



Coyote And Bobcat Awareness

By Becky Gignac, Herons Glen

Recently, there have been numerous sightings of coyotes and bobcats throughout our community. Most of these sightings have been at dusk, evening, and morning hours. Downspouts have been damaged and even ripped down due to these predators chasing their prey.

These animals live throughout Florida, not only in the wild but in urban and suburban areas as well. So, what should you do if you encounter one of these animals?

Coyotes – Coyotes weigh 20 to 35 pounds and have salt and pepper color fur, with tan or brown patches. If a coyote approaches you, immediately use a noisemaker or shout at the coyote and wave your arms. You can also throw rocks or use pepper spray. That will usually deter them but keep an eye out; they may come back around, especially if you are walking a small dog.

Bobcats – Bobcats weigh 15 to 40 pounds and have a short “bobbed” tail. They are generally more elusive and not aggressive towards people unless threatened or cornered; but again, making a loud noise or spraying it with a water hose (and back away slowly) will usually discourage the animal and it will likely run away. Unlike coyotes, do not throw rocks directly at a bobcat.

With regards to both animals, when walking your pet; keep it on a short leash (6-foot or less) and be mindful of wooded or planted areas where a predator can hide. It’s also a good idea to carry a golf club when walking your pet during the evenings and at dusk and dawn.

Remember, both the coyote and bobcat have a purpose in that they help control populations of other species that may be considered household or yard pests including rodents and rabbits so give them a little break.



For more information, please visit the Florida Fish and Wildlife Conservation Commission at <https://myfwc.com>. Residents can also call the Wildlife Alert Hotline at (888) 404-3922 to report a wildlife violation or emergency.

Recognizing Heat Illness

By Barry Glaudel, Herons Glen

Heat illness comes in different stages, with heat stroke being the most severe and dangerous of them all. A Baylor College of Medicine expert provides information on how to recognize the progression of heat illness to keep you safe while enjoying outdoor activities during the hot summer months.

“Heat illness tends to happen when the body is unable to regulate its temperature due to overexertion or extended periods of time in high temperatures,” said Dr. Maria Carmenza Mejia, associate professor of family and community medicine at Baylor. “Conditions can range from mild discomfort to life threatening.”

Heat cramps are the initial sign of heat illness. Cramps and spasms will occur due to dehydration or an electrolyte imbalance, and if not attended to, can progress to heat exhaustion. During heat exhaustion, a person will experience fever, heavy sweating, weakness, dizziness, headache or nausea.

At this stage, it is also possible for people to experience heat syncope – a fainting or dizziness episode triggered by a decreased blood flow to the brain due to standing for long periods in high heat or quickly rising from the sitting or lying position in a hot environment. Without care, heat exhaustion progresses to heatstroke.

Heatstroke is a life-threatening condition that occurs when the body’s temperature rises rapidly above 104 degrees Fahrenheit and the body can no longer control its temperature and is unable to cool down. In serious cases, heatstroke can lead to seizures or loss of consciousness. Heatstroke requires emergency treatment. Untreated heatstroke can quickly damage your brain, heart, kidneys and muscles.

Fortunately, once the symptoms of heat illness are recognized, there are simple tactics to prevent it from advancing. When heat cramps begin to set in, Mejia says to stop any physical activity and move to a cool place inside and air-conditioned, if possible. Fan the skin to cool it down and begin to hydrate. If you suspect someone is experiencing heat exhaustion, move them to a cool place and try to bring the body temperature down. If the person cannot keep fluids down or if you believe the person is experiencing a heatstroke, call emergency medical services immediately. While waiting for paramedics to arrive, try to place ice packs in the arm pit, groin, neck and back areas.

If planning to spend excess time in the heat, Mejia encourages people to be proactive in combating heat illness:

- Wear lightweight, loose-fitting and light-colored clothing.
- Drink lots of water, remembering that it is possible to be dehydrated even if you are not thirsty.
- In addition to water, our body needs electrolytes. Choose an electrolyte drink or solution that’s low in sugar like sports drinks or powder-based electrolyte additives.
- Try to plan your activities during the morning and evening when temperatures are cooler.
- Take breaks every 15 to 20 minutes, away from the sun or heat.
- Wear sunscreen because sunburned skin can impair the body’s ability to cool itself.
- If you are working outside in the heat, use the buddy system in case you encounter heat illness.

Recognizing Heat Illness on page 5

Common Lot Irrigation

By Tim Kortanek, HG Director of Golf Course Grounds and Maintenance

Our new irrigation provider, Mainscape Irrigation, has been working on the community irrigation system (CLIS) now for the past five weeks. They are evaluating the entire system but as you can imagine with a community of our size it takes a considerable amount of time. When the evaluation process is complete, Mainscape will have a better understanding of where to focus their attention and resources.

At this point, their primary focus related to daily operations is repairing anything that is broken, including:

- Pipes
- Faulty valves
- Stripped electric wires
- Pump motors
- Field controllers
- Broken heads, etc.

Resident Requests

Most of the requests Mainscape is receiving revolve around system run times or if systems are running at all. They are attending to these inquiries while repair work is being done. As a reminder, CLIS is equipped with a “rain hold” feature which tells your system not to run if your yard receives a significant amount of rainfall. This hasn’t been a regular occurrence so far this summer, but if your soil is too wet, your system will not run.

