as it was in my mid-20s. By eating a plant-based diet, some chronic pains disappeared in my digestive system. Burnt Store Marina is a very physically active community. Fitness Club memberships are on the rise. I wanted to share how plant-based eating has been instrumental in giving me energy throughout the day, and clearing up some chronic pain, and could be something for you to consider. I was fortunate to have an opportunity to interview Dr. Dulaney. She shared her expertise for the science on plant-based nutrition.

I asked Dr. Dulaney, “Could you explain what gives a person the energy for a game of pickleball, tennis, or a fitness class?” Dr. Dulaney explained that our body burns carbohydrates and fats into fuel. We store on average 2,000 calories of carbohydrate in our muscles and 200 calories in the liver. That means there are plenty of energy stores to support hours of tennis, pickleball, water fitness or even running. Protein is not used for energy. Almonds are 85 % fat with more omega 6 than omega 3.

Consumed fat requires more time to be metabolized for energy than carbohydrates. Cheese and beef jerky have saturated unhealthy fat, significant salt, and cholesterol that is not available as energy. Nothing that you eat during exercise other than simple carbohydrates will be used as immediate energy.

My next question was, “Could you expand upon why animal-based food is not as beneficial as plants?” Dr. Dulaney responded, “Animals are essentially the middlemen of nutrition. Only plants can fix nitrogen and make amino acids that form protein. Only animals have cholesterol. They are also the major source of saturated fat. Healthy fats, which are omega 3 and omega

6 fatty acids, come from plants and sea vegetables. Environmental toxins are typically stored in fat. When we eat animal products, we get nutrients that they stored from plants along with toxins and other metabolic waste products.”

My next question was, “Could you explain the science behind my loss of cravings for eating more than I need?” She went on to say, “We are learning more each day about the gut microbiome and gut-brain-axis. Examples are when your stomach churns or when you are nervous or your mouth waters when you see a picture of a favorite food. Our gut microbes play a role in production of neurotransmitters that deliver a message of a craving. When you eat nutrient-dense food, such as an avocado, that has protein, carbs, fat and fiber, your body is more satisfied.

My last question for Dr. Dulaney was about how to get started incorporating more plant-based nutrition into a daily meal plan. “Would you recommend starting with one meal a day being plant based?” This was her recommendation: “Lunch, because most people can do breakfast easily. Try a large salad with beans and grains.”

For me, when I started eating more of a plant-based diet I did a percentage of a meal. I started with a completely plant-based late morning breakfast and had about 10% of my lunch and dinner with animal-based food. Any of my in-between small snacks, such as an apple with nuts are plant based. I have since moved to eating close to 90% plant-based all day.

I would like to thank Dr. Dulaney for taking her time to answer my questions. For more information on Dr. Dulaney’s practice, please visit the following websites. <http://doctordulaney.com/> <https://jaimeladulaneymd.podbean.com>, [https://www.amazon.com/Plant-based-Wellness-Cookbook-Generations-Cooking/dp/1733967702/ref=sr\\_1\\_3?crid=3TGM0ZHNGBSV2&dchild=1&keywords=plant+based+wellness+cookbook+dulaney&qid=1620153946&srefix=plant+based+wellness+%2Caps%2C172&sr=8-3](https://www.amazon.com/Plant-based-Wellness-Cookbook-Generations-Cooking/dp/1733967702/ref=sr_1_3?crid=3TGM0ZHNGBSV2&dchild=1&keywords=plant+based+wellness+cookbook+dulaney&qid=1620153946&srefix=plant+based+wellness+%2Caps%2C172&sr=8-3)

Send emails to [jami@doctordulaney.com](mailto:jami@doctordulaney.com).

I continue to be inspired by leaders in the field of plant-based nutrition, such as Dr. Dulaney and Dr. T. Colin Campbell, from Cornell University, Center for Nutrition Studies, who was featured in the film, *Forks over Knives*. My plant-based nutrition choices continue to give me endless energy throughout the day, and overall great health and wellbeing.

## Grammar Tips... Redundant Phrases

By the Editors of The Beacon

“A sentence should contain no unnecessary words, a paragraph no unnecessary sentences, for the same reason that a drawing should have no unnecessary lines and a machine no unnecessary parts,” William Strunk and E.B. White wrote in *The Elements of Style*.

Sometimes we are inclined to over-word something, maybe to emphasize our thoughts, or maybe just trying to get our point across. This is where we get hung up repeating certain words – like “really, really (big, small, angry, happy etc.)” But this isn’t the redundancy that we mean...it’s when you use two or more words that mean the same thing.

Here are some examples of words that can be used by themselves, and mean the same thing:

- Added bonus
- Cease and desist
- Each and every
- End result
- Free gift
- New innovations
- Reason why
- Null and void
- Past history
- Regular routine
- Unexpected surprise

All of these redundancies are often used for emphasis. Writing “null and void,” for example, sounds stronger than “null” or “void” alone. But redundant phrases are just adding more words to read, and as a result, making it harder to read, and losing your audience. Resist the urge to use longer, fancier expressions when a shorter word or phrase will do.

## Sheriff’s Report – May

### 4 Warnings:

- 3 – Speeding, 1 resident, 2 guests
- 1 – Failure to stop at stop sign, resident



## Wildlife Caution Notice

Owners are asked to use caution and be aware of local wildlife such as coyotes, bobcats, and alligators.

Coyotes sightings have increased as it is their mating season, and they are more aggressive and vocal right now. Recently a Burnt Store Lakes resident witnessed a coyote chase a rabbit into their rain gutter downspout and then pull the downspout into the yard trying to get the rabbit out.

Please watch your pets carefully and keep them on a leash when outside, particularly at dusk, nighttime, and dawn.

Smaller pets are especially at risk. Letting them out in a fenced area may not deter a coyote. Make sure pet food, fruit, or other items are stored inside or in tightly shut garbage cans. Ensure your home is not luring small rodents or animals that coyotes like to prey on.

One of the best attributes of living in Burnt Store Marina & The Lakes is the abundant wildlife. However, residents need to be aware of our wildlife and be cautious to ensure their own safety and the safety of their pets.

