



Welcome to



!!!JUNE!!!



Your MONTHLY Garden Gnome News! "with a little help from my friends!"

Volume 2, Issue 6

HOME OF THE GNOME!

June 2017

I love this place!

By Johnie Mason III, SGCA President

I don't know what you see when you look out your window, but I know, no doubt you appreciate it, like we do, in a very positive way. It has never been just limited to our new Patios or common ground help, it has also been neighbor helping neighbor.

This is not meant to embarrass anyone but those can-do-crew, hands on, face to face people we all see busy all the time deserve to be noticed even if it's a HUGE (alpha order) thank you from all of us :

THANK YOU !!!

Teri Auen, Kathy Francis, Janey Hesche, Steve Hesche, Alexis Linder, John O'Neil, Marg Prozaki, Janet Rasmussen, Dianne Seitz, Kenneth Short, Tony Vervena.

We also owe so much thanks to all the committees & chairperson leadership: Ray - grounds, John O - maintenance, Ray - Social, Dianne - Clubhouse, & Gloria - Pool.

Our board is so lucky to have all these people. Our community is blessed.

Look around your outdoor home. The buildings are so nice and clean including all the eves, no longer green, the clubhouse nicely painted along with our now beautiful laundry room. The sprinkler closet and pool house looking like new, all the sidewalks, and look at our wonderful patio decks, new lighting at the pool, & more coming, new mulch on it's way after rain season, Not to mention my favorite... Our restored Shuffleboard. New like and clean looking. Time for fall tournaments. Let's practice up and challenge our neighboring condo community @ Cyprus Lakes.

You, the Can-Do community created this paradise.

It's now getting into summer and time to get out of the heat and let the professional folks we've hired keep the day to day stuff going. Great People !!

Our finances are solid, our property improvement funding is accruing for future projects, life is good. We've all worked hard at keeping the positive momentum engine of success rolling. Now's a time

to wrap up our projects and for planning again, bringing together ideas that will tangibly make a difference in our preservation and quality of life.

Our combined resources may have caps on them, but we've always known that, and we know we can move forward responsibly within those boundaries without worry.

Think.....positively. We CAN-DO-CREW it right as we continue to move forward !

Same old jingle...

Don't Worry be Happy !

THE BATH

by Janey Hesche

Good news in the neighborhood! Seminole Gardens recently had a late spring bath! By that I mean the sidewalks, balconies, soffits, steps and eaves troughs were pressure washed. The smell of CLEAN was everywhere! The eaves troughs were also cleared of debris, so bring on the summer rains! Not really looking forward to 90+ days and nights of rain but at least the troughs will be functioning and directing the water where it needs to go, (we hope.)

To add to this event, they also pressured washed the Shuffleboard court and put three coats of primer on it to cure. When that is done, the court will be painted, restriped and numbered. Johnie Mason is ready to take names and kick*** on the court. Whose ready to challenge him???? (not me.) Might need some liquid courage!

So, who do we owe all this hard work to? **Direct Painting. It is owned by Manny President (yes, that is his real name),** the same gentleman who repaired the steps at E building. Manny and his crew did an amazing job.



Pad before fence was snatched away



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Assisted Living Like You've Never Seen Before!

Easy ways to clean up and make money

By Amanda Kooser, Komando.com

The days are getting longer and warmer. Flowers are blooming and trees are leafing out. That also means it's time to tackle the clutter that's been accumulating since your spring cleaning last year.

It can feel daunting when you're faced with a closet full of little-worn clothes, rooms packed with furniture that no longer fits your style, and a pile-up of knickknacks that need new homes. But you don't have to tackle this project alone. Let these apps help you move out your old stuff.

1. Sell almost anything locally

Craigslist has become the go-to site for online classifieds across the nation. With categories ranging from appliances to furniture to clothes and books, you're bound to find a place where your spring-cleaning items belong.

2. CPlus for Craigslist

The CPlus for Craigslist app is for Apple and Windows phones. What makes this so convenient is its ability to post to Craigslist from within the app. You will need a Craigslist account to post items for sale, so create one if you don't already have one.

After that, you can use the app to fill in all the information and then either take photos as you go or upload photos from your phone or tablet's gallery. This way you can just stroll around your house and post up that old couch, the leather jacket you haven't worn since high school and the Precious Moments collectible figurines that have been sitting in a box for years.

