



## President’s Comments

By Craig Holcomb, Sec. 22 HOA

Giving of yourself, your time, and sometimes your money to help things grow and improve in our community is normal in Burnt Store Marina. We are a very giving community when it comes to residents giving their time, expertise, and knowledge. Just think, we have about 45 associations, a couple of master associations, and independent homes. Each of those associations has boards that oversee their association’s property. So, if each association has just 5 board members on average, that is about 225 people giving their time and energy to better their surroundings. Now, many associations have

committees that take care of landscaping, cable, infrastructure, and much more. So, add some folks to the 225 board members, and you are easily up to over 300 to 350.

PGI Section 22 HOA has about 10 active working committees. Many of our committees have about 7 to 10 members. So, just for us, that is about 100 volunteers plus the 7 board members who assist in the daily operations of:

- The Architecture Committee that monitors improvements in the community.
- Communications including the Beacon, Directory and the Website.

- Community Access Control that handles all the traffic going in and out of the community.
- Infrastructure for the roads and sidewalks, buildings and facilities.
- Landscape Committee that keeps the community beautiful and green.
- Irrigation System for all the distribution of landscape watering.
- Fitness, Racquet Sport and Pool Club for all the

*President’s Comments on page 5*



## 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:

- Topaz Cove Condo Association, 3304-3420 Sunset Key Cir., mailbox replacement.
- Howard Klein & Rebecca Horch, 3320 D Sunset Key Cir., hurricane shutter installation.
- Sally Guske & Denise Clements, 2061 King Tarpon Dr., replace two exterior doors.
- Regina & Andrew Schlapp, 2045 Big Pass Ln., exterior trim paint.
- Regina & Andrew Schlapp, 2045 Big Pass Ln., installation of garage door screen.
- Regina & Andrew Schlapp, 2045 Big Pass Ln., exterior light replacement.
- Prosperity Point, Sunset Key Cir., installation of two radar speed indicators.
- Kenneth & Janet Johnson, 4060 Cape Cole Blvd., house addition.
- Charles Hughes, 1100 Islamorada Blvd., roof replacement.

- Karen Morano, 1208 Islamorada Blvd., hurricane shutter installation.
- Mark Gabel, 1231 Romano Key Cir., hurricane shutter installation.
- Tim & Lynne Parsons, 1621 Islamorada Blvd., enclosing existing lanai.
- Barbara Hunt, 2060 Matecumbe Key Rd. #2401, hurricane shutter installation.
- Mary Gelinis, 3869 Cape Cole Blvd., roof replacement.
- Jim & Judy Schinneller, 24141 Redfish Cove Dr., landscape enhancement.
- Marvin & Davida Berman, 2090 Matecumbe Key Rd. #1401, hurricane shutter installation.
- Clarke & Sharon Mundhenke, 2090 Matecumbe Key Rd. #1601, hurricane shutter installation.
- Robert Ellis, 2020 Matecumbe Key Rd., paver driveway installation.
- Ralph E. Smith, 105 Big Pine Ln., hurricane shutter installation.
- Ralph E. Smith, 105 Big Pine Ln., window & door installation.
- Thomas Eschmann, 1300 Marathon Way, exterior door replacement.
- Dale & Lea Cardin, 1605 Islamorada Blvd., garage screen door installation.
- Rayner Enterprises LLC, 3321 Diamond Key Court, hurricane shutter installation.
- Robert Paul & Millie Hierro, 1502 Islamorada Blvd., window 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

#### Hurricane and Major Storm Safety Tips

Keep your family safe with a plan that includes evacuation routes, special medical needs, important phone numbers and supplies. Here’s a guide to help you and your family get started.

#### Plan ahead

- Develop an emergency plan that includes answers to questions such as:
  - What do I need to do to secure my home, car and boat, and who will help me?
  - Where am I going to stay during the hurricane and what are the evacuation routes?
  - Where will my pets stay?
- If I plan to stay at home, what do I need to do to be prepared and where in my home will I ride out the storm? Emergency operations officials urge residents to prepare to be self-sufficient for up to 14 days – without running water or electricity.
  - Review your emergency plan with your family.
  - Photograph or video your home – inside and outside – for insurance purposes.

*Section 22 HOA Committee Reports on page 5*

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



## Directory: Section 22 Homeowners Association

c/o Alliant Association Management, LLC • 13831 Vector Ave., Ft. Myers, FL 33907 • 239-454-1101, info@alliantproperty.com

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Section 22 HOA  
BSM Fitness, Racquet & Pool Club  
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*Moon Phases*

**Third Quarter**  
June 2

**New Moon**  
June 10

**First Quarter**  
June 17

**Full Moon**  
June 24


## 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.

It is important that the RESIDENT call in the emergency since the front gate cannot answer the questions asked by the 911 dispatcher. In order for the medic not to be delayed in getting to the scene of the emergency the resident must be the one to call 911.

Thank you.

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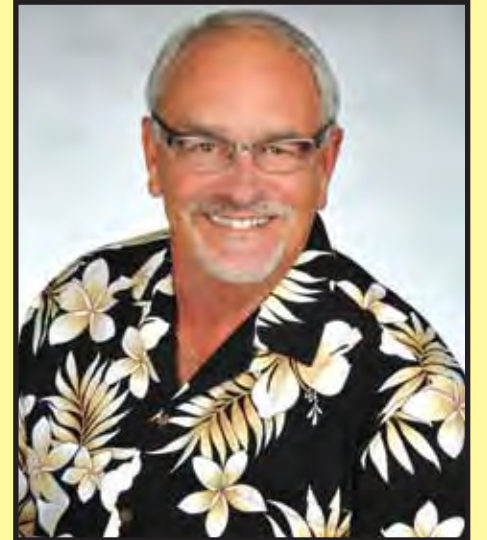
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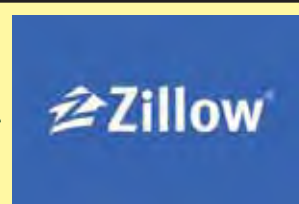
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# Mark Your Calendar – Out And About

## Inside the Gates Dates

- **Tuesday, June 1:** Deadline for the July *Beacon*. Article and picture submissions are welcomed. Become part of the *Beacon* family.
- **Tuesday, June 22:** 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

- **Tuesday, June 1:** Cardiac Diet Nutrition Class, 9 to 10 a.m. Bayfront Health, Wellness & Rehab Center, 733 E. Olympia, Punta Gorda. Call 941-637-2490 for reservations. Free.
- **Thursday, June 17:** 2nd Annual Caribbean Heritage Month Festival. Live music, games, vendors. 1 to 9 p.m. Port Charlotte Beach Park, 4500 Harbor Blvd. Port Charlotte. Free.
- **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.

# Marina Beat

By Jaret Rogers,  
General Manager Safe Harbor  
Burnt Store

This has been a great spring season! The weather has been almost perfect for the majority of the days. We are getting geared up for a busy summer. It does not look like it is going to slow down anytime soon. So, hoist your sails and let’s make way to summer!



So serene and beautiful ... The Swallowtail Butterfly, by Karen Sanderson

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As we transition to our new rack systems, we will be changing some of the ways we run the operation. Over the course of the next few months, we will be asking haul and launch Members to submit a launch request in person. We will be moving away from pre-scheduled launch times. If you want to be in at the end of the day for an early morning outing, a call is still an option. This new system is to alleviate the back up on the launch dock when Members are late for their requested launch time. With the new layout we should be able to launch most boats within 10 minutes of the verbal request.

Additionally, you will need to have your boat moved to a work rack if you need to do maintenance. This includes washing, removing/replacing covers and repairs. Due to safety precautions you will not have any access to the vessel in the storage rack. Please continue to call when requesting a vessel to be moved to a work rack. Lastly, the staging dock will be limited to no more than two consecutive days. We appreciate your understanding of these new procedures.

We are coming to an end of the dry storage expansion. All of the racks are in, and getting filled up by new Members. The final asphalt, lift and fencing will go up over the course of May. This project went a lot faster than planned. Thank you all for your cooperation during this extensive project.

The south basin seawall project will be continuing all the way to the restaurant over the summer. After the wall gets beyond C and D Docks, the new docks will be installed. We anticipate this project to be completed by year end.



We have upgraded our hazardous waste disposal facility. The following things are allowed to be disposed of at our facility.

- Motor oil
- Antifreeze
- Gasoline
- Diesel fuel
- Fuel/Oil filters
- Oil absorbent pads

Please do not leave any of this waste in an uncovered container on the property. To access the hazardous waste area, you will need a key and an escort from the marina office. Access to the hazardous waste area will be during normal marina hours.

As we move into the summer storm season, I will ask all of our wet slip Members to start preparing for wind and rain that comes with it. Please make sure all loose items are stowed or lashed down and off of the dock. To those Members going north have a great summer! See you in the fall.