Secondarily, Mainscape continues to ensure water is running correctly by performing full “wet checks” and monitoring uniformity of water distribution. In addition, they are also addressing requests for changes to residents’ existing irrigation layouts i.e. pool installations, driveway pavers, etc.

Requests For Additional Irrigation For New Plantings/ Sod

Per South Florida water restrictions, our HGRD Policies do not allow for extra water from our system. Additional water is to be distributed by the homeowner from city water.

Hurricane Ian

Issues from hurricane damage are still emerging. When the trees were uprooted, lines of wire and pipe were broken. While we have been diligently addressing these areas, it is not unusual to still find new problems.

We greatly appreciate your patience during this transition. In the last several weeks, hundreds of valves and sprinklers have been replaced. There is much work to be done but I’m pleased with the direction Mainscape is going. Please remember to use the following email for requests – csr@mainscape.com.



Community News

Coming Soon

Sept. 14	Food Trucks	Parking Lot
Sept. 14	Jay Smith	Ballroom
Sept. 18	Dermatology	Parking Lot
Sept. 21	Farmers' Market	Parking Lot
Sept. 21	Jersey Vic	Ballroom
Sept. 28	Farmers' Market	Parking Lot
Sept. 28	Rick Austin	Ballroom
Sept. 30	Trivia	Ballroom
Oct. 2	Ron Lorenzo	Ballroom
Oct. 5	Farmers' Market	Parking Lot
Oct. 9	Bloodmobile	Parking Lot
Oct. 12	Farmers' Market	Parking Lot
Oct. 12	Smalltown Duo	Ballroom
Oct. 11	VOG Meeting	
Oct. 17	Socialites	
Oct. 19	Farmers' Market	Parking Lot
Oct. 19	Jay Smith	Ballroom
Oct. 21	Trivia	Ballroom
Oct. 26	Farmers' Market	Parking Lot
Oct. 26	Rick Austin	Ballroom
Oct. 28	Halloween	Ballroom

HOA And HGRD Schedule Of Meetings

The following is a listing of HOA and HGRD meetings known at the time of publication. As these **dates are subject to change**, please check the Herons Glen website calendar and the community channel for updates.

Calendar Of HOA Meetings Sept. 11 To October

All committee meetings are via Zoom/HOA Conference Room unless noted otherwise.

Sept. 12	Architectural Review Committee, 1 p.m., Ballroom
Sept. 13	Board Meeting, 5 p.m., Ballroom
Sept. 14	Grounds Committee, 1 p.m., Ballroom
Sept. 14	Newspaper Meeting, 10 a.m., HGRD Storage Room
Sept. 20	Communications Committee, 1 p.m., Ballroom
Sept. 22	SSEP Committee, 8:30 a.m., Activities Room "B"
Sept. 26	Architectural Review Committee, 10 a.m., Ballroom
Sept. 28	Finance Committee, 1:30 p.m., Ballroom
Oct. 3	Board Workshop, 1 p.m.
Oct. 10	Architectural Review Committee, 9 a.m.
Oct. 11	Board Meeting, 5 p.m.
Oct. 12	Grounds Committee, 1 p.m.
Oct. 18	Communications Committee, 1 p.m.
Oct. 19	Activities Committee, 10 a.m.
Oct. 23	Meet The Candidates, 5 p.m., Ballroom
Oct. 24	Architectural Review Committee, 9 a.m.
Oct. 26	Finance Committee, 1:30 p.m.
Oct. 27	SSEP Committee, 8 a.m.

Calendar Of HGRD Meetings Sept. 11 To October

All committee meetings are via Zoom/Card Room C unless noted otherwise.

Sept. 11	Board Meeting, 9:30 a.m., Activities Room "B"
Sept. 11	Resident Events, 1 p.m., Activities Room "B"
Sept. 14	Golf Committee, 9 a.m.
Oct. 2	Resident Events, 9 a.m., Card Room "A"
Oct. 5	Facilities and Amenities, 9 a.m.
Oct. 12	Golf Committee, 9 a.m.
Oct. 16	Board Meeting, 9 a.m.
Oct. 30	Board Meeting, 9 a.m.



Welcome

Rebecca and Ned Baumbach
 Tomasina and John Bergey
 Gail and Gary DaRos
 Susan and Robert McCoy
 Kathleen and Brian Mills
 Constance and Michael Munson
 Kyla and Gary Nelson
 Debra and Gary Rabb
 Jennifer and Steven Ronningen
 Samantha and Nicholas Williams



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Denise is a homeowner and a year-round resident of the Solana community in the Heron's Glen neighborhood. She loves what she does. She knows that education is paramount to reaching an informed decision regarding your choice of health plan benefits. She is always happy to help answer any questions you may have about Medicare Advantage Plans, Medicare Supplement plans and all your Medicare health plan options.

Don't delay—reach out to Denise today!

The Medicare Annual Enrollment Period is coming soon—it runs from October 15th–December 7th.

Denise A. Horton, LUTCF
 Independent Agent, Financial Services
M: 443.871.2218, O: 239.689.1431
E: dahorton50@gmail.com

Article Deadlines For The Heron

Issue Month/Year	Date Due To The Heron
October 2023	Sunday, September 17
November 2023	Saturday, October 21

Articles should be sent to
 HGNewspaper@gmail.com.

