



From the Section 22 HOA BOD

Hurricane season is just around the corner

By Mark Murphy, Sec. 22 HOA Director

It's that time of year again - the 2023 edition of Hurricane Season is looming...spanning June to November. The peak hurricane activity typically occurs in September and October. As we consider the season, it's essential to maintain a positive outlook. We appreciate the fact that we reside in an area with breathtaking natural beauty, and that most every day has warm sunny weather. Hurricanes are the exception.

Here in our Burnt Store Marina community, we face various storm-related threats, including storm surges, wind damage, water intrusion, mold and significant power disruptions. While it can be challenging to protect against all of these risks, taking steps to mitigate them wherever possible can help to avoid potential heartache, not to mention save both time and money.

Mother Nature's power is often beyond our control, and she can strike with ferocity. As we reflect on the aftermath of *Hurricane Ian*, the most devastating storm to hit our community recently, it's worth noting that our recovery efforts were further complicated by unprecedented supply chain disruptions nationwide, and an eleven-day power outage. In addition, inflation created an escalation of both labor and materials costs that only added to the already difficult situation - a perfect storm.

As individuals, we are responsible for preparing ourselves and our homes for any impending event. Preparing your home for the coming season is an important activity that can save thousands of dollars, and improve community safety in the event of a bad storm.

Be ready to evacuate, or when you are leaving for the season, consider the steps to prepare for your home. Have your own checklist. Here are some items to consider adding to your checklist: **Stay informed and know when to go:**

- Read all Alliant Management and your Homeowners Association notices, and keep up to date on possible events from the local media and the community.
- Plan where you will go if a mandatory evacuation is ordered, who you will notify, and who you will travel with.

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, including 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 write legibly and complete the entire form, including having your condo 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:
- Todd & Heidi Clarke, 3265 Sunset Key Circle, window replacement.
 - Joe Averdick, 24044 Redfish Cove Drive, landscaping.
 - Margaret E. Jones & Joseph Bigus, 3460 #C Sunset Key Circle, window replacement.
 - Thomas & Cheri Frank, 3011 King Tarpon Drive, window & door replacement.
 - Dean & Marjorie Wiley, 3761 Sunset Key Circle, roof replacement.
 - Karen & Greg Ballengee, 3253 Sunset Key Circle, roof replacement.
 - Doug & Kitz Mason, 3368 #B Sunset Key Circle, window replacement.
 - Bruce Goldman, 408 Gaspar Key Lane, lanai improvement.
 - Robert LaFave, 3417 Sunset Key Circle, window replacement.
 - Richard & Susan Huelsberg, 439 Gaspar Key Lane, landscaping.
 - Bruce & Doreen Smith, 3213 Sunset Key Circle, window replacement.
 - Tim O'Brien, 24611 Dolphin Cove Drive, roof replacement.
 - Donn Lull, 951 Linkside Way, roof replacement.
 - Stanley Claussen, 3980 Cape Cole Boulevard, roof, gutter, soffit replacement.
 - Stanley Claussen, 3980 Cape Cole Boulevard, pool cage replacement.
 - Birgit Moenkemoeller, 100 Islamorada Boulevard, window replacement.
 - Colin Walker, 1609 Islamorada Boulevard, pool cage replacement.
 - Colin Walker, 1609 Islamorada Boulevard, roof replacement.
 - Thomas Limbach, 3221 Sunset Key Circle, roof replacement.
 - Steve & Ellen Thompson, 4880 Linkside Drive, window replacement.
 - Steve & Ellen Thompson, 4880 Linkside Drive, hurricane shutters installation.



Happy Mother's Day - Sandhill Crane mom enjoys a meal with the family by Karen Sanderson, Esplanade

When the time comes to go:

- Turn the main water valve to the off position.
 - As an extra precaution, you can shut off water to toilets and under sinks.
 - Use water detectors if you have them, consider getting them if you don't.
- Evacuating, set your air conditioning to 78-80 degrees, set the humidistat, or use a dehumidifier as needed.
- Turn off the circuit breaker to your hot-water tank.
- Empty and leave the door to refrigerators and freezers open, and turn off the circuit breaker off to avoid mold.

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- Thomas Fernandes, 3730 Cobia Villas Court, hurricane shutter installation.
- Scott & Kelly Kelting, 2051 King Tarpon Drive, roof replacement.
- Richard & Carole Casey, 3859 Cape Cole Boulevard, roof replacement.
- Sam & Christine Allen, 3420-D Sunset Key Circle, window replacement.
- William A. Ihlenfeldt, 310 Big Pine Lane, roof replacement.
- Steven & Christine Kuchma, 3328 #A Sunset Key Circle, window replacement.
- Clifton & Kimbra Behney 4051 King Tarpon Drive, roof replacement.
- Gerald Harwood, 1617 Islamorada Boulevard, roof replacement.
- Michael & Desiree Calvelage, 3873 Cape Cole Boulevard, roof replacement.
- Thomas & Michele Colucci, 1500 Islamorada Boulevard, window replacement.
- Germaine Hyatt, 4036 Big Pass Lane, roof replacement.
- Ramona & Lloyd Jones, 3293 Sunset Key Circle, roof replacement.
- Rick & Susan Dreher, 3225 Sunset Key Circle, roof, gutter replacement.
- Victoria Dragojevic, 505 Islamorada Boulevard, exterior paint.
- George Peterson, 3217 Sunset Key Cir., roof replacement.
- Cynthia Whitson, 4040 Cobia Estates Drive, hurricane shutter installation.
- Cynthia Whitson, 4040 Cobia Estates Drive, roof replacement.
- James & Patricia Dobbins, 24074 Redfish Cove Drive, roof replacement.
- Kim & Lori Brown, 4960 Linkside Drive, exterior paint.

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Reminder:

Next Section 22 HOA Working Board Meeting – Tuesday, June 13, 9 a.m., Linkside Café Patio.

Next Section 22 HOA Board Meeting – Tuesday, June 27, 9 a.m., Linkside Café Patio.

Directory: Section 22 Homeowners Association

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Happy Father's Day

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CURRENT ACTIVITY

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3230 Southshore Dr,	35A	3	2	“Turn-Key”	\$599,000	\$231.10
3230 Southshore Dr,	36C	3	2	“Turn-Key”	\$499,000	\$192.52
3240 Southshore Dr,	43B	3	2	“Part Furn”	\$639,000	\$246.53
3250 Southshore Dr,	51B	2	2	“Turn-Key”	\$532,500	\$257.24
3250 Southshore Dr,	51C	2	2	“Not Furn”	\$449,000	\$216.90
3250 Southshore Dr,	52C	3	2	“Turn-Key”	\$649,000	\$250.39
3260 Southshore Dr,	65B	3	2	“Turn-Key”	\$585,000	\$225.69
3260 Southshore Dr,	66C	2	2	“Turn-Key”	\$425,000	\$205.31

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RECENT LISTINGS

ADDRESS	STYLE	BED/BATH/GARAGE/POOL	PRICE
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3181 MATECUMBE #30	VILLA	2/2/2 +DEN COMMUNITY POOL	\$349,000
5030 SABLE KEY	SINGLE FAMILY HOME	3/2/2 POOL (NEW PRICE)	\$648,500
552 ISLAMORADA	VILLA	2/2/1.5	\$354,000
1001 ISLAMORADA UNIT 12B	CONDO	2/2 COMMUNITY POOL (NEW PRICE)	\$273,500
5070 KEY LARGO CIRCLE	SINGLE FAMILY HOME	3/2/2.5 CAR POOL (NEW PRICE)	\$778,500

Here’s What Your Neighbors Are Saying . . .

Very helpful and attentive. Always got back to me to answer any questions I had. We went to an open house on a different property, where he was the listing agent, and ended up working with “Dr. Mike” Schwanger. He met with us after inspections in the home again to go over any issues or questions. He was with us every step of the process to make sure it was a smooth process. Very pleasant experience. We will be very happy in our new home.

I live where I sell and sell where I live! You’re going to love it here!

