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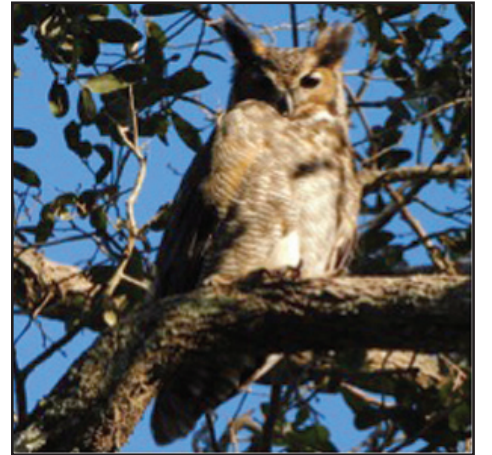
# St. Augustine OBSERVER

NEWS INFORMATION FOR & ABOUT RESIDENTS OF SOUTHERN ST. JOHNS COUNTY FL

## St. Augustine South Reflections

by Ruth Hope

For some days at the beginning of January, it seemed as if spring was upon us. The weather was warm and sunny during the day, although still cold at night. The pink oxalis in our park and gardens began to bloom and song birds began singing to attract mates. Although some plants have been stimulated to bloom by the warm weather following the big freeze over the Christmas weekend, many others have died back to the ground. Bougainvillea, firebush, firestick Turk's cap mallow and trumpet vine are all likely to shoot again in the spring. We are advised to not cut off the dead foliage, as it will provide protection should there be further cold weather

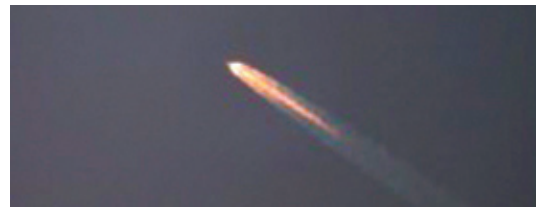


Horned Owl by Eva Askew-Houser

Meanwhile, our humming birds that have stayed for the winter rather than migrating further south, are in a food crunch. The red flowering plants and vines that were providing nectar have died back and there aren't many mosquitoes and small flying insects around when it is very cold. I put out a humming bird feeder and was surprised to have hummers fighting over it. Very unusual behavior at this time of year.

Down in the "Roman mythology" section of St Augustine South, we have had the unusual situation of seeing great horned owls and barred owls in the trees around our gardens. Both are large owls and, generally, these two species of owl do not have overlapping territories. We have always had the great horned owls around but previously have had to go further north in the neighborhood to hear and occasionally see barred owls. January is the month when these owls mate and lay eggs. They are cavity nesters and are attracted to the decaying holes in many of the laurel oaks around our neighborhood. Barred owls sometimes use abandoned nests of other large birds and may use owl nest boxes. Neighbor Eva Askew-Houser, who is often seen walking Shore Drive Waterfront park and neighborhood roads with her camera, leads bird walks for

the Audubon Society. She has led an 'owl prowl' in our neighborhood as the owls are so reliably visible. While the owls are usually high in the trees, one evening I spotted a horned owl perched a loft the mast of the beached sail boat on the side of Shore Drive Waterfront Park at Neptune Rd. That mast is also a perch for osprey. Some days, a



Space X launch by Eva Askew-Houser

belted kingfisher can be seen on lower posts along the water front. We get good views of more than wildlife along our waterfront. The 'beach' at Lewis Point where Moultrie Creek flows into the Matanzas River is a good vantage point for watching rocket launches from the Kennedy Space Center.

Finally, I must apologise for the very many typing errors in the January St Augustine South Reflections. I get irritated by myself when I miss typos and so tried using editing software. Despite the 100 score for spelling, grammar, clarity etcetera, I now realise the fallibility of software. Many apologies: I have reverted to checking my writing myself.

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<b>MAVIS STAPLES</b> FEB. 10	<b>CHRISTIAN MCBRIDE'S NEW JAWN</b> FEB. 11
<b>VALERIE JUNE</b> FEB. 16	<b>GLADYS KNIGHT</b> FEB. 17
<b>RHIANNON GIDDENS</b> FEB. 18	<b>CHRISTONE "KINGFISH" INGRAM</b> FEB. 19

HONORING HISTORY AND COMMUNITY THROUGH MUSIC

Over the course of two weekends Fort Mose State Historic State Park will host its second annual Jazz and Blues Series. This year's edition features some of America's most well-known and accomplished performers including the legendary Mavis Staples and Gladys Knight! The Series consists of six unforgettable performances at the heart of Black History Month.

Fort Mose was established by the Spanish in 1738 as the first legally-sanctioned community for free Black residents in what is now the United States. Proceeds from this series will support the construction of an on-site fort representation and development of additional interpretive resources. The original fort was destroyed during the Battle of Bloody Mose in 1740. To purchase tickets, visit [www.discoverfortmose.com](http://www.discoverfortmose.com).

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[www.facebook.com/staugustinelionsfestival](https://www.facebook.com/staugustinelionsfestival)  
 email: [admin@lionsfestival.com](mailto:admin@lionsfestival.com)



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# St. Augustine Observer

Published monthly for residents and visitors of St. Augustine, Florida area  
2465 US 1 South PMB #8 • St. Augustine, FL 32086  
Email: clifflogsdon@att.net • Online: www.StAugustineObserverOnline.com

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The purpose of the St. Augustine Observer is to serve residents of St. Augustine area Communities.

First priority will be given to reporting news and activities of the residents of the St. Augustine local communities, and other news and events that directly affects the St. Augustine area. Second priority will be given to articles of general interest as space permits.

Information should be received by the 15th of the month in order to appear in the following month's issue. Articles or information may be sent

"Follow us on Instagram and Facebook: @staugustineobserver"

## St. Augustine Shores Community Calendar

**The Shores Service Corporation  
Shores Homeowners Association**  
(904) 794-2000

www.staugshores.org

### Shores Monthly Meetings

- **Shores Service Corporation's** monthly meetings are held on the second Thursday of each month. Meetings are at 6 p.m. at the Riverview Club.
- **Conquistador Condominium** Board meetings are held on the fourth Monday of each month at 6 p.m. at the Riverview Club.

to the St. Augustine Observer, 2465 US1 South PMB #8, St. Augustine Florida 32086. Information may also be e-mailed to clifflogsdon@att.net.

All materials submitted to the Observer is subject to editing. Publishing of submitted letters and information is at the discretion of the publisher. Views and opinions expressed are those of the writer and do not express the viewpoint of the publisher or editorial staff of the Observer.

Information, articles and other materials published are believed to be accurate at time of publishing. Acceptance of advertising does not constitute an endorsement or approval of any contents, products or services by the Observer or its staff. It is agreed that the Observer and its staff will not be held liable for information provided herein by submitters/advertisers, including pictures, graphics, websites, dates, times and/or emails listed, that may have the potential to constitute fraud or other violation of law including copywriting infringements. The publisher reserves the right to refuse materials that does not meet the publication's standards.

- **Fairview Condominium** Board meetings are held on the second Tuesday of every other month at 4 p.m. at the Fairview Condo club house.
- **Greens Condominium** Board meetings will vary. Contact Jeff Edwards at Sovereign-Jacobs at 904-461-5556.
- **Casa Bella Condominium** Board Meetings are 3rd Mondays of each month at 6pm. Meeting location will be determined & posted on bulletin board 48 hours prior to each meeting. (March 21, April 18, May 16, June 20, July 18, August 15, September 19, October 17, November 21, December 19). For Information contact Property Manager Debby Bisogno at 904-461-5556.

## St. Augustine South Community Calendar

**St. Augustine South Improvement Assoc.**  
709 Royal Rd. St Augustine, 32086  
email: info@staugsouth.com  
www.staugsouth.com  
(904) 615-6916

### SASIA Community Meetings

Please join us on Wednesday, February 15th for a presentation from Lou Greco on veggie gardening. Lou will be sharing his wealth of knowledge as well as some seeds for people to take home.