**BURNT STORE LAKES**  
**2021 MARKET UPDATE**  
Email: [Judy@lovespuntagorda.com](mailto:Judy@lovespuntagorda.com)  
Burnt Store Lakes Homes: 3 Active listings \$399,000 to \$500,000  
6 Pending Sales @ present: \$350,000 to \$550,000  
16 SOLD homes In 2021 \$265,000 to \$610,000  
BSL 88 Vacant lots For Sale - \$26,900 - \$125,000  
19 Pending Lot Sales @ present \$20,000 to \$70,000  
250 BSL SOLD Lots in 2021 from \$5,000 to \$88,500

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# Tight Lines... New Fishing Regulations for Charlotte Harbor

By Jay Lev, Burnt Store Anglers

Starting June 1, the Florida Fish and Wildlife Commission has issued new regulations for catch and release. The species effected are snook, redfish and spotted seatrout. The FWC has divided the new regulations into two areas. Pasco County and Tampa Bay will be one area, and Sarasota Bay through Gordon Pass in Collier County will be the other area. The latter fish areas include all of Charlotte Harbor. This change in regulations was brought about by the fisheries impacted by a bad red tide from 2017-2019. Many fish died and spawning was at an all-time low. Here is a summary of our new regulations.



Snook and redfish will remain catch and release only, through May 31, 2022.

Spotted seatrout will resume with a six-fish recreational boat limit. It is important to note that the catch is not per angler on the boat, but strictly for the entire boat.

These regulations are for state waters south of State Road 64 in Manatee County including Palma Sola Bay through Gordon Pass in Collier County but not including the Braden River or any tributaries of the Manatee River.

The current catch and release measures for snook, redfish and spotted seatrout remain in effect through May 31, 2021. If any new size limits are posted, I will publish them in the Beacon as released.

Hopefully, these new regulations will help the body of fish, that has be diminishing in the harbor, to recover

and once again become a great fishery for our anglers.

Some other news, our run of tarpon has hit Charlotte Harbor. Schools have been spotted in the pass just north of the inter-coastal, and recently in many of the bays and harbors of the Harbor.



A unique run of smaller tarpon has been seen and few caught off of Two Pines, the entrance to Pirate Harbor and along the east bars. Early morning and just before sundown have been the active times for the tarpon. With many of the fish showing up near our grass beds, please take every effort not to scar the grass.

Tight Lines!

## Golf News and Tips

By Bill Connelly,  
Manager of Golf  
Operations



As a reminder, Heron is closed for renovation. We plan on having it ready for next season. Pelican and Osprey remain open for play. Thank you to all of our members and residents for your continued support.

**Winners in the Backward Scramble held April 24:**

**8:30 a.m. Start**

**A Flight**

1<sup>st</sup> - Bill Morrissey, Larry Marks, Art Gates, Jim Carroll

2<sup>nd</sup> - Brent and Heidi Chorneyko, Ted and Doris Havens

3<sup>rd</sup> - Bob Davis, Craig Holcomb, Kelly Weber, Bill Baker

**B Flight**

1<sup>st</sup> - Bob Paul, Millie Hierro, Jim Harding, Michelle Goldman

2<sup>nd</sup> - John and Sharon Hudoba, Steve and Susan Flagstad

3<sup>rd</sup> - Bob and Lynda Vail, Cinda Brown, Meg Crowley

**12:30 p.m. Start**

**A Flight**

1<sup>st</sup> - Doug and Karen Binger, Steve and Phyllis Lindeman

2<sup>nd</sup> - Joel and Beth Miles, Tom Fitzpatrick, Debbie Burns

3<sup>rd</sup> - Jay Winston, Greg Beaton, Andrea Millerschoen, Ralph Smith

**B Flight**

1<sup>st</sup> - Stan and Loriann Rogers, Donald Rogers, Alyssa Gafner

2<sup>nd</sup> - Ping and Kathi McKay, Steve and Ellen Thompson

3<sup>rd</sup> - Kim and Lori Brown, Joan and John Ross

**Winners in Shootout held on April 26:**

Men	Ladies
<b>A Flight</b>	<b>A Flight</b>
1 <sup>st</sup> - Tom Wright	1 <sup>st</sup> - Cheetah Currier
2 <sup>nd</sup> - Bill Smith	2 <sup>nd</sup> - Chris Hornak
3 <sup>rd</sup> - Ralph Smith	3 <sup>rd</sup> - Cinda Brown
<b>B Flight</b>	<b>B Flight</b>
1 <sup>st</sup> - Bob Bretz	1 <sup>st</sup> - Sue Wright
2 <sup>nd</sup> - Bill Morrissey	2 <sup>nd</sup> - Babe Ahrens
3 <sup>rd</sup> - Greg Jordan	3 <sup>rd</sup> - Pat Lawlor
<b>C Flight</b>	<b>C Flight</b>
1 <sup>st</sup> - Jim Harding	1 <sup>st</sup> - Kathy Knudsen
2 <sup>nd</sup> - Mark Vandekerkhove	2 <sup>nd</sup> - Lynda Vail
3 <sup>rd</sup> - Steve Flagstad	3 <sup>rd</sup> - Rhea Fleishman

**Winners in the Memorial Day Scramble held May 31:**

**A Flight**

1<sup>st</sup> - Bob and Maryanne SanJuan, Ray and Phyllis Love

2<sup>nd</sup> - Bill Smith, Bob and Lucy Jessen, Mark Vandekerkhove

3<sup>rd</sup> - Brent and Heidi Chorneyko, Ted and Doris Havens

**B Flight**

1<sup>st</sup> - Bruce Smith, Steve Rau, Wendy Whelan, Tom Mason

2<sup>nd</sup> - Jim and Mary Welch, Cheetah Currier, Tom Vlcek

3<sup>rd</sup> - Bill and Missy Coykendall, John and Kelly Millar

**C Flight**

1<sup>st</sup> - Bob Paul, Millie Hierro, Steve Hunt, Lesley Rose

2<sup>nd</sup> - Ron Jones, Melody Groh, Judy Schinneller, John Dunker

3<sup>rd</sup> - Gary and Kathy Knudsen, Lynda and Bob Vail

**Closest to the Flag on Osprey #4 and Pelican #5:**

Stan Borchers, Dorothy Farnham, Rich Hallowell, Margaret Hiestand, Alan Huffman, Bill Loews, Joyce Punt, Ann Washburn,

**Congratulations to all!**

Please follow us @burntstoregolf on Instagram for course updates.

Please stop in for lunch and some shopping, we would love to say hello.

Have fun learning to enjoy your game.



## Holiday Golf Cart Decorating Tips



- We are inviting all Burnt Store residents and neighbors to participate in the annual Christmas Golf Cart Parade on December 10, 2021, at BSMCC.
- Beginning this month, we will be posting monthly tips and suggestions for decorating your golf cart. July's tips are:
- Pick a theme or name for your cart. (optional)
  - Make sure your golf cart is fully charged on parade day.
  - When decorating your golf cart use LED Lights as they use less power.
- If you have any questions, please e-mail sargenteshotmail.com.