Follow the signs of success



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Mark Your Calendar – Out And About

Inside the Gates Dates

- **Thursday, June 1:** Deadline for the July *Beacon*. Article and picture submissions are welcomed. Become part of the *Beacon* family.
- **Tuesday, June 13:** Section 22 HOA Working Board Meeting, Linkside Café Patio, 9 a.m.
- **Tuesday, June 27:** 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, June 2:** Fort Myers River District Art Walk, 1 to 5 p.m. Visit many galleries, exhibitions and performances.
- **Saturday, June 10:** 2nd Saturday Dance Party, 2 to 5 p.m. Lessons start at 2 p.m., party starts at 2:45 p.m. Punta Gorda Women’s Club, 118 Sullivan St. \$15 USA Dance Members, \$26 USA Dance Member Couples, \$17 non-members single, \$20 non-members couples. Call Laura for information, 330-501-2366.
- **Friday, June 16:** 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.
- **Saturday, June 17:** 2nd Annual Caribbean Heritage Month Celebration. 1 to 9 p.m. Port Charlotte Beach Park, 4500 Harbor Blvd. Port Charlotte.
- **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 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.

Fitness Friends & Fun

By Cynthia Mathews

It’s always fitness season at the Burnt Store Marina Fitness Club! Our air-conditioned workout facility, cool pool, and active mornings on the courts all provide a variety of exercises to help you stay healthy all year long. Whether you walk, pedal, paddle or make a splash, staying cool makes all our outdoor activities more comfortable. To help you stay cool, wear breathable, moisture-wicking fabrics. Along with staying hydrated, make sure to keep up your electrolyte levels. A great way to do this is by adding a banana to your breakfast. They’ve got lots of Potassium, some fiber, and even a little protein. For those sultry days consider adding a cooling equipment, such as sports neck cooling tubes, cooling collars, or cooling patches.

Aqua Aerobics!

Growing up as a young athlete in the San Francisco Bay Area, I always watched the Jack LaLanne show. Televised from 1951-1985, it was the longest-running fitness show on TV at the time. What I loved about the show, was that it was easy to follow for teens like me. He also encouraged us to get everyone in the house in front of the small screen to do some jumping jacks or stretching with him.



Not only did he open the first real gym when he was just 21 years old, but he is also the inventor of aqua aerobics. This multifaceted form of exercise combines aerobics and dance moves with strength training in a buoyant environment.

We have seven different class styles with our experienced and fun instructors. Barb styles her classes with participants ‘Rockin’ to the Oldies,’ while Cathy’s groups have a workout combined with a powerful beat. Lucky enough to not have just one but two Lindas – Linda C. teaches with a Zumba-Latin musical vibe, and Linda W. uses her training for an intense, deep muscle conditioning workout. Deb’s workout uses lots of arms as she conducts her sessions in deep water. Bubbly Deanne’s classes are a hi-energy cardio water aerobics experience while Val conducts a full-body rock ‘n’ roll workout.

All these classes are fantastic workouts, and have numerous health benefits. Aqua aerobics helps increase strength, is low impact, and even lowers your blood pressure (since exercising in water is lower stress than working out with the land lubbers). It’s helpful for maintaining balance and coordination, increases your cardiovascular health and endurance, and increases flexibility.

Pre-registration on Court Reserve is required for these popular classes. Classes take place Monday, Tuesday, Wednesday, Thursday, and Saturday at 9:30 in the morning. Fridays aqua aerobics at 8:30 am.

It’s officially summer season for Tennis Open Play! Our summer program is open to all levels of players wanting the fun of playing mixed doubles. Join the fun at 8 a.m. Wednesdays and Fridays. Saturday’s open Round Robin play is now at 8 a.m. instead of 9:30 a.m. so players can beat the heat. Come get a great workout with friends. The 2023-2024 season starts in November.

Pickleball players from all over the nation and the world arrived in Naples for the Minto Open US Pickleball Championships. The third week of April welcomed over 3,000 participants and 200 touring professionals. Our Burnt Store Marina Fitness Center brought 21 players and the largest group of fans...wearing the coolest matching t-shirts. Competitors were: Ron Johnson, David Allenick, Jack Butler, Jeri Butler, Kathleen Harrigan, Ryan Hocker, Steve Hocker, Rob Jamros, Wanda Lane, Jerry Linkhorn, Anne McColgan, Steve McConaghy, Tim O’Brien, Val O’Brien, Jon Ralph, Marty Pickup, Suzanne Smith, Paul Venne.

Hats off to our Gold Medal Winners Julie Kohner and Peter Feldhusen in the 3.0 65+ Mixed Doubles and to Tony Gray in Men’s singles.



Helping Everyone Find Their Piece of Paradise in The World, You Deserve It!

Featured Listings

3321 Sunset Key Cir #508
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Historical Mural of the First City Council of Punta Gorda. The mural captures the history of Punta Gorda with depictions of Hotel Punta Gorda, Cow Hunters, Steamships and Tarpon Fishing. By Karen Sanderson, Esplanade



Boca Grande Cheerful Mural of Boats, Fishing Equipment, Tools and Dogs by Karen Sanderson, Esplanade

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Email: Passadomo.kathleen@flsenate.gov
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Lee County Commissioners
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Vision 2025...The Transformational Story Begins Now!

By Mike McFeeley, Vice President, PGI Section 22
In 2021, focus groups were held to begin discussions within the community concerning the future direction for Burnt Store Marina. Over 100 residents participated in two sessions in March and April, giving their input on what the community should look like, and how we should evolve. Even in 2021, the concern was that our community is looking old, and in need of a face lift. The feedback was clear, update our amenities, improve our value proposition, stay competitive with the newer nearby communities and maintain our existing infrastructure. Just for good measure people wanted Linkside to be updated, the fitness center expanded, and the resort pool refurbished.
Fast forward to 2023, and it’s now time to move forward with the Vision 2025 initiative. The plan is to take a critical look at our community and our amenities.
• How do we stack up against the newer communities?
• What changes can we make to improve our competitive position?
• How can we freshen up the look of the community?
• What opportunities are we missing?
This is no easy task, and will require a big commitment.

The Vision 2025 group was selected based upon their past life experiences, their demonstrated commitment to the community, and their current involvement with existing amenities. The group consists of Rob Jamros, Lesley Rose, Kelly Beaty, Cheryl Shaw, Bob Honcharski, Glenna Benson and Arne Arnesen. This group has already had a couple of in-person meetings and conference calls. They have met and spoken with local Realtors, Safe Harbor, and various engineers, as they begin their analysis and brain storming.
Over the coming months, the board will work together with the group to begin to vet their ideas, discuss options, look at the viability of certain projects, and ultimately begin to put together a plan that can be rolled out to the community for input. This is the first long-range plan that Burnt Store Marina has ever put together. The goal is to come out with a blueprint for the future that will modernize our amenities, leverage our competitive advantages, and create a community that will provide for a great lifestyle, while maintaining property values.
There are many future steps, and many opportunities for people to give input and get involved. This is just the beginning of an exciting journey, as we attempt to transform

Burnt Store Marina into an updated and improved version of what we already know and love. During the summer months the group will formulate their plans. They will be reaching out for information, input and ideas from inside and outside the community. The board will be sharing information from the group, when appropriate. We are fortunate to have so many quality and qualified individuals in the community who are willing to give their time and their talents to help improve the lives of everyone. Stay tuned for future updates.

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Ladies League Winners for 2022 – 2023 Season

By Melody Groh, President

Each week played, from the October season start to the last date of ‘official’ play in March, ladies receive 5 points for playing. If they happen to be so lucky to get a birdie or chip in (or multiples!) they get a set number of points. If they place in their flight - they get more points. A hole in one gets a wazoo load of points! All these points accumulate. Barb Honcharski keeps track of points all season long. For ‘Most Improved,’ we look at everyone’s handicap January 1 - March 31. The largest DECREASE in handicap takes that category. The Ringer winners are determined by the individual’s lowest score for ALL SEASON on each specific hole for all 27 holes here at BSMCC. Each week we compile the scores (hole by hole), and at the end of the season, we pull out the lowest score on each of those holes and total them. The winners and prizes for the 2022/2023 season are:



PERFECT ATTENDANCE: Club holder prize
18 Holers - Sandy Howard
9 Holers - Connie Jackson
MOST IMPROVED: Animal Head Cover prize
18 Holers - Angie Dewitt lowered her handicap by 6 strokes
9 Holers tie - Paula Allton and Beveraly Back both lowered their handicaps by 1 stroke
MOST BIRDIES: Golf Cart phone holder prize
A Flight - Cinda Brown and Lesley Rose with 7 birdies
B Flight - Jacky Hill with 4 birdies
C Flight - Lynda Vail with 4 birdies
D Flight - Sue Peters and Rhea Fleishman, both with 2 birdies
9 Holers - Paula Allton with 1 birdie
HOLE IN ONE: Plaque prize
Cinda Brown Maxine Roberts
RINGERS: Golf towel and golf balls prize
A Flight - Cinda Brown - total low score of 86
B Flight - Barb Honcharski - total low score of 93
C Flight - Pam Williams - total low score of 100