Community meeting are held the third Wednesday of each month at 7:00pm at the SASIA clubhouse, except July and August.

### SASIA Board Members

President - Jerri Sue Dawson  
1st V.P. - Nicolette Soucy  
2nd V.P. - Mick Jones  
Secretary - Kenneth Rainer  
Treasurer - Margo Geer  
Directors: Mike Oliver, Robert Kennedy, Oonna Hueck, Dave Whitaker, Susan Millerick

### Distribution Locations

- YMCA
- Main Library
- Southeast Library
- Shores Deltona Realty
- Shores Riverview Club
- Anastasia Island Library
- St. Johns County Pier Park
- Shores Golf Course

### Classes at the SASIA Clubhouse

**Line Dancing** - Wednesdays 1:00-2:30pm: Join instructors Diane and JJ for a beginning level class. All age ranges are invited to join. A \$5.00 donation is requested.

**Cane Self-Defense Classes** - Tuesdays at 11:30am/Thursdays at 10:00am: Taught by Katie Monahan and Saxann Hinman. Contact Katie by text (904) 377-3390 or email her at KatieMonahanTaiChi@gmail.com

**Tai Chi Classes** - Mondays at 6:00pm: Classes are taught by Certified Tai Chi Instructor Katie Monahan and are donation based. Contact Katie by text (904) 377-3390 or email her at KatieMonahanTaiChi@gmail.com

**Low Impact Zumba with Melinda** - Tuesday and Thursdays 8:30-9:30am. A \$5.00 donation is requested. Contact Melinda at slidermomma@yahoo.com.

Residents interested in joining SASIA may do so on our website: www.staugsouth.com

### Free On Line Edition!

The online edition is an expanded printed version of the local Observer that covers all St. Johns County events and news. Please see StAugustineObserverOnline.com or SABNJ.com to view and download. Call for a print copy if not in the mailing areas.

## Community Classifieds

The Observer offers free community classified listings for USPS selected addresses in Southern St. Johns County and paid subscriptions. Classified ads will not be printed without a name, address and phone number included with the request. 5 items or less should be sent. Free ads are not for Business or Personal Service ads. Placement is not Guaranteed.

Business, Service, seeking work, etc. may be placed in the classified section: (1-4 lines) \$5, (5-8 lines) \$10, (9-12 lines) \$15, (13-16 lines) \$20. These Ads should be paid in advance before placed. Send your listing and payment, if required, to Observer, 2465 US1 South PMB#8, St. Augustine, 32086. You may email your ad to clifflogsdon@att.net. Deadline for all listings or ads is the 15th of every month for the next monthly issue.

**FOR SALE** : Medical Bundle located in St. Augustine South - Bring help to move Bariatric Long Term Care Bed 5 function Expands to 48" comes with Air mattress, Foam mattress & Over bed table. \$2,700. Call Heidi (352) 339-4853

**FOR SALE**: Gas Briggs and Stratton Power Washer. 4.5 HP 2200 PSI. Good Condition \$175. Call Terry. 904-679-3369.

**FOR SALE**: Roseville pottery collection - various pieces. call: 904-501-0814.

**FOR SALE**: Welso Electric Treadmill. Works well and clean. \$100 or best offer. 904-687-3362.

**FOR SALE**: 2005 Fender Acoustasonic Strat. Crimson Red transparent with hard case perfect condition. \$900. Call 904-669-5536.

**FOR SALE**: 1. Dog Carriage- Purple, like new, fordable with cover. \$40. 2. Sheep Dog Carrier- From PetCo. Mesh sides with zippered top & front gray. 16" x 12" Like New. 3. Elite Litle Dog Spray Bark Control. New \$75 asking \$40. 4. Bissell Pet Pro Revolution Carpet Shampooer. Used only a few times. \$180. Call 904-342-0579.

**FOR SALE**: 1 Mens new golf shoes 91/2 30.00, 2. Two pairs of ladies golf shoes size 9s 1 pr new 35.00 other pr used very little 25.00, 3. Pool cover will fit 28'by 18' 25.00, 4. Two ton floor jack for cars 35.00, 2 two to stands 10.00. Call 904 797 5023.

**WANTED**: Cleaning person for small home in the Shores. Call 904-687-3362

**WANTED**: I buy old record collections. I am not a re-seller but a serious listener. Your records will go to

a good home. Call John 904-325-9802.

**WANTED**: Female roommate wanted to share High end apartment. Covered parking, elevator. \$950.00 818-625-4045.

**WANTED**: Good closed dryer. Call Genna at 904-671-3434

**WANTED**: Care person for femal with back surgery located in the Shores.

**FREE**: 1. Wingback chair, light cream color, excellent condition. 2. beige recliner in very good condition-- free to good home if you pick them up! Location: Alcira Court, Conquistador Condos 2 entrance; second floor. Pictures available. Call: 305-850-9897.

### Coins, Gold & Jewelry

I buy Silver Coins, Gold and Jewelry at great prices. Call Mike at 904-501-1449.

### Car Service

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### Retired LPN Caregiver

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### Caregiver/CNA for seniors

Local Shores resident. How can I help make you or a loved ones life easier? Showering, errands, social outings, meals, etc... Please call Sarah at 904 599 2670.

## GriefShare Program Crescent Beach Baptist Church

GriefShare, a weekly seminar designed to help you rebuild your life after the loss of a loved one. Learn in a warm, caring environment. We see folks attending these sessions who have suffered the loss of a loved one. Program starts February 15, 2023 and continues until May 10, 2023.

We meet Wednesdays 6pm-7:30 pm at Crescent Beach Baptist Church, St. Augustine, Fl 32086. You are welcome to join at any point during the 13 weeks. Contact Melanie, 904-759-1054 or email rscoggn@gmail.com or GriefShare.org under Find a group to register.



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# St. Augustine Shores & South News & Events

## Shores Riverview Club Activities February 2023

**February DANCES** RSVP required: Call 904-794-2000 or at [www.staugshores.org/dance-rsvp](http://www.staugshores.org/dance-rsvp). **BYOB\* Guests: \$15.00/pp**  
Dance Club Members **FREE – Open seating**

**EARLY SOCIAL** Bold City Classics      **MAIN SOCIAL** Traces of Gold  
Sunday, February 5th                      Saturday, February 18th  
6:00pm to 9:00pm                              7:00pm to 10:00 pm

GUESTS \$5/pp/class



**Exercise Class** Led by Marcia **Tuesdays and Thursdays at 9:00 am.**

**Barre Workout** Class led by Mary, **Tuesdays at 5:30 pm.** Classic Barre is dance-based fitness class designed to sculpt, stretch, and strengthen.

**Chair Yoga** Class led by Nancy, **Mondays, Wednesdays & Fridays at 10:45 am.** A gentler form of yoga for those whom balance is an issue.

**Yoga** Class led by Nancy, **Mondays, Wednesdays & Fridays at 9:00am.** Class is geared to all levels. Bring a non-skid mat & wear comfortable clothing.

**Evening Yoga** Class led by Annamarie, **Wednesdays at 5:30pm.**

**Line Dancing** Class led by Jinny, **Mondays at 6:30pm and Wednesdays at 1:00pm.**

**Art Group** Class led by Una, **Wednesdays at 1:30-4 pm.** Bring your current project and share expertise and ideas on all aspects of drawing/painting, including composition, perspective, color, mediums, etc.

**Dance Class** Class led by Shawn, **Mondays at 1-2pm.** Bring your dancing shoes and a partner!

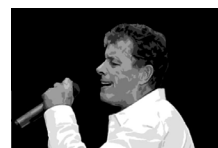
**Dance Synergy** Class led by Mary, **Thursdays at 10:30.** Learn the fundamentals of dance while strengthening your core.

