

Vilages at OakLeak Plantation

NEWSLETTER – JULY 2018

Summer fun and water safety

When the weather turns warm, everyone wants to be in or around the water. Hanging out at the pool or the beach on a hot day is a great way to beat the heat. Between having fun and checking out the lifeguards, most people don't think much about water safety — but they should. For people between the ages of 5 and 24, drowning is the second leading cause of accidental death. It doesn't have to be that way, though. Most water-related accidents can be avoided by knowing how to stay safe and following a few simple guidelines. Learning how to swim is essential if you plan on being on or near water. Many organizations provide swim instruction to people of all ages, check to see what classes are available in your area.



Swimming Smarts

"Buddy up!" That's what swimming instructors say. Always swim with a partner, every time — whether you're swimming in a backyard pool or in a lake. Even experienced swimmers can become tired or get muscle cramps, which might make it difficult to get out of the water. When people swim together, they can help each other or go for help in case of an emergency.

Get skilled. Speaking of emergencies, it's good to be prepared. Learning some life-saving skills, such as CPR and rescue techniques, can help you save a life. A number of organizations offer free classes for both beginning and experienced swimmers and boaters. Check with your YMCA or YWCA, local hospital, or chapter of the Red Cross.

Know your limits. Swimming can be a lot of fun — and you might want to stay in the water as long as possible. If you're not a good swimmer or you're just learning to swim, don't go in water that's so deep you can't touch the bottom and don't try to keep up with skilled swimmers. That can be hard, especially when your friends are challenging you — but it's a pretty

sure bet they'd rather have you safe and alive. If you are a good swimmer and have had lessons, keep an eye on friends who aren't as comfortable or as skilled as you are. If it seems like they (or you) are getting tired or a little uneasy, suggest that you take a break from swimming for a while.

Swim in safe areas only. It's a good idea to swim only in places that are supervised by a lifeguard. No one can anticipate changing ocean currents, rip currents, sudden storms, or other hidden dangers. In the event that something does go wrong, lifeguards are trained in rescue techniques. Swimming in an open body of water (like a river, lake, or ocean) is different from swimming in a pool. You need more energy to handle the currents and other changing conditions in the open water.

If you do find yourself caught in a current, don't panic and don't fight the current. Try to swim parallel to the shore until you are able to get out of the current, which is usually a narrow channel of water. Gradually try to make your way back to shore as you do so. If you're unable to swim away from the current, stay calm and float with the current. The current will usually slow down, and then you can swim to shore.

Even a very good swimmer who tries to swim against a strong current will get worn out. If you're going to be swimming in an open body of water, it's a great idea to take swimming lessons that provide you with tips on handling unexpected hazards. Some areas with extremely strong currents are off limits when it comes to swimming. Do your research so you know where not to swim, and pay attention to any warning signs posted in the area.

More Swimming Smarts

Be careful about diving. Diving injuries can cause head injury, permanent spinal cord damage, paralysis, and sometimes even death. Protect yourself by only diving in areas that are known to be safe, such as the deep end of a supervised pool. If an area is posted with "No Diving" or "No Swimming" signs, pay attention to them. A "No Diving" sign means the water isn't safe for a head-first entry. Even if you plan to jump in feet first, check the water's depth before you leap to make sure there are no hidden rocks or other hazards. Lakes or rivers can be cloudy and hazards may be hard to see. **Watch the sun.** Sun reflecting off the water or off sand can intensify the burning rays. You might not feel sunburned when the water feels cool and refreshing, but the pain will catch up with you later — so remember to reapply sunscreen frequently and cover up much of the time. Don't forget your hat, UV protection sunglasses, and protective clothing.

Drink plenty of fluids. It's easy to get dehydrated in the sun, particularly if you're active and sweating. Keep up with fluids — particularly water — to prevent dehydration. Dizziness, feeling lightheaded, or nausea can be signs of dehydration and overheating.

Getting too cool. Speaking of temperature, it's possible to get too cool. How? Staying in very cool water for long periods can lower your body temperature. A temperature of 70°F (20°C) is positively balmy on land, but did you know that water below that temperature will feel cold to most swimmers? Your body temperature drops far more quickly in water than it does on land. And if you're swimming, you're using energy and losing body heat even faster than if you were keeping still. Monitor yourself when swimming in cold water and stay close to shore. If you feel your body start to shiver or your muscles cramp up, get out of the water quickly; it doesn't take long for hypothermia to set in.

Alcohol and water never mix. Alcohol is involved in numerous water-related injuries and up to half of all water-related deaths. The statistics for teenage guys are particularly scary: One half of all adolescent male drownings are tied to alcohol use.

At the Water Park

OK, so you do more splashing than swimming, but it's just as important to know your skill level at the water park as it is at the pool. Take a moment to read warnings and other signs. Each area in the water park can have different depths of water, so make sure you pay attention.

If you don't know how to swim be sure to wear a Coast Guard-approved life jacket when necessary, and be sure there is lifeguard supervision. And make sure you do slide runs feet first or you'll put yourself at risk for a ride that's a lot less fun — one to your doctor or dentist.