Editorial Staff Volunteers

Photos by Dick Muller



Karen Jessop - Editor



Linda Lynch - Editor



Jack Nelson - Editor



Pam Scheid - Editor



Becky Gignac
 Newspaper Coordinator



Rick and Pat Scharf
 Delivery Coordinators

The HOA Communications Committee serves as the supervisory body for The Heron per Article IX of our by-laws.

Christine Kozak is the committee liaison from the HOA Board of Directors.

The Heron Editorial Policy is on file in the HOA office.

Articles for The Heron may be dropped off or mailed to The HOA Office,

2250 Herons Glen Blvd., N. Fort Myers, FL 33917 or emailed to hgnwspaper@gmail.com.

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Community Activities

Butterfly Society News

By Linda Lynch and Kim Basile, Herons Glen



The Herons Glen Butterfly Society is the group responsible for all things connected to the beautiful butterfly garden along Herons Glen Boulevard near the 18th hole. The garden is now a couple of years old and is the result of lots of planning and organizing by a core group of volunteers.

If you aren't aware of the garden or haven't yet made time to visit it, you should put it atop your to-do list. It is well worth it.

As summer comes to a close, the Butterfly Society Leadership Team has been working on plans for the 2023/24 season's meetings and activities. The season runs from October to April, and the first meeting of the new season will be held on Thursday, Oct. 12, at 2 p.m. in Activities Room B. Attendees will learn what activities and ideas are in the works for this upcoming season.

Annual membership dues are \$25, due in October. If you can attend the meeting, you can bring cash or a check to start or renew your membership. If you cannot attend the October meeting, you may drop off dues or mail them to Joy Barber, 20895 Villareal Way.

There are two important fundraisers planned in 2023. The annual plant sale will be held on Thursday, Nov. 16, from 9 a.m. until 1 p.m. Butterfly-friendly plants for sale will be available outside the front of the ballroom, and gift items for your lanai will also be available.

If you wish to participate by donating plants for the sale, please label your pots with the type of plant, whether they need sun or shade, and any other pertinent growing instructions.

The annual bake sale will be held on Sunday, Dec. 10, from 9 a.m. to 1 p.m. in the lobby of the restaurant. Talented Herons Glen bakers will have delicious pies and other baked goods that you can purchase for your own eating enjoyment or for sharing with friends. There will also be doggie biscuits for the fur babies of our community.

If you are interested in joining the Butterfly Society, participating in any of its activities, or have any questions, feel free to contact Kim Basile at (443) 253-5062.

Singles

By Louise Roessler, Herons Glen

The Herons Singles are continuing to have a busy summer.

- July 17, 17 members carpoled to Pioneer Pizza in Punta Gorda for good food and a fun evening organized by Andrea Edmunds.

- July 22, 18 members carpoled to Cape Cabaret for an excellent dinner and dancing at the Elvis Tribute Show organized by Ginny Varney.

- July 26, Joyce Russell organized a trip to Sarasota to see 25 circus acts at the Oslo Theater and for \$5 more tour the Ringling Circus Museum.

- Aug. 12, 10 members carpoled to the Broadway Palm and attended the interactive dinner and *Murder in Paradise* show organized by Barbara Benke.

- Aug. 20, Dave Goers organized a group of 12 members to play bunco in the Herons Glen ballroom.

- Aug. 26, there were two tables of Herons Glenn singles playing Trivia.

- Aug. 31, Ginny Varney organized another trip to Cape Cabaret, this time to an ABBA Tribute Band.

Our next meeting will be Wednesday, Sept. 13 in Activities Room "A" at 4 p.m. with the option to stay for dinner afterwards in the Herons Glen ballroom. If you are single, living in Herons Glen, and would like to become a member of our group or just be on our contact list to find out about future activities, just send an email to Marla Pierce, marla10@comcast.net or Louise Roessler, flroessler@att.net with your name and phone number.

Community Interests

Dr. Nelson, At Your Service

By Jack Nelson, Herons Glen

Hello. You have reached the offices of Dr. Jack Nelson, world-class physician. If this is a medical emergency, please hang up and call 9-1-1. Otherwise, please listen carefully to the following options, as they may have changed.

If you are a physician or hospital, please press one. If you are a new patient and would like to schedule an appointment, please press two. If you would like to check on recent test results, please press three. If you need to reschedule an existing appointment, please press four. If you know your party's extension, please press five. For information on my weight loss program, please press pound. If you have a headache, take two aspirin and call me in the afternoon. I'm a late sleeper. Sorry about that. If you would like to sue me for malpractice, don't even think about it and simply hang up.

Now, please read the following advice carefully, for it could be a game changer for your health and lifestyle. There are dozens of common maladies that pester us on a regular basis, and I'd like to offer some relief for those folks who suffer from a few of them.

Do you suffer from a frequent upset stomach and/or acid reflux? If so, try a tablespoon of my milk of amnesia, and I guarantee you'll forget all about it. Side effects may include loss of appetite and diarrhea. Heaven forbid.

Many folks suffer from arthritic lower back pain. If that's a problem, try wearing one of my patented corsets. Yes, I have a corset for men, too. If you don't want it to show, simply wear an extra-long polo shirt. Side effects may include increased back pain. If so, just let me know and I'll gladly refund your money, no questions asked.