**Tai Chi** Class led by Sharon, **Tuesdays at 10:30am**

**Square Dance** Class led by Mike, **Wednesdays at 7:00pm**

**Mahjong** Please call Christine if you are interested! 904-794-2000

### Upcoming Events



**Early Social**  
**Tim Rippey**  
**Saturday, March 4<sup>th</sup>**  
**7-10pm**



**Main Social**  
**Frank Saffi**  
**Friday, March 17<sup>th</sup>**  
**7-10pm**



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St. Augustine, FL 32086  
904.794.2000



## Shores Communications Corner News & Information from the Shores Service Corp.

### Why Do They Do It?

Friday, January 6th was a good day for the disc golf course at Holiday Lake (Aragon) park with the installation of the second set of concrete tee pads. It was an ideal opportunity for vandals. Overnight, one tee pad had an obscene graphic carved into the wet concrete. Fortunately it was discovered before the pad had completely set and a resident was able to repair the damage so that the tee pad remains useable. A second pad was also damaged but this was also discovered early and was quickly restored to its original condition by a "Guardian of the Park". On this second pad the "would be" artists had carved the names Liam and BK – presumably their names. Smart thinking!!! If the perpetrators would like to stop in at the Riverview Club office, we would love to discuss your creativity with you.

Sadly, on the same night, the basketball hoop that a resident had kindly set up on the court to replace the original hoop that had been vandalized was unceremoniously dumped in the lake. Again, Guardians to the rescue and by Sunday the hoop had been retrieved and was back in place. Thank you to all those who work to keep the park a valuable resource for the community. It would have been a shame if there had been no more basketball in the park due to the antisocial behavior of a few people. If anyone is able to identify those who were responsible for the damage, please let someone at the office know.

Before the Annual Membership Meeting of the St. Augustine Shores Service Corporation in May, all members will have the opportunity to vote for new board members for the four seats that will become vacant. If any member wishes to stand for the board, please complete an application and return it to the Riverview Club office before February 17 2023 so that your name can be placed on the ballot.

St. Augustine Shores Service Corp.  
790 Christina Drive | St. Augustine, FL 32086  
904.794.2000 [www.staugshores.org](http://www.staugshores.org)

## St. Augustine Archaeological Association Lecture Series February 7th

On Tuesday, February 7th 2023 at 7PM, the monthly meeting of the St. Augustine Archaeological Association (SAAA) will be at the Markland House, Flagler College located at 102 King Street. A talk will be given by Jon Endonino, Ph.D. Associate Professor of Anthropology at Eastern Kentucky University titled: **"The Coontie Island Collection: Exchange Networks and Social Landscapes During the Late Archaic Period"**.

In March 1939 teenagers LeRoy and William Stevens and their uncle Raymond McQuaig beached their boat on the shore of Coontie, or "Coony" island as some called it, to roast oysters and clams while fishing. Eroding from the sand bank and washing out of the beach were hundreds of exceptional and exotic stone artifacts. Others too soon went to the island to search for artifacts. Ultimately John Thompson and Harold Ryman, the island's owners purchased and traded to secure the artifacts.

Archaeologists took note and considered the collection unusual and exceptional, but little else was known about them or the site. In May 2022 archaeologists from Eastern Kentucky University and the Florida Public Archaeology Network – Northeast analyzed and documented the Coontie Island Collection, recording an abundance of data for every artifact and creating 3-D models for many. In this presentation, Dr. Jon Endonino will share the history of the collection, its contents, and the far-flung origins for many, revealing the interconnections among prehistoric Native Americans and the social networks that brought them to St. Augustine during the Late Archaic period 5600-4700 years ago.

Thanks to Florida Public Archaeology Network (FPAN) and Flagler College, our co-sponsors. For more information on this and upcoming events, visit our website: [saaa.shutterfly.com](http://saaa.shutterfly.com)



**Trunk Sale 9am to 1pm**  
**Resell - Recycle - Reuse & Reduce**  
**Saturday, February 18th**  
SASIA Clubhouse, 709 Royal Rd, 32086  
Come shop at our trunk sale. Numerous families will be set up selling their goods in one location.

Sign up to participate: [staugsouth.com/trunk-sale](http://staugsouth.com/trunk-sale)



## SASIA News and Calendar of Events

February 2023

All events are held in the SASIA Clubhouse at 709 Royal Road. If you wish to contact SASIA please email [info@staugsouth.com](mailto:info@staugsouth.com).

Check out our Facebook page [www.facebook.com/staugsouth](http://www.facebook.com/staugsouth), our Nextdoor page (search for St. Augustine South Improvement Association), and our Instagram page [www.instagram.com/saintaugsouth/](http://www.instagram.com/saintaugsouth/). Like and follow us so you can see what is happening at the SASIA clubhouse each week.

Visit our website [www.staugsouth.com](http://www.staugsouth.com) to sign up for our monthly newsletter and community event reminders. Everyone is welcome to subscribe, you do not have to be a member. If you'd like to join SASIA or rent our clubhouse you can do so online, or contact us at [info@staugsouth.com](mailto:info@staugsouth.com) or 904-615-6916.

### SASIA Community Meetings

Community meeting are held the third Wednesday of each month at 7:00pm at the SASIA clubhouse, except July and August. Please join us on Wednesday, February 15th for a presentation from Lou Greco on veggie gardening. Lou will be sharing his wealth of knowledge as well as some seeds for people to take home.

### Trunk Sale

Trunk Sale – Saturday, February 18th - 9am-1pm

Resell- Recycle – Reuse & Reduce

Join us and participate in our trunk sale! This is a great way to clean out your house and reach a larger buying audience. Bring your items to the clubhouse on Saturday, February 18th. We have 8-foot long tables you can rent, or you can sell from the trunk of your car! This event has a cost of \$15.00 to secure your space. If you need a table, they are available for \$5.00. Reserve your spot: <https://staugsouth.com/trunk-sale>

Wingin' It Food Truck will be there from 10:30am-1:30pm, so grab a bite to eat while you sell or shop.

### Food Truck Nights

Food Truck Nights are 5-7 pm at the Clubhouse (709 Royal Road)

**Friday, February 10th** - Johnny's Mac Shack is also a local SAS food trailer featuring specialty mac and cheese dishes, BBQ, and comfort food. All their macaroni is made fresh on board, and every dish is scratch-made.

We are working to secure a food truck once a month and will post signs in the neighborhood and send out reminders, we hope you can join us. If you know of any food trucks that would be interested in participating, please have them contact us.

### Upcoming Events (Subject to changes)

- \* Johnny's Mac Shack Food Truck - Friday, February 10th – 5-7pm
- \* Community Meeting - Wednesday, February 15th – 7:00pm
- \* Trunk Sale - February 18th      \* Spring Festival - April 8th
- Arts & Crafts Fair - May 6th      \* Garden Tour – TBD
- Fall Festival - October 28th      • Arts & Crafts Fair - December 2nd
- Santa - December 16th (All dates are subject to change 0

## Temple Bet Yam - "Deli Nite Is Back!"

After two years, our famous stuffed corned beef, pastrami or turkey sandwiches are BACK! Those crazy kids on the Ways and Means Committee are driving down to Deerfield Beach in South Florida to pick up authentic New York deli corned beef and pastrami from Kline Meats. Their deli meat is outstanding!

In addition to the corned beef and pastrami, we are once again offering roast turkey and veggie sandwiches. For the low price of \$32 you'll get a stuffed sandwich, cole slaw, potato salad, sour pickles, beverages and dessert. We will also be selling meat and rye bread at the end of the night as usual.

We hope you can join us at the temple for this event on Thursday evening, February 16 beginning at 6 PM. The deadline for registering is Monday, February 6th. Call Carol Levy, 954-895-7332, for info and reservations.

As with all of our Ways and Means events, this is a fundraiser. TBY put the "fun" in fundraiser! Eat a classic deli sandwich while enjoying our resident (and fun) magician, Bill Rosenthal, who is developing a new act for this event. See you there!

## Shores Service Corporation Board Director Opportunity

The Shores is looking for interested candidates who would enjoy serving on our community's Board of Directors. Applications should be dropped off at the Shores office no later than February 17, 2023. The application may be picked up from the office at 790 Christina Dr. or printed out from the website: [www.staugshores.org](http://www.staugshores.org).

