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

MARCH 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
HERE’S MARCH . . .

YES, March is here along with St. Patty’s Day and maybe, and I
do say maybe, change our clocks. I say maybe because Florida
is trying to stay on daylight savings time. At this point if it doesn’t
change, the clocks get turned back on March 9th.

Spring shows up on the 20th and I am sure we all agree we are
ready for it. We have had quite a winter, I am really glad that we
did not lose a lot of the plants and flowers around here this year.
So it seems Punxsutawney Phil saw his shadow . . . sure feel
sorry for the northerners, and even us as it was not our nicest
weather.

YARD SALE: the Yard Sale will be March 15th . . . we are
working on having a large dumpster at the same time. As yet
nothing is scheduled, but if all goes well, there will be one sitting
at the Exercise Room the Monday after the Yard Sale. The
dumpster will stay until it’s full and then it will be removed.
Please remember, no oil, tires, electronics or paint. This is
very important. If you put these items in the dumpster we will
stop getting the dumpster.

TAXES: time to start putting your tax papers in order and if you
are like us, we wait until the last minute. Make sure before you
send in your return, you check your math, write legibly and sign
and date the return.

WHAT’S FOR SALE AT WINWARD LAKES?

New But Not Quite Ready To Show
3729 Yardarm Dr.
3718 Anchor Dr.
3732 Yardarm Dr.

Pre-Loved Homes
3721 Yardarm Dr.
3714 Winward Lakes Dr.
6202 Compass Lane
3702 Yardarm Dr.
6212 Starboard

What a way to start out the new year . . . in a new home. Stop in
to the office and see what we can do for you, or send in a friend
or family and if they buy a new home you will receive a bonus

March is the month for the Winward Lakes
Resident Satisfaction Survey
We need your help . . . please be sure to
complete and return the survey along with
THE ENTRY FORM FOR THE DRAWING
for one month’s free lot rent!!
March 2014

Dear Resident:

Are you in a tight financial position or having trouble meeting your obligations? If you find yourself having trouble financially and are worried you may possibly lose your home . . . please let us know. Don’t wait to talk to us when it’s too late. While we can’t make any promises, we would like to work with you. We may be able to help you find a solution to your situation that will help you hold on to your home.

Please let us know as soon as you realize there may be a problem. The sooner you take action, the better. We would like to try to help you although we can’t make any promises. It’s better to talk with us before you have a problem than to let a situation get out of hand.

Of course, any discussions we have with you and any plan we may be able to work out will be held in complete confidence. We appreciate the trust you have placed in us by making this community your home and want to work with you to find a solution if possible.

Please contact the office if you want to discuss your situation with us personally.

Ginger & Bud Marion
Community Managers

March is National Nutrition Month®
Enjoy the Taste of Eating Right'

While taste drives most food choices, eating nutrient-rich foods that provide the most nutrition per calorie is one of the best ways to “Enjoy the Taste of Eating Right,” according to the Academy of Nutrition and Dietetics. The Academy encourages us to choose the most nutritionally-packed foods because nutrient-rich foods and beverages provide vitamins, minerals, protein, carbohydrates and other essential nutrients that offer health benefits with relatively few calories. Here are some practical ways to add nutrient-rich foods and beverages to your daily diet:

• Make oatmeal creamier by using fat-free milk instead of water. Mix in some raisins, dried cranberries, cherries or blueberries, too.

• Make sandwiches on whole-grain bread, such as whole wheat or whole rye. Add slices of avocado, tomato or cucumber to lean roast beef, ham, turkey or chicken.

• When eating out, look for nutrient-rich choices, such as entrée salads with grilled seafood and low-calorie dressing, baked potatoes topped with salsa, grilled vegetables and reduced-fat cheese and yogurt parfaits made with strawberries and blueberries.

• Drink nutrient-rich, low-sugar beverages such as low-fat or fat-free milk or 100% fruit juice.

• For dessert, enjoy a tropical treat by blending mango, plain low-fat milk, ice and a splash of pineapple juice, or stir chocolate syrup into a cup of coffee-flavored yogurt, freeze and enjoy.

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Laissez les bons temps rouler!! (let the good times roll) is the motto of New Orleans Mardi Gras – the most famous “fat Tuesday” celebration in the country. This is the last opportunity to eat fatty and rich foods before the ritual fasting of the Christian Lenten season, which begins the next day. There are parades, parties, formal balls and street parties in the city. People travel from all over the country to experience Mardi Gras in New Orleans because it has a reputation of being the biggest street party in the country.

Ash Wednesday is the first day of the 40 days of Lent in the Western Christian calendar. Ash Wednesday gets its name from the practice of placing ashes on the foreheads of adherents as a celebration and reminder of human mortality, and as a sign of mourning and repentance to God. The ashes used are typically gathered from the burning of the palms from the previous year’s Palm Sunday.

