



Southport Springs Monthly Newsletter

Editor Joe Grigevich

grigsjr43@gmail.com

August 2022

AUGUST

Events

Saturday, August 6th 7-10pm
Listen & Dance To The Music Of
"Rusty Trumpet"

Friday, August 12th 6 - 9pm
Karaoke Night
Sponsored By
Southport Springs Veteran's Association

Sunday, August 14th 2pm
The Not So Newlywed Game

Tuesday, August 16th 5:30pm
Pizza Party
Followed By Nickle BINGO

Thursday, August 18th 5-8pm
Dance Party Duo
Compliments of Sun Communities
and The Parkway Tavern

Saturday, August 27th 7-10pm
Listen & Dance To The Music Of
"Encore"

See Pages 5, 10 & 14 For Details



*Gave proof through the night
 That our flag was still there.
 O say does that star spangled banner yet wave
 O're the land of the free, And the home of the
 brave.*

Monday July 4th - The night sky over Southport Springs was ablaze in glory as Joe Hinton and his pyrotechnic team helped us celebrate our Nation's 246th birthday last month. Thank you guys for another amazing show! Amid the joy and celebration we learned that this would be Joe's last year leading the July 4th celebration team. We'd like to take this opportunity to thank him for all his hard work and dedication over the years. He and his team helped make our July 4th celebrations truly special.

A special thanks also to Sun Communities for donating the hot dogs, hamburgers, beer and wine and our HOA for donating soft drinks and water. What's a July 4th celebration without hamburgers and hot dogs! And thanks a million to our HOA Board members and the many volunteers who helped organize the day and thanks to those who helped set up, grill, and clean up. It was another great day in Southport! Thanks again to everyone who made it happen.



E-Blasts

Do you open E-Blasts when you receive them from the Community Office?

Currently, when an E-Blast goes out, it's sent to 505 Southport recipients and yet on average,

almost half of those who receive E-blasts never open them. Perhaps the best and most efficient way for the Community Office to communicate important information including things like weather warnings, special meetings and events, updates on the Spectrum installation, important restaurant and golf course information, HOA event and bus trip information etc. is through E-mail which they do regularly in the form of E-Blasts.

If you are not receiving them it's because the office doesn't have your E-mail address. If you would like to be added to the distribution list you can E-mail your request to southportsprings@suncommunities.com. If you have provided the office with your E-mail address and are not receiving E-Blasts, you may want to check to see if your provider is placing them in a spam folder.

Another option is the "Text Alert" system whereby the Community Office sends out a short version of the notices via text. You can subscribe to the "Text Alert" system by texting JOIN SPS to 833-642-1360.

Jerry Cullen
3720 Bubba Drive
1941 - 2022

Deepest condolences to Donna and her and Jerry's family and friends. Know that our thoughts and prayers are with you during this difficult time.

"He will raise you up on Eagles wings. Bear you up on the breath of dawn. Make you to shine like the Sun and hold you in the palm of his hand."

Michael Joncas

Valaria Fox
4008 Ranger Parkway
1924 - 2022

Extending our deepest sympathy to Valaria's family and friends during this time. Know that our prayers and blessings are with you.

"What we have once enjoyed we can never lose; all that we love deeply becomes a part of us"

Helen Keller

Dear Southport Springs Friends ~

I just want to thank you for all the sweet cards and the special gift card from the Bereavement Committee in honor of my longtime partner, Jerry Cullen. Jerry passed away quietly in his sleep. He always said that was the way he wanted to go. We had a wonderful life here in Southport and I'm thankful for all the wonderful, caring people.

Most Sincerely,
Dona Dillingham

thank you

I would like to say "Thank You" to my family and friends for everything they have done after my recent surgery. Also, thanks to the Sunshine Committee for my gift card. Just knowing that you all are there is so greatly appreciated. I am beyond grateful.

Mariaelena Smith

Erma Vanselow
3627 Azinger Loop
1928 - 2022

Sincere sympathies are extended to Erma's family and friends. Know that our thoughts are with you during this time of sadness.

"O soul that is at rest. Return to the Lord who is well pleased with you. Enter into his garden among his faithful servants."

Author Unknown

Thank you...

The family of Cynthia Guilmette would like to acknowledge all those who sent cards and condolences during our time of sadness. Cynthia passed peacefully on June 12th with her three children and two grandchildren by her side. She is now united with her husband Francis Guilmette whom most know passed away six months ago. Cynthia and Francis were married for fifty years. They retired here in Southport Springs 16 years ago. During their time here they enjoyed dances, golf, dining out and many other social activities. Cindy may have beat you at a game of Mahjong or Dominoes and Francis may have fixed your leaky roof or waved at you from his mower on the golf course. They were both happy and friendly people and we will miss them every day. In the words of our mom, "choose kindness".

The family of
The late Cindy Guilmette

Thank You

A special thank you to our Southport Sunshine Committee for the Tavern gift card and card following my heart procedures. Also, a thank you for the well wishes and cards from very caring members of our community. I appreciate all the thoughtful concerns that everyone has shown me.

Sincerely,
Pat Richards

Bookmarks
of Inspiration



Poetic Prayers
of Inspiration
by Fran Landry



Waste Not Want Not

When times are tough
You may need to cut back
Waste not, want not
Will keep you on track
But when it comes to
worship
The opposite is true
More prayers, more
God time
Will help get you through
Any and all difficulties
You may have to face
So make sure your priorities
Are in proper place
How else could you prepare
For what the future has in
store?
Only God has that answer
So trust in Him ... more!

© Fran Landry

"Who can separate us from
the love of Christ? Shall trouble
or hardship or persecution
or famine or nakedness or
danger or sword?"

— Romans 8:35

Fran Landry can be reached by e-mail
at franland2@me.com

The Bereavement Committee would like to say "THANK YOU" to the family of Ed Bruns for their generous donation made in their Dad's memory. We'd also like to thank Sharon Wilson who always supports us for her generous donation as well. And thank you to the community for your continued support.



Sandy Fenlock

WINNERS

Last month, Ruthann Brown, our HOA Events Director hosted a WHEEL OF FORTUNE evening complete with popcorn, soft drinks and plenty of fun, excitement and laughs. Winners Kim Griffin, Carol Dziki and Pam McGregor each took home a \$10 Parkway gift card (and a free cocktail). *"I'd like to buy a vowel please."*

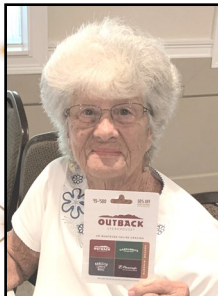


Lauren Waterman Dianna Bredeau Kim Griffin



Chris Gale Carol Dziki Pam McGregor

Other winners last month included Suzanne Sabourin on your left and Sue Wampler on your right. Each won a \$50 Outback gift card from Devin Proulx from **UNDERHOME ARMOR** who gave a presentation about the importance of maintaining your under home vapor barrier. See their AD on page 22.



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A NOTE FROM KAROL



This past month has been a learning experience for me regarding the Sunshine Committee. I want to Thank everyone who has offered help and support, and that has been many of you - Thank you!!

There's a lot of activity in this community that is appropriate for response from the Sunshine Committee. Here's a brief summary of how we operate:

- First, we need to know of someone's passing, hospitalization, illness or family emergency.
- Out of respect for privacy, information is not announced publicly unless requested and verified by the family.
- Upon learning of a death, hospitalization, illness or family emergency, the Sunshine Committee will respond.
- Lastly, the Committee has a supply of wheelchairs, transfer chairs, walkers, shower seats and crutches available for loan at no cost. The equipment is available to residents or visitors of residents and is stored at the home of Tim Carman. Tim can be reached at **618-978-8564**. We also accept medical equipment donations.