## BEST IN SHOW! ACT and S.A.F.E. Team Up for a Great Cause

A Classic Theatre is excited to announce that it will be collaborating with SAFE (Saving Animals from Euthanasia) for the upcoming run of SYLVIA, a play involving a man in mid-life crisis, his beleaguered wife and the sassy, lively and insightful dog he rescues. Or does she rescue him? Sylvia is a funny, poignant, reflective look at ourselves and the importance of the bonds that keep us grounded.

SAFE was founded in 2008 with the goal of rescuing animals from kill shelters when they are facing euthanasia. To date, SAFE has rescued over 27,000 wonderful, precious pets who, through no fault of their own, became homeless. Each has a story, a heart, and feelings, and deserves a chance to have the home they want so desperately.

SAFE will have a table at each performance to provide information, photos of pets in need of adoption and fostering, and opportunities for donating to this wonderful organization. If you have a beloved pet you have rescued, please bring a photo to display on our Wall of Whiskers!

Sylvia performance dates are March 3, 4, 10 and 11 at 7:30 pm. On March 5, 12 at 2:00 pm. To purchase tickets, go to [aclassictheatre.org](http://aclassictheatre.org)



## Single & Parenting Support Group Crescent Beach Baptist Church

Single & Parenting is a weekly support group designed for single parents to share tips and parenting wisdom that will help them find rest, hope, and encouragement. Starting January 8, 2023 through April 2, 2023, on Sundays 5:15pm-7:00pm at Crescent Beach Baptist Church, St. Augustine FL 32086.

Contact Chris at 904-654-5418 or email [christopher.d.brown@hotmail.com](mailto:christopher.d.brown@hotmail.com) or [www.singleandparenting.org](http://www.singleandparenting.org) under "Find a Group to register". You are welcome to join any time during the 13 weeks. Childcare is available for all ages.

## Mah Jongg Tournament Is Happening!

Registration is now open for our February 23, 2023 Mah Jongg Tournament. WE HAVE A NEW LOCATION! We are now playing in our building at 2055 Wildwood Drive, St. Augustine, FL 32086 at the corner of S.R. 207 and Wildwood Drive.

For a \$30 donation, come join us for a continental breakfast and registration at 10:30 am. Lunch will be served at 12 noon followed by dessert and snacks. Cash prizes for each round, door prizes and a 50/50 raffle await you!

For questions and reservations contact Carol Levy at (954) 895-7332 BY FEBRUARY 16TH. We hope to see you there!

## Do You Have Community News to Share?

Do you have news, events or personal interest information that are relevant to our communities in and around St. Augustine Beach? Please forward them to the Editor for consideration for the monthly News Journal. Please contact Editor [clifflogsdon@att.net](mailto:clifflogsdon@att.net) or call 904-607-1410.

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## Food for Fines Program Collects More Than 3,600 Items for Families in Need

St. Johns County Public Library patrons were exceptionally generous over the holiday season, donating more than 3,600 non-perishable food items for St. Johns County's Health and Human Services Food Pantry through Food for Fines. The Food for Fines annual program enables patrons to donate food to local families in need and help "pay down" their overdue fines during the holiday season.

"It's a real benefit to the community we serve to have the Food for Fines program," said Tracy Dillon, Social Services Manager for St. Johns County. "The food donated by library patrons replenishes our dwindling food supplies and allows us to operate our Food Pantry for nearly the whole year."

Health and Human Services provides a wide variety of services for approximately 10,000 clients in St. Johns County throughout the year.

"Since we first implemented Food for Fines in 2007, the community has really gotten behind the program," said Library System Director Debra Rhodes Gibson. "For each item of food donated, a dollar of fines is taken off on their account. It's even supported by our patrons who don't have fines."

Food for Fines is one of several collaborative programs that the St. Johns County Public Library System participates in with other County departments, extending its reach to St. Johns County residents. To learn more about the library system and programming, visit [www.sjcpls.org](http://www.sjcpls.org).

*The St. Johns County Public Library system serves the community by providing access to technology, facilities, collections, programs, and services that help people meet our mission: Connect, Learn, Enjoy @ Your Library. For more information on the St. Johns County Public Library System, visit [sjcpls.org](http://sjcpls.org).*

## First Coast Opera "Opéra Mystique"

Opéra Mystique will be performed in February 3rd - 12th, 2023 at The Waterworks, 184 San Marco Ave., in uptown St. Augustine. Opera and the supernatural combine in FCO's inaugural production at the renovated historic Waterworks building. This other-worldly program features staged performances with orchestra of Menotti's séance-filled The Medium and Holst's Sāvītri, based on an episode from the Sanskrit epic Mahābhārata.

In March 2023, an Evening of Arias will return, an annual event that features heavy hors d'oeuvres, a silent auction, and performances by First Coast Opera guest artists. Tickets and details about upcoming performances are available at [firstcoastopera.com](http://firstcoastopera.com).

## Black Women of St. Augustine Speak Out

In recognition of Black History Month, the AAUW St. Augustine Branch has assembled five black women from St. Augustine to speak about their diverse life experiences. This discussion will take place on Thursday, February 9, 2023, at 11:30 a.m. at the Lincolnville Museum and Cultural Center, 102 Martin Luther King Ave. St. Augustine. The public is encouraged to attend the free forum.

After the discussion at 12:30 p.m., there will be a luncheon catered by Roux Organics, a newly opened breakfast/brunch café in Lincolnville. The charge for the luncheon is \$20. Reservations with a check should be sent to Karen Hayes, 361 Hefferson Dr, St. Augustine, by Friday, February 3, 2023.

The local AAUW branch offers scholarships each year to local college or university students, male or female, who are residents of St. Johns County. The branch also sponsors 8th graders from St. Johns County middle schools to attend the AAUW Florida Tech Trek camp for girls. In addition, this year the branch held an Human Trafficking Awareness and Prevention Panel Discussion for the public. Monies for their initiatives are raised by the annual LUNAFEST festival that will be held at the Lincolnville Museum on Saturday, April 15, 2023.

The American Association of University Women (AAUW) is the nation's leading voice promoting equity and education for women and girls. Since its founding in 1881, AAUW members have examined and taken positions on the fundamental issues of the day — educational, social, economic, and political. Information about the St. Augustine branch is available at [www.staugustine-fl.aauw.net](http://www.staugustine-fl.aauw.net). Membership information can be obtained from Maxine Burns, Director for Membership, at 847-917-6350 or [mmburns@yahoo.com](mailto:mmburns@yahoo.com).

## Flagler Hospital Free Monthly Education Classes & Support Groups

For more information on any of the following, please call the Cancer Education and Support Center at 904-819-4793.

**Breast Cancer Support Group**  
1st Tuesday of each month at 6:00pm in Flagler Hospital's Matanzas Room

The mission of the Breast Cancer Support Group of St. Augustine is to give help, comfort and friendship to breast cancer patients, survivors and their families. They invite many guest speakers, including doctors, pharmacists, nutritionists, educators, etc. They gather together to share the company of others with similar experiences and offer each other comfort and support. For more information, visit [www.bcskofstaug.com](http://www.bcskofstaug.com) or email [bcsgofsa@gmail.com](mailto:bcsgofsa@gmail.com).

**Restorative Yoga: Rest, Heal, Restore**  
Wednesdays Weekly from 1:00pm - 2:15 pm at the Wellness Center  
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[www.flaglerhealth.org](http://www.flaglerhealth.org)



## Living with Cancer Support Group

3rd Wednesday of each month at 11:00 am at Care Connect (3rd floor of the Whetstone building)

Our Living with Cancer support group is moving to Cancer Specialists of North Florida, 121 Whitehall Drive, St. Augustine 32086. Same day and time-the third Wednesday of every month at 11:00. We still have the ability to ZOOM in if needed.

This is an informal gathering for adults with any type of cancer and their caregivers. It is open to all affected by cancer. This group will provide the opportunity to meet others in similar situations, share your stories, provide practical suggestions and offer support to each other. If you prefer to participate virtually via Zoom, please call 904-819-4793 for further instructions.