How many times have you sat on the throne and had trouble removing solid waste? More than you can count, I'm sure. No problem. Simply take two of my gel caps every four hours and that should cure your problem. Side effects may include severe diarrhea, in which case take one of my solidification pills at bedtime. Side effects may include trouble removing solid waste, which puts you back to square one, doesn't it? Sorry about that!

Have you had trouble breathing lately? It could be the result of a collapsed lung. Heaven forbid, but if that's the case, head to your nearest pharmacy and purchase one of my lung-inflation pumps. At the low, low price of only \$29.95, you can't go wrong. Simply insert the pump's nozzle into one of your nostrils and pump away. One of the side effects may be over-inflation, in which case your body may start to rise to the ceiling. Be patient. You'll soon be reunited with your floor.

How about insomnia? I'm sure most of us have suffered from this pesky problem more than once. You keep tossing and turning, which adds fuel to the situation. You have a tee time of 7:35 a.m. the next morning, and you'll be so tired, your first drive will probably end up in someone's backyard. The solution? Chew on one of my Sleepaway Jellybeans, and you should be sound asleep by the time you count five sheep. Side effects may include your sleeping well beyond your usual rising time, and you'll probably miss your tee time. Bad news!

A nagging problem for many of us is the persistence of migraine headaches. If this is a problem, take two of my newly patented Byebyeache aspirin tablets twice daily. Common side effects may include upset stomach and acid

reflux, which leads back to the need for my milk of amnesia. I've got you coming and going, haven't I? Sorry about that!

Finally, my newest medication is guaranteed to rid you of all your health problems with just one tablet each day, with or without a meal. It's called Becketafolipannystopindoozapandemicumab, and it costs only \$250 per tablet.

You may go bankrupt taking this med, but just think how healthy you'll be!

To summarize, if you're not satisfied with my treatments and recommendations, I will guarantee a refund. Hopefully you'll have health insurance and I'll have malpractice insurance. It's been a pleasure writing to you, and have a healthy, fun-filled day, and if you can't do that, then try one of my... Hmm. I haven't come up with a remedy for that yet.

Fall Is In the Air

By Sarah Schoon, Herons Glen

Photo By Sarah Schoon

Gradually, as the month of August unfolds, I can feel a hint of fall in the air here in Iowa. I found my first red leaf today as I was thinking about this. The nights have become cooler, and there is a great deal of humidity in the air. The other significant event in our county is that the University of Iowa students come flooding in, transforming Iowa City.



I imagine that is how the full-time residents in Florida must feel when we snowbirds from the Midwest and elsewhere come flooding in after the weather gets too cold outside. I like to think that we are an asset despite the impact on traffic and restaurants.

In my head, I have already started planning what I need to do to prepare for the trip. From my perspective, it is a joyous occasion to see friends I have missed, and sometimes to reacquaint myself with the clothes in my closet, or to see how my plants have fared in my absence. There have been numerous improvements in Herons Glen, and I am quite anxious to see them.

While we don't leave for Florida until October, in my mind I am already there.

What Every Retired Person Should Know – The History And Trivia Of Labor Day

By Candace Huetteman, Herons Glen

Monday, Sept. 4, is Labor Day in the United States. This holiday will be celebrated by families all over the country with picnics, barbecues, road trips, and sporting events. To most people, it is considered the last blast of summer. But, for retired people living in warm climates, it's just another weekend to party.

Labor Day, however, has greater significance. It first began in 1872 in Toronto, Canada, as a demonstration demanding rights for workers. It quickly made its way south to the United States and the first Labor Day was celebrated in New York City on Sept. 5, 1882. Ten thousand workers took unpaid leave to march in the first Labor Day parade. A concert, speeches, and a picnic were held after the parade. Labor Day continues to be celebrated as a national holiday created to celebrate United States workers and their contribution to the economy.

What Every Retired Person Should Know on page 4

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What Every Retired Person Should Know from page 3

During the 1800s, the Industrial Revolution was at its peak, and many Americans worked 12-hour days, seven days a week in harsh conditions for low pay. Children as young as 5 and 6 years old worked in factories and mines. Virtually no employers provided their workers with sick days, paid vacation days or health benefits. As workers became more organized and formed unions, they protested poor and unsafe working conditions, and they lobbied for more benefits from employers. The move to recognize workers with a holiday began in state governments, and one by one each passed legislation to honor the common worker. In 1887, Oregon was the first state to declare Labor Day an official holiday. And, on June 28, 1894, Congress passed an act making the first Monday in September of each year a legal holiday in the District of Columbia and the U.S. territories. In 1916, the eight-hour day was established with the passage of the Adamson Act. This was the first federal law regulating hours of workers in private companies.

Let's finish this article with some fun facts about Labor Day:

- Traditionally people do not wear white after Labor Day since it unofficially marks the end of summer. That rule does not apply to Florida where it's summer almost all year round.
- The football season starts on or around Labor Day and many teams play their first game of the year during Labor Day weekend.
- This tennis pro knows that the U.S. Open, the fourth and final of the year's tennis grand slams, is played Labor Day weekend at the USTA Billie Jean King National Tennis Center in Flushing Meadows, N.Y.
- And remember this for your next trivia contest: The first Waffle House opened on Labor Day in 1955 in Avondale Estates, Ga. There are now 1,973 restaurants located in 25 states.

I hope you have enjoyed this article as you look back on what I hope was a fun holiday.