D Flight - Sue Peters - with total low score of 110
9 Holers - Paula Allton - with total low score of 120
FLIGHT WINNERS: Golf purse with CASH prize
A Flight - Kathi McKay, 318 pts; Cinda Brown, 246 pts; Kelly Millar, 246 pts
B Flight - Cheri Hanmer, 241 pts; Barb Honcharski, 183 pts; Aesun Johnson, 181 pts
C Flight - Judy Schinneller, 224 pts; Marg MacDougall, 222 pts; Bev McIntosh, 220 pts
D Flight - Jane Moen, 317 pts; Rhea Fleishman, 266 pts; Sue Peters, 223 pts, Sandy Howard - 223 pts
9 Holers- Connie Jackson, 336 pts; Paula Allton, 244 pts; Beverly Bach, 228 pts
And...Beloved Oldest Player and Inspiration to the rest of us...Babe Ahrens - golf balls
Congratulations to all the winners!



Architectural Review Committee from page 1

- Gloria Weber, 4031 Cobia Estates Drive, roof replacement.
- Walter & Katherine Glowicki, 4861 Linkside Drive, roof, soffit, gutter, replacement.
- Walter & Katherine Glowicki, 4861 Linkside Drive, pool cage replacement.
- Jim & Carla Restivo, 1310 Marathon Way, roof replacement.
- Robert N. Beck, 103 Big Pine Lane, hurricane shutter installation.
- Ted & Eva Bailey, 4031 Big Pass Lane, roof replacement.
- Colin & Brenda Wartman, 24080 Redfish Cove Drive, roof replacement.
- David & Rebecca Isley, 24129 Redfish Cove Drive, roof replacement.
- Thomas Reinckens, 4017 Cape Cole Boulevard, roof replacement.
- Tom Velcek 4841 Linkside Drive, roof replacement.
- Rose DePaula, 1004 Islamorada Boulevard, roof replacement.
- Jim & Karen Zachaez, 1524 Islamorada Boulevard, roof replacement.
- William G. & Karen L. Fuchs, 3045 Big Pass Lane, roof replacement.

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

An ARC did you know, moment...

By Barry Groesch, Architectural Review Committee Chair

Did you know...if you want to enclose your lanai, an ARC application is required. For all projects, go to the **BSM22.org** website to get your application.



From the Section 22 HOA BOD from page 1

- Unplug your washer, dryer, any computers, televisions or major appliances to keep them safe from electric surges that often happen during or after an event.
 - Open closet and cabinet doors for airflow, and put a towel in the dishwasher door for airflow.
 - Bring any front door decor, wreaths and mats inside your home or garage.
 - Remove fan blades, furniture, decorations and area rugs from your lanai and outdoor areas.
 - Leave beach or old bath towels on the kitchen counter to mitigate water intrusion as soon as you return.
 - Remove exterior window/door screens to avoid them being unnecessarily damaged.
 - Roll up area rugs and move them away from windows and sliders.
 - If you know possible points of water intrusion, prepare those areas i.e., sliders or doors to prevent water penetration. You can use a water-absorbent material that can be purchased online or locally, i.e. Pig Water Barrier.
 - Secure your sliders and lanai doors with a C-clamp or metal pole. If wood is used, it can expand from water penetration and be difficult to remove to open the windows when you return to get ventilation.
 - Make sure your car keys and golf keys are in an easily accessible spot (not necessarily visible on a counter) for your departure or when you return.
 - Cars and golf carts may need to be moved in case of a storm surge, mold detection, or other perils, and you or your home watcher may need quick access.
 - Replace batteries for all smoke detectors and water sensors.
 - Double check all doors and windows are locked.
 - Share your good checklist ideas with your friends and neighbors.
- We get plenty of notice of impending storms. Decide early what you are going to do if a hurricane is approaching. Waiting until the last minute to leave can be problematic. Finding a hotel room can be nearly impossible. Driving on congested roads can make travel a nightmare, and add to that gas shortages and long lines at the pump.
- If you stay:**
- Purchase flashlights and extra batteries.
 - Have cash in the event power is out (ATM’s and credit cards can’t be used).
 - Fill your cars up with gas before the hurricane.

- Charge all your electronic devices, and consider buying a battery charging station.
 - Fill the bathtub with water (for flushing the toilet).
 - Stock up on extra drinking water.
 - Have a good supply of food that doesn’t need to be refrigerated or cooked on a stove.
 - If you have a gas grill, make sure you have extra propane.
 - Assume the internet won’t be available, so have important names and phone numbers written down.
 - Have an emergency kit available with basic first aid supplies.
 - Ensure you have an adequate supply of any required medication available, since basic services can be dramatically interrupted.
 - Create an emergency contact list with local names and numbers, and check in before and after the storm.
 - Rakes, brooms, blowers, and chainsaws are valuable tools during a recovery.
 - Large plastic trash bags, preferably not black, are important during clean-up.
 - After Ian, some members of the community spent 8 hours tearing open black plastic bags and emptying the contents so FEMA would accept the debris.
 - Remember, your pets are also going through this storm and the recovery. Food, water, and medication will also be required for them.
- After the storm:**
- Be careful when outside immediately after a storm. Downed power lines, sewage backups and sharp objects are only some of the issues. Animals and reptiles are also dislodged during storms, and may end up in places you’ve never seen them before.
- As you ready your personal residence for the upcoming hurricane season, it’s equally vital to take into account the well-being of the community at large. Under the guidance of Board Director Jerry Newmin, the PGI Section 22 HOA is working hard to enhance the organization and cooperation of the various associations within our community by establishing a volunteer CERT (Certified Emergency Response Team) to respond in the event of an emergency. Be sure to stay abreast of updates and information shared by the CERT team, which will come in notices from Alliant Management and stories here in *The Beacon*.
- Let’s all remember that we live in a beautiful place, but we must also remain vigilant and prepared during hurricane season. By preparing a checklist for your own home or condo, and supporting the community’s CERT team, we can help ensure that our community remains safe and resilient during any emergency situation.

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Platinum Point Yacht Club

By Loretta Steeves, Director

Platinum Point Yacht Club (PPYC) is an organization in which the board, the committee chairs, and the membership at large, strive to respond to the needs of the members. That is why, when a survey conducted last year showed that the club’s membership is comprised of half snowbirds and half homesteaders, the club recognized the need for increased activities over the summer.

A committee was formed and headed by member, Sue Yearsley. Just some of the activities being considered are a group field trip to the Selby Gardens in Sarasota and a visit to the Visani Comedy Club in Port Charlotte. Lunch cruises and a raft-up in Pelican Bay are planned for our boating members. The committee is also hoping to expand on our

weekly Friday night happy hours by providing music and Trading Post Pizza. All these activities will supplement the monthly Sunset Socials, where members watch the sunsetting over the harbor while enjoying potluck appetizers. There are also monthly Grill nights, where members bring sides to share and barbeque using the club’s grills. Quilting, Bunco, Bridge, and Mah Jongg continue to provide ongoing fun. Like many organizations in SW Florida, PPYC does enjoy our winter season, but that certainly doesn’t mean that the fun stops then.

Other evidence of PPYC keeping its ear to the ground, with respect to the wants of the membership, is seen in the two Town Hall meetings held this spring. The Long Range Planning Committee wanted to share possible future considerations, which were based on member interviews and

surveys, conducted over the past few years. The committee used the Town Hall format to allow as many members as possible to share their perspectives, and participate in planning the club’s future together.

These examples underscore that Platinum Point Yacht Club is more than a building, and is not just a series of events. PPYC is our people. In reality, PPYC consists of a membership attempting to fulfill this goal: *To cultivate a welcoming, diverse membership with shared interest and passion in a club dedicated to providing outstanding boating, recreational, educational and social experiences for its members and the community.*

If you are interested in participating in an organization that affords a wide range of options for boaters and non-boaters alike, this is a wonderful time to consider membership. Choosing to become a member now means that you will be ready to join the fall activities as they start up, and if you live here year round, there are many opportunities to meet new friends throughout the summer.