## Finally! A Lazy Run for Everyone!

by Susan Johnson

Have you ever wanted to sign up for a race but don't really like to run? Don't sweat! The 904 Now has you covered. Join us for a lazy run for everyone!

The 904 Now presents the first-ever .5 K Beer Run! (Yes, you read that right – Point .5K - or about 3 three tenths of a mile!) Slated for February 25, the 'run' begins at 9:04 sharp, starts at one end of St. George St., and finishes at the other. There will be rest stops along the route, entertainment to keep you on track and, thanks to Ancient City Brewing, beer (or a beer alternative) to keep you motivated. Choosing the VIP ticket option gets you champagne and charcuterie at Bin 39, and shuttle service to the finish line by Old Town Cart. Even better, proceeds will go to support Jimmy Jam Community Outreach, a 501 ©3 organization that offers hard-working people a helping hand. ([www.jimmyjamoutreach.com](http://www.jimmyjamoutreach.com)). Over the years, Jimmy Jam has assisted St. Johns County folks with everything from purchasing laptops, to paying unexpected medical or utility bills, to helping struggling families make their mortgage payments. Now you can help, too – just by strolling down St. George Street! So, quash that competitive spirit, grab your walking shoes and a refreshing beverage, and prepare to participate in the best "run" ever! And don't worry about training - the slower you go, the better you'll be!

To sign up, visit [www.the904now.com/race](http://www.the904now.com/race). It's the 904 Now first-ever Point .5K Beer Run! February 25, 2023, beginning at 9:04 am! This could be the best race you'll never run!

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## The Wildflower Meadow Group

by Cindy Taylor

In the middle of January our group walked in one of the many Lake George Wildlife Management Conservations areas. I was disappointed the eagle's nest I saw a couple months earlier was gone, probably because of one of the hurricanes, but it's a beautiful wooded area next to Lake George and none of us were disappointed with that. Thank goodness there are people who care AND preserve the natural native woods in Florida.



As of this writing we're planning to have Baker and Company do the annual mowing at the end of January. For those who haven't read what I write at this time of year and don't already know, mowing the meadow once a year keeps it from maturing into a woods and preserves this part of the nature's life cycle.

In January there are no wildflowers blooming in the meadow and their seeds have already scattered so new wildflowers will grow and bloom in the spring. The coldest part of a

Florida winter has passed, hopefully, critters and insects don't need as much protection from weather they find in gone-by plants, and that makes this time of year a good time to mow.

After the mowing, the wildflower meadow will seem barren but only till spring, which isn't far off. Florida doesn't have false springs, like areas further north, and once spring is here, winter is gone. When wildflowers begin to grow and bloom here, a return of winter doesn't interrupt them.

Call Cindy at 904-797-3931 or Marlene at 305-968-0447 for more information. If we can't answer, leave a message and we'll call you back. Also feel free to call if you're interested in joining us for walks or sharing your photos of the meadow.



## Lighthouse 5K & Fun Run and Night Fest February 18

Presented by Florida Power and Light (FPL), The Junior Service League of St. Augustine (JSL) will hold the 39th annual Lighthouse 5k Run/Walk & Fun Run on Saturday, February 18, 2023.

Registration for the event is available at [jslofstaugustine.org](https://jslofstaugustine.org)

In an effort to continue support for the St. Augustine Lighthouse & Maritime Museum, along with other area nonprofits, the League hosts the Lighthouse 5K & Fun Run each year.

"We are thrilled to offer this annual race, starting and finishing at the beautiful St. Augustine Lighthouse on Anastasia Island," said Carice Schuster, President of The Junior Service League of St. Augustine. "We are fortunate to host one of St. Augustine's oldest 5Ks at this important landmark."

The inaugural race in 1983 was originally titled the "Bud Light Twilight Lighthouse Run."

The Lighthouse 5K is a chipped race that serves as a qualifier for the famed Gate River Run. Proceeds from the Lighthouse 5K Run/Walk & Fun Run benefit numerous JSL service projects and provide financial support for local nonprofit organizations in St. Augustine and the St. Johns County community.

In addition to the race, Night Fest is offered to the community from 3-7 p.m. February 18, a free event that includes children's activities, museum exhibits, and a chance to climb the lighthouse in the evening. Activities for children will include face painting, arts and crafts, STEAM projects, and photos with pirates. The event will also include live music, pizza, wine, and beer.

Race registration is available at <https://runsignup.com/race/fl/staugustine/lighthouse5krunwalkandfunrun> Find more details about The Junior Service League of St. Augustine at [jslofstaugustine.org](https://jslofstaugustine.org)

The Junior Service League of St. Augustine is an organization of women dedicated to volunteerism. Founded in 1935, the organization is committed to bettering the St. Augustine community through service, fundraising, and charitable projects. Each

year members donate nearly 5,000 hours of time to local nonprofits, including the Lighthouse, Lightner Museum, The Children's Museum, Kids Bridge, St. Augustine Youth Services, The Homeless Coalition, Pie in the Sky, The Betty Griffin House and many others. [jslofstaugustine.org](https://jslofstaugustine.org)

A unique landmark of St. Augustine for over 148 years, the St. Augustine Light Station is host to centuries of the Nation's Oldest Port® history and educational programs. Through interactive exhibits, guided tours, and

maritime research, the nonprofit St. Augustine Lighthouse & Maritime Museum is on a mission to discover, preserve, present, and keep alive the stories of the Nation's Oldest Port® as symbolized by our working lighthouse. Today, the Museum keeps the light shining as a private aid-to-navigation. We are the parent organization to the Lighthouse Archaeological Maritime Program (LAMP), and together our two nonprofits are an affiliate of the Smithsonian Institution. [staugustinelighthouse.org](https://staugustinelighthouse.org)



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This Month's First Friday Lands on Friday, February 3rd. at 5pm to 8pm and Features G.G. Northington as well as our Member's Show.

G.G. grew up surfing and racing motorcycles in Southern California. She loves the Beach, the Ocean, and the Dodgers. And, oh yes, her husband Rob and their dingo dog Bella.

Living on the beach in Laguna Beach California, they spent a lot of time walking on the beach collecting sea shells and when they were lucky, sea glass. Sea glass is created when a glass item is tossed in the ocean, and over years, it is tumbled millions of times by the ocean, smoothing it out and turning the pieces into little jewels.

We have literally found thousands of these little naturally made jewels. As people stopped treating the ocean like a landfill, less and less of these beautiful glass jewels have become available.

To make her art, she learned how to re-create the ocean's smoothing out and polishing of glass. Using vintage glass, she cut it into small pieces and tumbled it for several weeks, turning it into beautiful curated sea glass. She use this curated sea glass in addition to naturally occurring sea glass to produce her Art. Her Show will available to see from the Opening on First Friday, then throughout the Month of February.

The Art Studio is located at 370 AIA Beach Blvd. in the St. John's County Pier Park and is open 7 days a week from 12pm to 5pm. We are a 501(c)(3) Non-Profit organization that brings Art and Culture to the community and offers classes, special events, exhibitions and rental space. For more information visit us at [www.beachartstudio.org](http://www.beachartstudio.org), Facebook or call 904-295-4428.



## Mah Jongg Tournament

Thursday, February 23, 2023  
10:30 am - registration  
11:00 am tournament starts

New Location

CASH PRIZES

Cash Prizes and lunch included  
\$30 donation sponsored by **Temple Bet Yam**

→

The Tournament will be held at Temple Bet Yam  
2055 Wildwood Drive  
St. Augustine, FL 32086

←

Questions?  
Contact Carol Levy (954) 895-7332

**Deadline to enter is February 16, 2023**

No walkins!