St. Patrick’s Day is celebrated throughout the world and is celebrated as a recognition of Irish and Irish American culture. Celebrations include displays of the color green, eating and drinking, religious observances, and parades. The world’s smallest St. Patrick’s Day Parade occurs in Enterprise, Alabama when a person of Irish descent, dressed in festive garb and carrying a large Irish flag, is the only person in the parade. He, or she, walks one block from the courthouse to the Boll Weevil Monument and back to the courthouse. The New York City parade is the largest St. Patrick’s Day parade in the world with 150,000 marchers, and two million spectators.

Pisces, keep your feelings positive and constructive. The month ahead can be a dream come true or your worst nightmare. It is up to you. Love is good this month. You’ll have love on your terms, so it’s a good time to review your current relationship and see where improvements can be made.

Aries, it’s time to have life on your terms. Let the world adjust to you for a change. Be careful in communication as a thoughtless word can have all kinds of repercussions that you never imagined. Your birthday is the beginning of a new year, so do whatever you can to start your new year with a clean slate. Although you are full of energy, avoid rush and impatience now, to make sure your actions have the effect you intend.

BEWARE THE IDES OF MARCH??

The Ides of March is the day on the Roman calendar that is 5 March. It became famous as the date of the assassination of Julius Caesar in 44 BC that made the Ides of March a turning point in Roman history, and trigger a revolution in the Roman Republic. Although the fortune-teller’s warning to Julius Caesar, "Beware the Ides of March," has imbued that date with a sense of doom, in Roman times the expression "Ides of March" it was simply the standard way of saying "March 15."
**HAPPENING IN TAMPA BAY IN MARCH**

**March 22 – 23 – MacDill AirFest 2014**
The free, public MacDill Air Force Base AirFest 2014 will be March 22nd and 23rd featuring the Air Force Thunderbirds! The Dale Mabry and MacDill Gates will be open to the general public from 8 a.m. to 5 p.m. Saturday and Sunday.

**Saturday, March 15**
The Mayor's River O'Green Fest
The City of Tampa's official annual St. Patrick's Day event that takes place in Curtis Hixon Waterfront Park. The party is centered around the Hillsborough River, which will be transformed into a bright shade of green for the occasion. The celebration includes live entertainment, games, kids’ activities, food trucks serving Irish faire, beer, and more! Admission is free and the entire family is welcome, including four-legged members.

**Harlem Globetrotters "Fans Rule" World Tour**
March 7,: 7:00 p.m. USF Sundome 4202 E Fowler Ave., Tampa, 33620
The world famous Harlem did something unparalleled in the history of sports by letting fans vote on new rules to be used in games. Admission: $24.75, $32.75, $40.75, $56.75 (VIP), $111.75 (Courtside)


**COMMUNITY DINNER**

When: March 8
Where: Clubhouse
Time: 6:00 p.m.
Meal: Corned Beef & Cabbage

Please bring a dish to pass.
Please sign up at the Clubhouse

**Basil Tomato Red Pepper Soup with Garlic Toast**
Perfect hot or cold, depending on the season.

**Ingredients:**
- 1 large red bell pepper
- 2 lbs. ripe tomatoes
- 1 cup spicy tomato juice
- 1 Tbsp. lemon juice
- 10 whole fresh basil leaves
- Pinch of sugar
- Salt and pepper to taste

**Garlic Toast**
Whole-grain baguette
- 1 large garlic clove, minced
- 1/4 cup olive oil

**Directions:**
Roast bell pepper in 375° oven until charred and soft, about 10 minutes. Peel and seed pepper and cut into chunks. Core and cut tomatoes into chunks. In a food processor, puree the tomatoes and red bell pepper, tomato juice, lemon juice, stock and sugar - puree until smooth. Add 10 basil leaves and continue to puree until smooth. Add more stock if a thinner consistency is desired. Serve soup with garnish of sour cream and chopped basil. Prepare garlic toast by sauteing garlic in olive oil until golden, 3-4 minutes. Slice baguette and place on a baking sheet. Brush baguette slices with garlic oil and toast in a 375 degree oven for 5-7 minutes or until golden brown.

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### March 2014

#### A Toast for your friends . . . “May the hinges of our friendship never grow rusty.”

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May your glass be ever full. May the roof over your head be always strong. And may you be in heaven half an hour before the devil knows you're dead.

### IRISH COFFEE

**Ingredients**
- 1 cup freshly brewed hot coffee
- 1 tablespoon brown sugar
- 1 jigger Irish whiskey (1 1/2 ounces or 3 tblsp.)
- Heavy cream, slightly whipped

### Directions

Fill a footed mug or coffee mug with hot water to preheat it, then empty. Pour piping hot coffee into warmed glass until it is about 3/4 full. Add the brown sugar and stir until completely dissolved. Blend in Irish whiskey. Top with a collar of the whipped heavy cream by pouring gently over back of spoon. Serve hot.

Check out our website – go to [www.steinercommunities.com](http://www.steinercommunities.com) and click on Winward Lakes