# Happy Father's Day

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Section 22 HOA Committee Reports from page 1

- If you or anyone you know has special needs in case of evacuation, contact your local emergency management office. Find the phone number at **www.FEMA.gov**.
  - Before storm season begins, have your trees properly trimmed to minimize their impact on your home and neighborhood. Only specially trained line-clearing professionals can trim trees and vegetation around power lines. If you are not sure whether a tree is too close to a power line to trim it yourself, contact LCEC 1-800-599-2356. Make sure debris is cleared prior to a hurricane warning announcement when trash pickup is suspended.
  - Consider getting a non-cordless, non-mobile telephone for your home in case the power goes out and/or mobile service is not available.
- Before the storm hits**
- Pay attention to instructions from public officials and the media.
  - Gather important documents including insurance policies, health cards, list of medications, birth certificates, list of important phone numbers and put them in a waterproof container.

- Prepare enough food, water and supplies to be self-sufficient for up to 14 days.
  - Purchase bottled water. The American Red Cross recommends at least one gallon of drinking water per person per day.
  - Gather supplies such as: non-perishable food, non-electric can opener, disposable dinnerware and utensils, matches or lighter, medications and prescriptions, personal hygiene supplies, baby supplies, pet food, trash bags, paper towels, tissues, toilet paper, soaps and detergents, rubber gloves, sunscreen, insect repellent, tarp, clothing, blankets, pillows and items for entertainment.
  - Check radio, flashlights and batteries.
  - Obtain cash or travelers checks in case banks are closed and ATMs are not working.
  - Fill up your car with gas.
  - Fill propane tanks if you plan to use a grill for cooking.
  - Charge your cell phone and obtain a car charger.
  - In the event of a loss of running water and electricity, turn refrigerators and freezers to their coldest settings to help keep your food fresh; consider making blocks of ice and storing them in coolers; sanitize bathtub and fill it with water.
- Secure and prepare your home.

- Store objects from your yard inside.
  - Fasten doors and windows.
  - Cover valuables and furniture with plastic and move away from windows.
  - Turn off and unplug any non-essential electrical equipment, including pool equipment.
- After the storm**
- Make the safety of your family and home your top priority.
    - Do not travel until it is safe to do so.
    - Immediately call 911 to report dangerous or hazardous conditions. To report downed power lines or damage to LCEC poles, wires or transformers call LCEC at 1-800-599-2356.
    - Stay far away from downed power lines, and flooded and debris-laden areas that may be hiding downed power lines. Do not touch anything that may be touching a downed power line.
    - If your roof or windows leak, water in your walls and ceiling may come into contact with electrical wiring. Immediately turn off your circuit breakers, disconnect all electrical appliances that are still plugged in and turn off all wall switches. Remember, never stand in water while operating switches or unplugging any electrical device.
    - Don't use candles; use battery-operated flashlights and lanterns instead.
    - Be cautious when using a grill, portable stove or other emergency cooking devices.
    - If you use a portable generator, read and follow all the manufacturer's instructions. Be sure to set it up outside – not in your home or garage – and connect appliances directly to it. Do not wire your generator directly to your breaker or fuse box, because the power you generate may flow back into power lines and cause injuries.
    - Make emergency repairs only when it is safe to do so.
- Repairs that prevent looting or further damage should have top priority, but only if the repair can be done safely.
- Should your power go out, listen to your local news on a battery-powered radio for the latest information on power restoration.
  - Continue to conserve refrigeration. Check food for spoilage; if in doubt, throw it out!
  - Photograph or video your home – inside and outside; take inventory to determine and record losses.

This information is the basic requirements that are provided by the FEMA website. There are many resources that may be of assistance in regards to emergency preparedness. Also, please check with your Association Property Management for localized information regarding your property.

# 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.



President's Comments from page 1

operations, facilities, building and grounds for those recreational activities.

- [Burnt Store Marina CC](#) for the golf course, restaurant, facilities, grounds and maintenance facility.
- [Home for the Holidays](#) for social events, and more!

I may have forgotten others, and I apologize if I have.

It doesn't take long to see that volunteering time and expertise is not only big in our community, but it is extremely important for our community to thrive and grow. We cannot thank everyone enough for his or her time and giving to make this a great place to live, play and socialize with great people!

I know that there are a lot of residents who have given not only their time, expertise, and knowledge, but have opened their wallets to help fund improvements and operations over and above our normal annual fees. We just want to mention two large outdoor projects that have taken place over the past year where many residents/participants in our recreational facilities have donated funds to improve the recreational facilities that they also use.

The first is all the improvements that have taken place at the tennis and pickleball facility over the past year. Stands and seating have been added, advertising posters added, new walkways and patios, and seating and umbrella shades for all the courts. The patio area at the back of the pickleball court, along with a grill and social area are new and used daily. All these have been donated and paid for by the members using these facilities.

The second is the improvements at the golf course, specifically the driving range and the patio outside of the cart barn. Pavers have been added in both these areas. Twelve new driving range mats have been added with pavers all around the mats. The shaded paver patio by the cart barn has become a desired place to hang out, have a beverage, eat some food and enjoy lots of talk and chatter. All these have been donated and paid for by the members using these facilities, but anybody can stop and enjoy the area.

Let us not in any way forget all those who have given personally for all sorts of operational costs and projects in their own neighborhood, that they have done on their own with little or no publicity. These major projects are just an example of many coming together to improve what we have to offer and enjoy in our community.

## An ARC did you know, moment...

By Barry Groesch, Architectural Review Committee Chair

Did you know...If you would like to install a paver border around your landscaping, an ARC application is needed. Go to **BSM22.org** to get your application.





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# Tight Lines... A Good Fishing Resource: Charlotte Harbor Artificial Reefs

By Jay Lev, Burnt Store Anglers

Fishermen are often looking to catch fish species other than snook, redfish and trout. The harbor has many good spots that have been created by the early construction of our highways and bridges. These areas are known to some as the Charlotte County Artificial Reefs. These underwater structures are made up of old concrete slabs, culverts, tires and other construction debris. In recent years, the Charlotte County Sea Grant Extension Program has helped direct the dumping of manmade debris to improve these reefs even further.



As time goes on, grasses, sea plants, barnacles and clams that grow or inhabit these reefs create excellent food sources for a large variety of fish, including snapper, grouper, flounder, trigger fish, cobia, shark, sheepshead, mackerel and tarpon, to name a few. The water levels range from 12 to 20 feet. As a result, this offers three water columns, top, mid and bottom, in which fish can feed. The Charlotte County Artificial Reefs are a good bet to attract good numbers and varieties of fish throughout the seasons.

There are four major artificial reefs in the harbor: The Old Tire Reef, Charlotte Harbor Reef, Cape Haze Reef and Danger Reef. The Old Tire Reef, located north in the harbor (26 degrees 54.80" Latitude and 82 degrees 07.62" Longitude) is at a depth of 12 feet. There is no vertical profile today, as storms have pretty much covered a lot of the structure. The Charlotte Harbor Reef (26 degrees 50.989" latitude, 82 degrees .317" longitude) is located at a depth of 12 feet. This reef profile is made of concrete balls, and a great deal of construction pieces. The Cape Haze Reef is located at the south end of Cape Haze (26 degrees 45.777" latitude and 82 degrees 09.380" longitude) in 12 feet of water. This reef is made up mostly of concrete culverts and some steel

pieces. The Danger Reef is located just short of the Pass (26 degrees 45.550 latitude and 82 degrees 11.175 longitude) in 12 feet of water. This reef is made up of a 40-foot steel tugboat and can be somewhat dangerous in low moving tides.

Fishing the harbor reefs generally requires the use of a conventional rod and reel. While some anglers use stout spinning tackle, it becomes a matter of choice as to which tackle you elect to use. Rigging for reef fishing requires a circle hook of at least 2/0 to 6/0 size, depending upon the fish species at that time of year. Usually a 4-or 5-foot-long monofilament leader of 30-pound test is sufficient. An egg sinker between 1 ounce and 3 ounces will be sufficient for fishing the harbor reefs. Most anglers have their own preference for which bait they would like to use. Shrimp, cut squid, cut sardines and chunks of ladyfish all have produced good results.

It is important to remember that you can always catch a larger fish on a small hook with good angling skills, but not often catch a smaller fish on too large a hook. Enjoy the reefs, hope for clean water, and catch and release.

*Tight Lines!*

## Grammar Tips... Ensure or Insure?

By the Editors of The Beacon

Here are a couple of words that get mixed up all the time. Most of us are guilty of using the wrong word when we write – they sound so similar when we’re speaking.

**Ensure** means to make certain. For example, “Please check to ensure you’re free to golf in the next scramble.”

**Insure** means to protect against risk by using an insurance policy. For example, “I insure my house against flood damage.”

Both of these words have to do with “making an outcome sure,” which is why they’re so often mixed up. In fact, the word **Assure**, meaning to promise or say with confidence, also has a similar meaning and can be mixed up with ensure and insure. But we assure you, the three words are not interchangeable.

## Fit Happens... Yoga is for Everybody, Really!

By Sandra Tillett

Often, when I tell people I teach yoga, I get two impassioned and completely polar opposite responses. “Oh, I can’t do yoga,” or “When and where?” These responses are based on experience and perception.