You can postpone  
the vacation.



But don't put off your  
health care.

Many things have been postponed because of the pandemic, but your health care shouldn't be delayed. Routine screenings and annual wellness exams can help identify health issues in the earliest stages, when they are most treatable.

Our doctors are committed to helping you stay well. We are taking extra precautions to provide a safe and clean environment and offer both in-person and telehealth appointments.

Make your health a priority and  
schedule an appointment today.

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# Burnt Store Marina CC News

By Mike McFeeley,  
BSMCC Liaison, Sec 22 BOD  
New Management Brings  
Renewed Excitement

On June 1, Honours Golf took over management responsibilities for the Burnt Store Marina Country Club. Honours Golf is a subsidiary of Troon Golf that is the largest professional club management company in the world. Many of you may have heard Troon mentioned when Phil Mickelson won the PGA Championship at a Troon course in South Carolina. Troon brings to us over 30 years of golf course and restaurant management experience, with 630 courses located all over the world. Key Points of Distinction:

- Over 30 years of Club, Golf and Hospitality experience and expertise.
- 175 Corporate Associates and more than 23,000 associates worldwide.
- The strongest experience brand in the club industry.
- Historical average client engagement tenure is over 12 years.
- Current annual contract retention rate over 93%.
- Direct access to Corporate Professional Staff.
- Tremendous marketing exposure and reciprocal benefits for club members.
- Access to intellectual capital and best practices with proven results.

In the coming weeks and months, together with Honours Golf, we will begin to transform Burnt Store Marina Country Club. Community input groups will meet with club management to develop a business and development plan for the future. These groups will focus on the golf course, restaurant, calendar and events, marketing and membership. Honours Golf are partners with us, they do not set policy or act unilaterally. We retain control. Club leadership and Honours Golf work together on day to day execution.

Many of you have already noticed that work has begun on the Heron course. That project is on schedule, and is not impacted by the management company change. Terry Kelly and the course management team will work with a number of contractors over the next several months to finish the update in time for the next season. You also may have noticed that new signage has been installed on the club house and cart barn. This is the beginning of our new look and new attitude.

Over the past few years, a tremendous amount of work has been done to purchase and update our amenities. A community like ours is forever a work in progress. Safe Harbor continues to invest in our community as they update their facility, change their docks and replace seawalls. Now we begin our transformation to the Club. Many of the changes will be process and procedure, which you may not notice. Over the last few years, our community has provided significant input about what we would like to see.

The message is clear:

- We want a club that is inclusive.
- We want a place that we can be proud of.
- We want value for our dollar.
- We want a social hub.

In the next phase, we will look at everything from tee sheet management, golf education programs, decor, type of food, hours of operation, entertainment, events and future projects, just to name a few. Every step will



include members of the community working with club management and the Board of Directors. This will be a collaboration designed to capture the best ideas as we move forward.

Our “North Star” has been and will continue to be a goal to create a club, and an environment that adds tremendous value to the community, provides significant social opportunities, and becomes an amenity of choice for our residents, guests and the outside public. Burnt Store Marina Country Club can be the heartbeat of the community, for both golfers and non-golfers.

A search is already underway for a full time General Manager who will oversee day to day operations of the golf course, as well as all food and beverage. Plans are also underway to look at upcoming calendars, future events and social programs. This is a big job, and we need to have things up and running for the new season. Over the next few months, you will be hearing about many new and exciting changes.

Thanks to everyone for your patience and patronage over the last year. It was certainly an interesting year but the best is yet to come!

BSMCC July 2021 Schedule of Events						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Dine in or Take out Lunch 11a.m.-3 p.m.* Party on the Patio 3 p.m. ***	2 Dine in or Take out Lunch 11a.m.-3 p.m.*	3 Firecracker Scramble 8:30a.m.*** Dine in or Take out Lunch 11a.m.-3 p.m.*
4 Dine in or Take out Lunch 11 a.m.-3 p.m.*	5 Dine in or Take out Lunch 11a.m.-3 p.m.* Trivia 5-7 p.m.*** Bar Food Menu Available	6 9 Hole Scramble 3:30 p.m.*** Dine in or Take out Lunch 11a.m.-3 p.m.* Dinner 5-7 p.m.*	7 Dine in or Take out Lunch 11a.m.-3 p.m.* Republican Dinner 5 p.m.*****	8 Dine in or Take out Lunch 11a.m.-3 p.m.* Party on the Patio 3 p.m.***	9 Dine in or Take out Lunch 11a.m.-3 p.m.*	10 Dine in or Take out Lunch 11a.m.-3 p.m.*
11 Dine in or Take out Lunch 11 a.m.-3 p.m.*	12 Dine in or Take out Lunch 11a.m.-3 p.m.* Trivia 5-7 p.m.*** Bar Food Menu Available	13 9 Hole Scramble 3:30 p.m.*** Dine in or Take out Lunch 11 a.m.-3 p.m.* Dinner 5-7 p.m.*	14 Dine in or Take out Lunch 11a.m.-3 p.m.*	15 Dine in or Take out Lunch 11a.m.-3 p.m.* Party on the Patio 3 p.m.***	16 Dine in or Take out Lunch 11a.m.-3 p.m.*	17 Dine in or Take out Lunch 11a.m.-3 p.m.*
18 Dine in or Take out Lunch 11 a.m.-3 p.m.*	19 Dine in or Take out Lunch 11a.m.-3 p.m.* Trivia 5-7 p.m.*** Bar Food Menu Available	20 9 Hole Scramble 3:30 p.m.*** Dine in or Take out Lunch 11a.m.-3 p.m.* Dinner 5-7 p.m.*	21 Dine in or Take out Lunch 11a.m.-3 p.m.* Bingo 5 p.m.*****	22 Dine in or Take out Lunch 11a.m.-3 p.m.* Party on the Patio 3 p.m. ***	23 Dine in or Take out Lunch 11a.m.-3 p.m.*	24 Dine in or Take out Lunch 11a.m.-3 p.m.*
25 Dine in or Take out Lunch 11 a.m.-3 p.m.*	26 Dine in or Take out Lunch 11a.m.-3 p.m.* Trivia 5-7 p.m.*** Bar Food Menu Available	27 9 Hole Scramble 3:30 p.m.*** Dine in or Take out Lunch 11a.m.-3 p.m.* Dinner 5-7 p.m.*	28 Dine in or Take out Lunch 11a.m.-3 p.m.*	29 Dine in or Take out Lunch 11a.m.-3 p.m.* Party on the Patio 3 p.m. ***	30 Dine in or Take out Lunch 11a.m.-3 p.m.*	31 Dine in or Take out Lunch 11a.m.-3 p.m.*
* Call for your reservation or takeout order 941-637-6405 ** Call Pro Shop at 941-637-1577 *** Sign up in Lobby on Board **** Sign up at Admin Office. ***** Reservations for Republican Dinner must be made through the Republican Club. Due to circumstances beyond our control, everything is subject to change.						