September CERT Safety Tip

By Barry Glaudel, Herons Glen

Focus On Driving

Ignoring distractions while driving and maintaining focus on the road is key to driving safely. In order to keep focused while driving, you should follow these steps:

- Keep 100 percent of your attention on driving at all times – no multitasking.
- Don't use your phone or any other electronic device while driving.

- Slow down. Speeding gives you less time to react and increases the severity of an accident.

Defensive Driving

What is defensive driving? Defensive driving is when motorists use accident-preventing techniques with a focus on driving safely. You may even be eligible for a defensive driving discount. To practice defensive driving:

- Be aware of what other drivers around you are doing and expect the unexpected.
- Assume other motorists will do something crazy, and always be prepared to avoid it.
- Keep a two-second cushion between you and the car in front of you.
- Make that four seconds if the weather is bad.

Make A Safe Driving Plan

- Build time into your trip schedule to stop for food, rest breaks, phone calls or other business.
- Adjust your seat, mirrors, and climate controls before putting the car in gear.
- Pull over to eat or drink. It takes only a few minutes.

Ebony And Ivory

By Elaine Bouthillier, Herons Glen

Seeing these two lovely birds, peacefully standing along the lake's edge, moved me in a most unusual way.

Just as we, the residents of beautiful Herons Glen, they coexist peacefully in a sustainable environment that offers them all that they need.

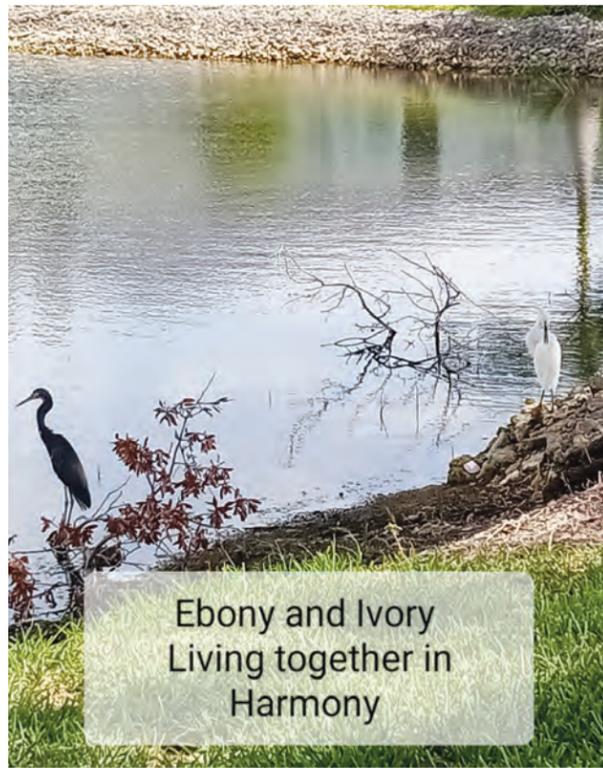
They need not wander far for food, drink, company, or a welcoming place to share the benefits of their surroundings.

As I see them – "Ebony and Ivory, live together in perfect harmony," the very thought of that song's lyrics resonates in my being.

We, the residents of Herons Glen, simulate those birds, living in a community that offers all that we need, want, and so much more.

We have all chosen to coexist in a most beautiful land, peacefully sharing and enjoying our surroundings and all that is offered to us.

May we never forget to thank all those who diligently work to make Herons Glen the wonderful place it is ... the place we chose to call "home," just as Ebony and Ivory.



In Case You Missed It ... Highlights From The HOA Weekly Bulletins

From your HOA Communications Committee

This listing highlights important articles that are covered in recent HOA Herons Glen Weekly Bulletins distributed by email to residents listed with the HOA Office. These issues affect every property owner, their renters, vendors, and guests.

The articles are intended to help residents better understand the actual requirements for our restricted community and also include safety information. Reading about and understanding these issues could eliminate the escalation of problems that may result in potential fines.

If you have questions about a subject, you can locate the full article from the bottom left link on the HOA website at http://hgcc.com/hghoa/files/office_news.html, then CLICK the link titled HOA News Bulletins, EXTRA! EXTRA! Or you can see the issues listed by date in the middle of the web page under HG HOA News from Management.

Aug. 18 – Common Area Sidewalk Cleaning, HOA Committee Volunteer Information, Proposed HOA 2023/24 Operating Budget, HG Rental Policy and Required Forms

Aug. 11 – Asphalt Project Update, Selective Herbicides for Lawn Weeds

Aug. 4 – SSEP Traffic Safety Tips

July 28 – HOA Board Election Information, Cable TV Service Issues, What to Do in Thunderstorms and Lightning

July 21 – Living with Alligators

July 14 – Approval of Amendments to Home Sale Policy, Selective Herbicides for Florida's Lawn Weeds

July 7 – Heatstroke Prevention from SSEP, Lightning Safety Tips from CERT, Preventing Heatstroke in Pets

Please keep this reference guide in a location that's easy for you to find when needed.

Glorious August Nights

By Linda Lynch, Herons Glen

Supermoons are full moons that occur when the moon is at the point of its orbit closest to Earth. According to NASA, supermoons can appear up to 8 percent larger and 16 percent brighter than an average full moon.

