



# President’s Comments

By Craig Holcombe, President. PGI Section 22

The summer is upon us, the heat is here, the rain is here, and everything looks really good! For those of us here all year, the summer rains bring out the green grass, 6 flowering trees and bushes, ponds filled up with lots of big birds, and of course, our 7 friendly alligators like to roam around and look just very cool.

There are three items that the Board of Section 22 is currently working on for possible changes to our governing documents, which will require a vote of our membership to approve. So, we thought we would give everyone a heads-up as to what these three items are about.

With the advent of the Electronic Age, the Florida laws now allow us to provide voting online, and to receiving official notices online. We first must amend our official documents to allow this procedure to be put into place. The procedure is very detailed within the Florida Statutes Chapter 720 that covers HOAs.

The Use of Electronic Voting will allow members to vote electronically after the member has provided consent to vote electronically. Once each of us gives our consent, then we can vote electronically for any item that comes before the membership for a vote. No more mailings, proxies, etc.

The same process is used for the second item being considered, which is the Electronic Transmission of Notices of Membership and Board Meetings. Notice by electronic transmission is effective when transmitted by electronic mail, if correctly directed to an electronic mail address at which the member has consented to receive notice.

Both of these two items require a membership vote to approve, and add them to our 30 official rules and regulations.

The third item the Board is considering is a Resale Capital Contribution. This also requires a vote by the membership, to approve a change to our official documents and establish the detailed rules and regulations on how the Resale Capital Contribution would effectively work for our community.

The Resale Capital Contribution is being used by about 95% of all HOAs, and is a form



The Roseate Spoonbill with its pink body, crimson shoulder feathers and orangey tail is one of our most colorful wading birds. Photo by Karen Sanderson

# Section 22 HOA Committee Reports

## Architectural Review Committee

By Barry Groesch, Chair

Are you thinking about updating your home? Any changes to the exterior of residences in Burnt Store Marina (BSM) are required to have, Architectural Review Committee (ARC) approval. This applies to all homes as well as homes in a condo association. If this approval is not granted through ARC, you may be asked to modify or remove the changes made. All requests are made by completing an ARC form, and adhering to Section 22 Home Owners Association (HOA) Restrictions. Remember to legibly and clearly complete the entire form, including having your HOA representative sign off (if required). Delays will occur if it cannot be deciphered or the form is not completed in its entirety. Thanks.

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

- Karen Morano, 1208 Islamorada Boulevard, roof replacement.
- Kelly J. Millar, 1201 Islamorada Boulevard, roof replacement.
- Michael & Cheryl Hall, 3349 Sunset Key Circle, exterior paint.
- Phil Rehill, 24591 Dolphin Cove Drive, roof replacement.
- Sandra Ward, 24417 Baltic Avenue, #1202, door replacements.
- Janet Hargreaves, 2011 King Tarpon Drive, hurricane shutter installation.
- H. Vriesinga, 4080 Key Largo Lane, roof replacement.
- James & Patricia Stewart, 104 Big Pine Lane, hurricane shutter installation.
- Thomas Lawlor, 24105 Redfish Cove Drive, exterior paint.
- Gene Wharton, 920 Linkside Lane, lighting.
- Jeffrey P. & Kara B. Miles, 5001 Sable Key Circle, whole house generator.
- Maggie Jones & Joe Bigus, 3460 Sunset Key Circle, garage door screen.
- Chuck Kocsis & Vikki Miller, 3041 King Tarpon Drive, exterior paint.
- John & Pamela Lunter, 1071 Matecumbe Key Road, fence installation.
- David & Michelle Berry, 1108 Islamorada Boulevard, roof replacement.
- Marty & Jill Owen, 6021 Key Largo Circle, flag pole installation.
- Bill & Sharon Monge, 5011 Sable Key Circle, window replacement.
- Bob Honcharski, 3085 Matecumbe Key Road, replace canopy at BSM Fitness Center
- Bob Honcharski, 3085 Matecumbe Key Road, replace existing court fencing at BSM Fitness Center.

Section 22 restrictions and applications are available for download at **BSM22.org**. Submit your ARC applications to your condo association, if applicable, then to

of revenue enhancement to raise funds to support our capital reserves and capital projects. The way this works is that when a home is sold, the buyer will pay a fee to the HOA to assist in the funding of our capital projects and reserves. Again, the Board is reviewing the processes, procedures and rules that would be presented to the members of PGI Section 22 HOA for approval.

There will be more detailed information coming during the summer and early fall as to these three changes to our official documents. Enjoy your summer!

Alliant Association Management, 13831 Vector Ave, Fort Myers, FL 33919, Email: [apmsupport@alliantproperty.com](mailto:apmsupport@alliantproperty.com).

## Community Access Committee

By Pat O’Neill, Chair

### Community Security Tips

- Do not “hide” a key on the exterior of your house.
- Keep cash and other valuables in a safe or bank deposit box.
- Make a list of the serial numbers of your valuable property—like TVs, VCRs, watches, cameras, computers, cell phones, etc., and include descriptions and photographs if possible.
- Use deadbolt locks on all outside doors.
- Use chain locks, heavy bolts, or some similar secure device that can only be operated from the inside on doors without cylinder locks. Make sure none of your locks can be opened by someone breaking out glass or a panel of light wood to reach them.
- Keep locks in good repair.
- Know who has a key to your house, or have the locks changed.
- Lock up your ladder after use to make it difficult for a burglar to use.
- Avoid placing trellises or other climbing aids near windows.
- Lock your windows. Use locks which allow you to lock a partially opened window.
- Keep these locks in good repair and make sure they’re securely fastened.
- Focus on second-floor windows as well.
- Know your neighbors and exchange home and work numbers.
- Watch each other’s residences, inform each other when you’ll be away, and leave contact information.

Section 22 HOA Committee Reports on page 7

**Reminder:**  
**Next Section 22 HOA Board Meeting**  
**– Tuesday, August 23, 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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Email – office@ppycbsm.org

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gutters and pocket sliders. all appliances have been replaced as well as all flooring in the entire house. The home has been freshly painted inside and out with spectacular pastel colors. Electrical panel re-wired to accept a home generator. This home is positioned perfectly on the lot as there is plenty of area between the neighbors on both sides ... Truly a Must See ... LOCATION, LOCATION in BURNT STORE MARINA - largest, deep water Marina along Gulf Coast .... 10 nautical miles to the Gulf of Mexico - Optional 27 Hole Public Golf Course with Pro-Shop, Restaurant & Activity Club ... 525 Wet Slips and Dry Storage ... Waterfront Restaurant ... Yacht Club, Tennis Courts, Fitness Club Membership with Resort Pool & Classes .... You will be Buying in a Lifestyle! ... THERE'S NO PLACE LIKE HOME. "BEST OF ALL THIS PROPERTY IS SOLD FURNISHED WITH A FULL PRICE OFFER!