## Bocce Ball – That’s The Way We Roll

By Kathy Darrell,  
Tarpon Pass I

BURNT STORE MARINA  
COUNTRY CLUB – BOCCE – Our  
goal is to introduce the joy and  
competition of bocce to more people.

Our “official” bocce season has  
ended, but the court remains open for play at any time. Pick  
up balls in the cart barn and enjoy!

Did you know that bocce is being considered for the  
Olympics in 2024? The Olympic Committee will choose  
between adding darts or boules to the Summer Olympic  
Games. Known as boules in France, the game is like bocce,  
but played with metal balls. The French are cheering for



boules, since the games will be in France. Which would  
you vote for bocce (boules) or darts?

If you are interested in playing bocce please call Tom  
or Kathy Darrell at 330-806-9182. We will gladly add your  
name to our email list and send you bocce updates.

Again, please feel free to play bocce at your leisure.  
Balls for general use are in the cart barn, in an unlocked  
plastic container that is clearly marked. Be sure to return  
everything.

Remember, you must be a member of BSMCC to play.  
Just one more great reason to join.

Happy Summer!  
Stai al sicuro e Dio benedica  
(Stay Safe and God Bless)

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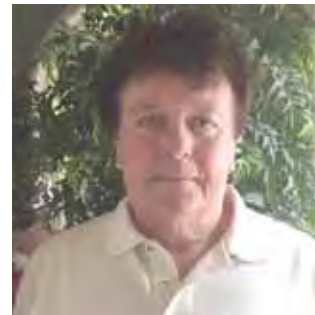
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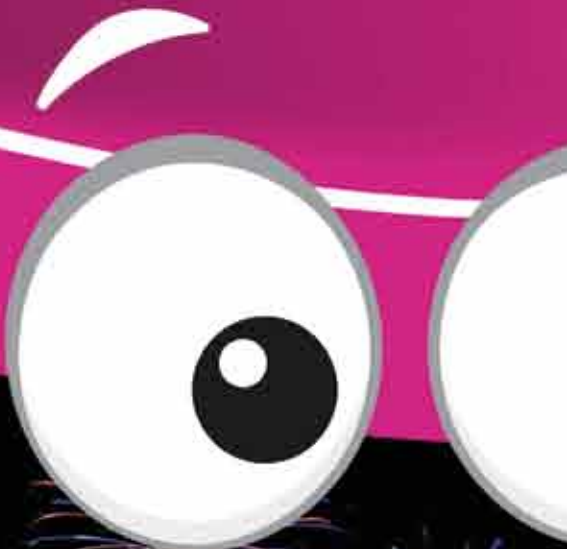
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# Fitness, Friends & Fun...Splish Splash Your Way To Fitness with Water Exercise Classes

By Jennifer Steuber,  
Committee Member

If you are looking for a way to beat the summer heat while continuing your fitness goals, then water exercise may be just the ticket. Here at the BSM Fitness Center there are two different types to choose from: Aqua Aerobics and Aqua Zumba.



*Fitness, Friends, & Fun*

These classes are often wrongly perceived as leisurely exercise that does little to help in weight loss. The reason for this misconception may result from a widespread report released in 1987 that stated swimmers who participated in a four-week exercise study didn't lose any fat. But these swimmers swam in the ocean where temperatures averaged 50 to 60 degrees which meant their bodies needed a layer of fat to keep them warm.

Most water exercise workouts take place in heated pools where research has shown some people are able to burn just as much fat, and build just as much muscle as they could in land exercise programs. In fact, according to **WebMD.com**, the average 30-minute pool workout burns approximately 300 calories that is higher than a 30-minute, moderate pace run on land which will burn about 270 calories.

In Aqua classes, as your body moves, the water constantly resists your movements, which means your muscles must work harder to push against the resistance. This, combined with the way the water massages your muscles, is what helps tone them. Additionally, because the water movements are less stressful on the body, most people can work out longer in the water, burning more calories resulting in more weight loss.

- Here are more benefits from exercising in the water:
- It Enhances Your Balance and Coordination.
  - Water exercises help build stability and expand muscle strength for better coordination. Plus, the water is a safe environment to exercise, if you have balance issues.
  - It helps with Flexibility.
  - As your body moves in various directions, your joints will have a natural increase in their range of motion, due to the resistance of the water which increases flexibility.
  - It Provides Cardiovascular Strength.
  - Because a water exercise class keeps the body moving and the heart rate up, the class provides significant cardiovascular benefits.
  - It's a Low Impact/Non-Weight Bearing Exercise.
  - There is almost no gravity, consequently you are relieved of 90% of your body weight, which provides buoyancy and reduces the impact that exercises have on your joints and muscles. This is an ideal option for people with osteoporosis, pregnant women, the elderly, and anyone suffering from hip, knee or ankle problems.

Lastly, for people with arthritis, having water exercises in warm water helps relieve arthritis pain, inflammation around the joints and swollen muscles.

In trying to discern the distinction between the Aqua Zumba and Aqua Aerobics classes that are available to BSM Fitness Center members, I spoke with two instructors who walked me through the differences.

Deanne Fitzpatrick, a full-time resident of BSM, has been an Aqua Aerobics instructor since 2019, with certification from the Aquatic Exercise Association and endorsements from Water Exercise Coach and the Arthritis Foundation. "I give kudos to the Fitness Center for requiring instructors to be certified and participate in continuing education," Fitzpatrick said. "It's important to have instructors that are passionate about leading classes, and are educated in the latest research," she added.

Deanne went on to explain that Aqua Aerobics is a series of movements that can include walking, jogging, jumping jacks, and underwater kicks that can be made more intense by using water equipment such as foam dumbbells, ankle weights or floatation belts. "I bring music and suggestions so participants can get the workout they need to meet their personal goals," she said. "You are partnering with water to help you work harder, without feeling the strain, which can help in recovering from an injury, or provide a non-impact way to develop strength that can bring results to your land fitness goals," she concluded.

When speaking with Linda Cross about Aqua Zumba, a full-time resident and instructor since 2013, who started as a seasonal homeowner, and has been participating and teaching in various positions since 2007, she said that music is the key. "It engages both your mental and physical motivation and feels more like a party in the pool instead of exercise. As an Aqua Zumba certified instructor, I have access to different songs and choreography every month that I can choose to use to match the level of the experience of my class."