**Mah Jongg Tournament Reservation Form**

me: \_\_\_\_\_

one (home): \_\_\_\_\_ (cell): \_\_\_\_\_

ail: \_\_\_\_\_

if people: \_\_\_\_\_ I will bring my Mah Jongg set: Yes \_\_\_ No \_\_\_

ount enclosed: \$ \_\_\_\_\_ check # \_\_\_\_\_

**ase make checks payable to Temple Bet Yam and note "Mah Jongg Tournament" in memo.  
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## St. Augustine Yacht Club, Inc. Youth Sailing Center Ground Breaking

The Saint Augustine Yacht Club will hosted a ground-breaking ceremony for their new youth sailing center January 21, 2023. The sailing center is being made possible through a generous donation from Stanley and Catherine Paris. It will provide a waterfront location adjacent to the current yacht club. The site has space for building a pier & floating dock for sailing craft, ample space for boat repair and storage and a handicap accessible training center.

Upon reviewing the project plan Stanley Paris commented "...both Catherine and I are elated to participate in a project that advances the growth of sailing in Saint Augustine!"



The Saint Augustine Yacht Club currently provides sailing instruction at its present location utilizing the beach and public boat ramp for access in and out of the water. Justin Muller, 2021-22 commodore of the club remarked "We have successfully provided sailing instruction for more than 2,000 participants since the start of the program without serious injury at the ramp. However, small sailing craft transported across the busy parking lot is not ideal."

SAYC, established in 1873 and recognized as the oldest yacht club in Florida, negotiated the deed of gift from the Parises and a ninety-nine year lease back from the City of St. Augustine. David Patrick the incoming commodore for 2023 explains "The new sailing center is aligned with our mission and we will support it for current and future generations."

For additional information about SAYC please contact Roy Jaeger at [jaegernj@aol.com](mailto:jaegernj@aol.com) or Linda Bond at [lhb47@icloud.com](mailto:lhb47@icloud.com).



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## FEBRUARY 2023 CLASSES AND EVENTS AT COUNCIL ON AGES RIVER HOUSE

Please note: There will be no classes or events on February 20 in observance of Presidents' Day.

The following programs will be held at COA's River House, 179 Marine Street, St. Augustine, FL, beginning in February 2023. Classes are 4 to 7 weeks long and begin the first week of February. For questions, please call 904-209-3655 or email tharris@coasjc.org. For more information, please visit [www.coasjc.org/river-house](http://www.coasjc.org/river-house):

**REGISTRATION REQUIRED:** Registration is required for the following programs, and space is limited. To review course details and to register, please visit <https://coasjc.coursetorm.com/category/river-house>:

- Watercolor 1 Class** - 4 weeks starts Wed Feb 1, 9 - 11a.m.
- Ukulele Level 2 for Beginners** - 4 weeks starts Wed Feb 1, 9:45 - 11:15 a.m.
- Chair Yoga** - 4 weeks starts Wed Feb 1, 10:30 - 11:30 a.m.
- Blues Guitar** - 4 weeks starts Wed Feb 1, 11:30 - 1:00 p.m.
- Beginner Acrylic Landscape Painting** - 4 weeks starts Wed Feb 1, 11:30-1:30 p.m.
- Hooping for Fitness and Fun** - 4 weeks starts Wed Feb 1, 11:45 - 12:45 p.m.
- Tap Dancing Level 3** - 4 weeks starts Wed Feb 1, 1:30 - 3:00 p.m.
- Intermediate Painting** - 4 weeks starts Wed February 1, 2:00 - 4:00 p.m.
- Herbology** - 4 weeks starts Wed Feb 1, 3:00 - 4:00 p.m.
- Chair Yoga** - 4 weeks starting Thurs, Feb 2, 9:00 - 10:00 a.m.
- Beginner Acrylic Landscape Painting** - 4 weeks starts Thurs Feb 2, 10:30 - 12:30 p.m.
- Belly Dance (Level 2)** - 4 weeks starts Thurs February 2, 10:45 - 11:45 a.m.
- Belly Dance for Fitness and Fun** - 4 weeks starts Thurs Feb 2, 11:45 - 12:45 p.m.
- Colored Pencil Art** - 4 weeks starts Thurs Feb 2, 1:30 - 3:30 p.m.
- Tap Dancing Level 2** - 4 weeks starts Thurs Feb 2, 2:00 - 3:00 p.m.
- Dance Synergy** - 3 weeks starts Mon Feb 6, 10:00 - 11:30 a.m.
- Chair Yoga** - 3 weeks starts Mon Feb 6, 11:00 - 12:00 p.m.
- French for Travelers** - 3 weeks starts Mon Feb 6, 11:00 - 12:00 p.m.
- Introduction to Calligraphy** - 3 weeks starts Mon Feb 6, 1:00 - 3:00 p.m.
- Tap Dance for the Beginner** - 3 weeks starts Mon Feb 6, 1:30 - 2:30 p.m.
- Ballet** - 3 weeks starts Mon Feb 6, 2:45 - 3:45 p.m.
- Art History** - 4 weeks starts Tues Feb 7, 9:00 - 11:00 a.m.
- Group Singing 101** - 4 weeks starts Tues Feb 7, 10:15 - 11:15 a.m.
- Tai Chi** - Tues and Thurs for 5 weeks starts Thurs Feb 2, 11:15 - 12:15 p.m.
- Line Dance** - 4 weeks starts Tues Febr 7, 11:30 - 12:30 p.m.
- Ballroom Dance Group Class** - 4 weeks starts Tues Feb 7, 12:45 - 1:45 p.m.
- Mahjonn Class** - 4 weeks starts Tues Feb 7, 1:00 - 3:00 p.m.
- Tapping Into Your Intuition** - 4 weeks starts Tues Feb 7, 2:45 - 3:45 p.m.
- OPEN PROGRAMS** - Open programs are free and, where noted, may require registration. Visit [www.coasjc.org/river-house](http://www.coasjc.org/river-house) for more information:
- Mahjong** - Bring your mahjong game and come play with others. Every Tuesday from 1 p.m. to 3 p.m.

**AARP Tax Help:** Free tax return preparation help to anyone who needs it. Mondays from February 6 to April 10 between 9 a.m. and 12:45 p.m. Reserve a spot now by calling 904-209-3655.

**Help with Medicare Questions:** SHINE volunteers will be at River House on the 2nd Monday of each month from 9 a.m. to 12 p.m. to answer general, Medicare-related questions. Reserve a spot now by calling 904-209-3655.

**Healing Hearts** - After the loss of a loved one, coping with daily living can be hard. Knowing you are not alone in your difficult journey can make all the difference. Meets the 2nd and 4th Tuesday of each month from 9:30 a.m. to 10:30 a.m.

**One-on-One Tech Help** - One-on-one help for your smart phone, tablet, or laptop questions. Tuesdays from 10 a.m. to 2 p.m. Call 904-209-3655 to reserve a spot.

**Happy Hookers** - Come join this social group as they crochet, knit, etc. Every Tuesday from 10 a.m. to 12 p.m.

**Open Art Studio** - Bring your art project to work on while you socialize with other artists! Every Tuesday from 10 a.m. to 12 p.m.

**STA Strong BHOF (Bone Health & Osteoporosis Foundation) Education Group** - This group meets bimonthly to learn about prevention, diagnosis, and treatment of osteoporosis. The next meeting is on Wednesday, March 8 from 1:30 p.m. to 2:30 p.m.

**Widow to Widow** - Join us for a support group by widows for widows. Every Wednesday from 11:30 a.m. to 12:30 p.m.

**Open Board Game Play** - Bring your own board game or use one of ours. Every Wednesday from 1 p.m. to 4 p.m.

**Book Club** - Come join others in reading and discussing various books. Call 904-209-3655 for book title. First Wednesday of the month from 2:00 p.m. to 3:30 p.m.

**Rightsizing - Downsizing:** - What issues do longtime homeowners and downsizing seniors face? Meets the third Thursday of each month from 10:30 a.m. to 12:00 p.m. The next meeting is Thursday, February 16.

**Open Card Play** - Bring your deck of cards and socialize over a friendly card game of your choosing. Every Thursday from 12:15 p.m. to 3:15 p.m.