Karol McGinn

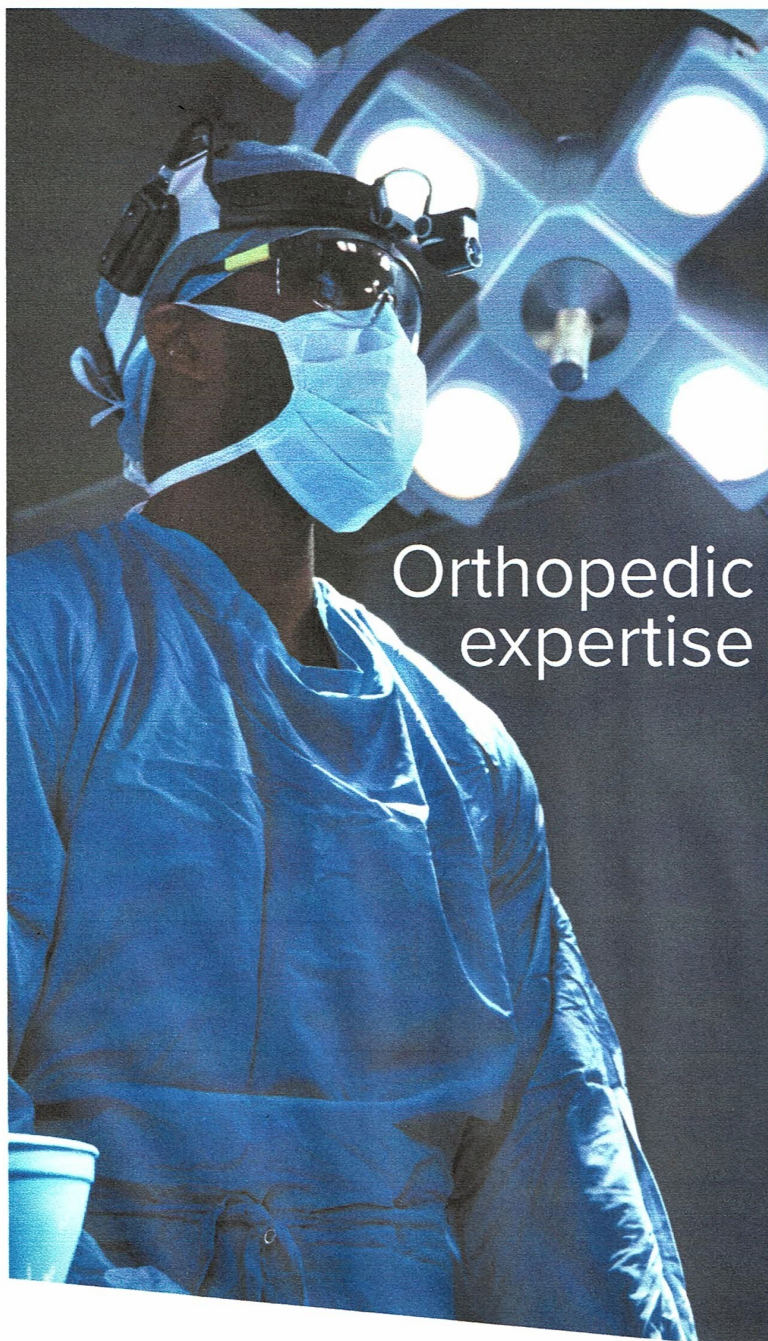
My contact information is:
Email: KarolMcGinn@GMail.com
Text/Telephone: 813-388-0148
Text or Email is preferred.



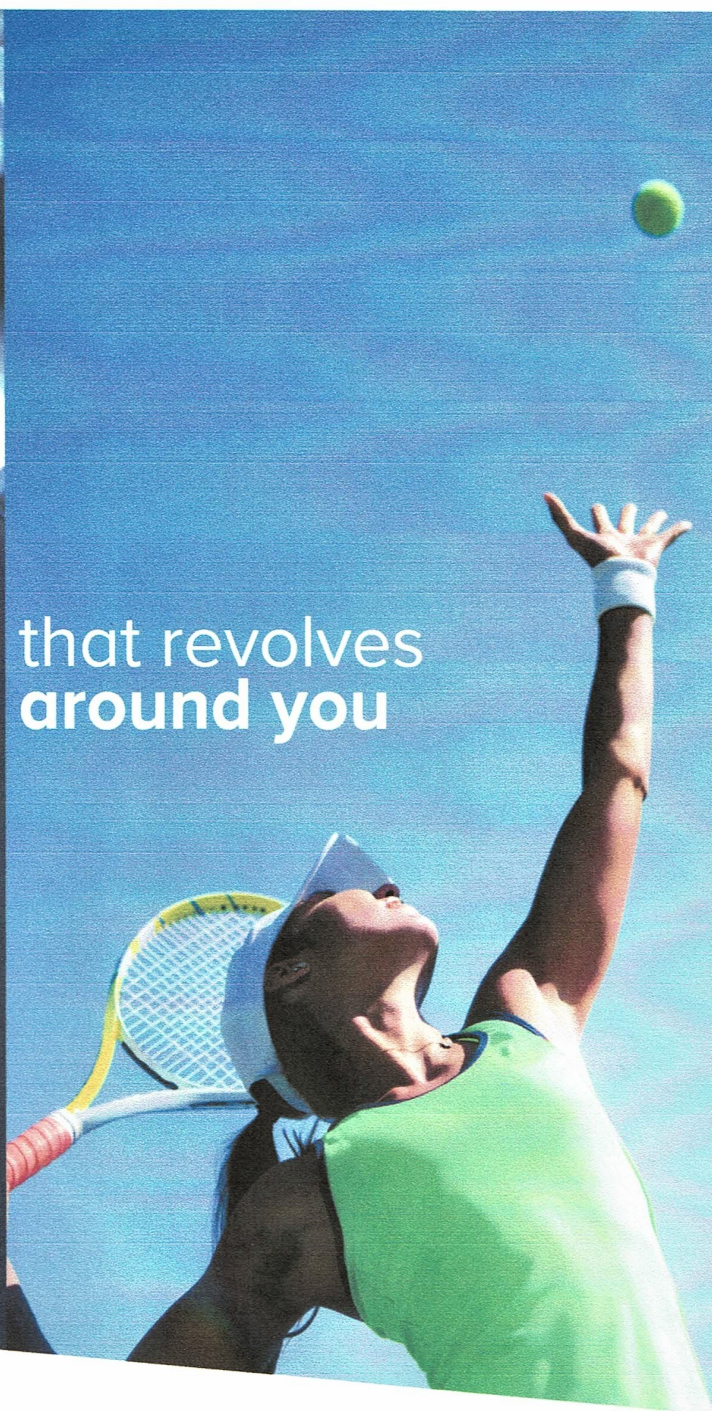
*"The two words that will change your life are **"Thank You"**. Like a candle that can light a thousand more without shortening its own life, appreciation is a gift that, when given, can set the whole world aglow."*

Stacey Lee





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COMING THIS MONTH



*Listen & Dance
To The Music
of
**Rusty
Trumpet***

And The Music Makers
Saturday, August 6th 7-9pm

HOA Members \$7.00pp

Non Members \$9.00pp

TICKETS NOW ON SALE

COMING NEXT MONTH



COME JOIN THE FUN!