Aqua Zumba classes blend a safe, challenging, water-based workout that's cardio-conditioning, body-toning and most of all, FUN. According to Cross, it is a social environment and is a great way to make and stay in touch with friends. "With the comradery that is established, there seems to be a stronger commitment to come to class, to stay



Deanne Fitzpatrick BSM Fitness Center Water Aerobics Instructor

connected and to be gracefully and actively engaged as you meet your fitness goals," she commented.



Aqua Zumba has you doing something different for the verse, chorus and even the bridge of a song. When asked what she says to people who say "they can't dance," Cross replied, "Aqua Zumba takes places in chest-deep water. No one can see what you are doing under the water. As long as you keep moving and listen to your body as to how intense you want the workout, then I am happy!"


In the end, there is no bad exercise. It all comes down to personal preference, and your health conditions. But you can mix things up by adding an Aqua Aerobics or Aqua Zumba class to your normal on-land workout routine. Call the Fitness Center today at 941-575-3260 to find out more about Membership or One Day Passes!


## Read *The Beacon* Online!

This edition of *The Beacon* is also available online at the Section 22 HOA web site...**www.bsm22.org**. This option is available in addition to the hard copy delivered to your door. As a reminder; If you have not registered on our website, we strongly encourage you to do so! In addition to reading

this and past issues of *The Beacon*, it is a wonderful resource for much more information about the Burnt Store Marina community.




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# Fitness, Friends and Fun... Splash Party Open House

By Jen Tait, BSM Fitness Center Manager

The Splash Party Open House in May was a great success, with more than 20 BSM Fitness Center members coming out for comradery and FUN! Members and guests were able to check out our newly purchased exercise



Fitness Instructor Deanne Fitzpatrick and Attendees

equipment, including foam dumbbell weights, extra-large noodles for more buoyancy during Aqua Aerobics, and aquatic swim belts used for deep water fitness.

Aqua Aerobics Instructor Deanne Fitzpatrick oversaw



Jen Tait and New Equipment

guests trying out some new moves in the pool, and all were welcome to enjoy some yummy and nutritious snacks. Thank you everyone for your warm and welcoming hospitality bestowed upon our newcomers, and a special shout out to the members who volunteered to bring treats. We look forward to scheduling more events like this one in the future.



Table of Snacks

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## The Recipe Box

By Candace VanDenBerghe, Marlin Run

This will be a generous snack, or my preference is to cut smaller pieces as an appetizer. There is no reason you can't add sliced olives, some pesto, or other favorites. I did line my pan with non-stick foil, so it was easy to remove from the pan.



### Antipasto Squares (serves 10-12)

2 (10 ounce) cans refrigerated crescent dinner rolls  
1/4 lb. thinly sliced ham  
1/4 lb. thinly sliced provolone cheese  
1/4 lb. thinly sliced Swiss cheese  
1/4 lb. thinly sliced hard salami  
1/4 lb. thinly sliced pepperoni sausage  
1 (12 oz.) jar roasted red peppers, blotted dry, cut into thin strips, or chopped  
3 eggs  
3 tablespoons grated Parmesan cheese  
1/2 tsp. ground black pepper  
garlic powder to taste (optional)  
oregano or Italian seasoning to taste (optional)  
Preheat oven to 375 °F.  
Unroll one package of crescent roll dough and cover the bottom of a greased or sprayed 9x13 inch pan. Bake 6 min. Layer the ham, provolone cheese, Swiss cheese, salami, pepperoni, and red peppers, on top of the dough.  
In a bowl, beat the eggs lightly, and stir in the parmesan cheese, black pepper and other seasonings. Pour 3/4 of this mixture over the peppers. Unroll the second package of dough, and place over the top of the peppers. Brush with the remaining egg mixture. Cover with aluminum foil. Bake for 25 minutes in the preheated oven. Remove foil, and bake another 20 minutes, or until dough is fluffy and brown. Let rest 15 minutes before cutting into squares. Serve warm, or at room temperature.



A pretty Monet-Like scene on our golf course. By Karen Sanderson

# A Note to Our Many Associations

The Beacon editors would like to hear from the many different associations in Burnt Store Marina. How many homes do you represent? What's special about your group? Do you have or sponsor special activities for your members? Tell us about your association.

We would like to highlight one association each month, not only about your great personalities, but also your treasured furry or feathered friends.

We love your photos too!  
Email your articles and photos to all of us, listed in the Directory on page 2 of this issue.



Red Bellied Woodpeckers nest in decayed cavities of dead trees and mark areas around nests with drilling holes to warn other birds away. By Karen Sanderson

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## Fuzzy & Furry Friends

Send in pictures of your furry and feathered friends to share!  
Email the Editorial team listed in the Directory on page 2.

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Dinner is \$22 - includes tax and gratuity.

Meet Mason Weaver, our neighbor from Burnt Store Lakes. He has an interesting life story to share – from Black Panther to Conservative Republican.

Reservations: [peglove810@gmail.com](mailto:peglove810@gmail.com)

# July Off-Beat Holidays

By Maggie Hart, Mariners Pass

It's time to get back to normal! Let's start celebrating summer, its holidays and noteworthy days in July:

**July 1: Canada Day**, a national holiday in Canada, formerly known as Dominion Day, commemorating the confederation of Upper and Lower Canada and some of the Maritime Provinces into the Dominion of Canada on July 1, 1867.

**July 1, 1862:** President Abraham Lincoln signed the first income tax bill, levying a 3% income tax on annual incomes of \$600-\$10,000 and a 5% tax on incomes over \$10,000. Also on this day, the Bureau of Internal Revenue was established by an Act of Congress.

**July 3: International Cherry Pit Spitting Day**, always celebrated the first Saturday of July. In 1974, Herb Teichman of Eau Claire, Michigan held a cherry pit spitting tournament as a joke at a picnic and it has been held annually since. The world record for cherry pit spitting is 100 feet, 4 inches.

**July 4, 1776: The Declaration of Independence** was approved by the Continental Congress. Celebrate this national holiday with red, white & blue, a picnic and fireworks!

**July 6, 1885:** Louis Pasteur gave the first successful anti-rabies inoculation to a boy who had been bitten by an infected dog.