Reviewed by: Yamini Durani, MD

Nothing to do??? Join the fun!!



All about Animals 4-H Day Camp

Wednesday, July 11, 2018

9:00 am - 4:30 pm

Additional Dates

Monday, July 09, 2018 9:00 am - 4:30 pm

Tuesday, July 10, 2018 9:00 am - 4:30 pm

Thursday, July 12, 2018 9:00 am - 4:30 pm

Friday, July 13, 2018 9:00 am - 4:30 pm

Clay County Extension

2463 Florida 16

Green Cove Springs, FL

Directions

This camp will focus on discovering different careers in the animal world. Campers will also have an opportunity to observe and interact with professionals performing their jobs in real time. There will be guest speakers, educational fieldtrips, communication activities, hands-on animal science activities, and crafts. Interaction with some live animals may occur.

(T-shirt Included) (Please bring a bag lunch)

Camp Fee: \$120 To register, go to: <https://www.eventbrite.com/e/all-about-animals-4-h-day-camp-tickets-44264737020>

Bike Night - The Landing

Thursday, July 12, 2018

6:00 pm - 9:00 pm

Jacksonville Landing

2 Independent Dr.

Jacksonville, FL

Bike Night Jacksonville Landing 6:00-9:00PM Free Bike Parking - Best Bike Club Attendance wins \$100 cash (By 8pm) - Live Music - Restaurant & Beer Specials - Vendors - 50/50 Raffle - Door Prizes

CPR Certification Jacksonville

Saturday, July 14, 2018

9:00 am - 11:00 am

Additional Dates

Saturday, July 21, 2018 9:00 am - 11:00 am

Saturday, July 28, 2018 9:00 am - 11:00 am

Saturday, August 04, 2018 9:00 am - 11:00 am

Saturday, August 11, 2018 9:00 am - 11:00 am

CPR Certification Jacksonville

4600 Touchton Rd Suite 150 Jacksonville, Florida 32246

Jacksonville, FL

Price: \$60.00 to \$80.00 —Group Discounts For On Site Training for Businesses

American Heart Association: BLS/ CPR Classes and First Aid Classes. Learn from a Top Rated instructor with hands on training and leave with a Certification Card in Hand. Onsite training for businesses and organization is also available.

<https://www.cprcertificationjacksonville.com/>

ESA Surf Contest

Sunday, July 15, 2018

8:00 am - 3:00 pm

Jacksonville Beach, FL

For more information please contact: KathyAustin2@comcast.net

College Planning 101

Wednesday, July 18, 2018

3:30 pm - 4:30 pm

Jacksonville, FL

Join us for an overview of financial planning for your child's college education. We'll discuss the differences between Florida Prepaid, 529s, variable indexed life insurance, and other investment options. You'll gain a clearer scope of the educational funding tools available. **More Info** [Jacksonville Public Library System](#)

Fernandina Beach Market Place Farmers Market

Saturday, July 21, 2018

9:00 am - 1:00 pm

Additional Dates

Saturday, July 14, 2018 9:00 am - 1:00 pm

Saturday, July 28, 2018 9:00 am - 1:00 pm

Fernandina Beach Market Place

North Seventh Street

Fernandina Beach, FL

Directions

The Fernandina Beach Market Place farmers market presents over 40 booths of artisan foods, freshly baked breads, seasonal produce, and more. Come to shop or come to socialize, the market features live, local entertainment, a Booth with a Cause, and an abundance of smiling faces. Well behaved pets are welcomed, too.

Easy Slow Cooker Texas BBQ Pulled Pork



This is the perfect pulled pork recipe using an easy to use Crock-Pot .

It's super easy to make and uses very basic ingredients. This pulled pork recipe calls for you to use your favorite BBQ sauce. Choose a good one! Sweet Baby Ray's line of barbecue sauces and Weber's new line of barbecue sauces are absolutely amazing and are perfect for this pulled pork. Pulled pork is always popular at picnics, family gatherings or for any occasion. Looking for a simple weekend meal with easy prep that you can let cook itself all day? Well then this is perfect for you. Just put it all together for a few minutes in the morning, and come home to a hot savory, delicious meal in the evening.

Ingredients

- 1 (2lb) pork roast
- 1 bottle of your favorite BBQ sauce
- 1/4 cup chicken broth
- 1/4 cup apple cider vinegar
- 1/2 tablespoon Worcestershire sauce
- 2 tablespoons dark brown sugar
- 1/2 tablespoon chili powder

Method

Step 1 Place pork roast into Crock pot and slowly pour over it the following: chicken broth, vinegar, Worcestershire sauce, barbecue sauce.

Step 2 With the pork roast wet with all the wet ingredients, rub in chili powder and brown sugar.

Step 3 Set Crock Pot to "high", cover and let cook for 5-6 hours.

Step 4 Use two forks and shred the pork and mix well with all the sauce.

Step 5 Serve on warm buns for a delicious and hearty Texas pulled pork sandwich that you'll absolutely love!

Read more: <https://easyrecipedepot.com/recipe/slow-cooker-texas-bbq/#ixzz5FVsKW7UP>