**Trivia
Night**

**Saturday, September 3rd
7:00pm**

(Main Clubhouse)

Cash Bar - Beer & Wine \$3.00/glass



*The
**Not So Newlywed
Game***

Sunday, August 14th 2:00pm

Main Clubhouse

Fun and Prizes

BYOB & BYOBsnacks

*see contestant sign-up sheet
on the Main Bulletin Board*

**Monthly
Potluck**



**Followed By
Nickle BINGO**

**Tuesday
September 20th
5:30pm**



**Please Bring Your
Favorite Pot Luck Dish for 12 to Share
And bring your own tableware & flatware
Iced Tea & Lemonade will be provided
BYOB**



Pizza Party

**COMPLIMENTS OF your HOA
FOLLOWED BY**

NICKLE BINGO

Tuesday, August 16th 5:30pm

\$5.00pp (refundable at the door)

Includes Pizza, Salad & Dessert

Tickets Go ON Sale Tuesday, August 2nd

Tickets Will Not Be Sold At The Door



'Dance Party Duo'

**Saturday
September 24th
7-10pm**



**HOA MEMERS \$7.00pp
NON MEMBERS \$9.00pp**

TICKETS GO ON SALE TUESDAY, 9/6/2022



**LISTEN &
DANCE TO
THE MUSIC OF
"ENCORE"**

SATURDAY, AUGUST 27TH 7-10PM

HOA MEMBERS \$7.00pp

NON MEMBERS \$9.00pp

TICKETS GO ON SALE TUESDAY 8/2/2022



**Event Tickets can be
purchased in the
Coffee Café on
Tuesdays and
Thursdays from
10:00am to Noon.**

Mardi Gras



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*** Double Occupancy (includes Port Fees & Taxes)
Reservation Deposit: \$500.00**

**Vacation Protection, Beverage Package,
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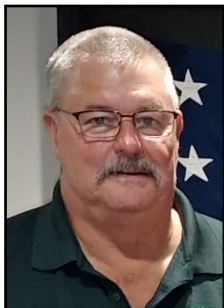
**Must Be Fully Paid For By 10/30/2022 Monthly Payment Plan Available
Negative COVID19 Test Required 2-3 Days Prior To Departure
Must Be Fully COVID19 Vaccinated**



**For
More Information
And To Book
Your Cruise
Contact
Sue Redshaw
Cruise Coordinator
at 217-653-2991**

**Note: Round Trip Bus Transportation
available for \$55.00pp if we have
56 passengers**

HOA NEWS *Patrick Winchester, President*



Hello neighbors,
What a month July was! HOT and eventful. The HOA Board of Directors and I want to send a heartfelt thank you" to Joe Hinton for 8 years of July 4th Fireworks shows. It's a lot of work to plan and execute such an event. It was my pleasure to have worked with Joe for 5 years. His talent and enthusiasm is awesome! This year we had a fantastic turnout for the cookout on the 4th so thank you Southport

Springs. We've had a volunteer step up to take over the fireworks. The name of this individual will be announced soon.

There have also been some new events planned like Wheel of Fortune, Family Feud and the Not so Newly Wed Game which should all be hilarious.

We were informed by Spectrum as to the procedures and tentative timetable for completion. Start-up is expected to be by the end of August. Sun Communities will notify each individual homeowner when their section is ready to be turned on. Be patient folks, they're making great progress.

As previously announced there will not be any Wednesday morning coffee and donut meetings in August. Several of the Board members are going to be taking some much-needed R&R. The Wednesday morning coffee meetings will begin again on Wednesday, September 7th.

We've noticed an increase in the number of COVID cases here in the community. If you're not feeling well or have a fever, please refrain from attending social gatherings.

Individuals running the stop signs and speeding throughout the community are also a big concern. Please be aware that golf carts are not exempt from getting moving violation tickets from the Sheriff's patrol.

Hope you all have a safe and enjoyable August wherever you may roam!

Patrick
patrickw@southportspringshoa.com
813-602-4625



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because it's often not
the truth or the whole
truth.
So it's best not to...*

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"The Southport Sun"*

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helping out, please
contact
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813-602-4625*

*Or E-mail him at
patrickw@southportspringshoa.com*

Thanks

THE SIGNS SAY IT ALL



WHY... *This Is Really Important - Please Read*

Because it's a community amenity provided specifically for Southport residents, and because lots of folks enjoy using the pool and spas, it's important to be considerate of one another by following these simple courtesy and safety rules. It's also important to make sure your guests are fully informed as well. ***So perhaps keeping a copy of this page in your guest room(s) might be helpful.***



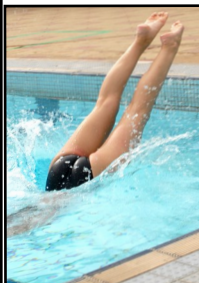
Please shower before entering the pool or spas.

The purpose of a good shower (more than just your feet) before getting in the pool is to remove matter off of the body so that it doesn't enter the pool. Perspiration, body lotion, oils, make-up, and traces of feces and urine contaminate a swimming pool. When these organic compounds mix with the chlorinated pool water, a reaction occurs. The result is a less healthy pool that will take on a much stronger smell of chlorine. When a pool is well-managed and swimmers shower before getting in, the water doesn't have a strong

chemical smell. When a pool becomes contaminated with above-mentioned human waste, there is an increased risk that swimmers will contract waterborne diseases. It's actually very common for swimmers to develop illnesses due to swimming in unhealthy pool water. The waterborne diseases swimmers most frequently suffer from are swimmer's ear, skin infections, and diarrhea. So don't be a "Contaminant Contributor"; please shower. Heck, you're gonna get wet anyway.

Please - no running on the pool deck or jumping or diving into the pool.

First of all, it's important to remember that our pool is not a kiddy, playground pool. Southport is a retirement community and the folks who live here expect and deserve the opportunity to enjoy their pool and spas without being bumped into or splashed when someone (**both kids and adults**) runs on the pool deck or jumps or dives into the water. Guests are always welcome (**as long as they're accompanied by their host resident**) and as long as they respect these important safety and courtesy rules.



But equally important, if not more so, are the safety concerns. The last thing any of us need is to be sitting bedside next to our grandchild or great grandchild at Advent hospital as they lay severely hurt, wrapped in bandages and unconscious. According to the Centers for Disease Control, **for every child in the United States who drowns, five other children receive emergency room care for injuries** suffered in a swimming pool. According to the U.S. Product Safety Commission almost a third of children who suffer injuries while swimming do so at a community pool or spa. The nature of those injuries are often severe with more than half either being treated at hospital emergency rooms or being transferred to another facility for further care. Non fatal pool injuries can cause severe brain damage that can lead to long term health issues including memory and learning problems. Medical costs for near drown-

ing victims 14 years and younger can cost more than \$8,000, and those **(cont. on page 9 - POOL ETIQUETTE)**

POOL ETIQUITE (CONT. FROM PG 8)

can soar to more than \$250,000 each year if long-term care is needed. If the drowning-related injury results in brain damage, the overall cost of medical treatment, and work and quality of life losses could cost as much as \$5.5 million. Something to think about....

NO GLASS BEYOND THIS POINT

the pool deck or on the side of the pool or one of the spas resulting in broken glass at the bottom of the pool or spa, the entire area would need to be closed and the pool or spa drained. So please folks - keep it metal or plastic.



When nature calls, please use the restrooms. The Center For Disease Control (CDC) recently shared the following social media posting:

"Pee in the toilet, not in the pool!" When pee and chlorine mix in the pool, there is less chlorine available to kill germs." The CDC also warns that "pee mixed with chlorine creates chemicals that can make your eyes red and itchy."

Chlorine is a chemical that's added to pool water to kill germs. When chlorine is added to a pool, it creates a mild acid called hypochlorous acid that kills off a slew of bacteria, including salmonella and E.coli, says **Jamie Alan, Pharm.D., Ph.D.**, associate professor of pharmacology and toxicology at Michigan State University. Hypochlorous acid can also tackle some viruses. So let's let chlorine do what it's meant to do. Kill germs.