**July 10, 1973:** The Bahamas gained their independence after 250 years as a British Crown Colony.

**July 11: World Population Day**, this United Nations day evolved from Five Billion Day, on July 11, 1987. That's the day the world's population was estimated to reach five billion people. According to the United Nations Population Fund, there was an estimated world population of 7.75 billion people on December, 2019. The World Population Clock shows there are over 330 million people in the United States. The U.S. is the third most populous country in the world, behind China (1.436 billion) and India (1.372 billion).

**July 16, 1769:** The first mission in California, San Diego de Alcalá, was founded by Father Junipero Serra.

**July 21, 1898:** Guam was ceded to the United States by Spain.

**July 22 – 24: Hemingway Days**, Key West, Florida. The festival, celebrating one of Key West's famous former residents, offers a Hemingway look-alike contest and a fanciful "running of the bull." Other planned events include a

three-day marlin tournament recalling Hemingway's passion for deep-sea fishing, a commemoration of the anniversary of the author's July 21 birth, a museum exhibit of memorabilia from his life, literary readings, a street fair, a 5k run and paddleboard race, and the announcement of the winner of the Lorian Hemingway Short Story Competition, coordinated by Ernest Hemingway's author granddaughter. For information, go to [keywesthalfmarathon.com/hemingway-event-details](http://keywesthalfmarathon.com/hemingway-event-details).

**July 23 – 25: Caladium Festival**, Lake Placid, Florida. This annual festival, celebrating the caladium, includes Car & Bike Show (July 24), 5k race, floral arrangement competition, art & craft booths, food & entertainment, the area's Growing Grape Industry wine display, Florida-friendly landscape & ornamental plants, art competition, Caladium Field bus tours and more. Friday & Saturday 9 a.m. – 4 p.m.; Sunday 10 a.m. – 3 p.m. Stuart Park, 113 E. Interlake Blvd, Lake Placid, FL 33852. Go to [caladiumfestival.org](http://caladiumfestival.org)

**July 31, 1790:** The U.S. Patent Office first opened its doors. The first U.S. patent was issued to Samuel Hopkins of Vermont for a new method of making pearlsh and potash. The patent was signed by George Washington and Thomas Jefferson.

# Gardener's Wheelbarrow

By Maggie Hart, Mariners Pass

June is the designated beginning of hurricane season, and as such brings more heat and humidity. For July, be prepared for thunderstorms in (our) lightning capital of the United States. July's average of 23 storms tops any month of the year. Our rainy season creates opportunities for new plantings. Last year we only received 3 ½ inches of rain in July, but the average is precipitation of 8 to 9 inches.

During the winter months, you should have held off replacing plants in your landscaping, waiting for our rainy season. So, get to it now!

• **Selecting Plants** – Look around at what is doing well within our community, noting if it's closer to the front entry gate or to the marina. The eastern part (front entry) is colder in the winter and tends to get more rain. The western section (closer to the water) is more temperate. Ask yourself - what is your irrigation water source? The community's irrigation water has improved, but can still be harsh and salty. The Soundings lake has low salt, and private wells have very little salt. Will your irrigation water hit the plant leaves (salt burn)? Will the site provide afternoon shade (almost all plants benefit from a bit of relief from the sun)? If in doubt of what to plant, consider using standards like hibiscus and ixora, especially the Nora Grant variety.



• **For a list of plants appropriate to our climate and conditions, go to BSM22.org**, click on Documents & Forms – Committee Documents & Forms – Landscape Committee – BSM Landscaping Plants. Plants native or naturalized to the subtropics are generally drought, heat and salt tolerant. They are tough, but they all need good drainage so their roots don't rot during the rainy season. Root rot from poor drainage is a hazard in the summer rainy months.

• **Plant palms and ornamentals** (tropical and flowering) during the rainy season to ensure a constant supply of moisture to establish healthy root systems.

• **What's blooming in July** – expect to see golden shower, purple glory tree, queen crape myrtle and most tropical flowering shrubs as well as royal and yellow poinciana. Most of these plants will produce more blooms if old blossoms and seed pods are removed.

• **Plant longevity** – many shrubs tap out after 5-7 years. Many homes in BSM were built 20 years ago, and their landscaping was put in shortly after. As plants age-out they become more vulnerable to disease and pests. Your landscaping plan should be constantly evolving. Pay attention to the age of your landscape and consider refreshing it.

• **Lawns with dead areas** are the result of the extended drought. Rain brings chinch bugs to the surface where they begin munching. They are attracted to hot spots near hard

surfaces that heat up quickly. Use an appropriate insecticide, wait a week or so, remove the dead turf, add topsoil and keep it moist to encourage grass runners to fill in. Large areas affected? Try Floratam grass plugs.

• **Mulch** should be at least 2 inches deep, but *not* up against the plant's stalk or trunk, where it will encourage fungus by inhibiting air circulation. Mulch tends to compact and form a barrier even from water. Where mulch has hardened and not broken down, *break it up*. Try a year without another application if you find a lot of build-up.

• **Bougainvillea** – Haven't pruned your bougainvillea? Do it now! The first week of July is the last safe time to prune and still yield a great bloom later in the year. If extended age and constant pruning have resulted in a misshapen gnarly mass, it might be time to replace it with a new one.

# Humane Society of Pulaski County - Beware of Hot Asphalt!

Dog lovers know the basics of keeping dog's safe in summer: Bring lots of water with you on walks, watch for the signs of your dog overheating and never, ever, ever leave a dog in the car — even on days that don't seem that warm. But it might come as a surprise that the very pavement beneath your dog's paws could be sizzling hot. And hot pavement can have gruesome and painful

consequences. Asphalt gets very hot and can burn your pet's paws, so walk your dog on the grass if possible. Look for the signs of burned pads: limping or refusing to walk, licking or chewing at the feet, pads darker in color, missing part of pad, or blisters/redness. If you see the signs of burned pads, flush the paws with cool water and get your dog to your vet as soon as possible.

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# Muffins Then (1947) and Now (2021)

By Joanne Johnston, Grand Isle

These muffin recipes come from a boxed 2021 Betty Crocker Muffin Mix and my mother’s well-used 1947 edition of *Better Homes and Gardens Cookbook*, loose-leaf, hole-punched, 5-ring binder format. There was an intriguing author note in the introduction of the section on muffins. “If it is necessary for muffins to stand before serving, tip the pan to one side to prevent steaming of the crust. (That crustiness was loved; we always ate it last. Keep in a warm place.)”

The Betty Crocker Chocolate Chip Muffin box that appeared at my door in March 2021 included in a Valentine’s Day gift bag crammed with 2021 (the year) useful baking items like silicon scrapers and baking mat,



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a non-stick aluminum muffin pan, a collection of cupcake/ muffin papers and, most familiar, a bag of walnuts that she knows Canadians use in baking more than pecans. I credit my friend and this muffin mix gift for ending a long hiatus from baking.

