



# THE PLANTATION POST

## SGI Fire: Protecting The Plantation

Scott Brannan and Lonnie Weatherford may be Plantation owners and retirees, but they certainly haven't slowed down.

Both men are well known not just as neighbors, but as dedicated volunteers. Through their service with St. George Island Fire & Rescue, they spend much of their time helping protect the very community they call home.

Whenever an emergency call comes in – from the Cut all the way to the Lighthouse – there's a good chance Scott and Lonnie will be among the first to respond. Day or night, these two answer the call, ready to lend a hand and serve their island neighbors when it matters most.

“My dad was a volunteer when I was growing up,” said Scott, pictured at right. “The fire department was part of the family environment when I was growing up.”

Lonnie, who bought in The Plantation in 2018 and became a permanent resident in 2021, joined SGI Fire a little over a year ago because he wanted to do his part. “My wife and I were talking and I was saying this is a small community, a small island, and everybody needs to contribute. We all need to give back.”

Lonnie is on the path to become a certified firefighter, while Scott is in the early stages of training. It takes 200 hours of training to gain full certification. Like most fire departments now, the majority of calls are medical. SGI firefighters have a rotation where they take the medical vehicle home and are assigned to answer all calls when they are on rotation.

“Scott and I are the only two in the Plantation, so anything that happens in here, we are going to respond to it, day or night. If the call is way on the other side of the island, we have an app and we can see who is available,” Lonnie said. “If there is a fire, everyone responds.”

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Both men say the role requires extensive training to keep their skills sharp and to ensure the safety of everyone involved.

“Two weeks ago we had four firetrucks and the first responders out at the state park. We simulated a fire,” said Scott.

“Even though I just started with the fire department in October, I can see Chief Jason Timbert has turned this into a real fire department. It is the best volunteer unit in the county. Chief Timbert makes sure we are certified on everything we do.”

And Timbert has nothing but praise for The Plantation’s two volunteers.

“Lonnie joined SGI Fire last March and Scott joined in December. Both men exemplify the standards that the St. George Island VFD set forth,” said Timbert. “Honor, Commitment, Courage, Compassion and Professionalism are character traits we look for in all members. Both Lonnie and Scott are assigned to Station 2-Plantation Station, and are instrumental in our operations.



**Scott Brannan in his gear.**

“Lonnie is currently working on his FF1-Florida Firefighter Certification and is on our 1st Responder Team where he is certified as an EMR-Emergency Medical Responder. Scott just completed his EVDT-Emergency Vehicle Driver Training which allows him to operate an apparatus during an emergency and is also part of our 1st Responder Team. Both of these individuals are committed to our department, community and county.”

The SGI department has approximately 30 volunteers, with about a dozen being extremely active. There are also four females within the department.

Although the task can be daunting, emergency calls can take a toll, Lonnie says he manages to deal with whatever comes up. “I don’t get too shook up,” he says. “I spent four years in Vietnam.”

SGI Fire Station 2 is located near the gate entrance and is owned by The Plantation. Scott said they appreciate the widespread support of the community, including their hat drive. You can get a SGI Fire hat for a \$100 donation.

The department is always looking for more volunteers. Email [sgifiredepartment@gmail.com](mailto:sgifiredepartment@gmail.com). Thank you, 2 volunteers for all you do!

# General Manager's Message

Michael Allen



Dear Valued Plantation Owners,

As we move into a new month in our community, I want to take a moment to reflect on something that truly makes our community special -- **YOU!** 😊

An HOA Community is more than the homes, landscaping, and amenities that surround us; it is the people who care for it, contribute to it, and make it a place where neighbors feel proud to live.

Over the past month, we continue to work together to keep our world-class community beautiful, welcoming, and well-maintained. Our operations team has worked with passion and conviction to improve the boardwalks needing improvement, the bike path, our bridges and they have focused on other winter projects. These focus areas most certainly provide positive impact to our owners' experience here at St. George Plantation. Additionally, the security team continues to develop both their safety and hospitality standards, to ensure all owners at the Plantation feel safe and secure and are greeted with a warm and wonderful smile.

Spring is just around the corner, bringing with it new energy, fresh blooms, and opportunities to spend more time outdoors. It is a wonderful time to reconnect with neighbors, enjoy our shared spaces, and appreciate the environment we all work together to maintain. Our goal as your management team is to continue supporting the quality of life for everyone who calls this community home.