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# Mark Your Calendar – Out And About

## Inside the Gates Dates

- **Monday, August 1:** Deadline for the September *Beacon*. Article and picture submissions are welcomed. Become part of the *Beacon* family.
- **Tuesday, August 23:** 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

- **Friday, August 5:** Fort Myers River District Art Walk, 1 to 5 p.m. Visit many galleries, exhibitions and performances.
- **Saturday, August 13:** 2nd Saturday Dance Party. Dance lessons and refreshments included, 2 to 5 p.m. Punta Gorda Women’s Club, 118 Sullivan St. \$15 single and \$25 couple for USA Dance Members, \$17 single and \$30 couple non-members. Call Laura at 330-501-2366 for information.
- **Friday, August 19:** Fort Myers River District Music Walk, 5 to 9 p.m. Local and regional musicians line the street with music from jazz to blues to rock and roll.
- **Every Wednesday:** Dance Classes for Beginners and Intermediate Dancers. Learn to dance the Cha Cha, Bachaton, Lindy Hop and swing. Social Latin dancing class is 6 to 6:45 p.m. All About Swing class is 6:45 to 7:30 p.m. Punta Gorda Woman’s Club, 118 Sullivan St. 1 class is \$12, 2 classes are \$17, 3 classes are \$22 and 4 classes are \$27. To register call Laura at 330-501-2366
- **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 Thursday:** Fort Myers River District Farmers Market, 9 a.m. to 1 p.m.
- **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., Clubhouse Square, SE 47th 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.

# Plant of the Month...Bald Cypress Trees

By Maggie Hart, Mariners Pass

There are two varieties of cypress commonly found throughout Florida: bald cypress and pond cypress. Both are deciduous conifers - they shed their leaves and cones in the fall. Both are known for their tolerance of wet soil, and their root outgrowths known as “knees.” Since the “bald” variety is very much present in Burnt Store Marina, especially around the golf course, I’m going to let you know more about this one.



Bald cypress trees can live for hundreds of years, growing up to 150 feet in height. These trees are perfect for wet landscapes that could flood up to several feet deep. The “knees” that are so closely associated with cypress are less likely to grow when trees are in drier areas. These “knees” help increase gas exchange, or aerate the tree while submerged in water.

In the wild, bald cypress (*Taxodium distichum*) can live up to 600 years, and are usually found near streams and rivers, as well as swamps with slow moving water. The massive, spreading, buttress-like trunks found on older bald cypress are believed to develop in response to growing in soft, wet soil.

These beautiful trees make a great addition to any property, adding an attractive vertical accent, and providing abundant shade. Bald cypress can be grown in dry locations and have even been used in cities like Tampa to line streets.

In the autumn, the feathery foliage of bald cypress will



change to a copper color before falling off. This can be a nuisance for surrounding areas, since the accumulation of downed leaves can be massive. Then, for a few months in our winter (better known as snowbird season), they are bare, or “bald.” We often hear someone say “look at those dead trees! Why doesn’t someone remove them?” The leaves gradually return in the spring, in a very welcome green.

Purchase and plant container-grown bald cypress trees at any time of the year. But be sure to water your tree on a regular basis until it’s established. Also, make sure your property can accommodate its eventual size.





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# St. Jude Children’s Research Hospital

By Debbie Burns, Mariners Pass

A few weeks ago, I received an email from my St. Jude liaison, Nicole Huau, the Atlantic Coast Regional Development Director, ALSAC, which is the fundraising and awareness organization for St. Jude Children’s Hospital of Tampa. Nicole had a request from Donna Wilkes, of Atlanta GIGS Booking Agency to have a representative from St. Jude to accept a donation check at a Sock Hop event, held at Charlotte Harbor Yacht Club. On June 15, I had the distinct honor and privilege to represent St. Jude to accept a donation check from Vito Amerouso, an acknowledged Elvis Tribute Artist.



For the past month, Vito Amerouso and his fiancé Marie of Amerouso Music Production, gathered all the tips from their performances and decided to donate them to St. Jude. The check I accepted that night was for \$3500. Thanks to everyone’s generosity, by the end of the night the amount went up to \$4000.

On behalf of St. Jude, I want to thank Amerouso Music Productions and all who contributed to this great cause. I also want to thank Nicole Huau and Donna Wilkes for giving me this opportunity. I am truly honored.

As many of you know, St. Jude is very near and dear to my family. My nephew was diagnosed with Acute Lymphoblastic Leukemia when he just turned 4 years old. After many years of treatment at St. Jude Children’s



Research Hospital in Memphis, he has been CANCER FREE for the past 5 years. His name is “Lil” Eddie Wilkes - the same last name as Donna Wilkes! After speaking to Donna, I found out that she also resides here in Burnt Store Marina! Is this a coincidence, or was it fate that brought us together?

For the past 5 years, I have participated in the St. Jude Marathon Weekend held in Memphis, Tenn. For the last 2 years I have held 5Ks here in Burnt Store Marina. This year, I will be hosting the 3rd 5K on Saturday, November 19, at 10 a.m. The start and finish line will be outside 3929 Cape Cole Blvd., in Mariners Pass. Everyone in and around our community is invited to walk, bike or golf cart ride with us. Refreshments will be available, as well as a water cart to accompany us and pick up those that may get a little tired along the way. Please mark your calendar and come be part of the fight against childhood cancer. I want to again thank all of you who donated last year, and helped me reach my goal of \$10,000! I was overwhelmed. Let’s do it again! If you want to be a part of this year’s fundraiser, here is how you can donate:

1. Online at <http://heroes.stjude.org/DebbieBurns>
2. Write a check to St. Jude and put my I.D. # 4842796 in the memo and mail or deliver to me @ 3929 Cape Cole Blvd, Punta Gorda, FL. 33955.
3. Mail a check to St. Jude Heroes, P.O. Box 2081, Memphis, Tenn. 38101.
4. Come walk/ride the 5K on November 19 @ 10a.m., and bring your donation with you.

Look forward to seeing you all there.

## Attention Residents:

Please notify your guests that may be coming in to provide the following information to the gate:  
The name of the resident you are coming to see OR The address of the resident you are coming to see.



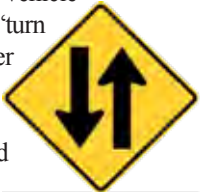
## Rules of the Road

**Motor Vehicles:** Always drive your vehicle on the right side of the road. There are no “turn lanes” within Burnt Store Marina. Never drive your vehicle in lanes indicated for the use of bicycles and pedestrians. Always stop at stop signs. Never exceed the posted speed limit.