Please use extreme caution when allowing young children to use the spas. First and foremost, when it comes to babies and toddlers, the answer is simple. Do not allow them to go into the spa. Kids under the age of five should not spend any time in or near a spa. Their skin is

much thinner making them more susceptible to overheating. Using five as an appropriate age, the child needs to pass the height test. He or she should be able to stand in the middle of the spa and still have their head above water. You also need to consider the temperature. The average spa is generally maintained at 104 degrees. With that in mind, no child should stay in the spa for more than 5 minutes (15 minutes if the temperature is lowered to 90 degrees).

When leaving the pool area, please take a moment to return chairs and chaises to where they were, return chaises to their upright position and close and tie down umbrellas. Doing our small part in helping to keep our pool area neat and well maintained is appreciated by everyone, plus a sudden and unexpected wind gust can quickly destroy a poolside umbrella.



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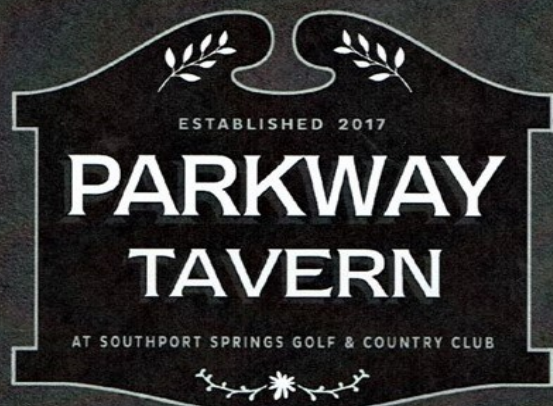


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of every month

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5-8pm ★

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& The Parkway ★ ☀

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Activities

August 2022



MC - MAIN CLUBHOUSE
LC - LITTLE CLUBHOUSE
CC - COFFEE CAFE
TC - TENNIS COURT

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 1 8am Tennis - TC 8:15am Yoga - MC 9:30am Power Walking - MC 6pm Dominoes 6pm Horseshoes	2 9am Line Dancing (Intermediate) - MC 10am Line Dancing (Advanced) - MC 2pm Mahjong - LC 7pm Euchre - LC	3 9:30am Power Walking - MC 2pm Mahjong - LC 6:30pm BINGO - MC	4 8am Tennis - TC 9am Line Dancing (intermediate) - MC 10am Line Dancing (Advanced) - MC Noon Bridge - LC 6pm Horseshoes	5 9am Bible Study - LC 9:30am Power Walking - MC Noon Hand & Foot lunch followed by cards - LC 7pm - Farkle - LC	6 8am Tennis - TC 7-10pm - MC <i>Listen & Dance To The Music Of "Rusty Trumpet"</i> 
7	 8 8am Tennis - TC 8:15am Yoga - MC 9:30am Power Walking - MC 11am HOA Entertainment Committee Meeting - CC 1pm Genealogy Society - CC 6pm Dominoes	9 9am Line Dancing (Intermediate) - MC 10am Line Dancing (Advanced) - MC 2pm Mahjong - LC 7pm Euchre - LC	10 9:30am Power Walking - MC 2pm Mahjong - LC 6:30pm BINGO - MC	11 8am Tennis - TC 9am Line Dancing (intermediate) - MC 10am Line Dancing (Advanced) - MC Noon Bridge - LC 6pm Horseshoes	12 9am Bible Study - LC 9:30am Power Walking - MC 1pm Hand & Foot - LC 6pm KARAOKE - MC 7pm - Farkle - LC	13 8am Tennis - TC
14  <i>The Not So Newlywed Game</i> 2:00pm 	 15 8am Tennis - TC 8:15am Yoga - MC 9:30am Power Walking - MC 6pm Dominoes 6pm Horseshoes	16 9am Line Dancing (Intermediate) - MC 10am Line Dancing (Advanced) - MC 2pm Mahjong - LC 5:30pm Pizza Party - MC 7pm Euchre - LC	17 9:30am Power Walking - MC 2pm Mahjong - LC 6:30pm BINGO - MC	18 8am Tennis - TC 9am Line Dancing (intermediate) - MC 10am Line Dancing (Advanced) - MC Noon Bridge - LC 5pm Dance Party Duo - MC 6pm Horseshoes	19 9am Bible Study - LC 9:30am Power Walking - MC Noon Hand & Foot lunch followed by cards - LC 7pm - Farkle - LC	20 8am Tennis - TC
21	 22 8am Tennis - TC 8:15am Yoga - MC 9:30am Power Walking - MC 6pm Dominoes 6pm Horseshoes	23 9am Line Dancing (Intermediate) - MC 10am Line Dancing (Advanced) - MC 2pm Mahjong - LC 7pm Euchre - LC	24 9:30am Power Walking - MC 2pm Mahjong - LC 6:30pm BINGO - MC	25 8am Tennis - TC 9am Line Dancing (intermediate) - MC 10am Line Dancing (Advanced) - MC Noon Bridge - LC 6pm Horseshoes	26 9am Bible Study - LC 9:30am Power Walking - MC Noon Hand & Foot lunch followed by cards - LC 7pm - Farkle - LC	27 8am Tennis - TC 7-10pm - MC <i>Listen & Dance To The Music Of "Encore"</i> 
28	 29 8am Tennis - TC 8:15am Yoga - MC 9:30am Power Walking - MC 6pm Dominoes 6pm Horseshoes	30 9am Line Dancing (Intermediate) - MC 10am Line Dancing (Advanced) - MC 2pm Mahjong - LC 7pm Euchre - LC	31 9:30am Power Walking - MC 2pm Mahjong - LC 6:30pm BINGO - MC			



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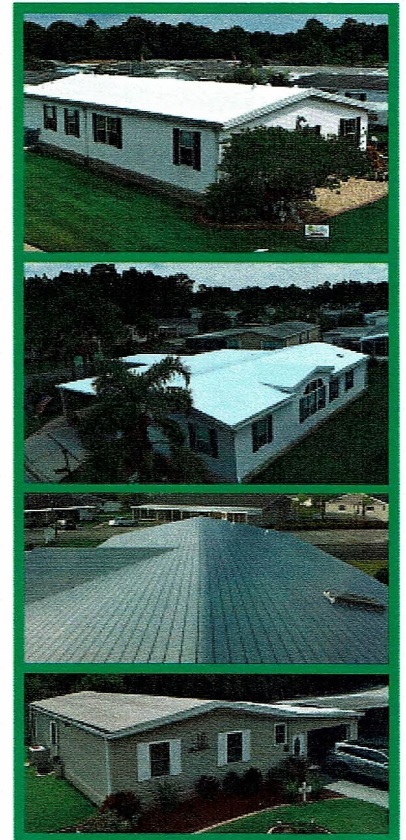
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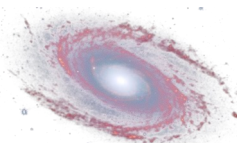
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BRAIN TEASERS



1. A sundial has the fewest moving parts of any timepiece. Which has the most?
2. Your parents have six sons including you and each son has a sister. How many people are in the family?
3. I am the beginning of sorrow and the end of sickness. You cannot express happiness without me yet I am in the midst of crosses. I am always in risk yet never in danger. You may find me in the sun, but I am never out of darkness.
4. A man was walking in the rain. He was in the middle of nowhere. He had nothing and nowhere to hide. He came home all wet, but not a single hair on his head was wet. Why is that?

Answers found on another page...



