South Tampa’s Best
55+ Adult Community
6220 South Dale Mabry, Tampa 33611

COMMUNITY AMENITIES INCLUDE

Gated Entrance
Two fish-stocked lakes
Heated swimming pool
Clubhouse and community room
Fitness Center
Game room

Community dinners, parties
Holiday celebrations, trips and more

A perfect retirement community in the right place
Located 1.4 miles from
MacDill Air Force Base

JUNE 2014
NEWSLETTER

6220 S. Dale Mabry – Tampa, FL 33611
813-839-2812

Email us at:
WinwardLakes@SteinerCommunities.com

Visit us on the web at
www.SteinerCommunities.com
Like us on Facebook
HAPPY FATHER’S DAY TO ALL FATHERS

Summertime is here and so is hot and muggy weather. Make sure if you work outside you drink plenty of water and even if you are not outside, remember to drink plenty of water – your body always needs it!

During the summer months, you need to mow your lawns once a week, not every other week. With the rains we get, the lawns grow fast. So please, snowbirds, make sure your mower is on a weekly schedule. Thank you!

For a short period of time, Barb, who is in the office for sales on the weekend, will not be in the office as she keeps breaking her bones. We will be very glad to see her return, meantime, Suzanne will be covering for her. Remember, this is sales – she is not able to help you with community problems. You need to call the emergency number – 813-404-3614 – for community problems.

Please remember, there is no Bingo in June, July and August and no monthly dinners in July and August.

Hurricane season starts this month, so please make sure your evacuation kits are ready and you have plans as to where you are going, depending on which way the storm is moving. Make sure we have a cell number for you and even know where you plan to go, if possible. Always be safe!

NEW HOMES MEANS NEW DEALS AT WINWARD LAKES?

We have new homes entering the community and we are ready to make deals on them . . . so, if you have been thinking of trading in your home, stop in and see us at the office. Or if you have a friend what is looking, send them in and you will receive a bonus if a new home is purchased.

Brand New Homes
3729 Yardarm Dr.
3719 Spinnaker Dr.
3732 Yardarm Dr.
3724 Winward Lakes

Pre-Loved Homes
3702 Yardarm
3737 Winward Lakes Dr.
3714 Winward Lakes Dr.

PICK YOUR NEIGHBOR!!
Please call the office for information .... 813-839-2812

WINWARD LAKES IS ON FACEBOOK!

Like us on Facebook and stay up-to-date on all the latest from Winward Lakes!
All eyes are on you in June, Gemini, and your ability to persuade, enchant, and delight others returns with gusto after a few weeks of possible misunderstandings in May. There’s a lot going on behind the scenes, and you might find yourself re-evaluating important parts of your life.

Your social calendar is busy this month Cancer. Networking, spending time with friends, and group activities bring much stimulation in June. While you’re certainly planting a few seeds for the future, your thoughts also turn to the past, as you review what has been working for you, and what needs to be left behind. The new moon brings a sense of renewal and a new personal beginning. Conflict with a significant other might set the stage for change.

| Pamela Manos | 6/2 | Helen Ingles | 6/16 |
| Peggy Chandler | 6/3 | David Turner | 6/17 |
| Donald Comer | 6/3 | Maureen Harpole | 6/19 |
| David Ibberson | 6/4 | Edward Pannell | 6/19 |
| Mildred Lightfoot | 6/4 | William Russell | 6/19 |
| Joseph Swales | 6/5 | D. Ray Green | 6/20 |
| Keith Carlton | 6/6 | Diane Tennant | 6/24 |
| Deolores Comer | 6/6 | Tim Bearden | 6/25 |
| Ann Patrick | 6/7 | Kenneth Coffey | 6/26 |
| Judith Anderson | 6/8 | Annette Adkins-Wadsworth | 6/27 |
| George Best | 6/9 | Edgar Valencia | 6/27 |
| Rudolph Martinez | 6/9 | Teresa Boyette | 6/29 |
| F. Dean Askew | 6/12 | Ruth Clem | 6/29 |
| Grace Burns | 6/14 | Richard Mead | 6/29 |
| Christopher Milsaps | 6/15 | Lucena Ruff | 6/30 |
| Connie Brody | 6/16 | Rick Selph | 6/30 |

Why is the first day of summer June 21, 2014?

It’s all about the sun . . . The first day of summer is the date of the summer solstice and the date of the summer solstice depends on when the sun reaches its farthest point north of the Equator. So the date of the summer solstice varies from year to year based on the journey of the earth through space and the tilt of the earth. On the summer solstice, the North Pole is tipped more toward the sun than on any other day of the year and the Northern Hemisphere receives more sunlight than on any other day of the year. According to the astronomical definition of the seasons, the summer solstice also marks the beginning of summer.

COMMUNITY DINNER

When: June 7th
Where: Clubhouse
Time: 6:00 p.m.
Meal: Ribs
Please bring a dish to pass.
Please sign up at the Clubhouse

In the United States, Flag Day is celebrated on June 14. It commemorates the adoption of the flag of the United States, which happened that day by resolution of the Second Continental Congress in 1777.
4 WAYS TO BEAT THE HEAT:

**Eat Spicy Food.** If you're already sweating, why would you want to sweat more? Professor of food science at Penn State University Luke LaBorde says: eating spicy food increases blood circulation and makes you sweat, so you'll feel cooler as the sweat dries. Dr. Oz explains that the capsaicin in hot peppers encourages your body to sweat more without raising your body temperature.