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 would be happy to explain the benefits of membership in Platinum Point Yacht Club.

Our Florida Wildlife ...the Swallow-Tailed Kite

By Maggie Hart,
Mariners Pass

What is that beautiful bird we see soaring above us in the spring? You may already know – it’s a swallow-tailed kite!

These are one of our most beautiful birds of prey, striking in its shape, its pattern, and its extraordinarily graceful flight. Hanging motionless in the air, or swooping, and gliding, and zooming high in the air with scarcely a motion of its wings, the swallow-tailed kite is a joy to watch.

Native Americans saw these birds as “the Great Creator’s window on our world” or as messengers between the world above and ours below.

After spending the fall and winter in South America, swallow-tailed kites arrive in Florida to breed. Each March through June, they nest in large colonies with other



swallow-tailed kites in tall pines and cypress trees across Florida, and along the coast from Louisiana to South Carolina. The females lay 2-3 eggs, and both parents help raise the young. In August and September, they embark on their migration back to South America. Their entire journey from North America to South America and back totals 10,000 miles.

Swallow-tailed kites primarily eat flying insects, but during the breeding season they also hunt small vertebrates, including tree frogs, lizards, nestling birds, and snakes.

In Florida, the greatest threat to swallow-tailed kites is habitat destruction. The Florida Wildlife Commission noted that in South Florida, due to loss of nesting habitat, these birds are often forced to nest in unstable Australian pines, where nests fail due to wind. Once kites leave Florida, major threats are also habitat destruction of stopovers (area where birds pause during their migration route) and wintering grounds.

Attention Residents:

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Fit Happens...8 Ways of Promoting Health. Part 1

By Donna Heiple, ERYT, RCYT, YACEP, CPT, CSE

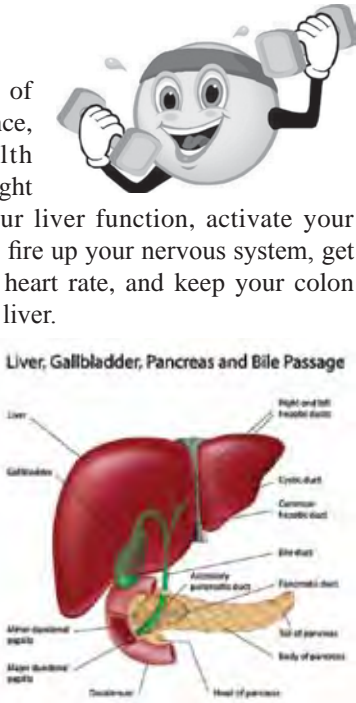
There are eight areas of health, that if out of balance, can contribute to health issues. Balancing these eight areas will strengthen your liver function, activate your thyroid, balance your pH, fire up your nervous system, get you strong, elevate your heart rate, and keep your colon clean! Let's start with the liver.

The liver

The liver is a powerful organ and a regenerating gland. It purifies your blood and disposes of bad fats and it puts good fats to work for you. It also makes coenzyme Q10 that powers your muscles. As a huge part of the digestive system, a strong liver benefits almost every aspect of your health. A well-functioning liver can help you experience:

- Regular Hormone Cycles
- Stronger Immune System
- Regular Digestion
- Better Oral Health
- Positive Mood
- More Energy
- Clearer Skin

The liver regulates most chemical levels in the blood and excretes a product called bile. Bile helps to break down fats, preparing them for further digestion and absorption. All of the blood leaving the stomach and intestines passes through the liver. The liver processes this blood and breaks down, balances, and creates nutrients for the body to use. It also metabolizes drugs in the blood into forms that are easier for the body to use. When the liver has broken down harmful substances, they are excreted into the bile or blood. Bile by-products enter the intestine and ultimately leave the body in the feces. Blood by-products are filtered out by the kidneys and leave the body in the form of urine. Many vital functions have been identified with the liver. Some of the more well-known functions include the following:



- Detoxifies the blood to rid it of harmful substances such as alcohol and drugs
- Converts stored sugar to functional sugar when the body's sugar (glucose) levels fall below normal
- Production of certain proteins for blood plasma
- Production of cholesterol and special proteins to help carry fats through the body
- Processing of hemoglobin for use of its iron content (the liver stores iron)
- Conversion of harmful ammonia to urea (urea is one of the end products of protein metabolism that is excreted in the urine)
- Regulating blood clotting
- Resisting infections by producing immune factors and removing bacteria from the bloodstream

By doing certain yoga and fitness postures, you are strengthening the vital force of the liver in ways that will bring it to optimum functioning.

A few good yoga/ fitness postures/exercises for the liver are:

- **Forward Fold**- Standing or seated, bend your knees as much as you need, reach your stomach for your knees. Be patient, this may take regular practice to achieve the results you want.
- **Standing Splits**- From your standing forward fold, lift one leg up behind you, your leg does not need to lift high, just as high as yours goes. You can keep your toe on the ground until you are ready to lift it. Remember to do both sides, for the same length of time.
- **Bridge pose**- Laying on your back, feet hip distance apart and bring your feet close to your butt, lift pelvis up, you can support your bridge with a block, pillows or a rolled-up blanket, or hold with your own strength.
- **Cat/Cow**- Hands and knees pose or seated, round your spine in one direction, then the other.
- **Spinal Twist**- these can be done standing, seated, or on your back.

Take your time and build your stamina and strength by holding the pose for a few breaths working up to a few minutes each day.

- **Down dog**- Inverted V with your body.
- **Yoga squats**- This is referring to two specific squats. One is commonly called an asian squat. Feet a little wider than hip distance apart, bend knees and lower your hips toward the ground. Sit on a stool or a block if this squat is difficult due to tightness or muscle strength. Lift your arms up or push your palms together in front of your chest in prayer when you are comfortably uncomfortable.

Drink a minimum of 32 oz of water each day. Work your way up to 64 oz. per day.

Thyroid gland

This butterfly shaped gland is located in your throat just below the Adam's apple. It releases hormones that control metabolism—the way your body uses energy. The thyroid's hormones regulate vital body functions, including:

- Breathing
- Heart rate
- Central and peripheral nervous systems
- Body weight
- Muscle strength
- Menstrual cycles
- Body temperature
- Cholesterol levels

The thyroid gland is about 2-inches long and lies in front of your throat below the prominence of thyroid cartilage commonly known as the Adam's apple. The thyroid has two sides called lobes that lie on either side of your windpipe, and is usually connected by a strip of thyroid tissue known as an isthmus. Brownish-red in color, the thyroid is rich with blood vessels. The thyroid secretes several hormones, collectively called thyroid hormones. The thyroid is part of the endocrine system, which is made up of glands that produce, store, and release hormones into the bloodstream so the hormones can reach the body's cells. The thyroid gland uses iodine from the foods you eat to make two main hormones:

- Triiodothyronine (T3)
- Thyroxine (T4)

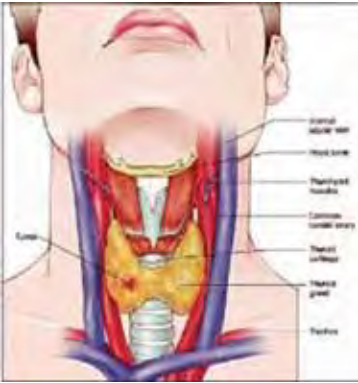
The main hormone is thyroxine, also called T4. Thyroid hormones act throughout the body, influencing metabolism, growth and development, and body temperature.

A few good yoga postures to help the thyroid:

- **Bridge pose**- Laying on your back, feet hip distance apart and close to your butt, lift pelvis to up, you can support your bridge with a block, pillows or a rolled-up blanket, or hold with your own strength.
- **Mountain pose**- Standing tall, or seated, raise arms over head and look up. do not strain your neck, stretch the front of your throat.
- **Legs up or Shoulder Stand**- You can put your legs up on a wall, the seat of a chair, or just straight up in the air. Tuck your chin firmly into your chest. If you are new to shoulder stand, come to class so you can be instructed properly.
- **Fish pose**- Legs out long, elbows under shoulders, lift your face up, arch your back, and let your head lean back.

All the suggested postures should only be practiced on an empty stomach. They should be used under the guidance of a good teacher. If they are used daily, correctly and consistently, in combination with good food habits, then balance will return to the body and mind and the health of the practitioner will be restored quickly.

