

The Springboard

Springwood II's Monthly Newsletter

September 2022 Edition



COMMUNITY INFO:

Trash Collection: Tues. & Fri.

Recycle Collection: Wed. Only

Important Telephone Numbers:

Spectrum 855-222-0102

To report cable issues or to order upgraded services.

If necessary, reference Springwood II

Account Number: 0034865037-01

Duke Energy 800-228-8485

Follow prompts to report power outages or streetlight issues.

City of Pinellas Park

Waste Management:

Trash: 727-369-0690

Management Company Info:

Ameri-Tech Property Management

Main Office: Hours: 10 a.m. to 2 p.m.

24701 U.S. 19N, Suite 102

Clearwater, Florida 33763

Office: 727-726-8000 - Ext. 247

Fax: 727-723-1101

Property Manager: Jenny Kidd

Satellite Office:

St. Petersburg Satellite Office

6415 1st Avenue South

St. Petersburg, FL 33707

Springwood II Website:

To view our documents and other forms, visit our community website:

<http://springwoodvillas2.org/>

Email Springboard Articles To:

artdelia924@gmail.com

Or -

Submit typed or legible hand-written articles to my home address mailbox:

10657 Rosewood Court

Board of Directors Meeting:

Tuesday, September 13, 2022 – 7:00 p.m.

Workshop Meeting:

Wednesday, September 28, 2022 – 3:00 p.m.

Message from the President:

The time seems to be going fast, September is here, and we enter the last third of the year with the sound of roofs being repaired, improvements to the clubhouse with installation of the EAD's and framed signage with the Clubhouse address in strategic places inside and out.

Looking forward from here, we work on the budget for next year. I know there are concerns about what we might have to pay. I have that concern myself, but rest assured, the board and myself are working to explore every avenue to help reduce costs. The biggest obstacle is the roofs being replaced. This is where we could see a reduction however, we need them completed or under contract at the latest before the end of the year. And thank you to all the residents who have had or having the roofs replaced, it is greatly appreciated by everyone.

For those residents who have not responded to the letters or emails, or simply need some direction, we are here to help. Jennifer Hanks and I are available to answer any questions you may have about the roof issue, financing, options, etc. Please reach out, the sooner the better for materials, having a contract in place, etc. The budget depends upon this issue being rectified to lower insurance costs. Insurance costs caused our shortage, the cooperation of all will help defer these costs with our roofs meeting better roof ratings. With four months to go, we've done so much already, I'd be disappointed to fall short at the end. I'm hoping we can get this done! Have a good September!

Submitted by Raul Ramirez

Dial Directory Listings:

My contact at Dial Directory has requested information for the 2023-2024 be submitted by November 1, 2022. Please review your listing if you are in the current Dial Directory.

Submit corrections to me at mkb924@juno.com or drop off at 10443 Azalea Park Dr.

Names, addresses and telephone number(s) of new residents will appear in the next Dial Directory.

Submitted by Kelly Bagley

CLUBHOUSE ACTIVITIES:

AQUATICS with Peggy

Every Tuesday, Wednesday, Friday, and Saturday at 10:00 a.m.

BIBLE STUDY with Barbara

Mondays, September 5 and 19 – 1:00 to 3:00 p.m.
We have moved to the library!

BINGO with Betty

Every Wednesday at 6:00 p.m.

BILLIARDS with Tony & Jim

Monday to Friday at 4:00 p.m., Saturday at 9:00 a.m.

CHAIR VOLLEYBALL with Del

Tuesday, Thursday & Saturday at 2:00 p.m.

CORN HOLE: with Mary

Corn Hole has changed to every Monday beginning September 12th. 6:30 p.m. until we get tired.

EXERCISE ROOM with Yourself

Get Fit! Recumbent Bikes, Ellipticals, Treadmills, Dumbbells, and a Weight Station.
Plus a wall mounted TV.

KARAOKE NIGHT with Richard

The second Friday of the Month.
Bring your own drink and \$2.00 to \$5.00 for pizza.

LADIES' "OUT & ABOUT":

This is a once-a-month off-site event that all Springwood 2 ladies are invited to. Enjoyed by all.

LINE DANCING with Josie

Line dancing is scheduled for the 1st and 3rd Tuesday of each month. 7:30 p.m. to 9:00 p.m.

STRETCH BAND EXERCISES with Juanita

Every Mon. & Thurs. at 10:00 a.m.