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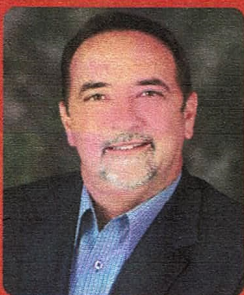
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Call Lauren Waterman At 813-602-3782
For Information



DOMINOES
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In The
Main Clubhouse

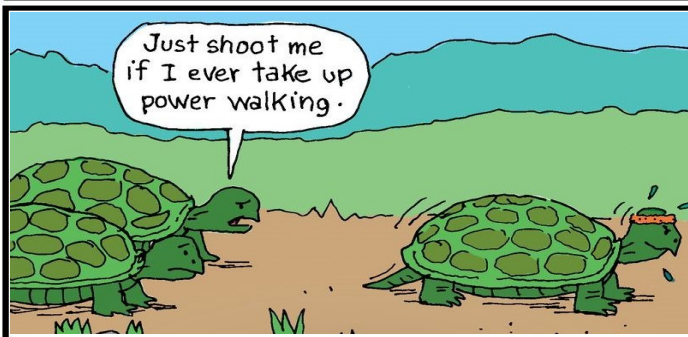
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MAHJONG



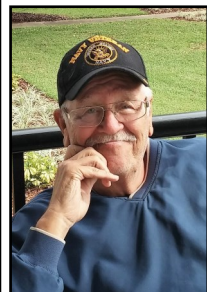
Attention all residents who are interested
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Wednesdays at 2:00pm.

Have Questions?
Contact JoAnn Fearick at 813-335-7519



WORM CASTINGS

Bob Gallion rcgallion@gmail.com



THE VALUE OF WORM CASTINGS IN YOUR CONTAINER

You might be amazed to find out how using worm castings to fertilize can give you some of the healthiest most beautiful flowering baskets or containers around! Worm castings have been a favorite go to fertilizer and soil additive for some time. Why is simple "they work wonders". Not only do they power our vegetables, annuals, and perennials in the garden and beds, but they are also my secret ingredient to growing plants in hanging baskets and containers. Worm castings act as the perfect slow-release fertilizer. Castings supply a steady stream of nutrients to keep baskets or containers blooming all summer long. Let's look at why they work.

The answer lies not only with the mix of nutrients within the castings but how easily those nutrients are taken in by the plants. Worm castings are the dried remnants from worm manure. As worms eat their way through the soil, they consume a myriad of organic matter. Their digestive system breaks down the organic materials into an ultra-fine form as it exits the worm's system as manure. Just as with animal manure, worm castings contain all kinds of micronutrients that are critical for plant life including nitrogen, potassium, and phosphorous. Here is the real kicker; because they are broken down into an ultra-fine form, castings are one of the easiest of all nutrients for the plants to bring in. Even more, those nutrients are balanced, and they won't burn plants like other manures or fertilizers can do.



Worm castings contain a whole host of valuable nutrients that power plant growth. Even better, worm castings can be used as a soil additive, a dry release fertilizer, or made into a tea like fertilizer. They're also the ideal slow-release fertilizer for container and basket gardens. They give plants the right amount of energy to thrive without causing explosive growth problems. Plants fertilized with castings should be steady producers throughout the blooming season.

Worm castings power up plants in three different ways. First, when you plant, add castings to provide a great source of slow-release nutrients in the soil. Second, they are used to provide a periodic topical fertilizer throughout the season and thirdly, you can create a powerful tea

also used on a regular basis to provide food to the plant. Together all three work to keep your plants strong and healthy.

If you plant your own containers or baskets add the castings directly into the soil mix before adding plants. Use one cup of castings per every two gallons of potting soil. Another benefit of blending the castings in the soil is an improved ability for a plant to absorb water into its root system. If you don't plant your own basket, you can still use the castings. Each month apply 1/2 to 1 cup of worm castings to the soil surface. Nutrients will leach into the soil eventually getting to the roots.

The third way to fertilize is make a tea using the worm castings to be applied every two weeks. Creating the tea is an easy process. Mix one cup of castings with one gallon of water, stir it up, and let it sit for 48 hours prior to use. The tea can be applied to both the ground and the plants leaves. To avoid any burning of the greenery, apply the tea during the early morning or evening time slot. Worm castings on occasion are found at Lowes or Home Depot, some larger garden stores or on Amazon. (I suggest you use Amazon.)



See you somewhere in the community.

Bob Gallion

813-838-3668



P.S. Pam and I found a new restaurant to this area (since April 2022). The name is **Dade City BBQ and Ice Cream Co.**, location is the old Pizza Hut on the Rt. 98 bypass to Dade City (out by Jerrett Ford). Nice menu with great choices. Google the name for a view of the menu. Easy to find. Enjoy!



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- **COFFEE CAFE:** Daily 7am to 10pm
- **LITTLE CLUBHOUSE:** Daily 7am to 10pm
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brankin@suncommunities.com

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phall@suncommunities.com

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aherndon@suncommunities.com

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NEED TO RESERVE SPACE?

Main Clubhouse Ballroom & The Little Clubhouse: Please contact Patrick Winchester, HOA President at 260-609-0031 or E-Mail him at patrickw@southportspringshoa.com

Coffee Café: Please e-mail your request to the Community Office at southportsprings@suncommunities.com
Note: Reservations can be made by groups of 4 or more one month prior to the planned event. Standing reservations are not available.



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TIPS TO PREVENT ALZHEIMERS



Alzheimer's has a devastating effect that many people take for granted. Here are nine ways to help prevent the disease and promote better brain health:

1. Engage in brisk walking for at least 30 minutes three to five times a week. This can reduce Alzheimer's disease risk by 33%. Vigorous aerobic exercise performed three times a week for 20 minutes can bring it down to 50%. Why? Because exercise delivers more oxygen and nutrients to your brain, helps repair brain damage and removes toxins.

2. Partake in activities that are interactive and mind-engaging. These include playing challenging games like chess and card games. Take the time to do things like word search and word scramble games (see pages 14 and 27 in this issue). Another great activity is Yoga. Give it a try. You'll be amazed.

3. Avoid Toxins. For example, midlife smoking can double the rate of dementia. Smoking is a fairly obvious toxin, but we're constantly barraged by other harmful substances throughout our life without knowing it. You might want to visit Cosmeticsdatabase.com to find out what toxins may be affecting your health.

4. Engage in social activities. A recent Harvard Medical Study demonstrated that individuals with at least five strong social ties (people they enjoy spending time with) had a 50% reduced rate of cognitive decline compared to those who were more isolated.

5. Have a purpose and life direction. Researchers at Rush University Medical Center demonstrated that people with the highest level of purpose and direction in life had a two to four fold reduced risk of developing dementia. So find your passion or pick a cause and work on it regularly. Writing a book, painting, working in a Thrift Shop or at a Food Pantry, organizing a fund raiser for a cause; find your passion and go for it.

6. Relax and rejuvenate. There are different ways to do this including prayer, meditation, exploring nature, reading a book, visiting the spa, getting a massage, doing yoga and other forms of exercise. This is important because the opposite of relaxation is stress which can actually cause brain damage.

7. Protect your head to prevent brain injury. Patients with head injuries have 2 to 4 times the rate of developing Alzheimer's. For most people the highest risk of head

injury is while driving. So always wear your seatbelt and for god's sake don't be on your phone or text while driving! People who text while behind the wheel increase their risks for accidents by as much as 23%. One study demonstrated that texting while driving was equivalent to having four alcoholic drinks. Head injury is also believed to result in increased inflammation, another factor associated with Alzheimer's.

8. Reduce Inflammation. You can achieve this with a non-inflammatory eating plan such as the Mediterranean Diet which favors 7 to 10 servings of fruits and vegetables daily. This diet also includes fish twice weekly plus lots of nuts, beans and legumes.

Go to yourmediterraneandiet.com to learn more.