**Bicycles:** Always ride your bicycle on the right side of the road, even if there is no “bike lane” available. Use hand signals to indicate intention to turn. Always stop at stop signs. Never exceed the posted speed limit.

**Golf Carts:** Always drive your golf cart on the right side of the road. Use hand signals to indicate intention to turn. Always stop at stop signs. Use lanes indicated for the use of bicycles and pedestrians only when neither is present.

**Pedestrians:** Always use lanes provided for bicycles and pedestrians. If there is no lane available, use the left side of the street, facing wheeled traffic. Use caution when crossing streets. Wear reflective clothing and carry a flashlight when walking or running after sunset.



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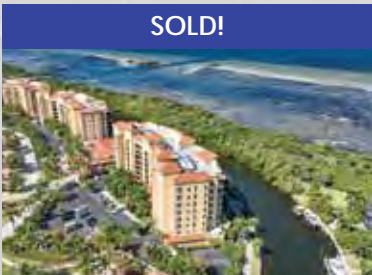
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Overlooking Lake and Sunsets!



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\$665,000  
Harbor and Canal Views!  
3/2 Turnkey Furnished!



**MARINA AND HARBOR VIEWS!**  
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3 bed/2 bath/Private Gar  
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Turnkey Furnished!



**PENDING!**  
1001 Islamorada Blvd #11A  
\$229,000  
2 bed/2 bath End Unit  
Turnkey Furnished  
Overlooking Golf Course



**SOLD !**  
19788 Midway Blvd  
\$332,000  
3 bed/2 bath/2 car gar  
Fireplace, Updated Kitchen  
Huge Lanai and Backyard

# Burnt Store Marina CC News

By John Abbott,  
General Manager, BSMCC

Between the heat and the rain during August in South Florida, it’s difficult to plan outdoor events and actually get through them, but we are going to try.

Saturday, August 13, we are hosting a “Cross Country Scramble.” This is when you bisect through the two nines for an alternative nine-hole course that puts all your imagination and skill to the test. If you have not participated in one of these and you are in town, it is a blast, and you don’t want to miss it.

Aside from that, we are going to focus our efforts on indoor activities and events where we can enjoy shelter and air conditioning.

August is busy at Linkside with something going on almost every night.

Trivia night on Mondays has become one of our most popular events, and we are blessed with five Mondays in August. We will continue our popular dinner nights on Tuesdays and Fridays, breakfast on Sundays and Happy Hour on Saturdays, which leaves us Wednesday and Thursday nights to load up with food and fun.

Back by popular demand is Ladies’ night on August 4, and Men’s night on August 31. We will fill in the rest of the nights with bar bingo, prime rib night, pizza night and more.

Check out the “Weekly Blast” for all the specific dates and additions. If you are not getting the weekly blast, stop by the administration office and we will put you on our email list. Please remember, our dinners and events are open to everyone, and they fill up fast, so call ahead for reservations.

We look forward to seeing you all at the club!



## Platinum Point Yacht Club

By Sue Smith, Director

While summer is quieter than fall and winter at Platinum Point Yacht Club, this season has seen a variety of social activities that keep our Burnt Store members busy. Bridge, quilting, mah-jongg and book club groups continue to meet. Happy hours, grill nights, and sunset socials have also brought friends together to enjoy the club’s waterfront facilities. Live music to enjoy, a play at Broadway Palm to share, and a ladies’ day to shop, offered considerable entertainment variety.

Although summer seems far from over, it won’t be long before a busy schedule of fall activities at PPYC begins. One exciting item on our schedule is the November Community Shrimp Boil. Last year’s very successful shrimp boil brought members and neighbors together for an excellent dinner, music by our very own talented musicians, and an open house that showcased a Christmas market featuring art, jewelry, crafts, baked goods and more.

As the weather continues to heat up, so do plans at Platinum Point Yacht Club. If you are interested in joining PPYC, now is a great time to get ready to enjoy the upcoming season. New member information can be obtained at the club house. Dorothy Saviste, Club Administrator, is on-site Mondays, Wednesdays and Thursdays, and can be reached at 941-639-0733. She is ready and able to answer your questions and help you get started.

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### BSMCC August 2022 Schedule of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All events are subject to change!	1 Dine in or Take out Lunch 11 a.m. - 3 p.m.* Trivia 5 - 7 p.m.*** Bar Food Menu Available	2 9 Hole Scramble 3 p.m.*** Dine in or Take out Lunch 11 a.m. - 3 p.m.* Dinner 5 - 8 p.m.*	3 Dine in or Take out Lunch 11 a.m. - 3 p.m.* Republican Dinner 5 p.m.*****	4 Dine in or Take out Lunch 11 a.m. - 3 p.m.* Ladies' Night 5 p.m.****	5 Dine in or Take out Lunch 11 a.m. - 3 p.m.* Fish Fry Dinner 5 - 8 p.m.*	6 Dine in or Take out Lunch 11 a.m. - 3 p.m.* Happy Hour Menu 3 - 7 p.m.
7 Breakfast 9 a.m. - 1 p.m.* Dine in or Take out Lunch 1 - 3 p.m.*	8 Dine in or Take out Lunch 11 a.m. - 3 p.m.* Trivia 5 - 7 p.m.*** Bar Food Menu Available	9 9 Hole Scramble 3 p.m.*** Dine in or Take out Lunch 11 a.m. - 3 p.m.* Dinner 5 - 8 p.m.*	10 Dine in or Take out Lunch 11 a.m. - 3 p.m.* Bar Bingo 5 - 7 p.m.*** Bar Food Menu Available	11 Dine in or Take out Lunch 11 a.m. - 3 p.m.* Happy Hour Menu 3 - 7 p.m.	12 Dine in or Take out Lunch 11 a.m. - 3 p.m.* Fish Fry Dinner 5 - 8 p.m.*	13 Dine in or Take out Lunch 11 a.m. - 3 p.m.* Cross-Country Scramble 9 a.m.***
14 Breakfast 9 a.m. - 1 p.m.* Dine in or Take out Lunch 1 - 3 p.m.*	15 Dine in or Take out Lunch 11 a.m. - 3 p.m.* Trivia 5 - 7 p.m.*** Bar Food Menu Available	16 9 Hole Scramble 3 p.m.*** Dine in or Take out Lunch 11 a.m. - 3 p.m.* Dinner 5 - 8 p.m.*	17 Dine in or Take out Lunch 11 a.m. - 3 p.m.* Happy Hour Menu 3 - 7 p.m.	18 Dine in or Take out Lunch 11 a.m. - 3 p.m.* Happy Hour Art Class 3 - 5 p.m.*** Happy Hour Menu 3 - 7 p.m.	19 Dine in or Take out Lunch 11 a.m. - 3 p.m.* Fish Fry Dinner 5 - 8 p.m.*	20 Dine in or Take out Lunch 11 a.m. - 3 p.m.* Happy Hour Menu 3 - 7 p.m.
21 Breakfast 9 a.m. - 1 p.m.* Dine in or Take out Lunch 1 - 3 p.m.*	22 Dine in or Take out Lunch 11 a.m. - 3 p.m.* Trivia 5 - 7 p.m.*** Bar Food Menu Available	23 9 Hole Scramble 3 p.m.*** Dine in or Take out Lunch 11 a.m. - 3 p.m.* Dinner 5 - 8 p.m.*	24 Dine in or Take out Lunch 11 a.m. - 3 p.m.* Bar Bingo 5 - 7 p.m.*** Bar Food Menu Available	25 Dine in or Take out Lunch 11 a.m. - 3 p.m.* Happy Hour Menu 3 - 7 p.m.	26 Dine in or Take out Lunch 11 a.m. - 3 p.m.* Fish Fry Dinner 5 - 8 p.m.*	27 Dine in or Take out Lunch 11 a.m. - 3 p.m.* Happy Hour Menu 3 - 7 p.m.
28 Breakfast 9 a.m. - 1 p.m.* Dine in or Take out Lunch 1 - 3 p.m.*	29 Dine in or Take out Lunch 11 a.m. - 3 p.m.* Trivia 5 - 7 p.m.*** Bar Food Menu Available	30 9 Hole Scramble 3 p.m.*** Dine in or Take out Lunch 11 a.m. - 3 p.m.* Dinner 5 - 8 p.m.*	31 Dine in or Take out Lunch 11 a.m. - 3 p.m.* Men's Night 5 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.