TGIF:

Friday, September 2 is TGIF Night. Cocktails at 5:30, BYOB and a dish to share!

YOGA with Rose

Every Monday and Thursday 4:30 p.m. to 5:30 p.m.

Ladies'

"Out & About"

Place: **Po Folks**
Location: 2001 34 St. N.
St. Petersburg
Date: **Tuesday, Sept. 13, 2022**
Time: 12:00 Noon

RSVP

Donna Goldie

727-546-5015

No Later Than Sunday, September 11

**Please let me know if you need transportation
or directions.**

"Hope to see you there"

Bingo:

just a reminder that Bingo will be starting up again on September 14th at 6:00 p.m.

We will have some new games and lots of fun and laughs.

The price of the papers has gone up, large packs are \$8.00 and small packs are \$6.00.

Please come out and enjoy a fun evening with your Springwood 2 neighbors and friends.

Submitted by Betty Simon

Clubhouse Address Signs:

Not all residents know the address of the clubhouse. To help eliminate any confusion during a medical or other emergency, signs have been posted in every room of the clubhouse as well as the pool area.

This will help the person calling 911 to give the correct address to emergency responders.

Submitted by Linda D'Elia and Mary Young

Line Dancing:

Line dancing is resuming on Tuesday, September 6 and Tuesday, September 20. 7:30 p.m. to 9:00 p.m. All are welcome to come!

Pool Etiquette:

The pool is a great place to cool off during these hot summer days. We enjoy meeting our friends and neighbors at the pool. It is wonderful to have this great place to bring our guests.

Sadly, some of our residents spoil the pool's ambiance for others. Please clean up and tidy up after yourselves. It's not asking too much! The Pool Committee is unnecessarily burdened with closing umbrellas left open, replacing chairs and lounges left helter-skelter across the pool deck and turning the radio off. Worst of all, the Pool Committee finds they are cleaning up your trash such as used bandages left on the pool deck and cigarette butts not put in the proper receptacles.

On the morning of August 1, 2022, a soiled diaper was found on the floor of the men's bathroom!! Unacceptable behavior, would you leave a soiled diaper on the bathroom floor at your home? The Pool Committee are fellow residents who volunteer to keep the pool in good order for everyone's enjoyment. They are not a cleaning crew!

Please be courteous and take just a few minutes before you leave the pool area to:

- Close any umbrellas you opened
- Replace chairs and lounges to where you found them
- Turn the radio off
- Place any trash, including used bandages, in the trash bins
- Clean up your cigarette butts
- Soiled diapers are to be disposed of properly and carried back to your home to be placed in your trash bin

This courtesy means everyone can enjoy our wonderful pool.

Thank You:

Thank you so much to everyone for your condolences, kind words and prayers when Marta passed away.

Otto and Jitka

September Anniversaries:

Barbara and Ray Smith 9/3
Gail and Frank Scott 9/5
Nicole and Phillip Ahlborn 9/17
Rosie and Frank Lepore 9/22
Annette and Paul Felix 9/23

September Birthdays:

Del Bowyer 9/1	JoAnne Watson 9/23
Betty Simon 9/4	Art D'Elia 9/24
Jeffrey Bedell 9/11	Diane Johnson 9/24
Anita Ryder 9/15	Donna Goldie 9/25
Bob Repko 9/18	Mike Abulencia 9/30
Terri Wood 9/22	Juanita Blair 9/30

Craft Day *with Sandra*

Wednesday, September 14, 2022, at 1:00 p.m. we are having a craft day at the clubhouse.

We will be making a pumpkin wreath for the upcoming Fall season.

Sandra will be furnishing all the supplies needed to complete your wreath; all you need to do is show up and have some fun.

There is only room for 15 people. First to call will get signed up. Five people have already signed up, so don't think about it too long as the ten remaining slots may get filled up fast.

The cost is \$10.00 per person. Call Nita Blair at 727-296-8697 or Sandra at 727-546-1201.

Submitted by Nita Blair

Loaves and Fishes:

We would like to remind everyone about a NEW OUTREACH in the community. We have a team of great cooks that will provide a nice, delicious meal to any individual that may be recovering from a temporary illness, a hospital stay or a personal loss of a loved one.

We are excited about doing this, but we need the community's help. If you know anyone in this situation, please call us. You can call Richard Bennett at 267-687-9005 or email him at rsbennett108@gmail.com, or contact Barbara Bornemann at 727-741-2798 or email her at bbornemann48@gmail.com.

Again, please don't hesitate to call us.