A great experience in one class might not be the same in the next. Inconsistency is always troubling. Adding insult to injury, if you have pursued Facebook or Instagram, you have no doubt seen the beautiful postures, twists and graceful moments of a yogi. Sometimes they even make chair yoga look unobtainable.

I have felt both ways myself! But yoga is not about a yogi, or the crazy poses or the clothing you wear to class. Nor is it about your ability to stand on your head or be twisted into a pretzel. It is simply about being present in your body, connected to the surroundings and to yourself. If you have a body, you can do yoga, really! At 55 and 30-pounds overweight I started a serious yoga practice. Two years later I left a successful executive job, bought a yoga studio, became a 500-hour teacher, primordial sound meditation teacher and pursued this passion. Why? Because a true yoga practice is



all about finding the connection of conscious awareness, and the mind/body/heart connections.

Our bodies know things way before our minds do. So, as you are moving into each posture or asana, you are learning to acknowledge your body’s knowledge. This is important because you are able to go inside, and there you can find a calm and nurturing place to be. I want to help others explore this reality.

Yoga also offers movement that improves your blood flow, digestion, muscle extension, and increases energy. I think of yoga as strength training for the body, and a moving meditation for the mind. Meditation, stretching and quiet movement are really good for us, and yet, it is often hard to commit to practice. For me yoga is an amazing solution to making that commitment to myself.

So, if you are an avid fitness person, tennis, golf or pickleball player, an experienced yoga practitioner or someone who does nothing, but you are interested in exploring, come and start your own journey with yoga practice. I want to help you make a connection to your own inner and outer self, and I want you to have fun! A promise I will make to you is that you will gain even more access to your own inner wisdom, and in return you can help me get the word out that yoga is for everybody, really!

Sheriff’s Report – April

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3 – Speeding, 1 resident, 2 guests

1 – Driving without headlights in the rain, 1 guest

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## 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.**

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# Plant of the Month...Clusia/Pitch Apple/Autograph Plant

By Maggie Hart, Mariners Pass

One of my favorite plants that favors our warm weather and sun is clusia. Its foliage is this plant’s best feature - the leaves are thick and leathery, shaped like fat teardrops or paddles. If you look around the landscaping within Burnt Store Marina, you will see many examples of this beautiful, healthy-looking plant. It has become very popular here. Clusia is perfect for providing lush privacy. It has wide-spreading, densely-leaved limbs and a short trunk. Although it is most often kept as a hedge or screen, it can grow to as much as 25 to 30 feet tall as a tree.

During the summer, it produces three-inch pink/white













flowers at night. Their flowers are followed by three-inch diameter fleshy, green, poisonous fruit. When ripe, the fruit turns black and splits open revealing red seeds and black, sticky pitch.




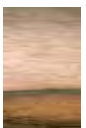




Clusia has other names. Some plants have names related to uses they no longer have, and pitch apple is one example. In the old days, pitch apple “pitch” was scrapped from the seeds and used to caulk boats. And its thick, dark green leaves have been used to leave messages - words gouged into the leaf tissue - so it is also called the autograph plant.

Adaptable from full sun to part shade, clusia is tolerant of sandy soil, and best of all, it is very salt tolerant, so it

fits well with seaside plantings. And, once established, this native is highly drought-tolerant.

Healthy clusia hedges are relatively resistant to garden pests. Thrips and scale are the main plant pests that affect growth. Scale looks like small brown growths on the plant’s stems. Thrips are tiny, flying insects that live under leaves. They suck the sap from clusia, and if not brought under control, they can infest the plant, stunting its growth. Use an insecticidal soap or neem oil solution to get rid of thrips. If you notice signs of scale insects, prune infected branches, twigs, and leaves. If you only notice only a few scale insects, try using rubbing alcohol and a cotton swab to get rid of the bugs.

FLORIDA’S STATE SYMBOLS		
		
Animal (1982)		<b>FLORIDA PANTHER</b> - A large, long tailed, pale brown cat that grows to six feet or longer. It is the most endangered of all the State symbols. Its habitat is usually the same as that of the white-tailed deer, which is the mainstay of its diet. Protected from hunting since 1958; on the Federal endangered list since 1967; state endangered list since 1973. Estimated population is between 80 and 100.
Beverage (1967)		<b>ORANGE JUICE</b> - During the Second World War, scientists invented a process for making concentrated orange juice. Soon, a frozen concentrate was developed that transformed orange juice production into a multi-billion-dollar industry.
Bird (1927)		<b>MOCKINGBIRD</b> - A superb songbird and mimic. This grey and white bird is about 10" long with a 15" wingspan. Feeds on insects, weeds seeds and berries. Territorial. Also the state bird of Arkansas, Mississippi, Texas and Tennessee.
Butterfly (1996)		<b>ZEBRA LONGWING</b> - Long narrow black wings with distinctive thin yellow bands and one band of yellow dots. Wingspan 3-3.2 inches. Slow, graceful flight. Found throughout the state in hardwood hammocks, thickets, brushy fields, pine-oak woods and gardens; more common in south Florida. Larval plant is the passion vine.
Fish (Freshwater) (1975)		<b>LARGEMOUTH BASS</b> - One of America’s most-prized gamefish, the Florida largemouth bass seems to grow to unusually large size in Florida waters. It can reach more than 20" in length and weigh more than fifteen pounds.
Fish (Saltwater) (1975)		<b>SAILFISH</b> - Though not unique to Florida (they are found nearly everywhere in warm ocean waters), Florida sail fishing is legendary especially in the Fort Pierce, Miami and Keys areas during colder months. They can reach speeds of 60 mph. The average size found in Florida is approximately 6’-7’ and weigh 30-45 pounds.
Flower (1909)		<b>ORANGE BLOSSOM</b> - The blossom of the orange tree is one of the most fragrant flowers in Florida. The aroma permeates the atmosphere throughout central and south Florida during orange blossom time. This year’s blossoms can be seen on trees while last year’s crop or oranges are still being picked. Highly prized during the Victorian era by brides.
Gem (1970)		<b>MOONSTONE</b> - Ironically, the moonstone (a form of mineral feldspar) is not found naturally in Florida...nor was it found on the moon! However, the legislature adopted it as the state stone to memorialize Apollo 11’s flight to the moon, which was launched from the Kennedy Space Center in Florida.
Mammal (Marine) (1975)		<b>MANATEE</b> - This gray, water plant-eating gentle giant, sometimes called a sea cow, can reach 8’-14’ in length and can weigh more than a ton. Of all known causes, humans are responsible for half their deaths, frequently because of being struck by boats and barges and propeller blade injuries.

Mammal (Saltwater) (1975)		<b>PORPOISE OR DOLPHIN</b> - Even the Florida legislature left the issue open, designating the “porpoise, also commonly known as the dolphin,” as the official saltwater mammal. Usually in Florida both names refer to the Bottlenose dolphin. This gray mammal can live to the age of thirty and are 6’-8’ in length.
Reptile (1987)		<b>ALLIGATOR</b> - Found throughout Florida (and in parts of other southeastern states); they move surprisingly fast over short distances and their powerful jaws and tails make them dangerous to approach. Alligators should not be fed as this causes them to lose their fear of humans (feeding is against Florida statutes).
Shell (1969)		<b>HORSE CONCH</b> - Also known as the giant band shell; native to marine waters around Florida and can grow to a length of 24”/Young horse conchs have orange-colored shells; adults have orange apertures. The word “conch” comes from a Greek word meaning “shell.”
Soil (1989)		<b>MYAKKA FINE SAND</b> - This particular type of wet, sandy soil with an organic stained subsoil layer on flatwoods landforms is the largest total acreage in the nation. There are more than one-and-a-half million acres in Florida. <i>Surface layer:</i> gray fine sand. <i>Subsurface:</i> light gray fine sand. <i>Subsoil:</i> dark reddish-brown fine sand with organic stains. <i>Substratum (at depth of 4’):</i> brown and yellowish brown fine sand.
Stone (1979)		<b>AGATIZED CORAL</b> - It takes about 20-30,000,000 years for silica in the ocean water to harden and replace limy corals with a form of quartz known as chalcedony. Agatized coral is found in three main Florida locations: Tampa Bay, the Econfinia River, and the Withlacoochee/Suwannee river beds.
Tree (1953)		<b>SABAL PALM</b> - The most widely distributed palm in Florida. Native also to Cuba, the Bahamas, and the coastal Georgia and Carolinas coasts. Also known as Cabbage Palm, it is also the source of swamp cabbage (hearts of palm); harvesting kills the tree. The 1970 legislature mandated that the sabal palm replace the cocoa palm in the state seal.
Wildflower (1991)		<b>COREOPSIS</b> - This bright yellow-golden colored flower (centers may be black, brown, or yellow and petals can be solid in color or tinged with oranges or reds). Frequently called tickseed ( <i>coreopsis</i> means bedbug, apparently referring to the seed shape). Used extensively in Florida’s roadside plantings, Florida’s Federation of Garden Clubs promoted adoption as the state wildflower. Fourteen species are found in Florida.
Seal		In 1985, Secretary of State George Firestone presented the revised Great Seal of the State of Florida to the Governor and Cabinet. The previous State Seal had several errors which were corrected at this time. The revision has a Seminole Indian woman (rather than a Western Plains Indian, the steamboat is more accurate, and the cocoa pal was changed to a sabal palm (as prescribed by the Legislature in 1970)
Other State Symbols		<b>Motto:</b> In God We Trust was adopted in 1868 as part of the State Seal and officially designated as the state’s motto in 2006. <b>Anthem:</b> <i>Florida, Where the Sawgrass Meets the Sky</i> by Jan Hinton, winner of the online contest to find a new song to represent the state. However, <i>Old Folks at Home</i> by Steven Foster was retained as the “old state song.” <b>Play:</b> In 1973 <i>Cross and Sword</i> was designated as the state play, depicting the story of the Spanish colonization of the nation’s first city, St. Augustine.