9. Have a positive outlook. A positive mindset offers tremendous protection against Alzheimer's. There's a study called "The Nun Study". In it, researchers found that nuns who had the highest usage of positive words and emotions in their journals aged better and lived longer, healthier lives. Positive thinking is not always easy and takes a lot of practice for most people. That's because the mind has already been trained to think negatively. So you need to retrain your brain which takes a bit of work but is immensely beneficial.

Taken from the July issue of Health & Wellness



Southport Fall Craft Fair

Saturday, November 12th

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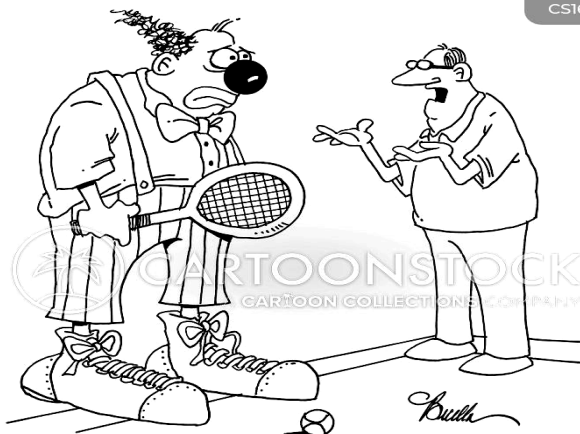
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SOUTHPORT'S POT LUCK RECIPE OF THE MONTH

Dee Miller's Lemon Chiffon Pie

Ingredients:

- 1 T. Unflavored gelatin
- 2 T. Cold water
- 4 egg yolks
- 1/2 tsp. salt
- 1 cup sugar, divided
- 1 lemon rind, grated
- 1 lemon, juiced
- 4 egg whites, stiffly beaten
- 1 baked pie shell
- 1 cup cream, whipped



Instructions:

Soak gelatin in cold water for 5 minutes; dissolve over hot water. In top of a double boiler, add egg yolks, salt, 1/2 cup sugar, lemon juice and rind. Cook stirring constantly until thick. Add gelatin and cook 1 minute longer. Beat egg whites to peaks with remaining sugar. Fold liquid mixture into egg whites. Turn into baked pie shell. Top with whipped cream. Cool.

Note: This is my mom's recipe. The only thing I add is a little whipped cream to the filling.



COCKTAIL HOUR

Dick Knoles, Resident Mixologist

Daiquiri & Dirt

Ingredients:

- 1 1/2 oz. White Rum
- 2 oz. Coconut Milk
- 1/2 oz. Lime Juice
- Pinch of Ground Cinnamon



Instructions:

Pour all liquids into a shaker with ice cubes. Shake well for about 29 seconds or until well chilled. Serve in a chilled cocktail glass and garnish with a dusting of Cinnamon.

One of Diana's favorites...

It's 5 o'clock somewhere....

1. Hourglass 2. Nine (2 parents, 6 sons and 1 daughter 3. The letter "S" 4. The man was bald

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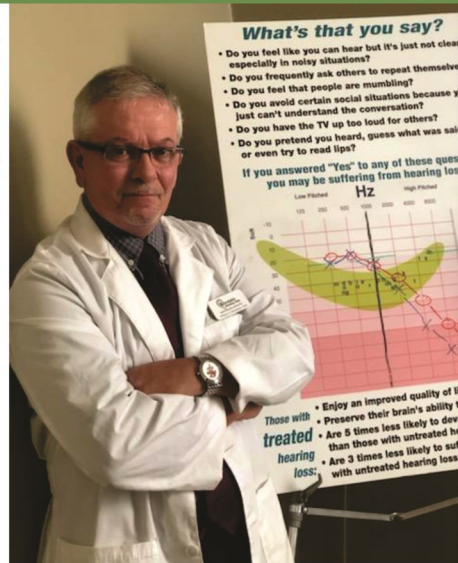
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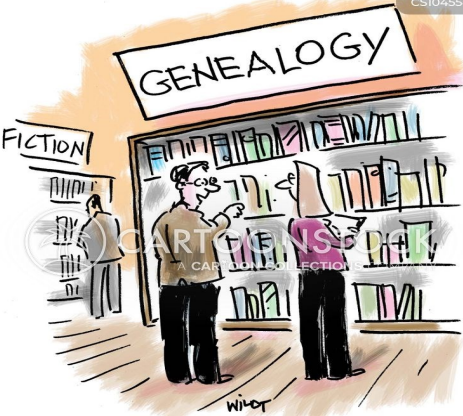
Mark Your Calendars

The Southport Genealogical Society


will meet Monday, August 8th 2022 at 1pm in the Main Clubhouse Coffee Cafe. This month's feature presentation will be **Written In Stone**. We have internet service, so bring your laptops and tablets with you. For more information, you can text me at **813-713-3547** or you can E-mail me at **mtrent43@yahoo.com**

All Residents Welcome

Marty Trent


"This reminds me...what generation iPhone are you?"



Morning Bible Study

Southport's Morning Bible Study group meets every **Friday morning at 9am** in the Little Clubhouse. "Studying the Bible helps us grow in faith, grow in joy and grow in wisdom". Everyone is welcome. For more information, you can call me at: **813-778-4027**.


Rita Walters



"Your word is a lamp for my feet, a light on my path." **Psalms 119:105**

The word Bible is from the Greek "ta biblia" which means "the scrolls" or "the books".

The word is derived from the ancient city of Byblos which was the official supplier of paper products to the ancient world.



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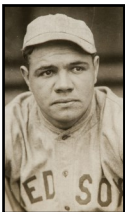
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WHAT'S IN A WORD? WORD SCRAMBLE (GOATS)

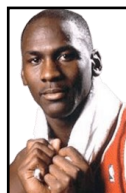
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MESSI, LEE, ORR, CHAMBERLAIN, BROWN

I really like going to the beach!

Who you calling A bi_ch?

Beach Gladys! Beach!



Golf Club

Jim Teixeira, President



Thank you to all the Southport Springs Golfers who participated in the 4th of July Golf Tournament. Special thanks to Sun for the hamburgers, hotdogs, beer, and refreshments following golf; it was a real treat. And we appreciate the support from Earl Hines for donating Tervis Cups for Prizes; and Karen Muncey (The Tavern) for Drink Ticket prizes. Again, an enormous thank you to the Amazing Darlene Lambert who organized and executed the tournament and made it a success—even with challenges!!

Congratulations Ron Greene!! Hole-in-One on #8 July 16, 2022.

'FIVESOMES: There's no official ruling by the R&A or USGA regarding playing as a 'Fivesome'. However, there are significant considerations. First, you'll need to get permission from the Pro Shack and secondly, you'll need to allow any players behind you to play through since they have the 'Right of Way'.

The **'Handicap Index Course Handicap Report'** for all Southport Springs golfers will be posted on the bulletin board Sundays. You may also access your personal Handicap Index at: www.Ghin.com.

The Tee Box is **gender neutral!** Play from the tee box that suits your game and contributes to an enjoyable round.

What tee box to play from? The rule of thumb is if you are unable to reach the par-3 holes in one shot, or unable to reach the par-4 holes in two shots, it's a good sign that you'll need to move up to a shorter set of tees. Remember to enter all scores (9 or 18 holes) into the GHIN system.

As always, please remember to be respectful to our golf course. Always follow the 90° Rule which minimizes wear and tear on the course!. Always go around the median when going to putting green & 1st Tee! Remember that sand is free, so fill in your divots, and a couple more for the lazy guy! Always check in with the Pro Shop before play and finally, please remember to direct golf course maintenance issues to Earl Hines.

There will be a Golf Association Meeting 6:00 PM September 13th!

Be respectful to yourself and others and remember it's only a game, so find the joy in it - it's there!! Life is too short to be miserable!

Jim Teixeira
MJT161946@Gmail.com



"The only time my prayers are never answered is on the golf course."