We will review additional areas of health in our next monthly article on Fit Happens...8 Ways of Promoting Health. Get to the gym where fit happens!



Bocce - That's The Way We Roll!

By Kathy Darrell, Tarpon Pass II

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



While the bocce league is on “vacation” for the summer, please know that the bocce court is not! Bocce sets are in the cart barn, and you may use them at any time.

Consider bringing guests, and especially grandchildren, to the bocce court to play a game or two. Bocce is a fun family game, easy to play, and great fun for younger children. No reservations needed – just show up and play. Morning hours are cooler during the summer months with less chance of rain than the afternoons.

The bocce court is in front of Burnt Store Marina Country Club on the northeast side of the parking lot.

You do not have to be a member of BSMCC to play. For more information, or to be put on our email list, please email Connie & Dave Huelsbeck at huelsbed@bellsouth.net.

Ci vediamo la prossima stagione! (See you next Season!)

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Tight Lines...Smile. It's Your First Charlotte Harbor Fish

By Jay Lev, Burnt Store Anglers

Over the last few months, our community has had a large number of family visitors. School holidays always provide a great opportunity to get to see and visit with children and grandchildren. As a result, the members of the Burnt Store Anglers get many requests to recommend fishing guides that might take our visitors out into Charlotte Harbor on a fishing trip. One of my neighbors knew that I fish very frequently, and asked if I could recommend some fishing guides to take their grandchild out fishing. Since that form of request is one of the many types of inquiries we like to help out with, I recommended a good contact who might arrange such a trip. Being the beginning of the influx of warm water temperature and the start of the "bite" of tarpon, snook, redfish, jacks and alike, it usually is tough getting a guided trip on short notice. Most guides are booked months in advance.

Keith and Donna Goulait relocated from Michigan a good number of years ago. As many of us do, they left family behind for work and run their businesses. When an opportunity arrives that our families to come to Florida for a visit, we usually set out the red carpet and welcome our family with great Florida activities. Keith and Donna Goulait have two teenage grandchildren. Both kids do well in school and to celebrate their visit, Donna had some special activities planned. So did Grandpa.

Their grandson worked hard in school, and achieved some very special academic achievements. It seemed like a good first-time fishing trip was in order. With some luck Keith, a.k.a. Grandpa, was able to book a guide for a fishing trip. Keith, their son Larry, and Andre, their grandson, would join Keith on this adventure. The group was excited and a bit nervous about this up-coming adventure. I spent a few conversations talking with the family about what they might expect. Donna, a.k.a. Grandma, repeated to me several times how she hoped Andre would catch a fish. I assured her it would not only be a fish but probably a good-size fish as well. With fingers crossed, Keith and Donna got the crew prepared for this first time adventure. The guide was going to leave the gas dock at 8:30 in the morning.



The day was beautiful, light wind out of the west with a good incoming tide. The conditions were perfect. The crew met their guide and off into the harbor they went. In just a short time, the family of anglers all hooked up with nice-size speckled seatrout. Shortly thereafter, the catch then moved on to snook. The excitement for the family began to build. About midway into the charter, Grandma's wish came true. Andre hooked a big fish, and as most strong kids do, began to fight the fish and try to bring the fish to the boat. Five minutes passed and that fish was still running away from the boat. With a little help from the guide, Andre, reeled his fish to the boat, and the biggest smile you have ever seen burst out on Andre's face. He landed the fish, a beautiful jack crevalle. While the Florida record is over 57 pounds, Andre's fish was a new family record. Congratulations to Keith and Donna for bringing this experience to our attention.

Do not fear, their granddaughter joined mom and grandma on a ladies' day out, full of fun and shopping. What a great time this can be for your visitors. Fishing, especially a guided experience, always brings smiles to the faces of the fisherman. When your family or guests come to Florida for a visit, be sure to book a guided fishing trip. Remember, the guide always baits the hook.

Tight Lines!

St. Jude Raffle Winners Announced

Painting Raffle Winners, Sue and Tom Wright received *Darkness*, painted by local artist Jay Winston. The raffle brought in \$400 as part of the Art show to benefit St Jude Research Hospital for Children. A total of \$6400 was raised. Thank you to all that supported and helped make this event possible.



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Burnt Store Marina CC News

By John Abbott,
General Manager, BSMCC

Mom got our attention in May, and now that June has arrived, it's time to shift our attention to Dad.

Father's Day weekend is big here at the club, starting off Saturday, June 17, with our "Father's Day Backwards Scramble." This is a fun day of golf where we play the course...as you would guess...backwards. Sounds crazy but it's always a crowd pleaser. This tournament fills up fast, so make sure you sign up early. On Father's Day, Sunday, June 18, Chef Seth has a wonderful brunch planned with an omelet station, a carving station, and lots more great food and drinks. There will be 3 to 4 seatings and reservations are important, as this also fills up fast, so call the restaurant early to assure yourself a table.

There are lots of other things going on at BSMCC this month, including the usual trivia and bingo nights, and Republican & Democrat dinners. We have also added some new events that include a "Wine & Tapas" night, a "Boss of the Toss" corn hole tournament and a "Birdies, Brew & BBQ" that features golf, food & fun.

We are bringing back Men's Night on the June 8, and Saturday will now be pizza and music night at Linkside. There should be something for everyone, so if you are sticking around this month, make sure you read the *Weekly Blast* for the upcoming events.

We look forward to seeing you at the club!



BSMCC June 2023 Schedule of Events						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Lunch 11 a.m. - 3 p.m.* Wine & Tapas 5 - 8 p.m.*****	2 Lunch 11 a.m. - 3 p.m.* Dinner 5 - 8 p.m.**/* 5 p.m.-7 p.m.	3 Lunch 11 a.m. - 3 p.m.* Pizza Night & Music 5 - 8 p.m. **/* 11a.m.-3 p.m.*
4 Breakfast Menu 9 - 11 a.m. Lunch 11 a.m. - 3 p.m.	5 Lunch 11 a.m. - 3 p.m.* Trivia 5 - 8 p.m. Members Only!	6 Lunch 11 a.m. - 3 p.m.* Dinner 5 - 8 p.m.**/* 9 Hole Scramble 3 p.m.***	7 Lunch 11 a.m. - 3 p.m.* Republican Dinner 5 - 8 p.m. *****	8 Lunch 11 a.m. - 3 p.m.* Mens Night 5 - 8 p.m. ****	9 Lunch 11 a.m. - 3 p.m.* Dinner 5 - 8 p.m.**/*	10 Lunch 11 a.m. - 3 p.m.* Pizza Night & Music Rick Austin 5 - 8 p.m. *
11 Breakfast Menu 9 - 11 a.m. Lunch 11 a.m. - 3 p.m.	12 Lunch 11 a.m. - 3 p.m.* Trivia 5 - 8 p.m. Members Only!	13 Lunch 11 a.m. - 3 p.m.* Dinner 5 - 8 p.m.**/* 9 Hole Scramble 3 p.m.***	14 Lunch 11 a.m. - 3 p.m.* Bingo 5 - 8 p.m.*** Members Only	15 Lunch 11 a.m. - 3 p.m.* Birdies, Brew & BBQ 11 a.m. - 3 p.m.***** Rain date below	16 Lunch 11 a.m. - 3 p.m.* Dinner 5 - 8 p.m.**/*	17 Fathers Day Backwards Scramble 9 a.m.*** 9 a.m. *** Pizza Night & Music Kit 5 - 8 p.m.*
18 Fathers Day Brunch 9 a.m. - 2 p.m.	19 Lunch 11 a.m. - 3 p.m.* Trivia 5 - 8 p.m. Members Only!	20 Lunch 11 a.m. - 3 p.m.* Dinner 5 - 8 p.m.**/* 9 Hole Scramble 3:00 p.m.***	21 Lunch 11 a.m. - 3 p.m.* Prime Rib 5 - 8 p.m.*	22 Lunch 11 a.m. - 3 p.m.* Birdies, Brew & BBQ 11 a.m. - 3 p.m.*****	23 Lunch 11 a.m. - 3 p.m.* Dinner 5 - 8 p.m.**/*	24 Lunch 11 a.m. - 3 p.m.* Pizza Night & Music 5 - 8 p.m.**/*
25 Breakfast 9 - 11 a.m. Lunch 11 a.m. - 3 p.m.	26 Lunch 11 a.m. - 3 p.m.* Trivia 5 - 8 p.m. Members Only!	27 Lunch 11 a.m. - 3 p.m.* Dinner 5 - 8 p.m.**/* 9 Hole Scramble 3 p.m.***	28 Lunch 11 a.m. - 3 p.m.* Democrat Dinner 5 - 8 p.m.*****	29 Lunch 11 a.m. - 3 p.m.* Boss of the Toss (Cornhole) 12 - 4 p.m.	30 Lunch 11 a.m. - 3 p.m.* Dinner 5 - 8 p.m.	