Source: Florida Department of State ([www.flheritage.com/facts/symbols](http://www.flheritage.com/facts/symbols)) Compiled by Maryel Clare for the Florida Master Naturalist Program



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# The Recipe Box

By Candace VanDenBerghe, Marlin Run

I sometimes substitute a pound of cooked and crumbled bacon for the sausage. You can also personalize the recipe by adding some chopped scallions, green pepper, or other vegetables, like asparagus or broccoli. (And maybe top with some salsa and hot sauce)

## Egg & Sausage Pie

- 1 pound pork sausage (or 1 lb. cooked and crumbled bacon)
- 1 (8 ounce) pkg. refrigerated crescent roll dough
- 8 eggs, beaten
- 2 c. shredded mozzarella cheese
- 2 c. shredded cheddar cheese
- 1 tsp. dried oregano or Italian seasoning (optional)

Place sausage or bacon in a large, deep skillet. Cook until evenly brown. Drain, crumble, and set aside.

Preheat oven to 350°F. Lightly grease a 9x13 inch baking dish. Line the bottom of the prepared baking dish with crescent roll dough. Bake crescent rolls for 7-8 min. Sprinkle with crumbled sausage.

In a large bowl, mix beaten eggs, mozzarella, and cheddar. If desired, season the mixture with oregano or Italian seasoning; pour over the sausage and crescent rolls. Bake 25 to 30 minutes in the preheated oven, or until a knife inserted in the center comes out clean.



Mom and baby opossums, by Jack Lowe

# Bocce Ball – That’s The Way We Roll

By Kathy Darrell, Tarpon Pass II

Our goal is to introduce the joy and competition of bocce to more people.

In spite of Covid, the BSMCC Bocce League completed a successful season and enjoyed our end-of-year awards gathering. Kudos to Connie & Dave Huelsbeck for hosting this lovely evening.



Because this season was slightly different than previous years, we presented “crazy awards” that ranged from Perfect Score (100% losses), Most Vocal Referee to Whose Fault is it that we meet every Tuesday to play bocce! It was a fun evening with Dave’s amazing brats, good friends and lots of laughs. It was also a joy to be able to hug our friends going back north since we were all vaccinated! Life is good!!!

Our hope is that more folks will join the bocce craze. We have a pretty nice court and want more people to take advantage of this amenity. Stop by the club and check out the bocce court.

In season we play bocce every Tuesday at 3 p.m. Our season usually runs from October to April. If you have a conflict on Tuesdays, bocce is also available on Thursdays

during Party on the Patio. 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 to the cart barn.

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.

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

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



# Golf News and Tips

By Bill Connelly, Manager of Golf Operations

Summertime is here, the heat and humidity are up and the daily rains have started. With the excess heat, please remember to stay hydrated and continue to apply your sunscreen.

This summer we will have Heron closed for renovation, and plan on having it ready for next season. Pelican and Osprey will remain open for play this summer. Thank you to all of our members and residents for your continued support.

**2020-2021 Ladies League Flight Winner**

<b>A Flight</b>	<b>C Flight</b>
1 <sup>st</sup> – Phyllis Love	1 <sup>st</sup> – Bev McIntosh
2 <sup>nd</sup> – Lesley Rose	2 <sup>nd</sup> – Cathy Crandall
3 <sup>rd</sup> – Mary Welch	3 <sup>rd</sup> – Loriann Rogers
<b>B Flight</b>	<b>D Flight</b>
1 <sup>st</sup> – Cheeta Currier	1 <sup>st</sup> – Judy Schinellar
2 <sup>nd</sup> – Kathi McKay	2 <sup>nd</sup> – Pam Williams
3 <sup>rd</sup> – Melody Groh	3 <sup>rd</sup> – Paula Alton



**Nine-Hole Flight**

1<sup>st</sup> – Connie Jackson  
2<sup>nd</sup> – Babe Ahrens  
3<sup>rd</sup> – Carol Smith

**2020-2021 Mens League Final Standings:**

<b>Palmer Flight</b>	<b>Nicklaus Flight</b>	<b>Player Flight</b>
Stan Borchers	Jim Carroll	Dick Welter
Art Gates	Jerry Jerome	Rich Hallowell
Bill Story	Ron Jones	Fred Ayers
Greg Mallory	Roy Howard	Dave Fitzgerald
Larry Marks	Greg Jordan	Victor Smith
Bill Morrissey	Gordon Fogg	Nick Dragojevic

**Golfers hitting a Hole-in-One in April:**

Ken Pelto – 4/3 on Heron #2  
Becky Iaquinta – 4/14 on Heron #2  
Doug Binger – Backwards Scramble on Pelican #4

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.









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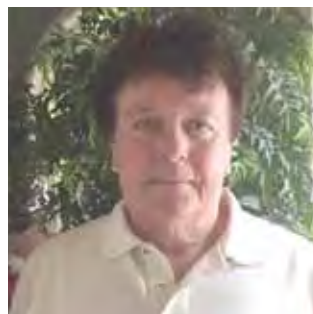
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# Burnt Store Marina CC News

By Mike McFeeley, BSMCC Liaison, Sect 22 BOD

The winds of change are blowing, and there are exciting things in store for the Burnt Store Marina Country Club. Work has begun on the Heron Course to bring it up to the standard set by the other two courses. This is the culmination of a multi-year project that is the first big step in a transformation. Many people have dedicated a tremendous amount of time to help improve our community. We are always looking for more volunteers to step up and help. Terry Kelly, from the Section 22 Board of Directors, has led the way, and is excited about completing the project. The goal is for the course to be open in the fourth quarter of 2021.

As most of you already know, Pope Golf Management Company has been helping us with golf course construction, as well as restaurant and golf course management, for over a year. They have been great partners helping us navigate this massive undertaking. With their contract expiring on June 1, 2021, the Board of Directors began a search to find the right company to help us build and grow a club that we can all be proud of. We evaluated partners that fit our criteria for what we need to be successful. It is important to note that Pope Golf has been fantastic to work with. An announcement was made in late April that we chose this new partner – Honours Golf, a division of Troon. We feel this company is the best fit for us going forward.

Vision 2025 is an initiative that started in March 2021. This initiative is designed to bring residents of Section 22 into the discussion about what our community will be like in the future. Input groups, feedback sessions and increased communication will help us create a vision for the future, and put a plan in place to achieve our goals. All residents, as well as club members outside our gates, are included and encouraged to get involved. There will be many opportunities for all of us to bring our time, talent and energy to the aid of this endeavor. Stay tuned for more information.

Golf rounds played for 2021 have dramatically increased over pre-pandemic rounds from 2020. This is largely due to the improved course conditions after the golf course renovation of 2020. This is very encouraging as our course begins to receive increased member and non-member play. We are rapidly becoming a destination course as our public reviews online continue to improve. We still have a ways to go but our positive momentum is promising. Golf course and social memberships are areas that will receive a lot of attention in the coming months. We currently have 526 total memberships, split between 398 social members and 128 full golf memberships. In the coming months, a major focus will be on enhancing the value of membership in the club. Our goal is to make the Burnt Store Marina Country Club the heart of the community. Some exciting ideas are already being



explored and much more information is coming.

A very special thanks needs to go out to the social and activities group which has persevered through all the pandemic issues thrown their way. We had a large number of fantastic events this season, and this group of

volunteers organized and executed their plans perfectly. They worked tirelessly for everyone in the community and deserve a huge THANK YOU! If you weren't involved in some of the fun this year at the club, get ready for a robust schedule in the fall. The best is yet to come!