## Golf Tip of the Month

By Bill Connelly,  
Manager of Golf Operations

As the summer months continue, we will experience more heat and humidity. Along with that we have almost daily rain storms. This time of the year is what the maintenance staff calls the growing season. With the greens being mowed daily, and the tees and fairways being mowed more often, not to mention the special projects that they take on this time of year - the maintenance staff is quite busy.

With that being said, we as golfers can do our part to help out. When you are playing, please make sure to put sand in your divots (on the tee and in the fairway).

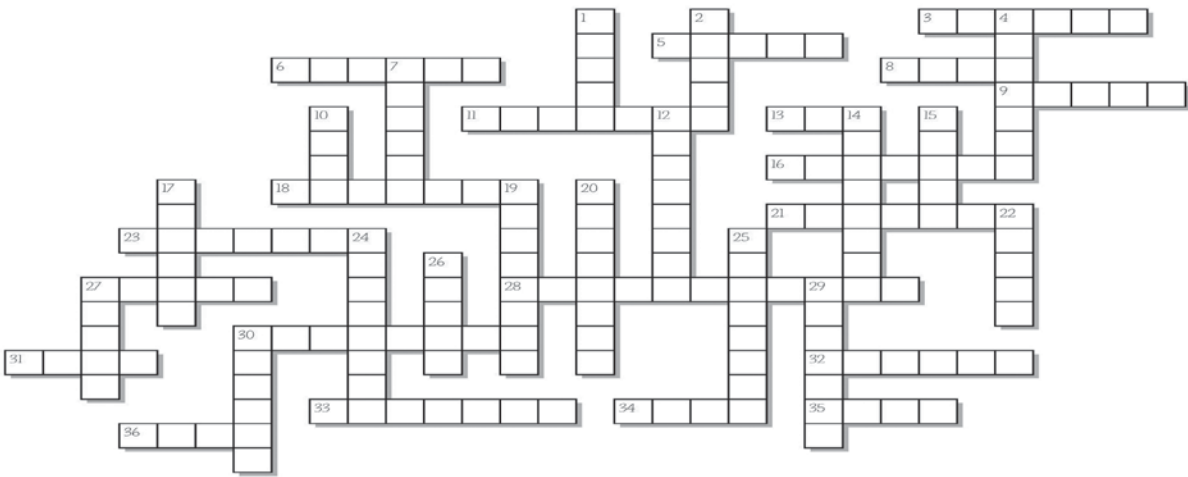


On the greens, you need to repair two ball marks - your own mark and another you might see.

Finally the most important thing you can do to help keep the course in great shape is to please adhere to the CART PATH ONLY rule at all times (wet or dry course). If there are no cart paths on a particular hole, please try to stay in the rough or on dry areas. If you need to get a handicap flag that indicates you can drive your cart closer to the greens, please stop by the pro shop. If everyone does their part this time of year, the golf course will stay in great shape for the season. Thank you for all of your help!

Please stop in for lunch and some shopping, we would love to say hello....and have fun learning to enjoy your game.

## COMMON PHRASES



### ACROSS

- 3 Mad as a  
5 Elephant  
6 Go  
8 Bought the  
9 Bring home the  
11 We have a problem  
13 Your name is  
16 Tickle the  
18 Thick as  
21 Keep up with the  
23 Blower  
27 For your thoughts  
28 Correct  
30 Should be seen and not heard

### DOWN

- 1 Cook the  
2 Is only as strong as the weakest link  
4 Shiver my  
7 In cheek  
10 Different kettle of

- 12 Fly in the  
14 As dead as a  
15 Let the \_\_\_\_ fall where they may  
17 On the spot  
19 The Barrel  
20 Fare to  
22 All the worlds a  
24 Push the  
25 Cool as a  
26 It never rains but it  
27 As pleased as  
29 Cannot change its spots  
30 Get your head out of the

# Tight Lines... Some Local People and Places in the Fishing News

By Jay Lev, Burnt Store Anglers

If you are a fan of the American Fishing Tackle Company (AFTCO) clothes and equipment, you will see some familiar fishing captains featured in the company's Spring and Summer catalogues.



Fishing guide Captain Jay Withers fills a full page sitting atop of his flats boat wearing the latest AFTCO fishing attire. Jay has a remarkable story to follow as he relocated from Ohio to become a world-famous Charlotte Harbor Guide. Jay is described in the article as giving up his white shirt, tie and cufflinks, and dragging a U-Haul trailer along with his two pet cats and a bass boat to our area to learn and enjoy a career in fishing.

After two decades of serving our area as a fishing guide, he has evolved into one of the finest fishing guides, offering very enjoyable trips filled with great fishing and conversation.

As a large-built man, Jay has offered AFTCO the opportunity to present a new clothing line. The Burnt Store Anglers wish Jay great success and look forward to featuring his fishing stories in the near future.

A guide series would not be complete about Charlotte Harbor fishing without a feature that highlighted Captain Rhett Morris of Beyond Borders Outfitters and his family. Captain Rhett is featured aboard his very unique flats boat fishing with his daughter and wife. You could not be on a charter with Captain Morris without some wonderful discussions about how his family loves living in our area, and

totally enjoy fishing with Rhett. Rhett's daughter is pictured on their charter boat in AFTCO's new performance kids clothing. Rhett and his wife are also wearing the AFTCO line of fishing clothing.