We also encourage everyone to stay engaged, whether by attending meetings, sharing ideas, or simply taking a moment to greet someone new. Communities thrive when residents participate and feel connected.

Thank you for your continued cooperation, pride in ownership, and commitment to making our neighborhood a place we are all proud of. Together, we can continue building a community that is not only beautiful, but also welcoming, supportive, and inspiring. Wishing you and your families a wonderful month ahead.

Warm Regards,

Michael



## Soak up that sun for a Vitamin D dose

### ☀️ Benefits of Sunshine & Vitamin D ☀️

- Supports bone health. Vitamin D helps the body absorb calcium, keeping bones and teeth strong and reducing risk of conditions like Osteoporosis.
- Boosts immune function. Adequate D helps the immune system defend against infections and illness.
- Improves mood and mental well-being. Sunlight helps regulate serotonin levels and may lower risk of Seasonal Affective Disorder (SAD).
- Enhances muscle strength. D supports muscle function and may reduce the risk of falls, especially in older adults.
- Supports heart health. Healthy vitamin D levels are associated with better cardiovascular function and may help regulate blood pressure.
- Promotes better sleep cycles. Exposure to natural light helps regulate the body's circadian rhythm, improving sleep quality.
- Natural vitamin D production. When sunlight hits the skin, the body naturally produces vitamin D, making sunshine one of the most effective sources.
- May reduce inflammation. D plays a role in controlling inflammatory responses in the body.



# Woodpeckers are common in The Plantation

Colorful woodpeckers with some red or a full head of red are the fashion icons of the Audubon world, and a common site around The Plantation. Here are a few fun facts about this beautiful bird.

● The red-bellied woodpecker does not have a red belly only a faint reddish wash on the lower belly. It does have a red patch on its head. The red-headed woodpecker's head, neck, and throat are a solid, glossy crimson. The red-headed woodpecker is one of the most striking birds you'll see in Florida.

● The red-headed woodpecker looks like it was painted in blocks of color. Crisp red head, snow-white body, jet-black back and wings — they look perfect in flight.

● Woodpeckers prefer open woodlands, pine forests, oak groves, and areas with dead trees. You're more likely to spot them in North and Central Florida.

● They are expert carpenters, and excavate their own nest cavities in dead or dying trees. These abandoned cavities later become homes for bluebirds, owls, and other wildlife.

● They store food. They're known for wedging acorns, nuts, seeds and insects into tree bark or fence posts to snack on later. Think: tiny forest pantry.

● They're beautiful — and declining. Populations have decreased in parts of the U.S. due to habitat loss and removal of dead trees. Leaving some natural snags standing can actually help them thrive.

● Their call is a sharp, rolling "churr" or "tchurrr."



## Follow Us on Social Media

Owners, we encourage you to follow us on Facebook and Instagram. General information often goes out first via social media.



Our pages are [stgeorgeplantation](#) (one word) on Instagram and [St. George Plantation](#) on Facebook.

## WEDNESDAY WONDERS

2 P.M. - PLANTATION CLUBHOUSE

WED. **The Shipwrecks**  
MARCH 18 **of Dog Island**

Join maritime archaeologist Melanie Damour for an inside look at the historic shipwrecks off Dog Island and St. George Sound. Her research spans from graduate work at FSU to a recent study on Hurricane Michael's impact on these underwater sites.



St. George  
PLANTATION

DO GOOD  
WORK.

MEASURE  
IT.

*Talk about it.*

Every day, across every department, good work is happening. Sometimes it is behind the scenes and quiet; other times you can't miss it.

From the teams maintaining our facilities and protecting our natural spaces to those managing communications, finances, security and office operations, each department plays a vital role in keeping SGPOA strong.

But doing good work isn't enough. We measure it. We track it. We evaluate outcomes, timelines, costs, and community feedback so we know what's working and where we can improve.