BSMCC June Schedule of Events						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9 Hole Scramble 3:30 p.m.*** Dine in or Take out Lunch 11a.m.-3 p.m.* Dinner 4-7 p.m.*	2 Dine in or Take out Lunch 11a.m.-3 p.m.*	3 Dine in or Take out Lunch 11a.m.-3 p.m.* Party on the Patio 3 p.m. ***	4 Dine in or Take out Lunch 11a.m.-3 p.m.*	5 18 HoleScramble 8 a.m.*** Dine in or Take out Lunch 11a.m.-3 p.m.*
6 Dine in or Take out Lunch 11 a.m.-3 p.m.*	7 Dine in or Take out Lunch 11a.m.-3 p.m.* Trivia 5-7 p.m.*** Bar Food Menu Available	8 9 Hole Scramble 3:30 p.m.*** Dine in or Take out Lunch 11a.m.-3 p.m.* Dinner 4-7 p.m.*	9 Dine in or Take out Lunch 11a.m.-3 p.m.* Republican Dinner 5 p.m.*****	10 Dine in or Take out Lunch 11a.m.-3 p.m.* Party on the Patio 3 p.m. ***	11 Dine in or Take out Lunch 11a.m.-3 p.m.*	12 18 HoleScramble 8 a.m.*** Dine in or Take out Lunch 11a.m.-3 p.m.*
13 Dine in or Take out Lunch 11 a.m.-3 p.m.*	14 Dine in or Take out Lunch 11a.m.-3 p.m.* Trivia 5-7 p.m.*** Bar Food Menu Available	15 9 Hole Scramble 3:30 p.m.*** Dine in or Take out Lunch 11 a.m.-3 p.m.* Dinner 4-7 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.* Party on the Patio 3 p.m.***	18 Dine in or Take out Lunch 11a.m.-3 p.m.*	19 18 HoleScramble 8:00 a.m. *** Dine in or Take out Lunch 11a.m.-3 p.m.*
20 Dine in or Take out Lunch 11 a.m.-3 p.m.*	21 Dine in or Take out Lunch 11a.m.-3 p.m.* Trivia 5-7 p.m.*** Bar Food Menu Available	22 9 Hole Scramble 3:30 p.m.*** Dine in or Take out Lunch 11a.m.-3 p.m.* Dinner 4-7 p.m.*	23 Dine in or Take out Lunch 11a.m.-3 p.m.* Bingo 5 p.m.****	24 Dine in or Take out Lunch 11a.m.-3 p.m.* Party on the Patio 3 p.m. ***	25 Dine in or Take out Lunch 11a.m.-3 p.m.*	26 18 HoleScramble 8 a.m.*** Dine in or Take out Lunch 11a.m.-3 p.m.*
27 Dine in or Take out Lunch 11 a.m.-3 p.m.*	28 Dine in or Take out Lunch 11a.m.-3 p.m.* Trivia 5-7 p.m.*** Bar Food Menu Available	29 9 Hole Scramble 3:30 p.m.*** Dine in or Take out Lunch 11a.m.-3 p.m.* Dinner 4-7 p.m.*	30 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.						

## Renting Your Home?

Be sure to get your paperwork to the front gate so your renters will be processed quickly and efficiently.

## 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.

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Grande Isle III	3329 Sunset Key Cir #103	SOLD \$360,000	The Esplanade	24383 Baltic Ave #101	SOLD \$305,000
Marina South Shore	3250 Southshore Dr #56B	SOLD \$400,000	Grand Isle III	3329 Sunset Key Cir # 201	\$420,000 PENDING
Marina South Shore	3280 Southshore Dr #88A	SOLD \$560,000	The Esplanade	24367 Baltic Ave #201	\$349,000 PENDING
Marina South Shore	3260 Southshore Dr #66B	SOLD \$299,000	The Commodore Club	1 Pirates Lane #13B	\$180,000 PENDING
Harbor Towers 2060	Matecumbe Key #2204	SOLD \$250,000	Port Charlotte, Sec 15	23221 Billings Ave	\$349,000 PENDING
Marlin Run Condo	304 Islamorada	SOLD \$234,000	Pine Island, Bokeelia	15018 Martinique	\$326,000 PENDING
	Artesia in Naples	1250 Kendari Terrace		\$450,000 PENDING	

## NEW LISTINGS!



**Port Charlotte Sec 002**  
**163 Dartmouth Dr**  
**\$400,000**

Updated Gulf Access Home on 1/2 Acre Lot, 175 Ft on Water with Panoramic Intersecting Canal Views on the Sunrise Waterway.



**Burnt Store Lakes**  
**17301 Cape Horn Blvd**  
**\$500,000**

**Stunning New Construction**  
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Looking for a highly upgraded move in ready home?



**Charlotte Harbor “Tiny-House”**  
**23120 Central**  
**\$165,000**

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**McGrath Point Estates**  
**4310 Point Court, Port Charlotte**  
**\$150,000**

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**Burnt Store Lakes**  
**17304 Vagabond Cir**  
**\$409,000**

HUGE 3000 sq ft Pool home  
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**Burnt Store Lakes**  
**16196 Cayman Lane Lot 5**  
**\$90,000**

Long Wide Water View on Eagle Lake  
Nice Cul-de-Sac Building Site  
Over 160 Ft on the Water!



**Charlotte Ranchettes**  
**6277 & 6239 Austrian Blvd**  
**\$110,000**

Double Lot 2.5 Acre Site  
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Cleared Parcel. Great Home Site  
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**Burnt Store Lakes**  
**24386 Belize Court Lot 17**  
**\$68,500**

Over 90 ft Lakefront with long water views.  
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Dimensions 72 x 120 x 93 x 120

## Burnt Store Lakes Owners and Investors:

There are currently **55 lots for sale in Burnt Store Lakes.**

**256 Lots sold** in last 6 months and there are **42 lots pending sale.**

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# Fitness, Friends & Fun...

## Pickleball and Tennis are HOT at BSMFC

By Lori Meier, Fitness Center



### What is Pickleball?

It's a paddle sport created for all ages and skill levels. It is a fun sport that combines many elements of tennis, badminton and ping-pong. The rules are simple, and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. It's a great way for active adults to enjoy the outdoors, meet new people, be social and as competitive or non-competitive as you want. Did you know that pickleball is one of the fastest growing sports in the country, and we have grown our program to keep up with the demand?

Due to COVID-19 protocols, the Pickleball Club didn't do as much inter-club competition as in other years, however they did continue with very active competitions within the club.

Have you wanted to give pickleball a try, but for some reason have held back? Our Pickleball Pro is Ricky (Riccardo) Deller. He is a pickleball player, coach and mentor. He has been playing since 2015, competing both locally and nationally. Ricky brings his expertise and infectious enthusiasm for the sport and people to our courts. He is available for individual lessons, couples, or group clinics from beginner to pro.



In addition, we offer an Intro to Pickleball class on Tuesdays and Fridays at 10 a.m. (advanced registration is required). Everyone is friendly and willing to help new players gain their skills.

One new pickleball player, Nancy Schindler, shared her thoughts on the sport. "Pickleball is a fun and social way to get outdoors and enjoy this Florida weather, which is the reason so many of us come down here. Plus, you get the added benefit of exercising – how fortunate we are to have this advantage within our community."

### BSM Pickleball Champs!

Our BSM tournaments bring in a great group for some fun competition, good food and music. Our 2020-2021 Gold Medal Winners: Kathleen Harrigan, Bob Dodge, Rob Jamros, Karen Chesterman, Dave Allenick, Sandy Venne, Dana Pluss, Diane Frank, Jim McKinstry, Nancy Wong and Dennis Frank.

Our 2020-2021 Silver Medal Winners: Shelly Gray, Holly Hirst, Charlie Pettijohn, Eulalia Ralph, Tony Gray, Lynne Johnson, Glenn Bodien, and Mary Olsen.



### Interested in Tennis?

The tennis courts are full of fun for singles, doubles, group and team play. They are open from dawn to dusk daily, and offer professional quality courts. In addition to recreational play, there are organized mixed round-robins and socials for great play and a whole lot of fun! You can step up your competitive play by joining one of our eight teams, join in on the open play games, or schedule a clinic or lesson with our Tennis Pro to learn the game or enhance your game. There is something for everyone from beginner to advanced. Stop by anytime and see what we are all about.

**Team Tennis!** Our Team Tennis ran every Monday, and tennis players of all levels played in a friendly competition!

Team Tennis Winners: Henry Fortin, Jack Linville, Milt Sales, Mif Haas, Jean Terrell, Barb Perrott, Kathy Sales, Sharon Penny, Tom Schmitz, Mark Vanderlinden, Carol Granger, Alice Fortin and Michele Dolle.

Our Tennis Pro is Jay Penny. Jay comes to us with a long list of credentials and 40 years of teaching tennis. He brings lots of excitement, high energy and fun to the courts, as well as raising the skill level of all players. He is available for single and group clinics from beginner to pro and we will add any "NEW" clinics or drills as the season progresses.



A Burnt Store Marina tennis player, Floortje Walther, expressed her thoughts about the club, saying "I enjoy meeting new people and the opportunity to play the competitive tennis that I love."

Remember, these sports are open for the casual player as well as for the competitive individual. New members are always welcome, so feel free to contact the Fitness Center and learn more about how you can participate in these fun sports. Everyone has to be a beginner...so don't be shy or worried about your skills, just get out there and get started!