* Call Linkside for reservations 941-637-6405
** Members make reservations 1st! Non-member 7days prior to events - 3 days before dinner's if available!
*** Sign up in Lobby on Board
**** Sign up at Admin Office.
***** Reservations for Republican and Democrat Dinners must be made through respective clubs.
Due to circumstances beyond our control, everything is subject to change.

Lee County Leash Laws

It is a Lee County law, as well as a Burnt Store Marina rule, that all dogs are to be on leashes. The open lot at the corner of Islamorada and Matecumbe is not a dog park. The Commodore residents own the whole part that is landscaped. Please keep your dogs on leashes at all times, and off that property.



Alligator crossing Islamorada, by Paul Venne, Yellowfin Bay

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.



From The Desk Of Sheriff Carmine Marceno

Property Owners Seeking Renters Advised To Use Caution

Our office has received reports regarding a recent crime trend, occurring around the county, that involves disconcerting similarities.

My detectives have determined that property owners, using certain online rental websites which allow potential renters to have unescorted access inside of the property, have become the victims of an assortment of crimes.



Through use of these websites, potential renters are provided access codes and key-lockbox information that permit these individuals to enter a property without a real estate professional and completely unsupervised.

As a result, this practice of providing free access to homes and apartments, along with online photographs of the property's contents, may lead to criminal activities including theft and fraud.

Property owners are strongly advised to scrutinize online rental companies and to carefully consider the manner in which they allow access to their properties.



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The Recipe Box

By Jennifer LeClair,
Pelican Way

I first made this recipe when I was following Haley Pomroy’s “Fast Metabolism Diet” and they are absolutely delicious. I’m not following her diet plan anymore, however I still make these meatballs on a regular basis. They are so versatile. They can be eaten as a low carb snack, serve over rice or pasta, either with or without a sauce, or eaten over greens (as shown above).



Garden Meatballs

Serves 12 as a snack, or 6 as a meal.

Ingredients

- 1/2 lb. lean ground turkey
- 1 lb. lean ground beef
- 4 cups spinach, finely chopped
- 1/2 cup celery, finely chopped
- 4 green onions, white and light green parts only, finely chopped
- 1 bell pepper, seeded and finely chopped
- 1/3 cup Thai’s roasted red chile paste, thinned with 2 Tbsp Bragg’s Liquid Aminos or low sodium soy sauce
- 2 7-oz. cans diced mild green chiles
- 1 tsp sea salt
- 1/2 tsp black pepper

Directions

1. Preheat the oven to 375°F.
2. In a large mixing bowl, combine all the ingredients. With dampened palms, roll the meat mixture into meatballs and transfer them to a 9 × 13inch baking dish (or larger, depending on the size of meatballs).
3. Bake for 25 to 35 minutes, turning the meatballs over after 15 minutes, or until the meatballs are cooked through. Remove from the oven and cool. Serve warm or room temperature or store to serve later.
4. These meatballs may be prepared in advance and frozen in freezer bags, divided evenly among 12 bags. On the day you plan to use them, thaw them in the refrigerator. They can be eaten cold or slightly warmed.

*TIP: I like to make a big batch of these because they freeze really well; then keep them on hand for snacks. I freeze them in snack portions (about 2 ounces) in zip lock bags, and then if I’m going to eat them for dinner I’ll just defrost two of them. If using for a meal, just defrost two bags. On the day you plan to use them, thaw them in the refrigerator.

Residents of Burnt Store Marina & Country Club:
SPEAK OUT...IN THE BEACON!

Do you want to applaude us for what we are doing
right in our community?.....Speak Out!

Do you have a vision for the future of Burnt Store
Marina & Country Club?.....Speak Out!

Do you have a suggestion for change or improvements
to our communtiy?.....Speak Out!

Submit your suggestions to be considered
for publication in The Beacon.
Be POSITIVE, but be BOLD!
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June Off-Beat Holidays & Adventures

By Maggie Hart, Mariners Pass

June is loaded with graduations and weddings and heralds the beginning of summer. For us in Florida, June begins the Atlantic hurricane season, running from June 1 through November 30. Enjoy your holidays, but be prepared! June is also the month to remember some historic events...

June 6, we remember **D-Day** and WWII. On this historic day in 1944, which was 75 years ago, Allied troops invaded the beaches of Normandy, France. It was the largest amphibious assault in world history. This massive battle was the turning point of the war in the European theater. 156,000 troops from the United States, Great Britain and Canada stormed five beaches. American troops landed on Omaha and Utah beach. At the same time, British troops landed on Gold and Sword beach. And, Canadian forces landed on Juno Beach. 4,000 Allied troops died on these beaches on D-Day, 2,000 of them were American. Take a moment of silence today, and remember the many soldiers who fought and died for our country on D-Day.

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 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 Flag Day - Flag Day commemorates the adoption of the flag of the United States on June 14, 1777 by resolution of the Second Continental Congress. The United States Army also celebrates this date for Congress adopting the American Continental Army on June 14, 1775.

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 18 Father’s Day - The third Sunday in June is set aside to honor your father, stepfather and other men who accept the role to support, care and set the standards in our

lives. The first Father’s Day celebration was in Spokane, Washington, on May 18, 1910.

Juneteenth is a United States federal holiday, celebrated annually on **June 19**. It commemorates the end of slavery in the U.S. on June 19, 1865, when Union Army general Gordon Granger proclaimed freedom for slaves in Galveston, Texas, the last state of the Confederacy with institutional slavery. The Word Juneteenth is a blend of the words June and nineteenth. Juneteenth was made a federal holiday by President Joe Biden on June 17, 2021.

June 21 marks the **Summer Solstice**. The longest day of the year, the summer solstice is the moment in time when the earth’s tilt towards the sun is at its maximum and the sun reaches its highest position in the sky. This date varies between June 20 and June 22, depending on the year and time zone. The summer solstice occurs twice a year, once in June in the Northern Hemisphere and once in December in the Southern Hemisphere.

June 26, 1945 - The United Nations Charter was signed in San Francisco by 50 nations. The Charter was ratified on October 24, 1945.

So, we welcome summer, honor our fathers, nation, and flag. There are also days in June that we can celebrate lots of other historic events, and human and not so human achievements in June. Here are some road trips for you:

June 10 - *Music in the Garden*, Naples Botanical Garden, Naples

This is a South Florida event that brings together botanical beauty, live music, and art. Local musicians will perform on stage. Guests are encouraged to bring their own seating, relax on the garden lawn, and enjoy June’s performers, Havy Rodriguez & the Miami Splash Band. Performances are included in general admission to the garden. For information, go to www.naplesgarden.org.

June 17 - *Truman’s Tropical Fruit Festival*, Key West
This juicy free event offers a taste of many types of mangoes and other tropical fruits, a tasty cocktail (for purchase), cooking demos and fruit trees you can purchase to take home. Held on

the grounds of the Harry S. Truman Little White House, 111 Front St., Key West. Hours are 9 a.m. to noon. For information, go to www.trumanlittlewhitehouse.org.

June 18 - *Waterlily Celebration*, Vero Beach
In June, the waterlilies are in full bloom at McKee Botanical Garden, an unusual historic garden in Vero Beach that was once a popular roadside attraction. For the Water Lily Celebration, the gardens open at 8:30 a.m. so you can see night-blooming varieties before they close their petals. The gardens, a little-known gem worth discovering, recently opened an innovative children’s garden. For information, go to www.indianriverchamber.com.



Dining Venues

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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.

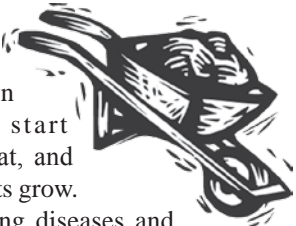
Gardener’s Wheelbarrow

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 that 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 help, 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 its 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 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...they are eating machines. 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 need an adjustment period to our somewhat salty irrigation water and soil. It might appear wasteful to irrigate during rainy season, but consider hand watering new plantings to dilute the salty irrigation water.