**Legal Lecture Series: Exploitation of the Elderly and Disabled** - Led by Megan Wall of St. Johns County Legal Aid, Friday, February 24 at 10:00 a.m.



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## Diaries of a Shores Grand-Dad

by Dirk Schroeder

"For the Love of God." You've heard expressions that have become cliché repeated daily in ordinary conversations. Our brains have them programmed in to repeat them as a situation within a conversation opens up for us to drop them in. We don't even stop to think if these expressions are appropriate since, in today's faced-paced environment, it doesn't seem to matter to anyone. Yet, often people use religious expressions like the one above so non-chalantly that it really does matter. In a world where the definitions of words are being redefined, words do matter.

What many people, in particular the younger generations (no offense intended), can improve upon (as can I) is to be more specific and, for the love of God, care about the content, punctuation, spelling and grammar. Online, in emails, texts and Social Media posts, words can be misread, misinterpreted and cause misunderstandings so quickly. Look at how the President's words are dissected every day. In some cases, he must refer to his lawyer's notes to guide him as to how to say things or write things without causing confusion or worse, liability.

Then, there is the reading and hearing aspect. We see a movie and read a book and we all see it and hear it differently. Yet, when we need to convey a very specific understanding, we need to be specific as to how we present the

information. The expression "crystal clear" comes to mind here.

English is not my native language and, when our family moved here in 1969, I was set back into 4th Grade because my English was not good enough for 5th Grade standards. I was getting "D's" at first. I was fortunate enough to have good English teachers throughout high school and, by that point I was finally getting "A's" and "B's". Most people couldn't tell that I was raised overseas. After all, I have been American since my 10th birthday. Believe me when I tell you that languages can be challenging. I took 3 years of French and have little to show for it except a high regard for the memorization and conjugation of irregular verbs.

I truly enjoy writing. It is challenging to cram meaningful content into 500 words or less. I do get calls and "thank yous" from readers and they are very much appreciated. Sometimes, I read my own Diaries and I think about how I could have structured or written things better. Last month, I even used my "Only You Know and I Know" ad to inform St. Augustine Shores residents about the date, time and place of their HOA meeting and "low and behold" about three dozen people were there. My faith in readership is renewed.

"God only knows" what I may write about next month and on that mysterious note, I wish everyone, as always, a "Sunshine State of Mind."

## St. Augustine Travel Club

The St. Augustine Travel Club will hold their next meeting on Wednesday, February 8, 2023, at 3pm at the Southeast Branch Public Library. We will be covering FRANCE'S BORDEAUX, DORDOGNE, CARCASSONE AND THE PYRENEES - Visit the famous Bordeaux wine region, cruise the Dordogne and Lot Rivers to see the chateaux, old watermills and small villages along the way. See the largest fortress in Europe at Carcassonne, then the natural wonders of the Pyrenees mountain range, stretching between France and Spain.

For those of you who do not know about the club, it is formatted as an armchair travel presentation with a brief lecture and a video highlighting areas around the world, with focus mostly on Europe, but also other parts of the world. Also, some of our participants have hosted a presentation based on their own travel experiences. If you are interested in doing a presentation about your unique travel experience, please let us know. The Travel Club also organizes a cruise in the Caribbean region once a year, and is published in the local papers. If you require any further information, please call Peter Dytrych at (904) 797-3736.



gg62176854 GoGraph.com

### St. Augustine Travel Club Cruise

The St. Augustine Travel Club will again be sailing the seas on Sunday, December 10 - 17, 2023 on the beautiful new Italian ship MSC SEASHORE out of Port Canaveral to the Caribbean and Mexico, to the ports of Ocean Cay (MSC private island and Marine Reserve in the Bahamas), Costa Maya and Cozumel (Mexico) for a 7-day cruise. Prices start from \$619 per person, double occupancy, for inside cabin, inclusive of all port fees and taxes. Balconies and Oceanviews are also available at additional cost. Book now with a \$199 p.p. deposit and receive \$50 per stateroom On Board Credit, Free Beverage Package, Wi-Fi and more. Call Peter, St. Augustine Travel Club at (904) 797-3736.



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## ONLY YOU KNOW & I KNOW

**In the event you are reading this ad for the very first time – THANK YOU!  
If you are a regular reader and follower of this ad – I thank you even more!**

My objective in this ad is to inform and there is a correction to last Month's ad – I was made aware that "Only Members in Good Standing are welcome to attend the St. Augustine Shores HOA meeting" – thank you to whoever pointed it out!

Thanks to my announcement in The Observer – attendance by "only members in good standing" was at a record high in 2023 (probably 2022 as well).

In the spirit of INFORMATION – ANYONE WHO LIVES IN AN HOA OR CONDO ASSOCIATION IS ENCOURAGED (URGED) TO ATTEND THEIR MONTHLY MEETINGS TO STAY INFORMED AS TO THE BUSINESS OF THEIR IMMEDIATE NEIGHBORHOOD. You may be surprised what you learn. Last year, I sold two Casa Bella Condos and I was not aware of the roof replacement (and no Board

motion to act on a commitment to do a roof job had been made at the time) in the first sale. A few months after the first closing, that situation had changed and the pending roof assessment was now disclosed as part my second sale. That is how fast information can affect your property.

STAY INFORMED – ATTEND YOUR MEETINGS. BRING A FRIEND IN GOOD STANDING. Need to stay informed about all things real estate? Simply call me. I've lived here since 1979. I may have helpful and relevant information.

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**Dirk Schroeder**

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by Steven Aldrich  
904-479-5661

## Are your Passwords Secure

Over the years I have recommended a few Password managers. The one I use and have been recommending for the past 2 years is called LastPass. The company was acquired by LogMeIn, Inc in 2015. In addition to being a great tool for password management, it has had stellar reviews and great success.

Late last year they reported there had been an incident earlier in the year where all Password Vaults (yes, all 33 million of them) were stolen. They are encrypted, which is good, but not going to stop determined hackers from breaking into the higher value User Vaults and obtaining all their passwords and secure notes.

If you are a LastPass user, it is highly recommended that you consider changing passwords on your most valuable logins, such as banking and retirement/investment accounts. This is not a pleasant task, but well worth the peace of mind it can afford, if large sums of money are held in these accounts that you utilized LastPass to store passwords for.

These sorts of hacks are becoming more common. It gives us pause, as we consider what can be trusted and what should be treated with the utmost caution. Passwords should be different for each service that we use and remembering

or documenting all those passwords is a pain, to say the least.

It goes without saying that any service that allows for Two Factor Authentication (2FA), we should be using 2FA for them. This means that all new logins result in a text message sent, which we must approve, or the login does not get cleared. In this way if our passwords do get compromised, we can be sure that we are still secure, since the hacker would need our cell phone too.

Bottom line: If you use LastPass, it's time to start re-securing your accounts by changing passwords. Start with the most valuable accounts and work your way toward the more mundane ones.

If you are considering a password manager or changing to a different one, LastPass may not be your first choice. Given that I have recommended LastPass, and now say what I just said, I am a bit hesitant to recommend one. Please do research and find the best tool for you with the most features that you will use.

*Steven Aldrich is a technology advisor with decades of experience as an IT Director and is the owner of First Coast Computer Services. Contact Steven if you need a trusted advisor to come to your business or home and help with your technology. See my ad on this page. Steve@fccspro.com or (904) 479-5661.*

## Pin-Up Paws 2023 Calendar Now Available

The St. Augustine Humane Society's 2023 Pin-Up Paws Calendar is now available for purchase and it truly is Pin-Up Perfection! Renowned photographer Addison Fitzgerald donated his talents - and a lot of studio time - to capture the unique personalities of each of the 13 calendar models. Fine artist Maribel Angel took things a few steps further by contributing her artistry to create a one-of-a-kind, keepsake calendar featuring each pet as a Pop-Art super-star! Pictured here are: cover king Sir Thomas of the Swamp (available for adoption from Swamp Haven Rescue), the marvelous Murray, the notorious Nacho, the beautiful Brut and the sultry Miss Scarlett, one of our favorite felines! But all our perfectly-posed models are positioned to make every month memorable - we can promise you that!