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Pelican in marina, by Cathy Bleakly



The vibrant Monarch caterpillars with their yellow, black and white suits, by Karen Sanderson



# June Off-Beat Holidays and Adventures

By Maggie Hart, Mariners Pass

June begins hurricane season here in Florida, and due to continued COVID-19 restrictions, not many groups and associations are willing to brave the storm. However, there are several annual events that will continue their traditions.

**Florida Fruit Festivals!** There are several in June:

- *Watermelon*, in Chiefland (call 352-493-1849), Monticello (email [info@monticellojeffersonfl.com](mailto:info@monticellojeffersonfl.com)) and Chipley (email [washington@ifas.ufl.edu](mailto:washington@ifas.ufl.edu))
- *Blueberry*, at Milton (call 850-623-9320) and Wellborn (call 386-963-1157)
- *Tropical Fruit* festival on Big Pine Key ([growinghopeinitiative.org](http://growinghopeinitiative.org))

If you want to attend, be sure to use this contact info – all are subject to cancelation.

Traditionally, June is the month for weddings. So, if you have one coming up in June outside of Florida, be sure to button up your home in BSM for possible storms.

Here are some live celebrations in Florida:

**June 4 – 6: Pepsi Gulf Coast Jam**, Panama City Beach, FL - Country on the Coast, featuring Lynyrd Skynyrd, Brad Paisley, Luke Bryan and more country artists. Located at Frank Brown Park, gates open Friday & Saturday 2 p.m.; Sunday at Noon. Cashless - your credit card is needed for all extras. For tickets and information, go to [pepsigulfcoastjam.com](http://pepsigulfcoastjam.com).

**June 23 - 26:** Elvis - The Summer Festival, Inverness FL. This is Florida’s biggest Elvis Festival officially licensed by Elvis Presley Enterprises. Featuring 4 days of Elvis-filled fun, 6 Vegas style headliner shows and 12 Elvis tribute artists - Dean Z, Bill Cherry, Dwight Icenhower and many more! All of this is taking place at the Citrus County Auditorium. Tickets start at \$15 per show. For more info visit [www.elvisthesummerfestival.com](http://www.elvisthesummerfestival.com)

## Gardener’s Wheelbarrow

By Maggie Hart,  
Mariners Pass

June is the month when afternoon thunderstorms start appearing. Rain, humidity, heat and lots of sun change the way plants grow. Everything speeds up, including diseases and pests. Keep a sharp eye out for odd leaf growth patterns and yellow veining on leaves.

June brings glorious flowers to plumeria/frangipani, crape myrtle and royal poinciana. This is the Florida splendor many snowbirds never get to see.

• Turf requires a complete, slow-release fertilizer. Due to Lee County restrictions, fertilizer containing nitrogen CANNOT be used during the rainy season. If your lawn needs greening, use iron. A high potash count will also help roots become vigorous. It’s *too hot* to use an herbicide.

• Turf Die-back – If you have irregular dead patches to your lawn, chinch bugs are probably the culprit. Proper mowing, fertilization, and irrigation can greatly reduce the susceptibility of St. Augustine grass to chinch bug infestations. Grass should be kept to a height of 3 to 4 inches to ensure a strong root system, which will increase the grass’ tolerance against chinch bug infestations. Added moisture in lawns also encourages chinch bug infestations. Thatch - a spongy mat of shoots, stems, and roots - provides a prime habitat for chinch bugs to feed



And...some other dates to remember:

**June 2: Festa della Repubblica.** Today commemorates the referendum in 1946, when Italians were called to take a poll and decide the form of their government after the ending of World War II. With a flood of votes, the Italians chose a Republic with a Constituent Assembly, and sent their kingdom to exile.

**June 6, 1944: D-Day**, the largest amphibious landing in history, began in the early-morning hours as Allied forces landed in Normandy on the northern coast of France. Operation Overlord took months of planning and involved 1,527,000 soldiers in 47 Allied divisions along with 4,400 ships and landing craft, and 11,000 aircraft. American forces landed on two western beaches, Utah and Omaha, while British and Canadian troops landed farther east on Gold, Juno and Sword beaches. By the end of the day 150,000 Allied soldiers and their accompanying vehicles had landed with 15,000 killed and wounded.

**June 8: World Oceans Day** has been celebrated for the past 17 years on this day. We get both foods and medicines from the ocean, and the majority of oxygen we breathe comes from the ocean. For more information on celebrating today, go to [theoceanproject.org](http://theoceanproject.org).

**June 10, 1652:** In Massachusetts, silversmith John Hull opened the first mint in America, in defiance of English colonial law. The first coin issued was the Pine Tree Shilling, designed by Hull.

**June 11: King Kamehameha Day**, celebrated in Hawaii, falls on June 11 and celebrates the accomplishments of “Kamehameha the Great.” He’s credited with uniting the Hawaiian Islands in 1810. Kamehameha is honored each year with numerous celebrations across the islands. Downtown Honolulu hosts one such celebration, where hundreds of leis are draped over a 15-foot statue of the celebrated ruler.

and lay their eggs. If a significant layer of thatch covers a lawn, it may be removed mechanically by vertical mowing or power raking.

- Prune shrubs that have ceased to flower or at least have slowed down their flowering.
- Keep insects in check with horticultural oil or Organocide. (Organocide is an insecticide and fungicide, with the active ingredient - sesame oil.) Apply late in the day when the temperature has begun to drop a bit. Spray up into the plant, • **under** the leaves, where the insects live.
- Oleander caterpillars will be making a feast of your oleander shrubs. Use Bt (*Bacillus thuringensis*) or Thuricide to eradicate them. Use it as soon as you see these orange and black caterpillars...the smaller, the better, the more effective. Remember, these caterpillars are poisonous – do not touch!
- Humidity + Heat = Fungus. Coppercide is another good product and should also be applied late in the day. Remove affected leaves from the ground. Be proactive with fungicide when you know a particular plant is prone to it.
- **Now is a great time to plant anything** - take advantage of the summer rains. Since they are cultivated with potable water, newly purchased plants’ roots need an adjustment period to our salty irrigation water and soil. It might appear wasteful to irrigate when there’s rain, but consider hand watering new plantings to dilute the salty irrigation water.

## Consumer Alerts

### Don’t Open Your Door To Grandparent Scams

By Emily Wu, Attorney, Federal Trade Commission

When it comes to scammers, nothing is sacred – including the bond between grandparent and grandchild. Lately, grandparent scammers have gotten bolder: they might even come to your door to collect money, supposedly for your grandchild in distress.

These kinds of scams still start with a call from someone pretending to be your grandchild. They might speak softly or make an excuse for why they sound different. They’ll say they’re in trouble, need bail, or need money for some reason. The “grandkid” will also beg you to keep this a secret – maybe they’re “under a gag order,” or they don’t want their parents to know. Sometimes, they might put another scammer on the line who pretends to be a lawyer needing money to represent the grandchild in court.

But, instead of asking you to buy gift cards or wire

money (both signs of a scam), the scammer tells you someone will come to your door to pick up cash. Once you hand it over, your money is gone. But you might get more calls to send money by wire transfer or through the mail.

To avoid these scams and protect your personal information:

- Take a breath and resist the pressure to pay. Get off the phone and call or text the person who (supposedly) called. If you can’t reach them, check with a family member to get the real story. Even though the scammer said not to.
  - Don’t give your address, personal information, or cash to anyone who contacts you. And anyone who asks you to pay by gift card or money transfer is a scammer. **Always.**
  - Check your social media privacy settings and limit what you share publicly. Even if your settings are on private, be careful about what personal identifiers you put out on social media.
- If you lost money to this kind of scam, it was a crime, so file a report with local law enforcement. And if you get any kind of scam call, report it at [ReportFraud.ftc.gov](http://ReportFraud.ftc.gov).

**June 13, 1971:** The New York Times began publishing the *Pentagon Papers*, a collection of top-secret documents exposing U.S. strategy in the Vietnam War.

**June 14, 1777:** John Adams introduced a resolution before Congress mandating a United States flag, stating, “...that the flag of the thirteen United States shall be thirteen stripes, alternate red and white; that the union be thirteen stars, white on a blue field, representing a new constellation.” This anniversary is celebrated each year in the U.S. as *Flag Day*.

**June 15, 1215:** King John set his seal to *Magna Carta*, the first charter of British liberties, guaranteeing basic rights that have since become the foundation of modern democracies around the world.

**June 17, 1972:** Following a seemingly routine burglary, five men were arrested at the National Democratic Headquarters in the *Watergate* complex in Washington, D.C. Subsequent investigations found the burglars were actually agents hired by the Committee for the Re-election of President Richard Nixon. A long chain of events followed, in which the president and his top aides became involved in an extensive cover-up of this, eventually leading to the resignation of President Nixon on August 9, 1974.

**June 20: Fathers’ Day** is the third Sunday in June each year, and is a day set aside to honor our fathers. Today, we celebrate our fathers, paternal bonds, and the influence of fathers in our society.