In August there were two such supermoon events. The August full moon in North America is traditionally known as the sturgeon moon because it is the time when the continent's largest freshwater fish species begins to spawn. This year the super sturgeon (full) moon appeared over North America on Aug. 1.

A second "bonus" supermoon also occurred on Aug. 31. This was called a super blue (full) moon. Contrary to some expectations, super blue moons do not emit shades of blue. Rather, anytime a second full moon occurs in a month, the second full moon is identified as a blue moon. In August, the blue moon also happened to be a supermoon.

NASA reports that the last time a super blue moon appeared in the sky was Jan. 31, 2018, and the next one will not occur until Jan. 31, 2037. So, if you saw the Aug. 31 super blue moon, you truly witnessed a once-in-a-blue moon event!

Besides two full supermoons, August also delighted us with the annual Perseid meteor showers. On any moonless, cloudless night in August you can usually see some shooting stars. This year the annual Perseid meteor shower reached its peak on Aug. 12 to 13, and on those nights you could observe 50 to 75 meteors in an hour.

What a glorious sky August has provided to us in 2023.

**Tired Of The Wait?
Tune In To Channels 901 and 902!**

*By Karen Mars,
Telecommunications Team, Herons Glen*

If you're tired of waiting for all the upcoming news to appear on the screen, turn to Channel 901 or 902. Our new TV channels 901 and 902 provides upcoming highlights of events occurring in the next three days. Save time and get the information you need. Stay informed, change to Channel 901 and 902 each day!

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Sports News

Golf Membership Statements

By HGRD Communications

Dear Herons Glen Golfers,

This is a friendly reminder that your golf statement will be on its way shortly. Golf dues for the fiscal year beginning Oct. 1 are due by Sept. 30. For those enrolled in auto draft, the payment will be processed on Friday, Sept. 29.

If you have further questions please contact the Accounts Receivable Coordinator, Carol Bratten at (239) 731-4573 or carolbratten@hgrdnfm.com.

Happy golfing!

2023-2024 Women vs. Men Marbles Tournament
 Doors open at 6:00 p.m.
 Marbles begin at 6:30 p.m.
 In the ballroom.

Tables and Chairs provided. Bring your team and marbles game.

November 12th - Round 1 Results:	Women	Men
December 17th - Round 2 Results:	Women	Men
January 14th - Round 3 Results:	Women	Men
February 4th - Round 4 Results:	Women	Men
March 10th - Round 5 Results:	Women	Men
April 7th - Round 6 Results:	Women	Men

Total Points for the Women vs. Men Marbles Tournament

Women Points	Men Points
0	0

Save the Dates

Bowling Mixed League Starts In October

By Mike Stropes, Herons Glen

Calling all bowlers and wanna-be bowlers wanting to participate in the Herons Glen Mixed League. The league is a competitive and fun social activity with your Herons Glen neighbors, and everyone is welcome to join. The league bowls at Bowlero, 42 Mid Cape Terrace, Cape Coral (just off Santa Barbara Boulevard and Pine Island Road).

The league bowls every Tuesday starting promptly at 2 p.m. and runs from early October until March 2024 with a Christmas holiday break. Additional details for our league are being finalized, so more information will be forthcoming. Therefore, if interested, it's best to send an email to heronsglenbowl@gmail.com. You may also contact one of the following officers with any questions or to get your name on the roster for the upcoming season: Linda Protani, (239) 747-5313; Mike Stropes, (239) 989-3415; Cindi Woodard, (845) 798-7865; or Steve Christiansen, (309) 397-9672.



HOLE IN ONE

Congratulations to ...

Lenny Prince

On His Hole-in-One
 Hole #11 141 Yards
 Using a 9 Iron

August 5, 2023

HOLE IN ONE

Congratulations to ...

John Darcy

On His Hole-in-One
 Hole #14 123 Yards
 Using a 9 Iron

August 6, 2023

Recognizing Heat Illness from page 1

“Children, elderly individuals and those with chronic conditions that hinder the body’s ability to cool itself are at a higher risk of heat illness,” Mejia said. “Children spending lots of time in the sun also may experience heat rash, which happens when sweat ducts get clogged and small bumps or blisters form. Treat this by keeping the affected area dry, cool, and undisturbed. If you are 65 years of age or older, have a friend or relative call to check on you twice a day during a heat wave.”

In addition to individual preventative measures, Mejia encourages communities to provide safe environments for people to enjoy outdoor activities during the summer months. Parks and outdoor spaces with lots of shaded areas minimize the amount of time spent in direct heat and cooling centers assist families without access to consistent air conditioning. Mejia also encourages people to be aware of communal air monitoring systems that provide reports on air quality, pollution, and ozone levels as they can provide information for people with respiratory issues.

“Access to these kinds of environments and resources can reduce the amount of heat-related illnesses, so it’s important for people to be aware of these things to stay safe and healthy in hotter months,” Mejia said.