Captain Rhett moved to our area as a very young boy. He and his brother spent every free moment fishing and learning the Charlotte Harbor Fisheries. Several of the small mangrove islands located just north of Burnt Store Marina were planted by the Morris brothers to help nourish the marine environment. Rhett is not only known for his fishing abilities but has appeared on numerous fishing shows, spoken at many fishing seminars, and served as a great ambassador for the Captains for Clean Water. Captains for Clean Water is a very significant environmental group that has major impact on legislation and hands on clean-up of Charlotte Harbor. The Burnt Store Anglers wish the Morris family much success with representing the AFTCO line of clothing.

If you would like to read and see more about Captains Jay and Rhett you could request a copy of the Spring Catalogue from AFTCO at 2400 S. Garnsey Street, Santa Ana, California 92707.

On the fishing front, the baby tarpons have moved into our area. Now located in almost all the canals of PGI and the channel outgoing to our marina, you can generally see them rolling each day. Captain Fred Vandembroeck, fishing out of the Burnt Store Marina reported that the tarpon are hitting white bait fished under a float on light tackle. They are catchable from the shore using the same technique.

The speckled trout have really been on the bite. When fishing with soft silver and green baits, as well as shrimp

and white bait, a 20 to 30 catch day has been reported many times this month. Fishing bars and areas where there are some grass covers have been the prime location. With water temperature very warm, snook and reds have slowed down a bit. You can see many along the mangrove shorelines, but usually need to be chummed with white bait to get the bite going. Smaller snook and redfish in the 3-to-7-pound class are biting periodically.

Tight Lines

## Section 22 HOA Committee Reports from page 1

- Consider leaving a key with a neighbor.
- Give neighbors or home watch alarm system information in the event of a false alarm.
- Be aware of activities throughout the neighborhood.
- Report suspicious activities to the Lee County Sheriff's Office and to Site Security.
- Make sure your skylight (and any rooftop access door) is secured.
- Keep outside lights on throughout the night—front, back, and lower landings. It reduces the atmosphere for crime by providing a lot more light on the street. If everyone participates, the illumination provided by all the additional lights will really make a difference. It also helps the police identify the right house, because sometimes front house numbers are hard to find at night in the dark.
- Use timers to make your house look lived in while you're away.
- While away, ask neighbors to collect your flyers, newspapers, mail, etc. Delay the delivery of mail and newspapers when possible.
- Call the Lee County Sheriff's Department and Site Security if you're going away on vacation.
- Trim bushes to avoid hiding places. Cut back and prune shrubs which provide hiding places for robbers and thieves, and install lights where possible.
- Report non-functioning street lights to your property management.
- If you are the victim of a crime, contact the Lee County Sheriff's Office immediately.
- Stay alert when walking the streets. Police often see people walking with their heads down reading a book or the newspaper, oblivious to their surroundings.
- Provide police with good descriptions of suspects by focusing on pants, shoes and any unique attributes, such as hair style. Coats and hats can be quickly shed by suspects.
- Don't leave your car running with the keys in it, even for a moment.
- Keep everything either out of your car or out of plain site.

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

By Barry Groesch, Architectural Review Committee Chair

Did you know...as long as you use the identical color of your house when repainting, an ARC application is not required. You guessed it, if you change the color an application is required. For all other projects, go to the [BSM22.org](http://BSM22.org) website to get your application.



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# Guardian ad Litem (GAL) Volunteers and Foundation

By Barbara Berman Guardian ad Litem Volunteer and Foundation Vice President

Southwest Florida currently has thousands of children in the dependency court system, with many in Charlotte County alone. These children, through no fault of their own, have been placed under court supervision, and removed from their homes because of abuse, neglect or abandonment.

Each case typically takes from one to three years to be resolved. These vulnerable children, many of whom live in temporary homes until a safe, permanent solution is achieved, experience many changes, often very rapidly. Their futures are very uncertain, and their young fragile lives are extremely stressful because they do not know what will happen next. During this very uncertain time, dedicated trained GAL volunteers become the “voice” for

these children in the courts, and their temporary living placements, schools, the case management system, and with other community agencies. At all times GAL volunteers are working under the mission of “I am for the child.” In many cases, the GAL volunteer is the one constant in the child’s life. Southwest Florida residents, including a number of Burnt Store Marina residents, are currently serving as Guardian ad Litem (GAL) volunteer advocates. The goal is 100% representation, so there is more work to be done and more volunteers to be recruited, trained and supported.

During this critical time, GAL volunteers determine if the child’s needs are being met. The volunteers can submit requests on the child’s behalf to the GAL Foundation to help stabilize the children, by providing a sense of normalcy with items such as beds, tutoring, clothing, strollers, camp, sports participation, field trips, happier birthdays, and many other things not funded by any other source through the Foundation’s *Children’s Needs Program*. All these children want is to find their forever home and feel like everyone else their age. They want to feel normal, just like their peers.

The Guardian ad Litem (GAL) Foundation, 20<sup>th</sup> Judicial Circuit, Inc., raises the funds necessary to meet these needs, and to recruit and train GAL volunteer advocates.

On October 26, the Foundation will be hosting its annual *Fashion to a Tea* signature fundraiser at the Port Charlotte Beach Complex. The new venue and new caterer will ensure the anticipated 200 guests will have a wonderful time. This year’s event promises to be even more fun as we showcase our Guardian ad Litem volunteers as our GLAM GALs models, silent auction items, and wonderful surprises including a complimentary mimosa in a gift GAL glass! Last year this fun event raised over \$17,000. Your attendance or sponsorship for the upcoming *Fashion to a Tea* event will help achieve our goals in Charlotte County.

Keep your eyes open for another wonderful opportunity for fun and to help our kiddos on December 11, when the BSM Fitness Center will be hosting a 5k Fun Run/Walk and lunch as part of our community Home for the Holidays.

For further information on becoming a volunteer, to sponsor one of our events, or to donate an item or experience for our silent auction, or for tickets for the *Fashion to a Tea*, please call your Burnt Store neighbor and GAL volunteer Barbara Berman at 443-632-4885 or call the Guardian ad Litem office at 941-613-3233 or purchase or donate online at [www.voicesforkids.org](http://www.voicesforkids.org).



## 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.

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- This is a record high as far back as the start of 2015.
- Today, price reductions, removal of auctions and even multiple offers have fallen off dramatically or completely.

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- Go with **WINNING** strategies. The market value on average is up over 39%. Play to the strengths of the market.
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- Go with a Team that knows why people will still **BUY** in **TODAYS MARKET**.