**June 21: The Summer Solstice** - that blessed time of year when barbecues and beach trips reign, when work slows and summer holidays mean getting together with friends and family. Summer Solstice - also known as the first day of summer - has arrived north of the equator. Dairy Queens in the U.S. have traditionally celebrated today by giving away free cones (with any purchase). But COVID-19 caused the 2021 give-away to be canceled.




### Dining Venues

**LINKSIDE CAFÉ - 941-637-6405**  
[www.linksidecafe.org](http://www.linksidecafe.org)  
Lunch – Daily: 11 a.m. - 3 p.m.  
Dinner – Members Only - Tuesday Night Dinners 5 - 7 p.m.  
Dinner is by reservation only, and is subject to change.

**CASS CAY RESTAURANT & BAR - 941-347-7148**  
[www.casscayrestaurant.com](http://www.casscayrestaurant.com)  
Open Daily – 11 a.m. – 9 p.m.


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## BROADWAYPALM


PRESENTS

**May 27 – June 26**



Take a trip down memory lane with this exciting and colorful salute to the powerful female voices of the 1960s. The talented cast will sing and dance to hits made popular by the Chiffons, the Supremes, Aretha Franklin, Connie Francis and more. *Beehive* includes 40 beloved songs that take you on a journey through the look, sounds and feel of the 1960s such as *My Boyfriend's Back*, *Son Of A Preacher Man*, *Me and Bobby McGee*, *R-E-S-P-E-C-T* and *It's My Party* and many others!





**July 1 - August 14**



Grease is the word! Travel back to Rydell High and the hot-rodding Burger Palace Boys and their gum-snapping, hip-shaking Pink Ladies. Head “greaser” Danny Zuko and new girl Sandy Dumbrowski try to relive their summer romance as the rest of the gang sings and dances their way through *Greased Lightnin’*; *Summer Nights*; *Born to Hand Jive*; *We Go Together*; *Look at Me*, *I'm Sandra Dee*; *You're The One That I Want*; *Beauty School Dropout* and more!

*Dates may be subject to change.*

**JOIN US FRIDAY AND SATURDAY EVENINGS FOR OUR UPSCALE DINING EXPERIENCE**

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# Five Health Benefits Of Smiling And Laughing

Next time you have your yearly checkup, don't be surprised if your doctor recommends getting in at least 20- to 30-minutes of laughter each day. While this may seem like a silly suggestion, laughter has several health benefits including improved mood, reduced pain, and a strengthened immune system.



- 1. Decrease Stress.** Laughter has several health benefits, including lowering stress hormones and reducing physical tension throughout your body. It can also help lower your blood pressure which is good for your heart health. Try listening to a funny podcast on your morning commute or during an evening walk. Finding something or someone funny not only improves your mood, but laughter also relaxes your muscles by increasing your blood circulation. So, the more you laugh, the more you will feel calm and stress-free!
- 2. Strengthen Immune System.** When you smile or laugh, that good feeling triggers a chemical reaction in your brain, which releases small proteins called neuropeptides. These tiny molecules maintain immune tolerance and may help fight potentially serious illnesses. Life can be hectic, so make sure to include humor in your daily routine. Whether it's watching your favorite comedy or sharing funny videos or memes with friends, it's important to find ways to keep the mood light and find time to have a laugh.
- 3. Improve Mood.** When you smile, your body releases

## Kids on the Golf Course

Many of you may have grandchildren visiting – and they think it's fun to drive around in Grandpa & Grandma's golf cart. Please be aware that there are rules for golf cart use.

No one under 14 is allowed to drive on streets within Burnt Store Marina.

No one *not* playing golf is allowed to drive on the golf course.

It's as easy as that. Please do not allow under-age visitors to use your golf carts, or any other vehicles in Burnt Store Marina, especially on the golf course.



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## U.S. Coast Guard Auxiliary Offers One Day Boating Safety Class

**Who:** U.S. Coast Guard Auxiliary  
**What:** Safe Boating Class  
**When:** Saturday, June 19 from 9 a.m. until 4 p.m.  
**Where:** 15660 Pine Ridge Road, Fort Myers, FL 33908

U.S. Coast Guard Auxiliary is offering the one day, "About Boating Safety" class. This beginner boating class will give the novice recreational boater the knowledge needed to obtain the FWC safety certification. Anyone born on or after Jan. 1, 1988 who operates a vessel powered by 10 horsepower or more must pass an approved boater safety course and be issued with a boating safety education identification card. This ID card must be in his/her possession along with photographic identification.

Recreational boating is fun and enjoyable, and we are fortunate that we have enough resources to accommodate the wide variety of pleasure boating demands. However, our waterways can become crowded at times and be a place of chaos and confusion. While being a marvelous source of recreation, boating, to the unprepared, can be a risky sport. Not knowing or obeying the navigation rules or the nautical "rules of the road," drinking alcohol or taking drugs while operating a boat, or choosing not to wear your life jacket, are all examples of human error or a lack of proper judgement.

The About Boating Safety Class will be held Saturday, June 19 from 9 a.m. until 4 p.m. in South Fort Myers at the Pine Ridge Community Center (next to the Iona McGregor

- Senility has been a smooth transition for me. I think I'll just put an "out of order" sticker on my forehead and call it a day.
- Just remember, once you're over the hill, you begin to pick up speed.
- It's weird being the same age as old people.
- When I was a kid, I wanted to be older, but this is not what I expected.
- It's probably my age that tricks people into thinking I'm an adult.
- Never sing in the shower! Singing leads to dancing, dancing leads to slipping, and slipping leads to paramedics seeing you naked. So, remember ... don't sing!
- I see people about my age mountain climbing. I feel good getting my leg through my underwear without losing my balance.
- If you can't think of a word, simply say, "I forgot the English word for it." That way, people will think you're bilingual instead of an idiot.
- I'm at a place in my life where errands are starting to count as going out.
- I'm at that age where my mind still thinks I'm 29, my humor suggests I'm 12, while my body mostly keeps asking if I'm sure I'm not dead yet.
- Don't be worried about your smartphone or TV spying on you. Your vacuum cleaner has been collecting dirt on you for years.
- I don't always go the extra mile, but when I do, it's because I missed my exit.
- You don't realize how old you are until you sit on the floor and then try to get back up.
- We all get heavier as we get older because there's a lot more information in our heads. That's my story, and I'm sticking to it.

Fire Station No. 75) at 15660 Pine Ridge Road, Fort Myers.

The presenters are trained professionals of the United States Coast Guard Auxiliary who facilitate the sharing of experiences and relate courseware to our local area. Gerald Durham, the Flotilla Commander of Flotilla 91 stated, "People are very busy today, and this one class can fit easily into most everyone's calendar. Unlike online classes, this program offers student interaction, shared perspectives, collaboration and local area knowledge." The cost is \$45 per person and includes study material. Advance registration is required, by phone (239) 690-6780, option 1 or online at <http://www.aux91fmb.org/safeboating/> – the class fills up quickly so register today.

The United States Coast Guard Auxiliary is the lead agency protecting America's seaward frontier in recreational boating safety. Our vessels and aircraft deploy across all the United States they aid or save countless boaters every year. Every day the auxiliary saves hundreds of thousands in property and saves countless lives.

The Coast Guard Auxiliary is the uniformed civilian component of the U.S. Coast Guard and supports the Coast Guard in nearly all mission areas. The auxiliary was created by Congress in 1939. For more information, please visit [www.cgaux.org](http://www.cgaux.org).

Please visit our website [www.aux91fmb.org](http://www.aux91fmb.org) for future boating safety classes.



# Welcome to Admiral's Point

By Heidi Chorneyko, Resident

Located just off of Cape Cole Blvd., heading down Marathon Rd., you will find the entry to Admiral's Point. We are a community featuring 37 single family condo homes and 16 independently owned homes, with the majority of owners spending their winters here, and their summers elsewhere.

Together, we function as one cohesive community, with neighbors helping neighbors. A new enhanced park patio area, with solar powered lighting and ornamental pottery, has recently been added. The project is still a work in progress, with finishing touches still to be completed. It will be a great place for neighbors and guests to gather.

On Wednesday afternoon, neighbors now congregate in a common outdoor area to socialize and share a little "cheer." This is our way of dealing with social distancing guidelines.



Admiral's Point has a monthly newsletter that features such things as current news, birthdays, golf results, special occasions or events, puzzles and always, a little bit of humor.

On Sunday mornings, we play a mixed 18-hole golf scramble, followed by a gathering outside on the patio for fellowship and the handing out of prizes. Prior to Covid-19, the 19th hole was generally held at someone's home, with a potluck meal. On Thursday morning some of our male residents participate in another round of golf where the fun level is high and a few dollars are exchanged.

Admiral's Point becomes very involved in the Christmas Tour of Lights, with a central decorating area in the park, featuring vintage cars and an array of Christmas decorations. Many of our residents go to great lengths to decorate their individual homes as well. Be sure to come enjoy our display of lights...