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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Exercising In Florida Heat

Below is information provided by WebMD particularly focused towards safety when **exercising** during the hot and humid summer months. The information is to be used as a guide to keep you safe from hyperthermia during these susceptible times.

Tip No. 1: Acclimate Yourself

“When the weather warms, you need to be acclimated to the temperature change,” says William O. Roberts, M.D., FACSM, a family medicine and sports medicine doctor at the University of Minnesota’s Phalen Village Clinic. “Expose yourself regularly.”

It can take up to 14 days to adjust to temperature changes.

So, when clients are preparing for an event that will take place in the heat of the day, Roberts coaches them to be active in the heat ahead of time: “They have to try to get out in the middle of the day when it’s hot and exercise in order to acclimate to the conditions for the event.”

But remember, if you are just doing routine exercise, it is better to exercise outside when it is cooler, such as the early morning or evening. (See more about this in tip No. 5.)

Tip No. 2: Stay Hydrated

When it comes to summer exercise, all our experts agree that the biggest concern is hydration. Suzanne Girard Eberle, author and sports dietitian in Portland, Ore., says that if you come back from a summer workout one to two pounds lighter, you’ve got to do a better job keeping up with hydration. You lose 2½ cups of water per pound of body weight lost, she says.

If your urine is the color of lemonade, says Roberts, you’re well hydrated. If it’s darker in color, then you may be dehydrated.

If you’re going four to six hours without eliminating, you’re not hydrated enough, adds Eberle, a former elite runner and author of *Endurance Sports Nutrition*.

To maintain good hydration for a moderate summer workout, Roberts recommends drinking 20 ounces of water two hours before exercise, at least 8 ounces of water shortly before getting out in the heat, and then a gulp every 15 to 20 minutes during exercise. Make sure to talk to your doctor about specific fluid intake when you exercise.

To stay better hydrated, says Eberle, drink fluids with food throughout the day.

Tip No. 3: Slow Down

When the temperature hits the 90s, don’t expect to go out and set a personal record, says Roberts.

“If it’s hotter than you’re used to, cut the pace back or cut the exposure back,” he says. “Don’t try to do the same pace you did the day before.”

Be careful about trying to keep up with friends who are more fit or have a higher tolerance for heat as well, says Eberle.

“Just realize you are going to be slower,” says Eberle, “and particularly on humid days, it’s going to take you longer to finish.”

Tip No. 4: Wear Light, Breathable Clothing

Lightweight fabrics that wick away sweat are best for exercising in the heat, says Eberle. Clothes should also be light in color in order to reflect the sun.

“One common problem is people overdress,” she says. “They cover up the working muscles in the legs, which generates a lot of heat.”

Sunscreen is also important when you exercise outdoors.

“A well-ventilated hat with a brim and some lightweight sunglasses can [protect your face] and help prevent headaches, says Eberle.



If your summer workout involves wearing a protective helmet, adds Roberts, remove it during rest periods to allow your head to breathe and cool off.

Tip No. 5: Exercise Early Or Late

If possible, get out before 7 a.m. or after 6 p.m. to exercise in the summer months, says Roberts. This will add length to your day, and energy to your summer workout. Inevitably, heat and humidity will slow you down.

“In the worst part of summer, especially if you just want to exercise for health, do it in the gym if you can. Or get out early in the day or late in the evening,” says Branch.

Tip No. 6: Assess The Previous Day

It’s not enough to know how you feel right before going out to exercise in the heat, says Roberts.

“It’s very important with those who exercise regularly to take into account the physical activity, fluid ingestion, and diet of the previous day,” she says. “You could be dehydrated or fatigued even prior to exercising,” which could get you into trouble faster on a hot day, she says.

Tip No. 7: Know The Route And Climate

It’s important to know your route and your climate, says Roberts.

“Make sure that there’s some shade along the way and that you’re not exposed to constant direct sunlight,” she says.

Check the heat index for the relative humidity that day and plan accordingly, she says. Contain your summer exercise to the least hot and humid part of the day. Remember that sweat evaporates quickly. You’re going to lose a lot more fluid exercising in the heat and because it’s drying almost before you can see it, you don’t know how much fluid you’re losing.

Tip No. 8: Consult Your Doctor Or Pharmacist

Many medications – both prescription and over-the-counter – can intensify the effects of heat-related illnesses, says Roberts. Decongestants, appetite suppressants, antihistamines, antihypertensives, and antidepressants can hasten dehydration and decrease the body’s ability to recognize danger.

Even diuretics like caffeine and alcohol, when consumed before exercising in the heat, can accelerate the effects of dehydration, says Roberts.

Tip No. 9: Use Common Sense

Don’t choose a hot summer day to try your hand at rock climbing or in-line skating for the first time.

“You shouldn’t start doing something brand-new if it’s really hot,” says Roberts, “even if it’s just for a half an hour.”

When you don’t know what to expect or how your body will take to the activity, it’s best to save it for a cooler, more forgiving day, he says.


“The biggest thing with heat and exercise,” says Roberts, “is common sense. If you’re feeling bad, you need to get inside, get your core temperature down. Even if you are in an event, it’s just not worth it. You want to live to run another day.”



Read *The Beacon* Online!

This edition of *The Beacon* is also available online at the Section 22 HOA web site... **www.bsm22.org**. This option is available in addition to the hard copy delivered to your door.

As a reminder; if you have not registered on our website, we strongly encourage you to do so! In addition to reading this and past issues of *The Beacon*, it is a wonderful resource for much more information about the Burnt Store Marina community.





The New Math:

\$1 = \$8

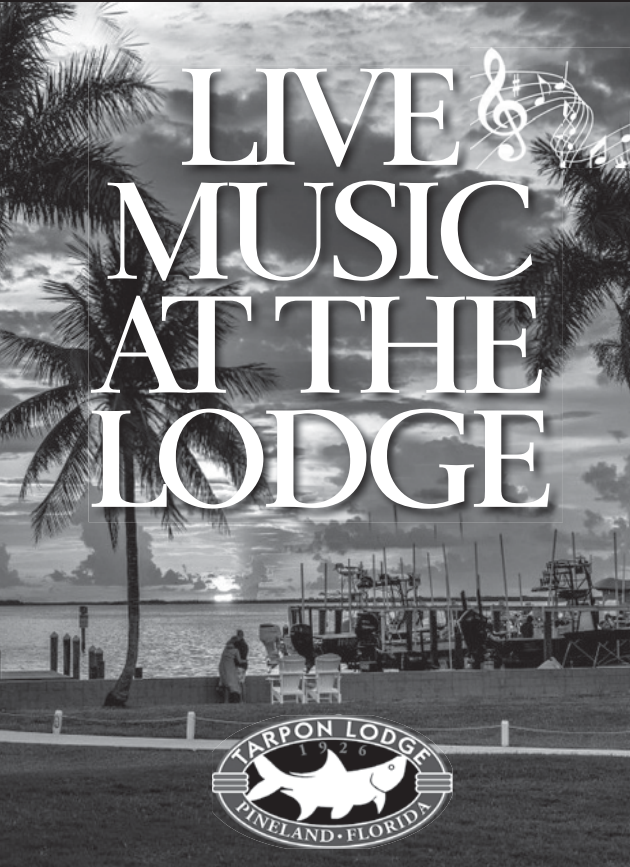
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Wildlife Caution Notice

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.

Grammar Tips...Redundant Phrases

By the Editors of The Beacon

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

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

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

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

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The Clubhouse will offer both casual & formal dining options to delight your tastebuds. The friendly staff will offer a variety of special events and functions where neighbors and friends can mingle, dine and dance. A full-time Activities Director will partner will be on staff to help residents share various hobbies, clubs and games.



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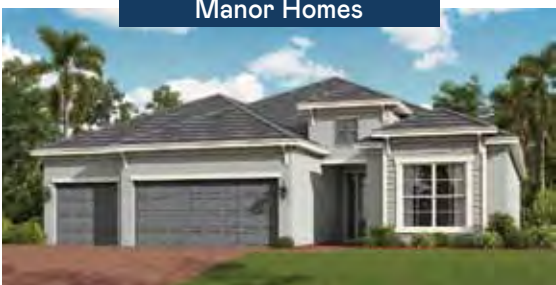
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Rules for Driving Golf Carts

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.