Need a little inspiration for crafting your listings? Check out our Craigslist power tips for selling anything fast.

3. Move those clothes

Usually, yard sales aren't the greatest places to sell clothes. People are looking for bargain-basement prices and aren't willing to spend for fine fashion. If you have name-brand clothes in good condition and you're willing to dedicate a little time to online selling, then you are likely to make more money back on your closet clean-out. Ebay is still a hot place to sell clothes, but there are other options as well.

4. Poshmark

Poshmark is a massive online community focused on buying and selling gently used clothes. Women's clothing is the biggest category, but you can also use it to unload clothes for men and kids, as well as jewelry, accessories, shoes and handbags. Poshmark's app for Android and Apple is the easiest way to put your clothes up for sale on the site.

The Poshmark app lets you add photos, give a description, choose a category, and fill in the details on whatever you're selling. It's easy to get the hang of making a listing and you can quickly load up your own personal online boutique with those Gap jeans that are too small and that expensive formal dress you wore one time.

It's free to list items on Poshmark. The company takes a flat commission of \$2.95 for sales under \$15 and 20 percent on sales over \$15. In return, it offers a wide user base of both buyers and sellers and pre-paid, pre-addressed shipping labels that take a lot of the hassle out of sending your clothes off to your customers.

As with any sale, the more information you provide, the better. Besides brand and size, consider including pertinent measurements and details about the condition. It will save you from having to field questions from potential

buyers later. Plus, you'll feel great as those clothes go out the door and you slim down your overloaded closet.

5. Donate

Many people turn to Craigslist, eBay, or yard sales to clear out household items, but not everyone wants to spend the time and effort to sell their no-longer-needed clothes and gear. The easy solution is to sort through your house, pack up your things, and donate them to a charitable organization. You can make a dent in your spring cleaning and a nonprofit turns your donations into funding for a good cause.

You can find the location nearest you with the Goodwill Locations app for Android or Apple, using the "Locate your Goodwill" feature. This loads a map with the spots closest to your current location, along with hours and directions for getting there.

Another interesting feature of the Goodwill app is the Donation Impact Calculator. You select the numbers of items you're donating (like shirts, purses, dresses, books, bikes, or video games) from within clothing, household, and electronics categories.

The app then shows you the number of estimated charitable hours that donation will pay for, including helping people prepare resumes, handle financial planning, or go through on-the-job training. It's a good reminder of how your donations go to work and can give you some extra incentive to get your spring cleaning done.

Although donating your items won't put cash directly in your pocket, just remember, you can also write these donations off of your taxes!



Tech In A Flash

Matthew Rebstock & Bekki Shanklin at your service!



We at Tech in a Flash are getting tons of calls from people who clicked on an email from Microsoft and Apple.. these emails deliver ransomware and scareware that is costing the computer owner thousands.. please call us before clicking on anything that will encrypt all of your computer and cost you tons of money trying to get your files back.

If you are networked to several computers at once, just know that if you do NOT turn your computer off immediately, the ransomware will systematically go through and encrypt every device networked to it.

When you call the fake Microsoft number, you'll know immediately and they will want to 'remote' into your machine, thus taking over everything, finding out your passwords, and removing all your money in your bank accounts if you do ANY money transference or purchasing online.

Questions? Call us immediately at 239.244.9600

DAILY MOJO

by Janey Hesche

Hmm, what shall I share with you this month.

I will start with the fact that physically I have recovered from my previous injuries I spoke about last month. My broken toe has healed, (though not correctly) and I am back to logging 100 miles a month. To date I have 565.1 miles in one challenge and 667 km. in another. The struggle continues. I'm not sure if the occasional twinge in my hip is from yoga or strength training, but the key word is TWINGE, so all is good. Gotta keep on, keepin' on.



I have completed my third, twenty one day meditation program with Deepak and Oprah. (Yes, Oprah!) The first one was: Getting Unstuck. The second: Bringing the True Self Home, and the third: Hope, in Uncertain

Times. Twenty one days of guided meditation certainly strengthens the mind.

So, I have touched on Mind and Body but what about the Soul? That my friends, I found in my own back yard. I have had the pleasure of forming a warm friendship with a lovely lady who surrounds me with good MOJO. She is so positive, powerful and purposeful! I don't think she is even aware of her good vibrations. She comes by it naturally, and have I mentioned her name is Stella! But, that is all I will say for now because I want to save the story of "Stella" for another time, if she will allow me!