We are planning a community garage sale in the fall, with tables to be set up in the park area. It should prove to be a great one-stop shop when the BSM bi-annual garage sale is going on.

Like everyone else, our lives and activities had to be altered in order to try to keep ourselves and others healthy during Covid-19. Once we feel it is safe, we hope to resume some activities that have been put on hold. Some examples include: a book club, a monthly ladies' wine and cheese party and a lending library. It is our hope that we will soon be back to a time where things can return to normal.

## Read *The Beacon* Online!

This edition of *The Beacon* is also available online at the Section 22 HOA web site...[www.bsm22.org](http://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.

## Did You Know?

Almost half the world's population watched both the 2010 and 2014 FIFA World Cup games.

In 2010, the FIFA World Cup South Africa



was shown in every country and territory on earth, including Antarctica and the Arctic Circle, which meant that a record-breaking 3.2 billion people around the world watched the game in their homes – or 46.4 percent of the global population. Four years later, FIFA World Cup Brazil drew the same staggering number of viewers.



Majestic visitor - Eagle on cupola, by Nancy Coelho

# Sold for \$805,000 with 3 offers over asking price.



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### A VERY HAPPY SELLER AND NEW NEIGHBORS WHO ARE NOW CLOSER TO FAMILY.

I sent out a letter trying to find a Prosperity Pool home for two couples; each were looking for a pool home facing the South Basin. These homes are VERY rare. I heard from several homeowners right away, but nothing lined up with my customers.

The owners of this home called me about 6 months later to say they had decided to move closer to family. Their home was in pristine condition on an oversized lot and included everything turnkey furnished – a rare find! Although my couples had already found other homes, the owner was thrilled when their home received an offer over asking from the first people to look at their house. They received three other offers, all of them more than asking, and I continue to get calls.

There has never been a better time to sell. Sellers are getting way more than they ever imagined.

Pricing your home and negotiating with buyers in this market is a challenge. Trust someone who knows the market and works to get you the highest price in the shortest amount of time. Worried about being homeless? I will help you plan the steps to find your new home!



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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.

## Admiral's Point Animals



Sauble Caissie



Thor Isley



Sadie Drummond



Nikki Butler



Miss Lilly Taberski



Libby Monge



Sophie McColgan



Harley Schwanger



Buddy Bingler



Molly Bretz



Jazzy Beaty



Charlee Chorneyko



Brody Gridley



Ensign Ron Clark



Mr. Bean Chorneyko

## 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.



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# Study Shows Older Americans Are Coping Best During The Pandemic

If you think older Americans have struggled to cope through the pandemic, think again. According to new research by a financial service firm, they have actually been faring far better than their younger counterparts.

The Age Wave Study focused exclusively on how different generations have held up emotionally and financially in the months since the lockdowns began, and some of its findings are at least as startling as how quickly even 70-year-olds came to love Zoom.

“COVID-19’s impact forever changed the reality of many Americans, yet we’ve observed a resilience among U.S. retirees in contrast to younger generations,” says Ken Dychtwald, Ph.D., the founder and CEO of Age Wave, a leading research think tank on aging, retirement and longevity issues.

While acknowledging up front that the virus itself disproportionately struck aging adults, the five-generational sampling of 9,000 people, age 18 and over, reveals more than a few surprises. Among them:

- While 37 percent of Gen Zers, 27 percent of millennials, and 25 percent of Gen Xers say they’d suffered “mental health declines” since the virus hit, only 15 percent of baby boomers responded likewise.
- Faring the best were those 75 and over – the Silent Generation that followed the so-called “Greatest Generation” – with a mere 8 percent of those respondents reporting any mental health deterioration. That would seem to run counter, as does the results for boomers (age 56 to 74), to early warnings that prolonged social isolation made older adults



especially vulnerable to depression, anxiety and cognitive decline.

- Nearly 68 million Americans have altered the timing of their retirement due to the pandemic, and 20 million have stopped making regular retirement savings contributions.
- Dychtwald attributes the two older generations’ resilience to having “a greater perspective on life.”
- “They’ve seen wars and other major disruptions before,” he says, “and they know that this, too, will pass. Younger generations feel like, ‘What happened to my life? I mean, I was supposed to go to college, or I was starting a new job, and now everything has changed.’”
- Most retired boomers and Silent Gens also had monthly Social Security checks to fall back on. Which explains why

– though the pandemic has significantly reduced the financial security of a quarter of Americans – younger generations were slammed the hardest: Nearly one-third of millennial and Gen Z respondents characterize the impact as “very or extremely negative,” compared to 16 percent of boomers and 6 percent of Silent Gens who admitted to similar hardship.

Looking for any silver lining that’s come out of the COVID-19 crisis?

Well, 67 percent of respondents did say it’s brought their families closer together.

“The pandemic has certainly thrown into sharp relief what matters most in our lives,” says Ken Cella, a client service group principal. “And important discussions have taken place about planning earlier for retirement, saving more for emergencies, and even talking through end-of-life plans and long-term care costs.”

And with the study also showing that an overwhelming percentage of retirees yearn for more ways to use their talents to benefit society, financial service firms believe it’s time to redefine retirement more “holistically” to encompass what it calls “the four pillars” of health, family, purpose and finance.

Successfully addressing most of those pillars admittedly takes more financial savvy than many of us have, though, especially given ever-rising costs. But a local financial advisor has the perspective, experience and empathy to help.

## Tips For Preventing Heat-Related Illness



- Stay Cool**
- **Wear appropriate clothing:** Choose lightweight, light-colored, loose-fitting clothing.
  - **Stay cool indoors:** Stay in an air-conditioned place as much as possible. If your home does not have air conditioning, go to the shopping mall or public library – even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.
  - **Keep in mind:** Electric fans may provide comfort, but when the temperature is in the high 90s, they will not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off. Use your stove and oven less to maintain a cooler temperature in your home.
  - **Schedule outdoor activities carefully:** Try to limit your outdoor activity to when it’s coolest, like morning and evening hours. Rest often in shady areas so that your body has a chance to recover.
  - **Pace yourself:** Cut down on exercise during the heat. If you’re not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, **stop** all activity. Get into a cool area or into the shade, and rest, especially if you become lightheaded, confused, weak, or faint.
  - **Wear sunscreen:** Sunburn affects your body’s ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, and by putting on sunscreen of SPF 15 or higher 30 minutes prior to going out. Continue to reapply it according to the package directions.

- **Tip:** Look for sunscreens that say “broad spectrum” or “UVA/UVB protection” on their labels as these products work best.
- **Do not leave children in cars:** Cars can quickly heat up to dangerous temperatures, even with a window cracked open. While anyone left in a parked car is at risk, children are especially at risk of getting heatstroke or dying. When traveling with children, remember to do the following:
  - Never leave infants, children, or pets in a parked car, even if the windows are cracked open.
  - To remind yourself that a child is in the car, keep a stuffed animal in the car seat. When the child is buckled in, place the stuffed animal in the front with the driver.

- When leaving your car, check to be sure everyone is out of the car. Do not overlook any children who have fallen asleep in the car.
- **Avoid hot and heavy meals:** They add heat to your body.
- Stay Hydrated**
  - **Drink plenty of fluids:** Drink more fluids, regardless of how active you are. Don’t wait until you’re thirsty to drink.
    - If your doctor limits the amount you drink or has you on water pills, ask how much you should drink while the weather is hot.
  - **Stay away from very sugary or alcoholic drinks** which cause you to lose more body fluid. Also avoid very cold drinks because they can cause stomach cramps.
  - **Replace salt and minerals:** Heavy sweating removes salt and minerals from the body that need to be replaced. A sports drink can replace the salt and minerals you lose in sweat. If you are on a low-salt diet, have diabetes, high blood pressure, or other chronic conditions, **talk with your doctor** before drinking a sports beverage or taking salt tablets.
  - **Keep your pets hydrated:** Provide plenty of fresh water for your pets and leave the water in a shady area.
- Stay Informed**
  - **Check for updates:** Check your local news for extreme heat alerts and safety tips and to learn about any cooling shelters in your area.
  - **Know the signs:** Learn the signs and symptoms of heat-related illnesses and how to treat them. Go to <https://www.cdc.gov/disasters/extremeheat/warning.html>.
  - **Use a buddy system:** When working in the heat, monitor the condition of your coworkers and have someone do the same for you. Heat-induced illness can cause a person to become confused or lose consciousness. If you are 65 years of age or older, have a friend or relative call to check on you twice a day during a heatwave. If you know someone in this age group, check on them at least twice a day.
  - **Monitor those at high risk:** Although anyone at any time can suffer from heat-related illness, some people are a greater risk than others:
    - Infants and young children
    - People 65 years of age or older
    - People who are overweight
    - People who overexert during work or exercise
    - People who are physically ill, especially with heart disease or high blood pressure, or who take certain medications, such as for depression, insomnia, or poor circulation

Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heatstroke. Infants and young children, of course, need much more frequent watching.



Full “Pink Moon” with reflection on water



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