**Sleep on Ice-cold Sheets.** Chill your bed by folding sheets and pillowcases, placing them in plastic bags, and sticking them in the freezer for a few hours, according to Mother Nature Network. Then make up the bed just before you turn in for the night.

**Spritz Yourself.** Keep a spray bottle in the refrigerator, and when the going gets hot, give yourself a good squirt – as the water evaporates, it cools you. Start with your wrists and ankles and then move on to your arms and legs.

**Shuck Your Shoes.** As the sweat on your feet evaporates, it cools the skin and the blood in your feet. Blood vessels then whisk that blood to other parts of the body, so "you're getting a greater sensation of coolness," says Donald R. Bohay, M.D., a member of the American Orthopedic Foot & Ankle Society.

June Bugs are beetles that feed on buds and flowers of shrubs and fleshy garden vegetables. They are full of edible fats and proteins, and are rich source of food and appetite stimulating medicine when roasted.

**FATHER'S DAY** is celebrated on the third Sunday of June. It celebrates the contribution that fathers and father figures make for their children's lives. Its origins may lie in a memorial service held for a large group of men, many of them fathers, who were killed in a mining accident in Monongah, West Virginia in 1907. OR . . .

It may have been a response to the success of Mother's Day. Sonora Smart Dodd whose father raised six children by himself after the death of their mother, was inspired after hearing a sermon about Mother's Day in 1909. She told her pastor that fathers should have a similar holiday honoring them and suggested June 5, her father's birthday. The pastor did not have enough time to prepare a suitable sermon, and the celebration was deferred to the third Sunday of June.

Regardless of which story we believe, Father's Day was officially recognized as a holiday in 1972 by President Nixon. The Father's Day Council, founded by the New York Associated Men's Wear Retailers to consolidate and systematize the commercial promotion of Father's Day, actively promotes the holiday that has, in its words, “. . . become a Second Christmas for all the men's gift-oriented industries."

**THOUGHTS ABOUT FATHERS . . .**

A father is someone who carries pictures in his wallet where his money used to be.

Treat your parents with loving care, you will only know their value when you see their empty chair.

It doesn’t matter who my father was; it matters who I remember he was.
**Four Flowers Juice**

4 bananas, peeled, cut in pieces  
2 cups chilled orange juice  
½ fresh pineapple, peeled, cored, cut in chunks  
1 cup cold water  
2 ½ tablespoons pure maple syrup  
2 tablespoons grenadine  
1 tablespoon fresh lemon juice  
6 fresh strawberries

✔ Combine bananas and ¼ cup orange juice in processor and puree. Transfer to pitcher.  
✔ Combine pineapple chunks and ¼ cup orange juice in processor and puree. Transfer to same pitcher.  
✔ Mix in water, syrup, grenadine, lemon juice and 1 ½ cups orange juice.  
✔ Can be made 6 hours ahead. Chill. Stir well before serving.  
✔ Pour fruit mixture into tall glasses. Garnish with strawberries or flowers to serve.

**One-Pan Pasta and Meatballs**

Prep Time 5 Minutes  Total Time 30 Minutes  
Makes 4 servings

**Ingredients**  
1 cup water  
1 jar (25.5 oz) Muir Glen® organic pasta sauce (any flavor)  
1 1/2 cups uncooked elbow macaroni  
20 frozen cooked Italian-style or regular meatballs (1 inch)  
1 can (2 1/4 oz) sliced ripe olives, drained  
Grated Parmesan cheese, if desired

**Directions**  
In 10-inch skillet, heat water and pasta sauce to boiling. Stir in macaroni, meatballs, and olives. Return to boiling. Reduce heat to medium. Cover; cook 15 to 20 minutes, stirring occasionally, until macaroni is tender. Sprinkle with cheese

**THAT’S NOT MY JOB . . .**

This is a story about four people named **Somebody**, **Everybody**, **Anybody** and **Nobody**. There was an important job to be done and **Everybody** was sure **Somebody** would do it.  
**Anybody** could have done it, but **Nobody** did it.  
**Somebody** got angry about that because it was **Everybody**’s job.  
**Everybody** thought **Anybody** could do it, but **Nobody** realized that **Everybody** wouldn’t do it.  
It ended up with **Everybody** blaming **Somebody**, when **Nobody** did what **Anybody** could have done!

**THINGS TO DO IN JUNE**

**Florida Aquarium – Father’s Day Weekend**  
June 14-15, 2014  
It’s any father’s dream come true. Over 20,000 fish in one place! So give dad the ultimate gift and make his day truly memorable. Dads get in FREE on June 14th -15th with the purchase of a full paid admission. Redeem this offer at The Florida Aquarium’s onsite box office on June 14th & 15th.

**Go to Picnic Island!**  
Picnic Island Park, located in Port Tampa, has a breathtaking view of the city. It encompasses 7.8 acres of sandy beach access. Enjoy a day in the sun and on the beach, go canoeing, picnicing, fishing from the pier or escape and explore Picnic Island Bayou..
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<td>A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.</td>
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Check out our website – go to www.steinercommunities.com and click on Winward Lakes.