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# The Recipe Box

By *Jennifer LeClair, Pelican Way*

Are you trying to eat healthier without sacrificing taste? Check out this recipe for healthy almond flour muffins made with date paste! These muffins are perfectly moist and naturally sweetened and maybe just what you’re looking for.

## Almond Flour Muffins (Gluten Free)

- Ingredients**
- 1 cup almond flour
  - 1 cup 4 oz. medjool dates, pitted (about 10 dates)
  - 1/8 cup water
  - 3 eggs (can use flax eggs if you are dairy free)
  - 2 Tablespoons melted coconut oil
  - 1 teaspoon vanilla
  - 1/2 teaspoon baking soda
  - 1/2 teaspoon salt
  - sprinkle of cinnamon
  - 1/4 cup mini chocolate chips

**Instructions**

- 1. Preheat oven to 350°F.**
- 2. Stir together dry ingredients:** Combine almond flour, baking soda, cinnamon and salt in a medium bowl.



- 3. Make date paste:** Place dates and water in blender and pulse until combined.
- 4. Blend:** Add in eggs (flax eggs if using), coconut oil and vanilla. Blend until smooth. Pour date and egg mixture over almond flour mixture and stir to combine. Add in mini chocolate chips and gently stir.
- 5. Place dough in muffin tin:** Pour or scoop dough into a muffin tin with lightly greased silicone liners. Sprinkle some of the mini chocolate chips on top. Bake for 23-25 minutes or until the tops are golden brown and a toothpick comes out clean. Cool completely and enjoy.

**Notes**

- **Swap for date paste:** I haven’t tested this, but if you don’t have dates on hand and want to try a different sweetener, I’d recommend doing 1/3 cup maple syrup or honey.

**Nutrition**

Serving: 1muffin | Calories: 154 | Carbohydrates: 20g | Protein: 4g | Fat: 8g | Saturated Fat: 4g | Cholesterol: 71mg | Sodium: 227mg | Fiber: 3g | Sugar: 15g



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# Tips from the Fitness Center: Keep Your Cool During the Hot Summer

Summer is upon us, and the heat can be deadly. Heat-related deaths and illness are preventable, yet more than 700 people die from extreme heat every year in the United States, according the Centers for Disease Control and Prevention (CDCP).



*Fitness, Friends, & Fun*

The risk is higher for the elderly, for those with chronic health problems, and for the obese. Risk is also higher in humid weather, because the humidity makes it harder for sweat to evaporate and cool the body. So be careful out there! That heat and humidity can be dangerous!



- Here are some tips from the CDCP to stay safe when exercising outdoors in the heat:
- Don’t drink beer or other alcoholic drinks. Alcohol is a diuretic, which means it causes you to urinate. That loss of body fluid contributes to dehydration.
  - Pace your activity. Start activities slow and pick up the pace gradually.

## The Rooster Contest

A farmer goes out one day and buys a brand new stud rooster to copulate with his chickens. The farmer puts the rooster straight in the pen so he can get down to business.

The young rooster walks over to the old rooster and says, “OK, old fellow, time to retire.”

The old rooster says, “You can’t handle all these chickens...look at what it did to me!”

The young rooster replies, “Now, don’t give me a hassle about this. Time for the old to step aside and let the young take over, so take a hike.”

The old rooster says, “Aw, c’mon...just let me have the two old hens over in the corner. I won’t bother you.”

The young rooster says, “Scram! Beat it! You’re washed up! I’m taking over!”



- Drink more water than usual and don’t wait until you’re thirsty to drink more.
- Wear loose, lightweight, light-colored clothing.
- Schedule workouts and practices earlier or later in the day when the temperature is cooler.
- Monitor a teammate’s condition and have someone do the same for you.
- Wear sunscreen: sunburn affects your body’s ability to cool down and can make you dehydrated. 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. Look for sunscreens that say “broad spectrum” or “UVA/UVB protection” on their labels-- these products work best.
- 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.
- 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.
- Seek medical care right away if you or a teammate has symptoms of heat-related illness. Some of those symptoms include muscle cramps, dizziness or lightheadedness, heavy sweating, fainting, headache, and fatigue.

## Bocce - That’s The Way We Roll!

By *Kathy Darrell, Tarpon Pass*

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

With these fun facts, you can be the most bocce-savvy player on the court:

- Bocce is the third most popular sport in the world, after soccer and golf.
- Bocce in its current form was played as early as 264 B.C. in Rome. No one really knows how old bocce is, but stone balls dating back to 9000 B.C. have been found in Turkey.
- 25 million people in the U.S. alone play bocce. Notable bocce players have included the Roman Emperor Augustus, the ancient Greek physician Hippocrates and the astronomer Galileo.



- George Washington built a bocce court at Mount Vernon in the 1780s.
  - The pallino must cross the middle of the court in order for the game to start. If not, it must be thrown again, or given to the other team to throw.
  - A bocce is considered dead (or “morte” in Italian) when it hits the back wall. The bocce is removed from play and not allowed to be re-thrown.
  - A game is typically played to 12 points in the U.S., though some games can go to 15 or 21 points. We play to 7 points (BSMCC) to allow more folks to play.
  - The surface of a bocce court can be composed of stone dust, dirt, clay, grass or an artificial material.
- We look forward to next fall and more competitive play. Plan on joining us!
- For more information, or to be put on our email list, call Tom & Kathy Darrell at 330-806-9182.
- Stai al sicuro e Dio benedica  
(Stay Safe and God Bless)

## Grammar Tips...Me, Myself or I?

By *the Editors of The Beacon*

Here we go again...

It seems that, over the years, people have become fearful to use the word “I”, and have replaced it (mostly verbally) with the words me or myself. Here are some rules to help you out:

“Me” is an object pronoun. Me can only be the object of, or receive an action. For example, she gave *me* a book, or he sat behind *me*. Never use *me* as a subject pronoun (for example - Mary and me went to the movies).

“Myself” is an object pronoun, used when an action you make is directed to yourself. For example, I gave

myself a pat on the back, or I brought that trouble upon myself. You can also use this word as an emphasis to the word “I.” For example, I myself think differently. But never use myself if someone or something else is creating the action, or as a subject pronoun (please, don’t say – he gave it to myself, or, he asked Mary and myself to dinner).

“I” is a subject pronoun. I can only be the subject, which means “I” is doing the action of the verb. For example, I came home, or Mary and I are going to the beach. Never use I when you are the one receiving the action, or as an object of a preposition (like – Just between you and I).

