

Bermuda Cays



WINTER 2021

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Message from the President

Bermuda Cays Condominium Association met many challenges in 2020 and with the hard work of many owners, generous advice from professionals and the expertise of several different contractors', we have some notable accomplishments.

1. Settled Hurricane Irma Roof Insurance Claim.
2. Averted legal action through mediation to resolve conflicting contracts with two roofing companies.
3. Roof replacement on 20 buildings nearly completed.
4. Repaired/replaced car ports.
5. Cleaned roofs that are not being replaced.
6. Trimmed/removed trees.
7. Established open communication with the community through regular email communications, newsletters and ZOOM board meetings.
8. Involved community members utilizing Budget Committee and Roof Committee.

The Board of Directors would like to address the following issues in 2021.

1. Paint building exteriors.
2. Landscaping improvements.
3. Cable TV contract review.
4. Vanderbilt Drive hedge.
5. Paver maintenance.

Our experience in 2020 showed how valuable community input through committees can be and we are again asking for your help in researching the projects listed above. If you have expertise or an interest in any of the projects listed above, please consider serving on a committee. You can contact me or any board member for more information.

Ken Allen, President
Bermuda Cays Condominium Association



Aerial Provided by CAT5

Along the Lake

For some time now, VCSA has been studying the well-being of the lake in our community, including "our" pond in the Cays, in particular the erosion of lakefront property. Our representative on this committee, Diane Schmidt, has spent many hours and attended many meetings on this issue and gave us this background information:

The South Florida Water Management District establishes guidelines, specifications, and regulations for flood control, water quality and habitat restoration. The primary purpose of habitat restoration is to use the natural environment to manage water flow, erosion, and filtration. The use of native plants for water management adds to the beautification of our community and attracts wildlife, such as our lovely shore birds.

People who oppose(d) a restoration project are concerned about the cost and feel the project only benefits lakefront property owners. But the lakes are our community's flood control mechanism, as they mitigate flooding in our community. Many owners of lakefront property have lost shoreline due to erosion; but erosion has also resulted in deviation from the SFWMD specifications for our shoreline.

Following the last meeting on January 7, Diane gave us this information: "I think the most notable for us in the Cays is that the entire shoreline of the drainage lake (the entrance pond) is designated as a medium priority area. The plan for the shoreline would be to use littorals (native plants) as a prevention for further erosion. It's unclear how much will be done to improve the slope, as the intent of the entire project is to restore shorelines to their original slope as much as possible."

Another meeting on January 21 will present information on the estimated cost and funding for the project. Stay tuned!

Out and About.....

There are so many great things to do and places to visit in our area. And we are so lucky, especially during this difficult time, to be able to enjoy the outdoors - no snow, no ice, no frigid temperatures! A few spots come to mind:

Have you visited the Everglades Wonder Gardens on Old 41 right here in Bonita Springs? You will love the serenity of the setting along the Imperial River. According to Pat Linhof, "It's a Wonder Land all right, full of delightful, and some intimidating, sights and sounds. The flamingos are fantastic. AND you can feed them from your hand while they stand next to you. The white peacock is a show stopper. Go visit and see for yourself."

Another nearby offering to enjoy a "walk in the woods" is Six Mile Cypress Slough in Ft. Myers. You can mosey along the boardwalk through the beautiful slough with many stopping off places to relax and enjoy the birds, water critters and the calm influence of nature.

At the intersection of Corkscrew Rd and 41, turn left and enter another time and place, in Koreshan State Park. In 1894, Cyrus Teed brought his followers from New York to Estero and founded a New Jerusalem based on his religious and scientific theories. On the bug-infested grounds the community prospered for many years. You can take a tour through the 11 structures and gardens. The Koreshans ran a printing facility, a bakery, a store on Tamiami Trail where they sold their bread, a school, and a sawmill. The 305 acres were gifted to Florida in 1961 and is now a State Park along the Estero River. It's a great place to visit.

We could rely on brochures to tell us where to go and what to see, but if you have favorites of your own to recommend, we'd like to spread the news. Just email us at freckles345@comcast.net and we'll include them in the next letter.

Welcome New Owners - 2020



C-101 Jean C. Schill Trust

D-201 Jill Porter & Timothy Quarberg

I-102 Julie & Dr. Barry Denton

I-202 Joseph & Lynn Sullivan

L-102 Douglas & Mara VanVorst

L-201 Steve & Colleen Frank

M-102 Erin Elizabeth Doyle

P-202 Stephen and Caroline Tello

R-101 Linda A. Sievert

S-201 Edmund & Kimberly Allen

W-101 June P. Albright



Healthy Lifestyle Fitness

SILVER SNEAKERS

Have you stopped going to the gym due to COVID-19 and feeling like you need an exercise option you can do from the comfort and safety of your home for FREE? Maybe you have heard of SilverSneakers or already a member.