Going to close today with something from the Wild Woman Sisterhood:

Surround yourself with those who light your path.
namaste

heard.in.the.hood

by Janey Hesche

Well friends, don't freak out. Brenda Mason in C Block has reported that we have a Serial Killer on the loose. Many random dead lizard bodies have been spotted on property. The victims are randomly slain and then left for the buzzards to dispose of.

Be on the lookout for a petite, black and white feline. She goes by the name of Back Alley Sally. I'm not saying she is armed and dangerous, but I personally would not want to get on her BAD SIDE. Treat her with the utmost respect!

Food Face-Off: Comparing Similar Food Duos~ What's healthier: brown or white rice? White or sweet potatoes?

By Lisa Lillien, a.k.a. Hungry Girl

Updated May 01, 2017

Ever wonder about the difference between two seemingly similar foods? Is one option really that much better than the other? I'm Hungry Girl Lisa Lillien, and I'm putting several of those duos in a head-to-head face-off!

Brown Rice vs. White Rice

When brown rice first became popular, it was touted as the "healthier" option. But is there any truth to the claim?

The reason brown rice is usually considered healthier is that it's less processed than white rice.

The brown grain retains more fiber, vitamins, and nutrients. It also contains more protein and fatty acids, but it also has more carbs: A cup of medium-grain cooked white rice has about 53 grams of carbs vs. the 45 in brown rice. Brown rice also contains about 220 calories per cup, while the same amount of white rice has about 240 calories, so not a major difference there. However, some people avoid brown rice due to an anti-nutrient called phytates, which can aggravate the stomach.

My personal preference? Limit rice consumption to sushi, for the most part, and use cauliflower rice at home. It only has 20 calories and 4 grams carbs per cup.

White Potato vs. Sweet Potato

I'm all about incorporating fiber into my diet, and luckily, both these potatoes contain a fair amount. They also pack in several vitamins (like vitamin C) and minerals (such as potassium).

However, sweet potatoes have more vitamins and minerals than plain white potatoes, although white potatoes are slightly lower in calories: 130 per spud, which is 14 fewer calories than the same size sweet potato.

I say, go for the sweet potato; it's more flavorful and there are more nutrients. If you prefer white potato (especially in your mashed potatoes), use this trick to save calories.

Almond Milk vs. Skim Milk

Your head may spin from all the milk options on the market

these days! My personal favorite is unsweetened vanilla almond milk, a non-dairy pick with only about 35 calories per cup.

A cup of skim milk contains closer to 90 calories.

Which milk you choose depends on what's most important to you. If you're watching your sugar, unsweetened almond milk has less than 1 gram, while skim milk has 12.5. But you get 8 grams of protein from a cup of skim milk and only 1 gram from almond. If you experience gastrointestinal issues from lactose, go for almond milk over skim. But if calcium is a concern, skim milk is for you. Sip wisely!

Turkey Burgers vs. Beef Burgers

Don't be fooled; a turkey burger isn't necessarily lower in calories than a beef burger. Restaurants tend to use high-fat turkey, since the leaner kind can dry out easily.

Your best bet is to make your own burgers at

home. At the grocery store, reach for lean ground turkey (7 percent fat or less) which has around 160 calories and 7.5 grams of fat per 4-ounce serving. If you prefer beef, pick up extra-lean ground beef (4

percent fat or less), which clocks in with about 145 calories and 5 grams of fat per 4-ounce portion. Unlike extra-lean turkey, extra-lean beef is juicy and delicious, perfect for diet-friendly burgers!

Butter vs. Margarine

You may think that margarine is a smart alternative, but butter is the real nutritional winner, since it contains less harmful trans fat than margarine.

However, both contain a similar number of calories: about 100 per tablespoon.

My advice? Opt for light whipped butter or light buttery spread, which has only around 45 calories per tablespoon. Major calorie saver!

Old-Fashioned Oats vs. Steel-Cut Oats

Unlike instant oats, which are heavily processed, you're in good hands with either of these nutrient-dense oats. The main difference between the two is the way they're made: Steel-cut oats are chopped, while old-fashioned are rolled. Each has about 160 calories per serving. I prefer old-fashioned oats, especially since they work perfectly in my growing oatmeal.