Billy Graham



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FOR SAFETY'S SAKE



You see them in and around our community. They're posted for a reason and they apply to all residents, visitors, service providers, delivery companies including the Post Office as well as our resident and non-resident golfers.

Please come to a complete STOP at all **STOP signs and drive your vehicles and golf carts at **15MPH** or less. Sun thanks you and the community thanks you.**

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Southport Springs

Golf Schedule & Tee Times

August 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 2 7:00 am Britton Group—18 7:30 am Men Rat Pack—18 8:52 am Ladies—18	3 7:00 am Britton Group—18 7:30 am Men Rat Pack—18 8:52 am Ladies—18	4 7:30 am Blues—18 9:30 am Jaggers Group Select Shot—Fun—18	5 7:00 am Britton Group—18 7:30 am Quarters—18 8:30 am Ladies Fun League—18 9:00 am Mixed Seniors—9 6:00 pm Sundown—Mixed—9	6 7:30 am Quarters—18 9:15 am Lady Swingers—18 9:30 am Jaggers Group Select Shot—Fun—18	7 7:00 am Britton Group—18 7:30 am Men—18 8:30 am Ladies Betty's Babes—18	8 8:30 am Mixed Resident Scramble—18
 9 7:00 am Britton Group—18 7:30 am Men Rat Pack—18 8:52 am Ladies—18	10 7:00 am Britton Group—18 7:30 am Men Rat Pack—18 8:52 am Ladies—18	11 7:30 am Blues—18 9:30 am Jaggers Group Select Shot—Fun—18 No Golf Meeting	12 7:00 am Britton Group—18 7:30 am Quarters—18 8:30 am Ladies Fun League—18 9:00 am Mixed Seniors—9 6:00 pm Sundown—Mixed—9	13 7:30 am Quarters—18 9:15 am Lady Swingers—18 9:30 am Jaggers Group Select Shot—Fun—18	14 7:00 am Britton Group—18 7:30 am Men—18 8:30 am Ladies Betty's Babes—18	15 8:30 am Mixed Resident Scramble—18
 16 7:00 am Britton Group—18 7:30 am Men Rat Pack—18 8:52 am Ladies—18	17 7:00 am Britton Group—18 7:30 am Men Rat Pack—18 8:52 am Ladies—18	18 7:30 am Blues—18 9:30 am Jaggers Group Select Shot—Fun—18	19 7:00 am Britton Group—18 7:30 am Quarters—18 8:30 am Ladies Fun League—18 9:00 am Mixed Seniors—9 6:00 pm Sundown—Mixed—9	20 7:30 am Quarters—18 9:15 am Lady Swingers—18 9:30 am Jaggers Group Select Shot—Fun—18	21 7:00 am Britton Group—18 7:30 am Men—18 8:30 am Ladies Betty's Babes—18	22 8:30 am Mixed Resident Scramble—18
 23 7:00 am Britton Group—18 7:30 am Men Rat Pack—18 8:52 am Ladies—18	24 7:00 am Britton Group—18 7:30 am Men Rat Pack—18 8:52 am Ladies—18	25 7:30 am Blues—18 9:30 am Jaggers Group Select Shot—Fun—18	26 7:30 am Quarters—18 8:30 am Ladies Fun League—18 9:00 am Mixed Seniors—9 6:00 pm Sundown—Mixed—9	27 7:30 am Quarters—18 9:15 am Lady Swingers—18 9:30 am Jaggers Group Select Shot—Fun—18	28 7:00 am Britton Group—18 7:30 am Men—18 8:30 am Ladies Betty's Babes—18	29 8:30 am Mixed Resident Scramble—18
 30 7:30 am Men Rat Pack—18 8:52 am Ladies—18	31 7:30 am Men Rat Pack—18 8:52 am Ladies—18	7:30 am Blue: Joe Finley 9:30 am Jaggers Group: Jim Jaggers	 7:00 am Britton Group: Larry Britton 7:30 am Quarters: Joe Finley 8:30 am Ladies Fun League: Darlene Lambert 9:00 am Mixed Seniors: Helen Greene 6:00 pm Sundown—Mixed: Shawn Bernier/Lisa Schlabowske	7:30 am Quarters: Joe Finley 9:15 am Lady Swingers: Barbara Holdridge 9:30 am Jaggers Group: Jim Jaggers	7:00 am Britton Group: Larry Britton 7:30 am Men: Dave Dundas 9:15 am Ladies Betty Babes: Betty Texter	 8:30 am Mixed Resident Scramble: Darlene Lambert Questions? Call the Pro Shop 813-780-7637
Coordinators :						



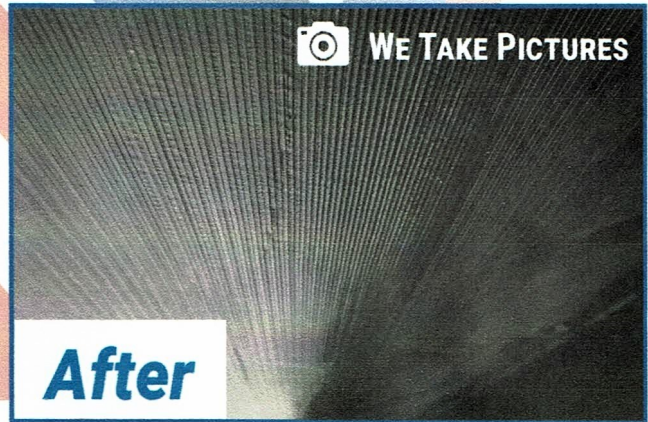
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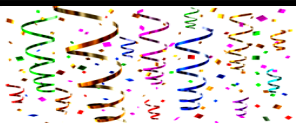
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Time to...

August

Vest, Marti	Aug	1
Payton, Charlene	Aug	1
Gale, Chris	Aug	2
Grever, Marsha	Aug	3
Conover, Salli	Aug	6
Stone, Denise	Aug	6
Brim, Kitty	Aug	10
Reitenbach, Lorraine	Aug	10
Jacobs, Mary	Aug	11
Marshall, Michelle	Aug	12
Morris, Ginny	Aug	13
Snelton, Maggie	Aug	13
Anderson, Florence	Aug	13
Mull, JoAnn	Aug	14
Winterfield, Pam	Aug	14
Gagliardi, Esther	Aug	14
Madl, Pat	Aug	15
Britton, Jeanann	Aug	17
Simon, Claudine	Aug	17
Craig, Dawn	Aug	17
Veale, Lucinda	Aug	18
Krohn, Kara	Aug	19
Milby, Dawn	Aug	20
Wampler, Sue	Aug	20
Griffin, Kim	Aug	22
Koontz, Nancy	Aug	22
Hilton, Maritza	Aug	23
Chavez, Lauri	Aug	24
Theroux, Sharon	Aug	26
Calkins, Kay	Aug	26
Goodyke, Barb	Aug	27
Joyner, Susan	Aug	27
Dyer, Pat	Aug	27
Turney, Gretchen	Aug	28
Kochan, Marilyn	Aug	30

Waitkus, Cindi	Aug	30
Taylor, Dawn	Aug	31
McGinn, Karol	Aug	31

September

Ferrier, Sally	Sept	2
Cluck, Mary Adele	Sept	2
Burns, Barbara	Sept	3



Celebrate!