Submitted by Barbara Bornemann

2022 SEPTEMBER CLUBHOUSE ACTIVITIES 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>28-Aug</i>	<i>29-Aug</i>	<i>30-Aug</i>	<i>31-Aug</i>	1	2	3
	10:30 a.m. Stretch Band Exercises	10:00 a.m. AQUATICS 2:00 p.m. CHAIR VOLLEYBALL	10:00 a.m. AQUATICS 3:00 p.m. B.O.D. Workshop	10:30 a.m. Stretch Band Exercises 2:00 p.m. CHAIR VOLLEYBALL	10:00 a.m. AQUATICS 5:30 p.m. tgif	10:00 a.m. AQUATICS 2:00 p.m. CHAIR VOLLEYBALL
4	5	6	7	8	9	10
	10:30 a.m. Stretch Band Exercises 1 to 3 p.m. BIBLE STUDY <i>In the Library</i>	10:00 a.m. AQUATICS 2:00 p.m. CHAIR V-BALL 7:30 p.m. LINE DANCING	10:00 a.m. AQUATICS	10:30 a.m. Stretch Band Exercises 2:00 p.m. CHAIR VOLLEYBALL	10:00 a.m. AQUATICS 6 to 9 p.m. KARAOKE <i>In the Main Hall</i> Bring Your Own Drink	10:00 a.m. AQUATICS 2:00 p.m. CHAIR VOLLEYBALL
11	12	13	14	15	16	17
	10:30 a.m. Stretch Band Exercises 6:30 p.m. CORN HOLE 12 - 1:00 p.m. FOOD PANTRY	10:30 a.m. Stretch Band Exercises 2:00 p.m. CHAIR V-BALL 7:00 p.m. B.O.D. Meeting	10:00 a.m. AQUATICS 6:00 p.m. BINGO	10:30 a.m. Stretch Band Exercises 2:00 p.m. CHAIR VOLLEYBALL	10:00 a.m. AQUATICS	10:00 a.m. AQUATICS 2:00 p.m. CHAIR VOLLEYBALL
18	19	20	21	22	23	24
	10:30 a.m. Stretch Band Exercises 1 to 3 p.m. BIBLE STUDY <i>In the Library</i> 6:30 p.m. CORN HOLE	10:00 a.m. AQUATICS 2:00 p.m. CHAIR V-BALL 7:30 p.m. LINE DANCING	10:00 a.m. AQUATICS 6:00 p.m. BINGO 2:00 p.m. FARMERS' MARKET	10:30 a.m. Stretch Band Exercises 2:00 p.m. CHAIR VOLLEYBALL	10:00 a.m. AQUATICS	10:00 a.m. AQUATICS 2:00 p.m. CHAIR VOLLEYBALL
25	26	27	28	29	30	<i>1-Oct</i>
	10:30 a.m. Stretch Band Exercises 6:30 p.m. CORN HOLE 2:30 - 3:00 p.m. FOOD PANTRY	10:00 a.m. AQUATICS 2:00 p.m. CHAIR VOLLEYBALL	10:00 a.m. AQUATICS 3:00 p.m. B.O.D. Workshop 6:00 p.m. BINGO	10:30 a.m. Stretch Band Exercises 2:00 p.m. CHAIR VOLLEYBALL	10:00 a.m. AQUATICS <i>76 DAYS 'TIL CHRISTMAS!</i>	10:00 a.m. AQUATICS 2:00 p.m. CHAIR VOLLEYBALL

New Clubhouse Refrigerator:

The clubhouse has a new refrigerator and the old one was moved into the laundry room for community use.

Please be respectful of other resident's items that are in either refrigerator.

Submitted by Jennifer Hanks



Fresh Farmers' Market:

Wednesday September 21st at 2:00 p.m.
In the clubhouse.

Submitted by Jennifer Hanks

Food Pantry Dates:

September 12th – noon to 1pm -
Nonperishables – sign up at 12:00.

September 26th – 2:30 to 3pm
Perishables – sign up 2pm

The time for the food to be taken will depend on when it gets delivered and placed on tables.

Submitted by Jennifer Hanks

Bible Study:

Just a reminder Bible study is every other week, and we are now meeting in the library as we have a need for bigger tables!!!

In September, we will meet on the 5th and 19th from 1-3. And, again, we will meet in the library. Hope to see you there. For more information contact Barbara Bornemann at 727-741-2798. Do not use the number in the directory as it is not correct. Please leave a message if no one answers.