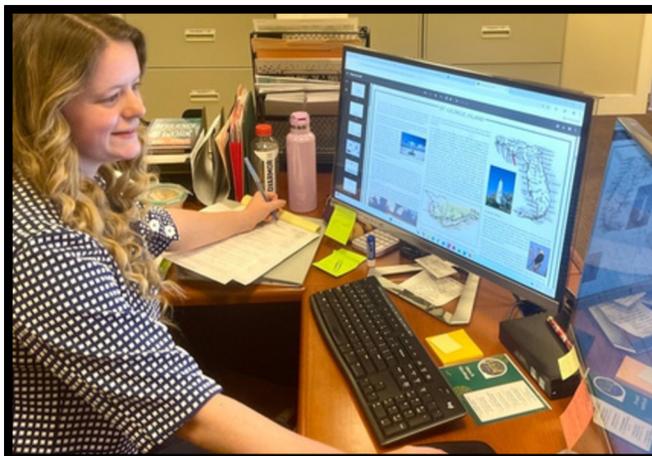
Just as important as measuring the work is talking about it. Sharing results keeps our community informed, builds trust, and celebrates the people behind the scenes who show up every day to serve. Good work deserves to be recognized – and when we measure it and talk about it, we make it even better.



Providing a welcoming entrance for our owners and guests is always a top priority for Plantation staff. Just in time for spring, a new gate arm has been installed at the entrance to enhance both safety and reliability.



Maintenance continues to refurbish our boardwalks to improve safety and useability throughout the community. This one at Hawthorne East is one of several being enhanced and extended. Regular upkeep helps protect these structures, ensuring residents and guests can continue to enjoy access to our beautiful beaches.



Please welcome Admin. Specialist Tara Fracaro who joined the SGPOA in November and has been a godsend in the Admin. office. Tara has extensive experience in property management and has a business degree from Tallahassee State College. She has now expanded her role to include key ARC duties, which has elevated the quality of the ARC team.



Reduced Speed signage has been installed on Leisure Lane between Pelican Point and Longpoint roads. The speed limit is now 15 mph.



## Refurbished hydrants

Please take a look at how great the Plantation fire hydrants look! All 88 hydrant locations are in the process of being sandblasted, primed, and painted. This makes a huge difference with the look of the hydrants and the visibility of their location in case they are needed.

## Sea Oats arriving Tues., March 31

Last day to get your name on the list for free seedlings for your own personal property planting is **March 15**. Owners will need to pick up the seedlings at the end of the month at Magnolia Clubhouse.

For seedlings, text below:

### Lead Volunteers

Carl Adams - (205) 335-8762

Scott Downing - (224) 600-6212

Greg Ohl - (734) 834-2184



St. George  
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# ARTSOCIAL SEEKS VOLUNTEERS



**Do you have a special talent you'd be willing to share with your friends & neighbors?**

*ArtSocial is seeking owners and others with unique hobbies, professions or interests to host events and share their passions.*

Knitting | Cooking | Gardening | Crafting | Collecting

Please email [finialdesigns@yahoo.com](mailto:finialdesigns@yahoo.com)

St. George  
PLANTATION

# Cottage Cheese Egg Bites

Source:  
Ambitious Kitchen



These bites have one simple base recipe that can be mixed and matched with your favorite ingredients.

## Base Ingredients:

- Eggs
- Cottage Cheese (2% or low fat; fat free cottage makes them too thin)
- Water (a little gives the eggs fluff)
- Seasonings: salt & pepper

**Instructions:** Spray each muffin pan with a nonstick cooking spray. It is recommended to place the muffin pan on top of a baking sheet. Blend the four ingredients in a blender. Divide between the muffin tins. Stir in your desired toppings.

## Topping Flavors:

- Chopped **spinach & sundried tomatoes & crumbled feta**
- Chopped maple apple breakfast **sausage & shredded sharp cheddar**
- Cooked, chopped **bacon & shredded gruyere cheese**
- Chopped slices of **ham, chopped bell pepper & sweet onion & shredded cheddar cheese**
- Chopped **Roma tomatoes, basil pesto & shredded mozzarella or goat cheese**

**Cooking:** Carefully transfer pan to oven. Pour water on top of baking sheet to help egg muffins cook evenly and stay fluffy. Bake at 375 degrees for 35 minutes. Let them cool, then dig in!

Goes great with hot sauce or salsa and fresh avocado.

Bon appétit!



## Upcoming BOD Meetings

Held in the Plantation Room on the 3rd Thursday of the month at 5 p.m. unless otherwise stated.\*\*

April 16, 5 p.m.

May 21, 5 p.m.

June 18, 5 p.m.

July 16, 5 p.m.