SilverSneakers® is a comprehensive program that improves overall well-being, strength and social aspects. Designed for all levels and abilities, this program is generally provided by your health plan at no additional cost. SilverSneakers provides access to fitness equipment, group exercise classes, social networking, online education and a sense of community. With more than 16,000 locations nationwide, you can visit any one of our locations at any time. For eligibility check the website: silversneakers.com

SilverSneakers Live offers full-length SilverSneakers classes live through Zoom which includes favorites such as Strength and Balance, SilverSneakers EnerChi and Cardio Dance. They also feature live workshops including Exercise for Stress Relief, Balance Builder and The Happiness Effect. They occur multiple times throughout the day and are exclusive for SilverSneakers members.

Three easy steps to get started:

1. Check with your Medicare Or Advantage Plan insurance to see if you have SilverSneakers with your Plan.
2. Create an online account and download your SilverSneakers membership card.
3. Find the nearest location and join a fitness class or exercise on your own, online.



FITNESS AROUND THE CAYS

During COVID-19 we are trying to keep our distance and stay healthy. Outdoor activities are a great way to keep moving. You can enjoy walking, swimming and biking around the Cays.

For example:

>>>Walking or Biking

- * Windward Passage Circle - .27 miles
- * Winthrop Circle - 1.25 miles
- * Cocohatchee Marina - 2.1 miles / 4.2 miles
- * Barefoot Beach - 2.5 miles / 5.00 miles
- * Woods Edge/Trails Edge over to St. Leo's Catholic Church (Watch the Eagle) Cut through to Sneaky Pete's and back to the Cays - 3.4 miles
- * Delnor-Wiggins Pass State Park - 4.7 miles / 9.4 miles

>>>Aquatic Exercise is a great activity no matter your age or fitness level. Swimming laps, water aerobics, strength training and low impact workouts are many ways to get a good workout.

- * North Pool - Water Aerobics - 9:00 a.m.
- * South Pool - Water Aerobics - 8:30 a.m.

Owner Spotlight

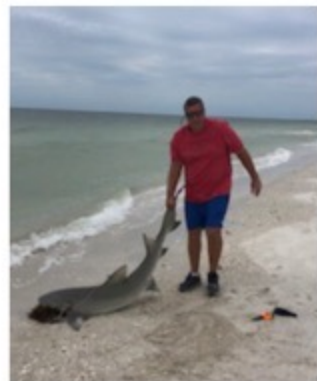
Tony & Dana Piccolini
Bldg N 201



Tony and Dana Piccolini have owned Unit 201 Windward Passage Circle since 2018. The unit is easily recognizable by Dana's blue herb pots that line the steps up the stairway. Dana is an avid gardener back home in Indiana Pennsylvania, but the herb pots are as much of a garden that are needed here in Florida. Dana retired from teaching Family and Consumer Sciences in 2017, while Tony retired from his job as a District Manager from United Conveyor Corporation in December. Dana enjoys cooking, canning, sewing, gardening, bike riding, walking on the beach and exercising while Tony enjoys surf fishing, beach metal detecting, walking, lawncare and golf. They have 2 children, Gina DeSalvo and her husband Brandon, Arlington Virginia, and Anthony in Fort Myers Florida. When asked to share a recipe, since she likes to cook and bake so much, she decided to share a family favorite as well as one of her students favorite recipes - Pepperoni Rolls. They are a great appetizer and can also be made ahead and frozen for another day.

Pepperoni Roll

- 1/4 cup melted butter
- 1/8 teaspoon dried oregano
- 1/4 teaspoon dried parsley flakes
- 1/8 teaspoon season salt
- 1/4 pound sliced pepperoni
- 1/4- 1/2 pound sliced mozzarella or provolone cheese
- 1 loaf frozen bread dough, thawed



Preheat oven to 350 degrees. Using a rolling pin, roll dough to a 15x10-inch rectangle. Mix together the butter and seasonings. With a pastry brush, brush the seasoned butter lightly on the dough. Place slices of pepperoni on dough until it is completely covered. Cover pepperoni layer with a single layer of the sliced cheese. Roll dough like a jelly roll using the 15" side of the dough. Bring the ends of the roll to the underneath side and place seam side down on a parchment lined cookie sheet. Make sure your cookie sheet has sides so nothing drips out into your oven.

Brush the top of the pepperoni roll with the seasoned butter. Bake 25-30 minutes. When you remove from oven, brush the top one more time with the seasoned butter. Enjoy warm with or without pizza sauce on the side for dipping.

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