



Sea Breeze

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Community: Association, colony,
neighborhood

Neighbor:

Nearby resident, acquaintance, friend

What makes a strong community and a
good neighbor?

Respect, kindness, caring, helpfulness
for starters.

So many of us comment on how lucky
we were to find Sea Colony: A
neighborhood of friendly, helpful
people, unlike many other locations.
Maybe it's because we all came from
somewhere else and remember the
adjustments to adapt to a new home,
and often a new part of the country.
Maybe it's our proximity to nature and
all of the beauty and power of the
ocean. Maybe it's just a nice
combination of good people.
When events like a hurricane come it is
even more important to be a
community. That was shown over and
over during Dorian. Neighbors
checked on each other, making sure

those that evacuated had a place to go
and those that stayed were safe.

Is it perfect? Just like all of us, no.
But pretty close from where I sit.

Cathy



After the lashing our beach took, there
still may be some baby turtles
hatching. Nesting season runs until
October 31st.

Sea turtles are protected by federal and
state laws that forbid taking,
possessing, disturbing, mutilating,
destroying, selling and harassing all

types of sea turtles, their nests and their eggs.

Here's what to do if you find baby sea turtles:

-On the beach, heading toward the ocean: Leave them alone.

-Disoriented but apparently healthy: If they're heading away from the ocean or are blocked from getting to the ocean, move them in the right direction so they can enter the water on their own.

-If injured or appear weakened: Call the FWC hotline at 888-404-3922 (FWCC). You can use this hotline to also report any stranded dolphins, manatees, whales.

Recipe of the Month

Vegetable Lasagna 2 Ways

Mixed vegetables: Spinach (6 to 8 cups, fresh or 2 10-ounce packages frozen chopped, thawed and squeezed dry) mushrooms (1/2 cup), yellow squash (2), zucchini (2). Feel free to change out with your favorites

Alternate: 2 eggplants, peeled and sliced lengthwise. Omit the noodles

Olive oil

3 cloves garlic, minced

15ounce container ricotta cheese

1 cup parmesan

1 cup shredded mozzarella

2 eggs

No cook lasagna noodles

Marinara sauce, jarred or homemade

Mixed vegetables: In large skillet, heat 3 TB of olive oil. Sauté cut up vegetables until soft, about 5-7

minutes. Add garlic and spinach and cook until wilted, about 2-4 minutes.

Eggplant: Preheat oven to 400*

Line cookie sheets with parchment and arrange eggplant. Brush both sides with olive oil, season with salt and pepper. Roast until soft, about 20 minutes

Mix the ricotta, eggs, 1/2 cup of parmesan, 1 tsp salt, 1 tsp pepper.

Assembly:

Cover bottom of a 13x9 baking dish with marinara. Cover with a layer of lasagna noodles or eggplant. Cover with ricotta. Layer another row of noodles or eggplants, cover with mozzarella. Last layer of noodles or eggplant, cover with marina and remaining 1/2 cup of parmesan.

Bake at 350* for 45 minutes. Freezes beautifully. Alternate to 13x9 pan: Use 3 bread pans. Makes enough for 2 people for 3 meals.

Have a recipe you would like to share?

Send it to c2wjc@bellsouth.net



Light aerobics class

Martha Rider invites you to join her for the new and improved light aerobics class, Monday-Friday, 9 am to 10 am.

This will replace the walking class and will include some floor exercises. Please bring a mat or towel.

Stop by and check it out!



Social Committee is back at it!

New season! Come Monday, September 16th at 10 am and bring your ideas for fun events. Something you attended that you would like to have again or something brand new. Events

just need a chairperson. We will help you get organized and to form a committee.

Board Meeting

Monday, September 16, 7:00 pm

Social Committee

Monday, September 16, 10 am

ARC

Monday, September 23, 10 am

Check the Guardhouse sign for updates
Full calendar can be found on our website:

seacolonypalmcoasthoa.com

ONGOING ACTIVITIES

Please check as schedules change

Light aerobics M-Fr 9 am

Yoga \$ Thurs 10 am

Pool Exercise M-Fr 10 am – 11 am -
uses one half of the pool (shallow end
to middle)

Bridge Thurs 1 pm

Poker Tues 7 pm

Mahjongg Mon 12:30 & 7:30 pm Wed
1 pm

Book Club 2nd Mon at 10

Bingo will be posted

Movies will be posted

Please feel free to join any of these activities; if not, please respect the time and areas that these groups have scheduled.