August

Menth, Barry	Aug	2
Dumont, Roger	Aug	3
Johnson, Martin	Aug	3
Petersen, Richard	Aug	4
Phelps, Ed	Aug	5
Stiffler, Dick	Aug	6
Rogers, Mike	Aug	9
Whitcomb, George	Aug	10
Reitenbach, Erwin	Aug	11
Swell, George	Aug	11
Mueller, Billy	Aug	12
Waitkus, Bob	Aug	17
Wheeler, Don	Aug	18
Dziki, Richard	Aug	21
Malone, Jerry	Aug	21
Knoles, Dick	Aug	21
Sanfason, Dave	Aug	24
Thomason, Julius	Aug	25
Hadley, Steve	Aug	25
Williams, Richard	Aug	26
Flick, Jim	Aug	27
Day, Ken	Aug	27
Jacques, Dan	Aug	27
Budde, Bob	Aug	28
Emmons, Neil	Aug	29

September

Legault, Todd	Sept	2
Madl, Don	Sept	3



1. Is this really August, or are Julying to me?
2. Knock, knock! Who's there? August. August who? August of wind over 74mph is a hurricane.
3. Our son's wife just had a baby girl. They named her JuneJulyAugust. The call her Summer for short.
4. **Question:** What do you call a Collie at the beach in August? **Answer:** A hot dog.



**Note: Please contact
Desdie Eberman at 912-401-9646
or E-mail her at
desdie@southportspringshoa.com
with any corrections
or omissions.**



August

Thummel, Doug & Dorothy	Aug	6
Pesicka, John & Jan	Aug	7
Maynard, Bill & Lyn	Aug	10
Newton, Harry & Gladys	Aug	10
Marshall, Arvin & Michele	Aug	12
Gorski, Joe & Janice	Aug	14
Lanzilotti, Joe & Nancy	Aug	15
Brown, Guy & Charlene	Aug	15
Stevens, Danny & Mary	Aug	15
Sweet, Richard & Louise	Aug	15
Schabowski, Bob & Lisa	Aug	17
Hagerty, Ken & Diane	Aug	17
Vogel, Norm & Barbara	Aug	17
Fearick, Patrick & JoAnn	Aug	19
Reschke, Jared & Linda	Aug	20

Ballard, Bob & Darlene	Aug	20
Taylor, Wayne & Dawn	Aug	21
Hrovosky, Bill & Lynn	Aug	22
Sykes, Bud & Sami	Aug	23
Winterfeld, Art & Pam	Aug	24
Knoles, Dick & Diana	Aug	24
Coon, Dewey & Sandy Loyer	Aug	28
Bringedahl, Bill & Jean Marie	Aug	29
Harris, Tom & Tanya	Aug	31
Turney, Glen & Gretchen	Aug	31

September

Prescott, Mark & Susan	Sept	1
Gallagher, Tom & Agnes	Sept	2
Bernard, Roger & Deborah	Sept	2
Moyer, Bill & Lisa	Sept	3



EDITORIAL *Joe Grigelewich, Editor*



School bells ring and children sing...but do they really sing these days? I wonder. I remember how excited I was to get back to school after a fun summer (it never seemed long enough) which reminds me; what's with this getting back to school in mid-August thing all about? Heck, that's the middle of summer where I come from. Back when I was a kid, the last weekend of the summer was Labor Day weekend, and it was always special. One last summer

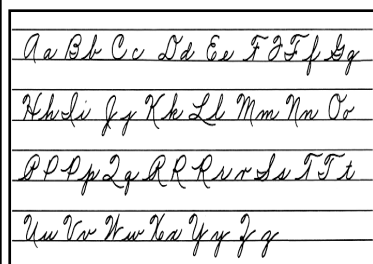
holiday hoorah until we all had to get back to business.

Anyhow – as a one-time parent of small kids and a grandparent, I find myself deeply concerned with what our grandkids and great grandkids are learning in school these days, or more importantly, what they're not learning.

Flashback! I'm in the first grade and our school day starts with us standing next to our desks, placing our hands over our hearts, and gazing at the American flag up front in the right-hand corner of the classroom and together we would recite the "Pledge of Allegiance". Then we would bow our heads in silence and say a prayer. And if praying wasn't something we did, then we'd simply bow our heads in silence and respect those who did. Respect was something we learned at home and something we learned at school. What a great way to start your day!



First session of the day was Arithmetic. ($2+2=4$, $10-9=1$, $3 \times 2=6$). And remember the multiplication tables that you had to learn by heart? And how about learning how to make change? You would pretend to be Mr. Dibbs the grocery man and would have to give little Alison Shumeyer change when she bought a pretend carton of milk for 3 cents and gave you a dime. Saying it out loud, you would place two pennies and a nickel in her hand and say "**4, 5 and 5 is ten. Thank you**". Have you been to a Publix lately and tried buying anything for cash? The high school kid looks at you like you've got two heads.



Then came learning the alphabet and writing. Remember the "Palmer Method"?

Mrs. Cunningham passed out paper with lines on them and you practiced each letter over and over....and over. Then you would pass your paper forward to the kid

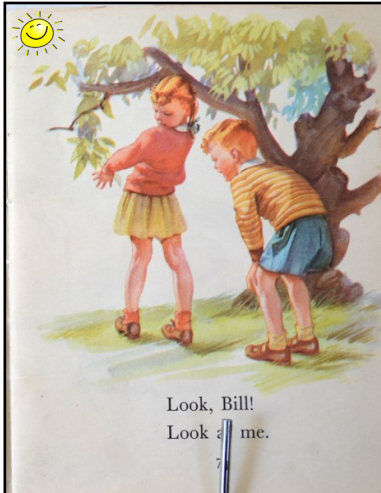
sitting in the first seat in the row you were sitting in and he or she would bring them up and hand them to the teacher who would bring them home and grade them (A+, A, A-, B+, B, B- and you know the rest. And the next day at the beginning of writing you anxiously awaited to see how you did. **C+**! That can't be right! Little Alison Shumeyer always got an A+. How did she do that? She must have practiced a lot. Ever see how kids write today? Most of them don't. They print; and not very well at that. You'd be amazed at how many kids can't sign their names; they print them. Before you know it, we'll be back to signing our names with an X.

After lunch it was time for Geography. Mrs. Cunningham would pull down the map of the world and with that long pointer, point to a country and teach us a few things about it like the language people spoke, the capital, population etc. and we would take notes because sure as shootin', there was going to be a "pop quiz" somewhere along the

way. I saw an interview on television not that long ago where a commentator asked a high school senior where Spain was and the kid asked, "what's a spain"? Seriously! Then came one of my favorite parts of the day. Reading. Remember those illustrated story books about Bill and Susan or Dick and Jane?

Bill said, "**look at me Susan. Look at me!**"

Clearly our generation was not only taught how to read, but we were taught that it was our single greatest source of knowledge. If we could read, we would never stop learning. Are you ready for this? Overall, just 37% of 12th graders here in the U.S. this past year reached or exceeded the academic preparedness benchmarks for both math and reading that would qualify them for entry-level college courses.



But equally important, our teachers taught us kindness. And they taught us the importance of teamwork and working together for a common goal or good. Because everything falls into place, and the world becomes amazing when you start your day with a pledge to your country, a prayer, an act of kindness and a dedicated effort to work together for the good of all.

*Children are our future.
Let's teach them well.*



If you'd like, you can view and even print this issue and prior issues (or individual pages) of The Southport Sun in **color** or in B&W by going on line to:

southportspringshoa.com



DEADLINE: Deadline for submitting articles, pictures, "thank you" notes etc. is the **19th of the month**. Anything received after the 19th will appear in the following month's issue.

DISCLAIMER: When submitting an article or articles for publication, please indicate if you do not wish your article(s) to be edited by our editorial staff and/or if you would prefer not to have photos or artwork included. In those instances, the editorial staff will not be held responsible for content, structure, spelling, grammar etc. Type written submissions greatly assist in minimizing errors. Thanks for your understanding, help and cooperation.

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If you have services that you provide and would like to be listed in the directory, just e-mail me your information at grigsjr43@gmail.com and I'll be happy to add it to the Residents Service Directory. All services MUST be provided by residents.

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