

July 2020, Coconut Telegraph

Important information in this issue you won't want to miss!

**** Environmental Update - Turtle Patrol Update**

**** LGIFR Update**

Membership Reminder - Membership benefits will expire July 15th

From Membership Chair, Dawn Bokar:

Just a reminder to not let your LGPOA membership lapse! If you are not renewed by July 15th you won't be receiving the Coconut Telegraph in your email box starting August 1. Take a minute and renew online at www.LGPOA.org/membership and pay securely via Paypal. When you do, you'll continue to participate in all membership benefits! If you're not sure if your membership is renewed for 2020, email me at dawnbokar@gmail.com.

****Environmental Update**

Earlier this week a turtle permit was obtained by Brenda Curtis for LGI. More details will follow in the next Coconut Telegraph.

****Little Gasparilla Island Fire and Rescue (LGIFR)** (The LGPOA is not affiliated with the LGIFR, we just want to keep you up to date on all island activities.)

From Fire Chief, Bill Underhill:

Hurricane season is upon us. Now is the time to gather the needed essentials to last at least three days.

With July 4th coming, fireworks need to be enjoyed on the beach pointed away from the island. Everyone have fun and be safe.

It has become a hot summer already. This week we had an afternoon temperature of 99° and a heat index of 119° (our on-island weather station was tested for accuracy). Try to avoid the heat when possible. When you have to be out, a good sunscreen is recommended. Hydrate often, water is good but it does not replace the vitamins, minerals and electrolytes in your body. Low-sugar sports

drinks help but Pedialyte is better, yes, even for adults. There is a product called Liquid I.V. that works very well too, you just add it to your water and consume. I have had a couple people ask if it would be good idea to take salt tablets. If you are taking medication for cardiac, pulmonary, kidney or liver problems the simple answer is NO. You will be working against your medications and could very easily cause problems.

The burn ban has been lifted. Remember...no household trash, furniture, plastic, rubber or other factory-produced items can be burned.



Please feel free to email me at twrhonda@gmail.com with any information you'd like circulated in the next month's Coconut Telegraph by the 25th of the month. Content is reviewed by board members for approval.

Rhonda Olson