The Betty Crocker mix recipe called for some contrasting and same ingredients as the 1947 edition of *Better Homes & Gardens*. Then muffins were mostly bran and banana, preferred over cupcakes for breakfast and regularity. I opted for the regularity.

The mix had a scant amount of non-fat milk powder that, with 3/4 cup of water in the recipe, equaled the 1947’s call for 3/4 cup milk, 1/4 cup of vegetable oil (vs the 1/4 cup of shortening melted), 2 beaten eggs (one more than in 1947) The flour in the mix was whole wheat and barley though it looked white. To equalize the ingredients, I put together bran and flour from the mix to make 2 cups. The sugar was the same white sugar in the mix. I replaced chocolate chips with dates. Leavening in 2021 is baking soda; 1947 called for baking powder (always a toss-up).

I added half the chopped nuts included in the gift bag to each recipe. The mix had ingredients for taste, stability and perishability: corn syrup, palm oil, powders, chemicals. The oven temperature of 425°F is the same for both recipes. Baking time was 15 minutes for the mix (I added 10 minutes to account for the bran) 20 – 25 minutes for the 1947 muffin.

*The Better Homes and Gardens* recipe reflected easily-available ingredients and concerns like dieting. Handwritten notes beside the recipe focus on sizing for two-bite mini-muffins, recalling my mother’s and my Aunt Rita’s dieting days. I make them too. And like Rita, I prepare a batter, keep it in the fridge, and bake a few at a time. My mother doubled the recipe and froze the muffins since Dad liked one for breakfast every day, citing their success in maintaining regularity. In the late 1960s, our brand-spanking new, very bulky, counter microwave oven thawed muffins.

<b>Recipe 1947</b>	<b>Recipe 2021</b>
2 Tbsp of shortening melted	2 Tbsp vegetable oil
3 Tablespoons of sugar	Sugar included in mix
1 cup of flour with ½ tsp salt	Flour and salt in mix
1 cup natural bran	I halved flour, added bran for 2 cups
1 egg	2 eggs
3/4 cup of milk	3/4 cup water plus scant milk powder in mix
2 TBSP baking powder	Baking soda in mix

**Method:**

Cream the melted shortening (vs vegetable oil) and sugar; add 1 egg (vs 2) and beat well.

Stir in milk (vs water/milk powder), then bran. (No need with mix to separate these steps)

Add flour sifted with salt and baking powder (vs baking soda). Stir lightly until the dry ingredients are just moistened. If fruit or nuts will be added, do so now.

Fill muffin cups 2/3 to the top of a greased muffin tin or use paper cup fillers.

Bake at 425°F for 20-25 minutes. Inspect muffins at 15-minute and 20-minute points.

**Variations:** Raisins, currants, chopped walnuts and dates were fruit choices for 1947 and 60s muffins. I added dates cut from a still-available block of baking dates. Chocolate chips had entered the baking scene as the 60s rolled in, but were found mostly in cookies. Chocolate in hard, liquid and non-sugar formats is now added to waffles, pancakes, coffee, smoothies, and protein drinks reflecting the ancient to modern love for chocolate in cuisines worldwide.

Producing a 1947 bran muffin from a 2021 muffin mix was surprisingly easy and the results pleasingly similar. Our mothers, we bakers and, no doubt, our daughters approve of the confluence of baking styles of different eras, though we and our daughters have gained a lot since then, like time, convenience and ingredients’ shelf-life. We have also gained xanthan gum and other stabilizers, natural, organic and inorganic, flavors, and a dizzying, mystifying list of chemical ingredients. Not to be missed is today’s best-buy date. But I digress ...

## HOW LUCKY ARE WE...THINGS TO SEE AND DO IN BURNT STORE MARINA

There are 39 words hidden in the word search below, the words may be found across, down, diagonally and backwards and can overlap with each other. The hidden words are listed beneath the word search; circle the words in the word search as you find them and cross them out from the list.

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Aerobics  
Birds  
Cornhole  
Exercise  
Garden  
Karaoke  
Pets  
Sail  
Swim  
Wildlife

Alligators  
Boat  
Dance  
Farmers Market  
Golf  
Kayak  
Pickleball  
Shop  
Tennis  
Work Out

Bike  
Bocce  
Dine Out  
Fish  
Happy Hour  
Mahjong  
Poker  
Socialize  
Trivia  
Zumba

Bingo  
Compete  
Entertain  
Flowers  
Jog  
Nature  
Read A Book  
Sunsets  
Walk

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**23120 Central**  
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**McGrath Point Estates**  
**4310 Point Court,**  
**Port Charlotte**  
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**Port Charlotte Sec 015**  
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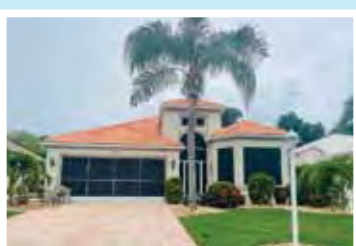
**Pine Island, Bokeelia**  
**15018 Martineque Way**  
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Well Maintained 3/2 on One Acre Site. Adorable Country Cottage with Wrap Around Porch. Experience Island Living at a Great Price!



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## YOUR BURNT STORE LAKES LAND IS IN HIGH DEMAND!

There are currently **92 lots for sale in Burnt Store Lakes.**

**Over 270 Lots sold** in last 6 months and there are currently **22 pending sale.**

If you are wondering what the value of your lot is,  
call **Sharadan Edmonds now at 941-875-6525!**  
for a complete market update.

# From The Desk Of Sheriff Carmine Marceno

The word “hope” generates a feeling that events will turn out well ... that one can look forward to better times ahead.



As I began serving as sheriff of this county, a series of disturbing incidents involving animal cruelty came to my attention. Abusing anyone is unacceptable and I have no patience for those who mistreat children, elders and/or animals.

With the assistance of “Deputy Chance,” the Lee County Sheriff’s Office has traveled the county sharing my “zero tolerance for animal abuse” message.

Resources were appropriated to a newly-created animal cruelty task force and this unit has exceeded my expectations in regard to investigating all reports of animal mistreatment and arresting perpetrators, when applicable.

The success of this movement spread quickly and prominent individuals in the animal-protection community have come forward to lend a hand. Tia Torres, host of *Animal Planet’s Pit Bulls and Parolees* for 17 seasons, has offered her assistance to the cause.

We recently encountered and adopted a mixed-breed puppy who suffered the loss of her front leg in an attack that occurred out-of-county. Thanks to the veterinary care and attention that she received at Gulf Coast Humane Society, she is now doing exceptionally well.