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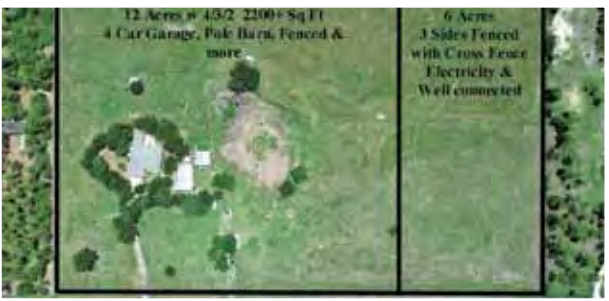
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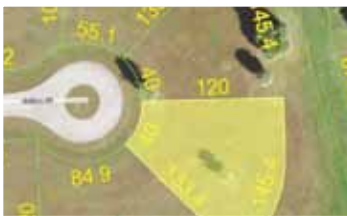
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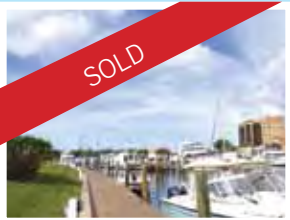
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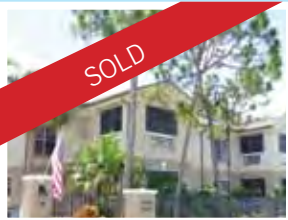
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# August’s Off-Beat Holidays and Adventures

By Maggie Hart, Mariners Pass

The vibrant yellow-green peridot is birthstone for those born in the month of August. Known as a symbol of opportunity and prosperity, peridot is a rare gemstone that only occurs naturally in one color. It is a form of olivine, a mineral composed of magnesium and iron. The Egyptians called peridot the gem of the sun, and some thought that it protected against nightmares. It was also believed to bring the wearer confidence, power, and general good luck and health. Peridots are also closely connected to the Hawaiian culture. They are thought to be the tears of the volcano goddess Pele.

August birth flower is the gladiolus. The gladiolus, or sword lily, represents remembrance, calm, integrity, and infatuation. Gladiolus indicates that the heart is being pierced with love.

If you are born from August 1 to August 22, your zodiac sign is Leo. As one of the zodiac’s most attention-seeking signs, a Leo can most likely be identified as zodiac’s most natural “star.” People born from August 23 to August 31 are Virgos. Virgos are loyal, analytical, kind, hardworking and practical.

August is the eighth month of the year in the Gregorian calendar and its predecessor, the Julian calendar. The month of August was originally named *Sextilis* in Latin, since it was the sixth month in the ancient Roman calendar. The name of the month was changed to August in honor of Augustus Caesar in 8 B.C.

Here are some special dates to celebrate in August:

**August 1, 1838:** Slavery was abolished in Jamaica. It had been introduced by Spanish settlers 300 years earlier in 1509.

**August 3, 1492:** Christopher Columbus set sail from Palos, Spain, with three ships, *Nina*, *Pinta* and *Santa Maria*. Seeking a westerly route to the Far East, he instead landed on October 12th in the Bahamas, thinking it was an outlying Japanese island.

**August 11, 1984:** During a sound check for a radio broadcast, President Ronald Reagan cracked the following joke: “My fellow Americans, I am pleased to tell you today that I’ve signed legislation that will outlaw Russia forever. We begin bombing in five minutes.” He didn’t know it was a live mic, already recording, and the tape leaked. Since this little gaffe, August 11th has lived on as Presidential Joke Day.



## Dining Venues

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Featuring deli, breakfast & lunch, ice cream, pizza, beer & wine and ice.

## Rules for Driving Golf Carts

There has been some confusion about operating golf carts in Burnt Store Marina. Please be aware that there are rules for golf cart use, and violation will get you a citation from the Lee County Sheriff’s Office.



- Drivers of golf carts must observe the same rules as those designated for drivers of motor vehicles. Drivers must keep their carts on the right side of all streets, and obey all traffic signage.
- No one under 14 is allowed to drive a golf cart within the Burnt Store Marina premises.
- No one not playing golf is allowed to drive a golf cart on the golf course.

**August 13, 1961:** The Berlin Wall came into existence after the East German government closed the border between east and west sectors of Berlin with barbed wire to discourage emigration to the West. The barbed wire was replaced by a 12-foot high concrete wall eventually extending 103 miles around the perimeter of West Berlin. The wall included electrified fences, fortifications, and guard posts. It became a notorious symbol of the Cold War. Presidents Kennedy and Reagan made notable appearances at the wall accompanied by speeches denouncing Communism. The wall was finally opened by an East German governmental decree in November 1989 and torn down by the end of 1990.

**August 15, 1969:** Woodstock began in a field near Yasgur’s Farm at Bethel, New York. The three-day concert featured 24 rock bands and drew a crowd of more than 300,000 young people. The event came to symbolize the counterculture movement of the 1960s.

**August 17, 1978:** The first transatlantic balloon trip was completed by three Americans: Max Anderson, Ben Abruzzo,


and Larry Newman, all from Albuquerque, New Mexico. Starting from Maine on August 11th, they traveled in *Double Eagle II* over 3,000 miles in 137 hours, landing about 60 miles west of Paris.

**August 18, 1920:** The 19th Amendment to the U.S. Constitution was ratified, granting women the right to vote.

**August 20, 1897:** The link between mosquitos and the transmission of malaria was discovered by British doctor Sir Ronald Ross. Dr. Ross also identified that the female Anopheles mosquito transmits the disease. In 1902, Dr. Ross was awarded the Nobel Prize in Physiology and Medicine for his discovery. *World Mosquito Day* commemorates the day when the relationship between mosquitos and malaria was identified. Malaria is an infectious disease caused by parasitic protozoans.

**August 21, 1959:** President Dwight D. Eisenhower signed a proclamation admitting Hawaii to the Union as the 50th state.

**August 24, 79 A.D.:** Vesuvius, an active volcano in southern Italy, erupted and destroyed the cities of Pompeii, Stabiae and Herculaneum.



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# Gardener’s Wheelbarrow

By Maggie Hart, Mariners Pass

The daily heat and humidity will continue with the arrival of August. We can expect rain and thunderstorms for about two thirds of the month. Everything is growing rampantly...ornamental plants, weeds, fungus and critters. Now is when you must do frequent walks around the yard to see how your landscape is faring. It’s amazing what can happen seemingly overnight.

We’re in the middle of hurricane season. If you were here in 2004, you definitely remember *Hurricane Charley*! If you are feeling anxious about nearby palms, trees and large shrubs - *think* before you prune! Only remove branches and fronds that are dead, weak or diseased. “Hurricane” cuts are not beneficial and can actually compromise a palm. Radical pruning in palms weakens them by exposing the growing bud



to the elements and reducing their ability to photosynthesize. Palms with the **most** fronds survive high winds best. Trees and large shrubs that are severely pruned produce weak, clustered growth that is easily broken.