Submitted by Barbara Bornemann

Doc Talk:

(Discussion on Mobility and Balance Issues):

Thursday, September 22, 2022.

12:00 noon in the library.

Free bag of food and snacks provided.

RSVP:

Richard S. Bennett at 267-687-9005 or

Mary Spielman at 727-545-0315

Stay Safe:

Protect Yourself from Covid-19:

Covid-19 is still at large in our community. Several residents have come down with it for the second time.

Recently, a resident was in the clubhouse during a medical seminar. The resident had covid-19 and didn't know it at the time.

It is recommended that you take proper precautions to protect yourself when you are in the clubhouse or just out and about. Even if you've had your shots and boosters, you can still get the virus.

Wash your hands frequently and wear a mask when indoors.

Submitted by Art D'Elia

September and October are:

Peak Months for Hurricanes:

Keep up to date on any tropical depressions forming in the Atlantic or in the Gulf of Mexico. Have at least a week's supply of non-perishables and enough water to last a week or two.

If you haven't done so already, download the "Pinellas Alert" app on your mobile phone.

Everything you need to know will be available when a threat of a tropical storm is approaching our area.

If you have room, freeze water bottles that are three quarters full. This will help keep your food colder should you lose power for an extended period.

Stay in touch with your neighbors (especially if either you or they live alone).

If you are physically able to, see what you can do to help our community to prepare for the approaching storm.

Submitted by Art D'Elia

Cookin with Kenn

Healthy Salad Bowl

INGREDIENTS:

- 2 bunches of kale
- 1 bunch of red kale
- 1 cup chickpeas
- ¼ cup broccoli microgreens
- ¾ cup strawberries
- ½ fermented beets and cabbage
- ½ cup pistachios

Dressing:

- 3 oz. fresh lemon juice
- 3 oz. olive oil
- ½ tablespoon garlic, minced

DIRECTIONS:

Destem kale and quarter strawberries. Combine all other ingredients and mix. In a small jar with a lid, add the lemon juice, olive oil, and minced garlic. Shake well to combine and toss salad in dressing.

Submitted by Kenn Burkhead

Cheesy French Onion Chicken:

- 6 boneless, skinless chicken breasts
- Salt/pepper to taste
- 1 tablespoon garlic, minced
- 1 tablespoon dried parsley
- 1 tablespoon butter
- 6 large onions, thinly sliced
- 1 tablespoon fresh thyme
- 1 cup beef stock
- 2 cups shredded gruyere cheese
- Bread, sliced and toasted, to serve

Directions:

In a bowl, add the chicken breast, salt and pepper, garlic, dried parsley, and olive oil, and toss until evenly coated. Add the chicken to skillet on medium high heat. Heat until golden brown, about 4 minutes. Flip and cook the other side of chicken 2 minutes. Remove the chicken from the pan and set aside.

Preheat oven to boil.

Add butter, sliced onions, salt and pepper to the same pan, stirring occasionally until softened. Reduce heat to low and cook until they are deeply caramelized, about 1 hour.

Add thyme and beef broth and bring the mixture to a simmer.

Add the chicken on top of the onions and sprinkle with Gruyere cheese.

Broil for 5 minutes, until the cheese is melted and golden brown. Serve over bread.

Submitted by Kenn Burkhead

Dug Outs:

- 6 zucchinis
- 2 eggs, beaten
- 1 ½ cups cheddar cheese, grated
- ½ cup cottage cheese
- 2 tablespoon parsley, chopped
- ½ teaspoon oregano
- 2 tablespoon onion, minced
- ½ teaspoon salt
- 1 cup dried breadcrumbs
- 2 tablespoon butter, melted

Directions:

Cut ends off the zucchini. Cook whole in boiling water for 12 minutes. Drain, cut in half lengthwise, scoop out pulp and set aside. Thoroughly dry shells, combine egg, cheddar cheese, cottage cheese, parsley, oregano, onion, and salt, add reserved pulp, fill the shells. Toss the breadcrumbs with melted butter and sprinkle overstuffed zucchini. Place in a shallow casserole and bake at 360 degrees for 25 minutes, serves 6.

Submitted by Kenn Burkhead

KILLER TUNA MELT

Drain water

Mix tuna with diced red onion, celery and pickle, and 1 teaspoon mayo and lemon juice.

Top red bell pepper halves with tuna ½ slice cheddar.

Bake at 300 degrees for 7 minutes.

Submitted by Kenn Burkhead