

**THE PRESERVE ON ANATASIA ISLAND  
NEWSLETTER  
June 2021**



**BOARD OF DIRECTORS MEETING:** June 2<sup>nd</sup> at 6:00pm. All owners are welcome to attend. There will be an owners' input section at the end of the meeting.

**SAD NEWS:** Jim Bria, a Preserve board member for many years has recently passed away. He will be dearly missed by all who knew him. A memorial service was offered for him at the Memorial Presbyterian Church on May 22.

**FATHERS DAY:** June 20. Whether your father is still with us or passed, let us honor our fathers. Lord, thank you for all fathers. For the new ones, who endure sleepless nights with infants in arms. For the busy ones, who juggle the pressures of home and family life. For the steadfast ones, who nurture and care for our special vulnerable children.

[Father's Day prayer - Bing](#)

**NEW BENCHES AND PICNIC TABLES:** The new benches and picnic tables are installed overlooking the pond. They look nice next to the new grills. Thanks to Gail and Kathy for ordering the replacements. And a huge thank you for Kelly and Ron, our maintenance crew, who did the back breaking work of switching them out. I watched the work from my lanai. That was a tough job.

**POOL RULES REMINDER:** Please do not open the pool gate to allow strangers in our pool area. Admittance is by key fob only. Per the Florida Board of Health, beverages are not allowed in the pool or on the pool wet deck and pool snacks should only be consumed in the lanai. [64E-9 5-24-09 not coded \(floridahealth.gov\)](#)

**LOOKING AHEAD TO JULY 4:** Now that many of the COVID restrictions have been relaxed, we can celebrate our independence for our country from Britain and from COVID. It is about time we return to enjoying our community and all our wonderful neighbors. Suggestions are welcome. Details will follow. Keep an eye on the announcement kiosk at the entrance as we move closer to July.

**SEAWEED:** Have you been to the beach recently? There has been a lot of seaweed collected on the beach. It makes the beach walk not as pleasant. Looking for a positive in this mess, what are the benefits? Seaweed has a plethora of them! These include the ability to manage obesity, [diabetes](#), influenza, and radiation poisoning. It helps in improving digestive health, dental health, cardiovascular health, and maintaining [healthy skin](#) and [hair](#). It protects eyes and has anti-coagulant properties. It also covers the body's need for [iodine](#) and helps in detoxification. [Seaweed Health Benefits, Nutrition, Uses & Side Effects | Organic Facts](#) So I guess I'll stop complaining. Help yourself. There is plenty.

*Jonny Embolt*