August Checklist:

- Do your ornamental plants look pale? Lots of rainfall leaches the soil’s nutrients. Feed the soil with a high quality, slow-release fertilizer with micronutrients. However, no nitrogen or phosphorous should be applied during the rainy season - **by Florida law**.
- Pruning – You may have noticed your tropical plants have doubled in size since you looked at them yesterday. This is *their* time of the year. It’s OK to do some pruning now, not waiting until the usual fall pruning, but be judicious. Do not prune out more than **one third** of the growth.
- Turf – Be watchful for damage caused by both chinch

bugs and white grubs. Apply an approved insecticide for our high summer temperatures.

• This is the last month to put in new plants and still be able to take advantage of the rains. Native plants are best because of their adaptability. Remember to put in plants with their crown just above the ground level and then mulch. But keep mulch away from the stem or trunk – it will cause rotting. Wondering about what to plant? Go to **BSM22.org** and review the Landscape Committee’s document, “BSM Landscaping Plants,” for a list of appropriate plants for our location.

Even tried and true plants will struggle with pests and diseases. Know when a plant is in trouble, identify the culprit, determine the amount of possible damage and the possible solutions. **Chemicals aren’t always needed.** For example, if you see small black grasshoppers chewing on your crinums...knock them off and stomp on them. This is quick and effective. If you wait until they mature into the very large and colorful adult lubber grasshopper, there isn’t a chemical that will work...and they’re tougher to catch and messier to squash. A few aphids on new growth? Prune out the eating zone, or go back to squashing with your gloved hand. The birds are also quite effective at eliminating insects.

Plants that like the heat, like ginger, bird of paradise and ixora are thriving now, looking their best and adding color to your landscape. Heat-loving greenery include natal plum, philodendron and sea grape. These are the ones you want to plant to keep your landscape attractive all year.

## An Exciting Sighting

By Bev David & Joan Ross, Grande Isle IV

We were excited to run out in the rain, after dark on June 11, to see what could be a once in a lifetime event, the night blooming queen of the night (cereus cactus). These photos were taken in Alva, east of Ft. Myers, on Telegraph Creek, a tributary of the Caloosahatchee River.



witnessed several), and have massive flowers that can be up to 9 inches long. They have escaped cultivation and have become naturalized in some regions of Florida. From our research (Google), these species have been used in traditional medicine to treat high blood pressure as well as congestive heart failure.

*Editors’ Note:* There is cereus cactus growing in Burnt Store Marina. You can see one growing far up a pine tree at the back of a home on Linkside Drive, if you look from across the pond, between the green of Pelican 2 and the tee box of Pelican 3 at BSMCC.



## Sheriff’s Report – June

### 14 Warnings

- 3 – Speeding
- 10 – Failure to stop at a stop sign: resident and visitors
- 1 – Faulty equipment: resident

### 9 Positive Interactions with Residents:

Personal contacts with residents during patrol.



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# Fit Happens...Boosting Benefits of Exercise

By Cheri Frank,  
Certified Fitness Trainer

Most of us are familiar with all the physiological benefits of exercise for our cardiovascular, pulmonary, and respiratory systems. These benefits reduce the risk of cardiovascular disease, stroke, diabetes, and certain cancers. But did you know, exercise also provides a bunch of mental and emotional health benefits? It is a resilience tool that can be used to improve positive emotions, mood, self-confidence, and your overall sense of well-being. When you exercise, blood flow and blood volume increase, which means more oxygen is delivered to your muscles, tissues, and organs, including your brain. This helps improve the overall health of the brain which supports mental wellbeing.

The increased blood flow to the brain from regular moderate exercise can improve your mental health, and reduce the risk of cognitive decline. When we exercise,



endorphins, which are hormones that help relieve pain, reduce stress and improve mood, neurotransmitters, such as dopamine and serotonin, are released. The release of these brain chemicals can decrease levels of stress, anxiety, and depression, and also help improve overall cognitive function, mood and energy levels.

Studies have shown that the benefits continue to expand the longer a person consistently engages in exercise. Following an exercise session, an individual can often think more clearly and problem solve more positively. This enhanced cognitive state helps to reduce anxiety, which helps contribute to overall happiness. Due to the brain's ability to change, exercise can improve the function and structure of the brain over time.

Cycling, aerobics, team sports, yoga and going to the gym are some of the activities that studies have shown as the top types of physical activity for mental health. If you are considering exercising more it is important to set small, attainable goals at first to help increase success. Focus more

on frequency than duration. Most importantly, choose an exercise type that you find fun. Light aerobic activity such as walking, biking, jogging or swimming 20-30 minutes multiple times a week is a good place to start. Including weight training 2-3 times a week will provide many benefits also. Incorporating some mind body exercises such as yoga, Pilates, or Tai-Chi, which add in a breathing element, can have additional benefits on reducing sympathetic nervous system stress.

To boost the happiness-boosting power of exercise even more, consider exercising with friends. This helps you feel connected, and it is part of human nature to desire strong connections with others. Participating in one of the many classes offered at the gym, getting out on the tennis or pickleball courts, or joining a golf group are all ways to exercise with others right here in our community. So, in addition to exercising to improve your physical health, remember regular exercise can have a profound impact on your sense of happiness and overall quality of life.

## 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.

**Summer Aerification Dates**

**Pelican Sept.12<sup>th</sup>-18<sup>th</sup>**

**Heron Sept.19<sup>th</sup>-25<sup>th</sup>**

**Osprey Sept. 26<sup>th</sup>-Oct 2<sup>nd</sup>**

\*Please note that the specified course will be closed during these dates

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\$598,900  
This gorgeous home has the best of All Worlds!  
3/2/2, pool on over an acre in Deep Creek



17492 Vellum Cir  
\$549,500  
Beautiful 3BR/2BA Pool Home in Desirable  
Burnt Store Lakes, Upgrades abound!



3020 Matecumbe Key Rd #305  
\$549,000  
3/2 Condo with Spectacular Marina Views.  
Superior Updates plus Carport.



17405 Isaac Lane  
\$549,000  
Furnished 3 bedrooms/2 baths + Den and pool  
with big lake views!



3191 Matecumbe Key Rd #207  
\$390,000  
Beautiful water views awaits you in this Turnkey  
Vista Del Sol Cozy 2 BR/2BA Condo



19788 Midway Blvd  
\$329,000  
Pt. Charlotte 3BR w/Huge under cover lanai &  
large fenced yard, ready 4 pets or that new pool.



2104 Heron Lake Dr  
\$325,000  
Gated Community of Heritage Lake Park  
in Deep Creek



12233 Maryland Ave  
\$235,000  
Adorable 2 Bedroom Home w/open floor plan &  
fenced yard with a pool.

*We're Ready When You Are!*  
CENTURY 21<sup>®</sup> SUNBELT REALTY  
**941-347-7833**

3160 Matecumbe Key Rd. • Punta Gorda, FL 33955  
*In the heart of the Marina. Where the community meets!*