Herons Glen Official Sources For Information

- Herons Glen Golf and Country Club website:**
<http://hgcc.com>
- Herons Glen Homeowners Association website:**
<http://heronsglenhoa.org>
- Herons Glen Recreation District website:**
<https://heronsglenc.com>
- Herons Glen Facebook page:**
<https://www.facebook.com/HeronsGlen>
- HOA weekly bulletin emails and online:**
http://www.hgccc.com/hghoa/files/office_news.html
- HGRD weekly newsletter emails and online:**
<https://heronsglenc.com/group/pages/communications>
- The Heron newspaper online:**
<http://hgccc.com/hghoa/files/newspaper.htm>
- Community TV Channels 901 and 902**

Need Transportation

By Jack Cotter, Herons Glen

The Veterans of the Glen Outreach Committee and Friends Helping Friends Transportation Committee have joined in a partnership to help Herons Glen residents who are in need of transportation to medical appointments, food shopping, prescription pickup or other urgent need. **Please do not call for rides to/from airport.**



Residents may contact individuals from either organization listed below. A 24-hour advance notice would be very helpful. Call a volunteer from the list below during the period of May 1 through Sept. 30.

VOG Committee Chair Jack Cotter, (860) 490-2183; Mike Zarella, (541) 292-2714; Dee Hanks, (239) 470-6593; Bob Agate, (609) 731-5909; Bruce Johnson, (716) 472-3860.

We are always looking for volunteers. Please contact Jack Cotter if you have an interest in volunteering.

The winner of the \$50 July 22nd receipt drawing was Russell Long. The next \$50 drawing will be Saturday, July 29th.

The winner of the \$150 August 12th receipt drawing was Kathy Garland. The next \$50 drawing will be Saturday, September 2nd.

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HG Lobby Renovation

The current selections are similar to the final design, but not an exact representation.



Feature Walls



Seating



Main Lobby/Background Elements



Warning Signs Of Identity Theft

The crime of identity theft has continued to grow and expand along with the development of newer technologies and consumer economic conveniences.

While the concept of identity theft has become somewhat commonplace, it is critical that individuals make their best efforts to protect their identity and to be observant for warning signs.

Most know to avoid sharing information such as social security numbers, account numbers, date of birth, etc., however, monitoring one's credit circumstances and taking proactive measures to protect against this crime are of equal importance.

Receiving credit card statements for accounts that you are unfamiliar with could be a sign that someone has accessed your credit. Bills for items that you don't recall purchasing warrant your immediate attention.

Denials for loans/credit, when unwarranted, may indicate the theft of your identity.

Additionally, missing mail ... paper bills that seem to stop coming ... need to be looked into.

Pay close attention to all charges that appear on your credit card statement. While a bit tedious, consider saving all receipts and matching them to charges on your bill.

Let's return to the discussion of one's mail.

A significant amount of personal information is often exchanged through the mail system and protecting that mail

will go a long way toward reducing or eliminating the chance of suffering identity theft. Collect your mail every day. Know the time of day that your mail is delivered and make efforts to retrieve it in a timely manner. Often, the only mail that we send out contains checks. That red flag hoisted on your mailbox, notifying your mail carrier of outgoing mail, may serve as an invitation to criminals. Make efforts to place outgoing mail in the mailbox just before your mail carrier is scheduled to arrive or consider mailing them at the nearest post office. Of course, should you see any suspicious activity at or around your mailbox, or the mailbox of a neighbor, please notify law enforcement immediately.

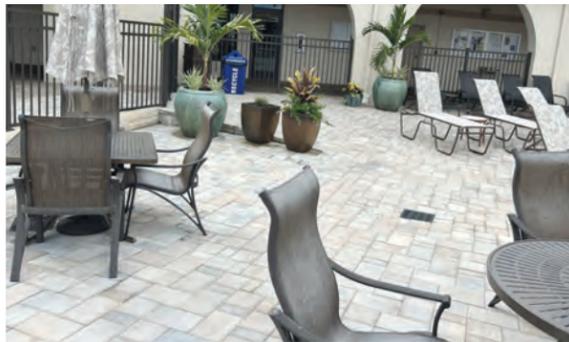
Lastly, take the time to request and review your credit reports from the three major reporting agencies, Equifax, (800) 685-1111; Experian, (888) 397-3742; and TransUnion, (888) 909-8872.

Should any of these reports contain signs of fraud, please ask these agencies to place fraud alerts and a credit freeze on your account. A credit freeze restricts access to your account and prevents anyone from applying for credit in your name ... including yourself. There is no cost or fee for this service. Should you need to apply for credit while a freeze is in place, you can request that it is temporarily lifted to allow you to do so. A credit freeze will remain in effect until you lift it.

The time that you take to protect your identity is time well spent.



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Save The Date For Oktoberfest!

Oct. 20, 21, 22 And 27, 28, 29

O'zapft is'! Time once again for the community to come together to enjoy life and experience Southwest Florida's biggest party – the 38th Annual Cape Coral Oktoberfest!



We here at the German American Social Club are so excited to invite you to the event for fun, great food, German beer, live music, laughter and dancing – from polka to blues and country, to the Chicken Dance. Come and celebrate with your clan or crew, with your significant other, or even on your own – you're bound to meet great people here! With German music and local bands, German food and beer, there's plenty of fun to go around, for any age. So, dust off your dirndls, launder your lederhosen and join us for an epic time of stein slurping with your "beste freunde."

This year's dates are Oct. 20, 21, 22 and 27, 28, 29 – the last two full weekends of the month. This is where the entire community joins us for some Gaudi – leg-slapping, joyous fun – and Gemütlichkeit – that you're welcome

and a part of something special. Come sit with friends, dance under the big tent or relax under the bright umbrellas in the Bavarian Gardens. The hours are Friday from 4 p.m. to midnight; Saturday, noon until midnight; and Sunday from noon until 8 p.m.