In need of a name, we reached out to the animal cruelty task force’s sizeable following for recommendations. The suggestions were wonderful and reflective of our county’s genuine love and appreciation for our animals.

“Hope” was chosen as the most fitting and relevant name. We chose Hope, as it is my sincerest hope that we find a way to end the mistreatment of animals. It is my hope that the willingness to investigate, arrest and prosecute incidents of animal abuse spreads across the state and across the nation.

Immediately promoted, “Sergeant Hope” will visit Lee County schools, day camps and community events reminding everyone of animal rights and my unwillingness to ignore or disregard crimes against the defenseless.

~~~~~

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- **Light up the Tree in front of Cass Cay Restaurant**  
Thursday, December 9 at Sunset
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Starting at BSMCC, covering Islamorada, Matecumbe Key & Cape Cole  
Friday, December 10 at Sunset
- **Boat Decorating Contest**  
Saturday, December 11 at 5:30 p.m. ‘til...  
Register at - [BSM@shmarinas.com](mailto:BSM@shmarinas.com)
- **Winner Announcements & Tour of Lights of the Season**  
See the BSM Lights and enjoy a little Holiday Cheer  
Sunday, December 12

Event Questions – Call Kay Ackerson, 502-777-9834

## Do the Right Thing

By Deanne Fitzpatrick, Cobia Villas

The Cape Coral Police Department has recognized Burnt Store Marina resident Tripp Steeves for the Department’s *Do the Right Thing* award. This past winter, Tripp and some friends were enjoying the Eagle Skate Park in Cape Coral. A younger boy was there and very hesitant to join the challenging ramps. When I asked Tripp about the day at the park, Tripp recalled, “I did what comes natural to me. I saw a younger kid that really wanted to try the big ramp, but he was hesitating to join. I started up a conversation encouraging him to give it a try. Friends had encouraged me when I wanted to try new tricks, and I always want to pass it along. It helped me be a better rider at the park.” The younger rider’s mom was very impressed with Tripp taking the time for her son.

She nominated Tripp for the *Do the Right Thing Award*. Our congratulations go out to Tripp Steeves and his family!



Tripp Steeves & Family



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# Why Do Woodpeckers Like To Hammer On Houses?

## What Can I Do About It?

Woodpeckers usually hammer on houses for one of four reasons:

1. It makes a satisfyingly loud noise that proclaims the bird’s territory and attracts a mate. If the birds are drumming for these reasons, they will most likely stop once breeding has begun in the spring (they don’t drum when looking for food).
2. The bird wants to excavate a nest or roost hole. If the woodpeckers are carving out a nest, the cavity will be round and large. Nesting holes are usually built at the beginning of the breeding season between late April and May. If you need to evict woodpeckers from your home, aim to do so either before or after the nesting season.
3. It is feeding on insects living in the siding. If the birds are looking for insects, the holes will be small and irregular. You may have to call an exterminator to get rid of

- the underlying insect problem. Woodpeckers are particularly fond of the larvae of carpenter bees, leafcutter bees, and grass bagworms.
4. They are storing food. Researchers have performed studies relating to nuisance woodpeckers. One study found that lighter-colored aluminum and vinyl sidings are less likely to be damaged by woodpeckers. Another paper tested six common long-term woodpecker deterrents: life-sized plastic owls with paper wings, reflective streamers, plastic eyes strung on fishing line, roost boxes, suet feeders, and a sound system that broadcasts woodpecker distress calls followed by the call of a hawk. Researchers ultimately found that nothing deterred woodpeckers all the time, and only the streamers worked with any consistency.
- Homeowners have reported some success deterring woodpeckers with windsocks, pinwheels, helium balloons

(shiny, bright Mylar balloons are especially effective), strips of aluminum foil, or reflective tape. Other people keep woodpeckers away by covering an affected area with burlap or attaching bird netting (the kind designed for gardens and fruit trees) from overhanging eaves to the siding. If you use netting, make sure it is taut and set at least three inches from the siding to avoid birds pecking through it. Close off openings on the sides to prevent birds from becoming trapped between the netting and the house.

You may also want to plug the holes with wood putty to discourage further activity. If a woodpecker has dug a roost hole into your house, make sure there are no birds inside before sealing it up.

Never use any sticky “repellent,” such as Tanglefoot Pest Control, Roost-No-More, or Bird Stop outdoors. These types of products can fatally injure birds and other animals.

## Pointers On Preparing For Power Outages

More Americans suffered extended power outages in 2020 than any year since *Superstorm Sandy* struck the New York area in 2012, according to Generac, owners of Power Outage Central, a real-time outage tracking service that monitors outages throughout the United States.

“In 2020, more than one out of three Americans experienced a power outage, and the United States power grid suffered more outage hours than it has in years,” said Russ Minick, chief marketing officer. “With people still working, learning and shopping from home, everyone must prepare earlier for outages that accompany severe weather.”

Outages are statistically much more common than many other threats to the home, according to Generac’s data. In fact, while about 12 percent of homes are at risk of flooding according to the First Street Foundation’s flood database<sup>1</sup>, every home is at risk of losing power. Unlike with floods, however, there are multiple ways to safeguard against loss of electrical power.

“There are three key paths to protecting power supply,” said Simon Allen, president of Allied Energy, a backup power

solution provider. “These include portable generators, which are a short-term solution; home standby generators; and solar energy storage systems. Solar energy storage systems and home standby generators are permanently installed and can provide secure sources of power for longer periods.”

Each system requires advance planning, including local permitting and installation, said Allen, but secure power is worth it.

“Life gets very primitive and dangerous when the power is out. With outages lasting longer and occurring more often, all against the backdrop of people working and learning from home, our customers are turning to home standby generators and PWRcell battery storage systems. Effectively, they’re making their homes a sanctuary against Mother Nature’s threats.”

Picking the correct solution varies for every homeowner, said Stephen Cruise of a Texas-based provider of power solutions. “A generator will run nearly indefinitely on propane or natural gas,” he said. “With correct power management, a solar energy storage system can also power

the whole home for extended periods. It comes down to preference, local codes and budget. The best place to start is finding a great local installer who can help make the decision easy.”

“Authorized dealers and installers know local codes and are factory trained,” said Minick. “They’re experts in local needs and can provide a one-stop solution for every homeowner.”


<sup>1</sup>[www.firststreet.org](http://www.firststreet.org) data indicates that 14.6 million United States households are at risk of flooding out of 122.8 million nationally.

### Renting Your Home?

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