## Upcoming Committee Meetings

### FinCom

Mar. 12, 10 a.m., Cypress Room  
Mar. 26, 10 a.m. (tentative)

### ARC

Mar. 12, 1 p.m., Plantation Room

### Infrastructure

April 1, 10 a.m., Cypress Room

### Recreation

April 2, 11 a.m., Cypress Room

### ArtSocial

April 2, 1 p.m., Cypress Room

### Audit

To be Determined.

**All owners are encouraged to attend in person or via Zoom. Zoom links are located on agendas posted on FrontSteps.**

\*\*Special meetings may be called with notification sent via FRONTSTEPS.

Happy St. Patrick's Day

# ArtSocial to sponsor Kentucky Derby party

The running for the roses is a Southern tradition, and owners, get ready to celebrate Derby Day in style!

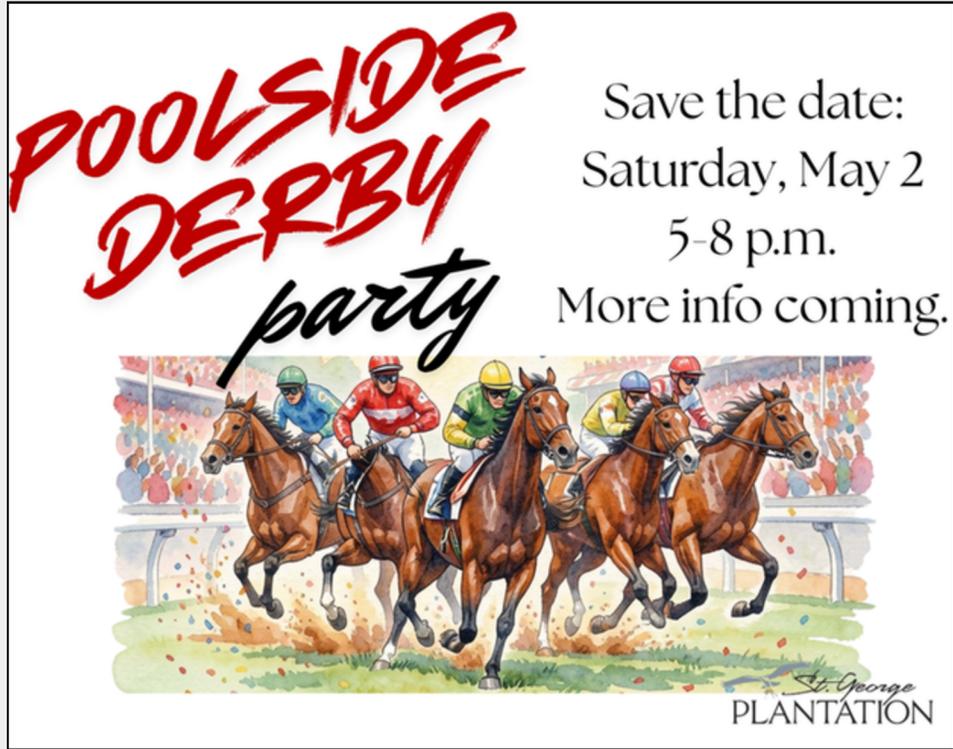
Join friends and neighbors for a Kentucky Derby Party at the Magnolia Clubhouse, where we'll enjoy a relaxed poolside gathering while taking in all the excitement of the big day.

The festivities will take place from 5-8 p.m., with a live broadcast of the day's Derby happenings available upstairs in the Plantation Room, including the running of the main race at 6:57 p.m. We'll be sure to announce race time so anyone who wants can head upstairs to catch the action.

Enjoy an open bar, and Tamara's Food Truck will be on hand serving delicious food throughout the evening. Attire is completely up to you—whether you come in classic Derby fashion or simply whatever makes you comfortable.

There will also be a Best Hat contest with a prize, and we'll select a Best Dressed individual or couple, so feel free to have a little fun with your Derby style!

An RSVP list will be sent out in the coming days. Grab your friends, don your favorite hat, and come join the fun!



Instagram:  
[@stgeorgeplantation](https://www.instagram.com/stgeorgeplantation)



Facebook.com/  
[StGeorgePlantation](https://www.facebook.com/StGeorgePlantation)



LinkedIn.com/  
[StGeorgePlantation](https://www.linkedin.com/company/StGeorgePlantation)

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*The Plantation is our Special Place.*

Community is much more than belonging to something; it's about doing something together that makes belonging matter.