This year, the German American Social Club is thrilled to be able to feature a music ensemble from Germany again, featuring the Maselheimer Musikanten, the big band that the community welcomed in 2017, and the Aichers, also from Germany. The event will also feature local favorites such as The Boots, Deb & the Dynamics, A'Finnity, Cape Coral's own Hafenkappelle, Manni Daum Trio, and many more! There will be nonstop foot-tapping music in the tent, the gardens, and inside in the Edelweiss Hall; something for every ear.



Lissette Ortiz, Ms. Oktoberfest 2022

Enjoy the German and international delicacies from the various outdoor food vendors, or a sit-down dinner in the Von Steuben Hall. You'll want to meet Ms. Oktoberfest 2022, Lissette Ortiz! Ask for a photo shoot or dance with her or one of the Ms. Oktoberfests from previous years wearing their pretty dirndls and elegant blue sashes.

The German American Social Club of Cape Coral held its first public Cape Coral Oktoberfest in 1986. It has grown over the years to be the largest Oktoberfest in Florida and the second largest in the country, and last year brought a record number of close to 40,000 attendees to Cape Coral's Wies'n over the two weekends.

Tickets: \$8 in advance at German American Social Club, (Cape Coral); Farmer Joe's, (Cape Coral); Trebing Tile, (Cape Coral); European Grocery Market, (Fort Myers); German American Bakery, (Fort Myers); Geier's Sausage Kitchen, (Sarasota); Kallis German Butcher, (Port Charlotte). Tickets will also be available at the gate for \$10. Children under 12 admitted free.

For more information, visit www.capecoraloktoberfest.com, our Facebook page www.facebook.com/CapeOktoberfest or email us at info@gasc-capecoral.com.

Sunken Shipwrecks Reveal Treasures From Florida Waters

By Scot Congress

Florida and its nearby waters have a storied history of shipwrecks laden with hundreds of millions of dollars in cargo and treasures that were brought down by ravaging hurricanes. The famed *Atocha* sank in a hurricane off the Florida Keys in

1622. Much of the wreck of the *Atocha* was famously recovered 38 years ago in July 1985 by the legendary American deep-sea explorer and treasure hunter Mel Fisher.

History repeated itself nearly a century later, on July 31, 1715, when a dozen ships – known as the 1715 Spanish



Treasure Fleet – were heading to Spain from Havana, Cuba. They encountered a furious hurricane off Florida's central coast near present day Vero Beach and Sebastian. The winds and waves smashed the ships onto reefs claiming as many as 1,000 lives in one of colonial Spain's largest maritime disasters, resulting in the loss of 11 of the fleet's ships. The wreckage was strewn over a 40-mile area from Fort Pierce to Cape Canaveral on Florida's Atlantic coast, known today as Florida's "Treasure Coast."

For nearly 300 years the sea would hold the precious cargo secret. Not until the first coin from the fleet was found in 1961, would these shipwrecks begin to give up their treasures, providing special opportunities to buyers to own a piece of history from the 1500s to 1700s.

The shape of the coins minted during that period was of little importance. The two main criteria were to ensure the exact weight, depending on the denomination, and the pureness of the gold or silver. Therefore, no two coins were alike. If you own one, it is truly one-of-a-kind with each piece secretly telling its own story.

These coins are investment pieces with enduring quality for generations to come, and can be made into pendants to wear, representing history and value. To hold one is to be in touch with one of the world's greatest adventures. As experts in individualizing jewelry, Congress Jewelers ensures that the heirlooms created are as unique as the individual wearing them.

Consumer Alerts

Joining Forces To Help Stop Scam Calls

By Rosario Mendez, Attorney and Consumer Education Specialist, FTC Robocalls

Nobody likes getting bombarded with robocalls. Not only are they annoying, but they're often pushing scams for things like fake auto warranties and credit card debt relief programs. The FTC and law enforcement agencies from all 50 states are taking action to stop them. And you can help, too.

Recently, the FTC and its federal and state law enforcement partners announced Operation Stop Scam Calls, the latest joint effort in the fight against illegal robocalls.

Here's How You Can Help

- **Know your rights.** A robocall trying to sell you something is illegal unless the company has your written permission to call you that way. Read the article Robocalls (www.consumer.ftc.gov/articles/robocalls) for more information.

- **Spot the scams that use illegal robocalls.** Many illegal robocalls lead to scams. They might try to convince you the call is from the government, tech support, or your auto warranty company, but it's not. It's a scam. Listen to some examples of robocall scams



(www.consumer.ftc.gov/features/robocall-scam-examples).

- **Hang up on phone scams.** Some scammers will call you and say you won a prize, but you have to pay to get it. (Don't. It's a scam.) Or the scammer may say that you'll be arrested for money you owe and that you have to pay immediately. (That's also a scam.) Hang up or delete the voicemail. Don't press any number or call back. For more advice, read Phone Scams (<https://consumer.ftc.gov/articles/phone-scams>).

- **Report scams and illegal robocalls.** Reporting helps law enforcement and investigators stop scams and illegal robocalls. Report scams at ReportFraud.ftc.gov and report illegal robocalls at DoNotCall.gov.

For more advice on how to stop unwanted calls, check out ftc.gov/calls.

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