Florida Wildlife Facts

Snakes In Florida

Snakes also love living in Florida, *but not every snake is welcome*. The king cobra was found in the Everglades last year and had to be captured!

Every day, people encounter venomous snakes, so Floridians need to stay vigilant and acknowledge there are poisonous creatures here with whom they need to coexist.

Venomous snakes bite and eat nonvenomous species, which helps keep down the prey populations, making it essential to show respect for snakes and other reptiles.

Some people in Florida believe that if you kill a snake, the spirit will come back to haunt your family with bad luck or even death. So be careful outdoors – you never know what kind of snake might strike next.



Consumer Alerts

What To Do If You Were Scammed

Scammers can be very convincing. They call, email, and send us text messages trying to get our money or sensitive personal information – like our Social Security

or account numbers. And they’re good at what they do. Here’s what to do if you paid someone you think is a scammer or gave them your personal information or access to your computer or phone. If you paid a scammer, your money might be gone already. No matter how you paid, it’s always worth asking the company you used to send the money if there’s a way to get it back.

If You Paid A Scammer	
Did you pay with a credit card or debit card?	Contact the company or bank that issued the credit card or debit card. Tell them it was a fraudulent charge. Ask them to reverse the transaction and give you your money back.
Did a scammer make an unauthorized transfer from your bank account?	Contact your bank and tell them it was an unauthorized debit or withdrawal. Ask them to reverse the transaction and give you your money back.
Did you pay with a gift card?	Contact the company that issued the gift card. Tell them it was used in a scam and ask them to refund your money. Keep the gift card itself, and the gift card receipt.
Did you send a wire transfer through a company like Western Union or MoneyGram?	Contact the wire transfer company. Tell them it was a fraudulent transfer. Ask them to reverse the wire transfer and give you your money back. <ul style="list-style-type: none">• MoneyGram at (800) 926-9400• Western Union at (800) 448-1492• Ria (non-Walmart transfers) at (877) 443-1399• Ria (Walmart2Walmart and Walmart2World transfers) (855) 355-2144
Did you send a wire transfer through your bank?	Contact your bank and report the fraudulent transfer. Ask them to reverse the wire transfer and give you your money back.
Did you send money through a money transfer app?	Report the fraudulent transaction to the company behind the money transfer app and ask them to reverse the payment. If you linked the app to a credit card or debit card, report the fraud to your credit card company or bank. Ask them to reverse the charge.
Did you pay with cryptocurrency?	Cryptocurrency payments typically are not reversible. Once you pay with cryptocurrency, you can only get your money back if the person you paid sends it back. But contact the company you used to send the money and tell them it was a fraudulent transaction. Ask them to reverse the transaction, if possible.
Did you send cash?	If you sent cash by U.S. mail, contact the U.S. Postal Inspection Service at 877-876-2455 and ask them to intercept the package. To learn more about this process, visit USPS Package Intercept: The Basics. If you used another delivery service, contact them as soon as possible.
If You Gave A Scammer Your Personal Information	
Did you give a scammer your Social Security number?	Go to IdentityTheft.gov to see what steps to take, including how to monitor your credit.
Did you give a scammer your username and password?	Create a new, strong password. If you use the same password anywhere else, change it there, too.
If A Scammer Has Access To Your Computer Or Phone	
Does a scammer have remote access to your computer?	Update your computer’s security software, run a scan, and delete anything it identifies as a problem. Then take other steps to protect your personal information.
Did a scammer take control of your cell phone number and account?	Contact your service provider to take back control of your phone number. Once you do, change your account password. Also check your credit card, bank, and other financial accounts for unauthorized charges or changes. If you see any, report them to the company or institution. Then go to IdentityTheft.gov to see what steps you should take.

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A lively city boy moves from Chicago to a small farming town where rock ‘n’ roll and dancing have been banned. After the culture shock sets in, he tries to shake things up and overturn the extreme ban. In the process he catches the attention of the lovely preacher’s daughter. The Oscar and Tony-nominated Top 40 score includes *Holding Out For A Hero*, *Let’s Hear It For The Boy*, *Almost Paradise* and the title song, *Footloose*.

July 7 - August 12

This Disney classic comes to life on the Broadway Palm stage! Take a dive into a magical kingdom where the beautiful mermaid, Ariel, longs to leave her ocean home to live in the world above. When Ariel falls in love with the human Prince Eric, she makes a bargain with the evil sea witch, but the bargain isn’t what it seems. You’ll see all your favorite characters and hear the irresistible songs including *Under The Sea*, *Kiss The Girl*, *Part Of Your World* and more!

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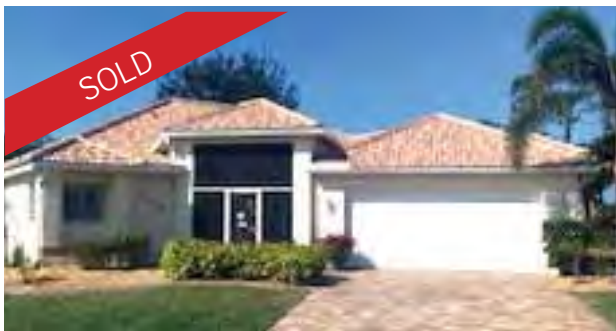


Julie Solem

Realtor, SRS SFR

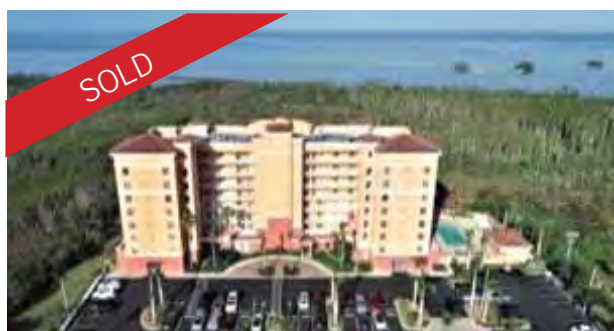
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Julie@juliesolem.com



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\$439,900**

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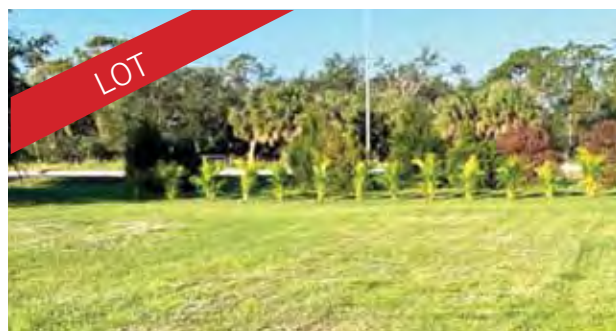
**3191 Matecumbe Key Rd. #208
\$380,000**

Listing Agent: Julie Solem



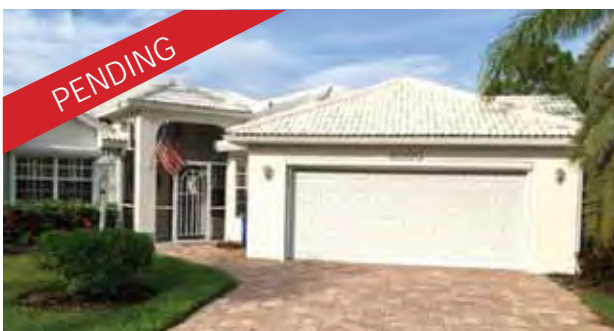
**3997 Cape Cole Blvd.
\$480,000**

Listing Agent: Julie Solem Selling Agent: Ron Graves



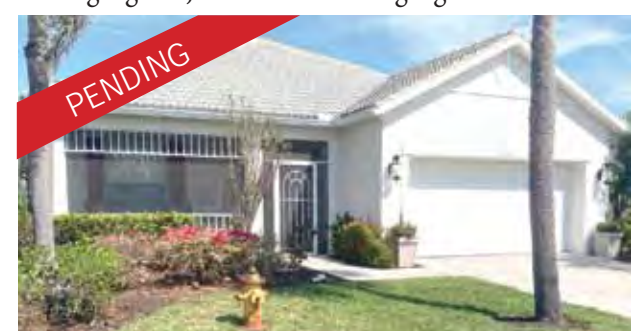
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