The Pin-Up Paws Calendars are \$12 each, plus shipping and handling where applicable. You can purchase online at [www.staughumane.org](http://www.staughumane.org) or in person at the St. Augustine Humane Society, 1665 Old Moultrie Rd in St. Augustine. All proceeds support the services of the St. Augustine Humane Society, including our low cost spay/neuter program and our weekly pet food pantry. The St. Augustine Humane Society - keeping pets and their humans together - forever! For more information, please call (904) 829-2737.





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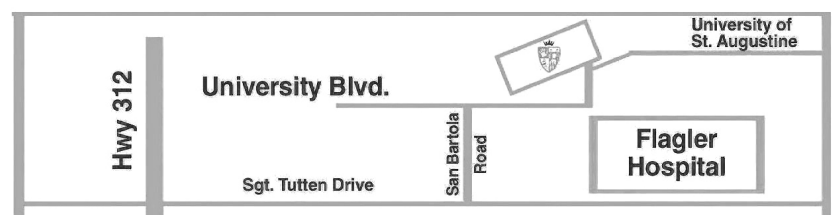
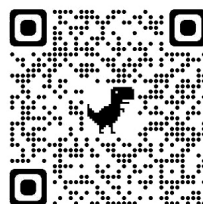
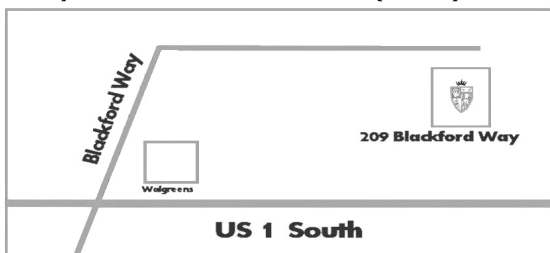


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## What have you mastered?

By Rob Stanborough  
PT, DPT, MHSc, MTC, CMTPT, FAAOMPT  
First Coast Rehabilitation  
(904) 829-3411



Webster defines becoming a master as “a person with exceptional skill at a certain thing “or mastering as “becoming proficient in the use of something”. During the span of our lives, all of us becomes a master of compensation, do one degree or another. What I mean is, we all have great proficiency in making small, subtle changes in the way we move enabling us to master any and all tasks at hand.

Sometimes compensating or adapting movement is a good thing. All top athletes are able to make small changes in their movements or reactions to meet the needs of each play. But all too often compensations are counter-productive and can even have negative, dysfunctional side effects. Multiple compensations can turn into accumulated dysfunction.

How and why do we compensate? We compensate because we are living and we have an ever changing body. Along with everything else we learned in Kindergarten, we learned to compensate. We were told to sit and be still. Our bodies are made to move yet many of us become less and less mobile through the years and even more since covid. We sit at computers, in front of TV's, at events, in cars and the list goes on. Our pelvis supports us as gravity pushes the trunk and head forward into a varying degree of a slump. The compensation manifests when we have to stand back up. Instead of keeping our head down, looking at the ground, we pull our head up and bring the eyes to the horizon, a motion that should transition through several segments of the spine – not just the upper levels of the neck.

There are all types of compensatory masters. Which one are you?

**The Limp Master:** The individual who lacks full range of motion in the lower extremities following trauma or surgery. The results may be an altered gait pattern, hip knee or back pain.

**The Mother Master:** The mother who has difficulty restoring full motion back in the spine following pregnancy or tends to stand leaning to one side with a child resting on the hip. Both problems may hinder regaining much needed core stabilization and result in sacro-iliac dysfunction or low back pain.

**The Robot Master:** This is the person who lacks neck or shoulder mobility following a whiplash injury or other type of neck trauma. The movements tend to look robotic as the head is kept stiff, making up for the lack neck motion in low back rotation or extension.

**The Sitting Master:** This person sits at home or office a large part of the day, developing tight anterior hips, which then resist full straightening with standing putting undue pressure on the lumbar spine.

Two days prior to this writing I examined a patient who was falling. We discovered a slight weakness in his hip masked through compensation. However, it was manifesting when standing on one leg to step up or out, causing a disruption in balance and resulting in falls.

We have all become masters to one degree or another and therefore guilty of ignoring such adaptations year after year. To minimize compensations, first seek analysis or assistance. Second, move, but learn to move properly and move regularly. Improper movements may simply lead to more compensation and further dysfunction.

Becoming a master at most things takes years of practice and dedication. Becoming a master of compensation is easy - it just takes years to see what kind of master you've become.

Rob Stanborough is a physical therapist serving St. Augustine for nearly 20 years and has presented both nationally and internationally. He was one of the first PT's to be permitted to use DN in FL and doing so since 2017. He has trained others in DN since 2010 as a Senior Instructor for Myopain Seminars ([www.myopainseminars.com](http://www.myopainseminars.com)). He is a co-owner of First Coast Rehabilitation ([www.firstcoastrehab.com](http://www.firstcoastrehab.com)), and co-author of Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc. Read previous columns posted on [www.firstcoastrehab.com](http://www.firstcoastrehab.com).



## Blue Star Memorial Marker Dedication

by Steve Davies

On November 11, 2022, the Garden Club of St Augustine (GCSA) hosted a Veterans Day dedication of a new living garden at the Blue Star Memorial Marker located along US1 in south St Augustine.

The installation of the garden was sponsored by the Hibiscus Circle of the GCSA and was supported by various local businesses and the National Garden Club (NGC) & Florida Federation of Garden Clubs (FFGC). St Johns County Master Gardener Valerie Constantino designed the garden and guided its implementation. Boy Scouts from BSA Troop 345 and cadets from the Jr ROTC battalion at St Augustine High School provided the physical support to prepare and plant the gardens. These young men and women were also integral to the ceremony by providing military escorts, color guards, leading the Pledge of Allegiance and the playing of taps at the closing.

Marjorie Hendon, President of FFGC spoke heartfully about the history and importance of the Blue Star program. It began in 1944 as a local community project in New Jersey and has evolved into a nationally recognized program that strives to honor the memory of all American Veterans. BSA Life Scout Josh Rasmussen read a Proclamation issued by the St Johns County Board of Commissioners which detailed the history of this particular road side marker from its original dedication in 1950 to its current location and condition. Once the Marker was unveiled by FFGC officers (Rosita Arisoff and Connie Gladding), the President of the NGC, Mary Warshauer, formally dedicated the Marker and gardens. Kathy Hicks, on behalf of the Hibiscus Circle, graciously accepted the responsibility to faithfully maintain the Marker and the surrounding garden. LTC Peter Jennison of the Florida National Guard provided a moving tribute to veterans, reminding all of our debt of gratitude to them. ROTC Cadet Gabe Ashley played a profound rendition of taps followed by the retiring of the Colors.

Guests and Club members attended a reception afterwards at the clubhouse of the GCSA on Old Moultrie Road. Many of them brought pictures of their favorite veteran to display during the reception. ROTC Cadet Collin Smithson, whose father passed away during military operations in 2013, spoke about the importance of support for the military community.

Those individuals interested in learning more about the Blue and Gold Star Memorial Program and/or supporting other similar programs in the local area contact the GCSA project coordinator, Steve Davies at [dogoodthings904@gmail.com](mailto:dogoodthings904@gmail.com).



FFSGC Presidnet Marjorie Herdon  
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Gold Star Reception



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## Susan Phillips Named President and Chief Executive Officer of St. Augustine, Ponte Vedra & The Beaches Visitors and Convention Bureau

The St. Augustine, Ponte Vedra & The Beaches Visitors and Convention Bureau (VCB) Board of Directors is pleased to announce the appointment of Susan Phillips as President and Chief Executive Officer of the Bureau. Ms. Phillips will fill the role following Richard Goldman's recent retirement.

Ms. Phillips joined the Bureau in January 2018 as Director of Tourism Promotion & Strategic Alliances, where she successfully worked to enhance Florida's Historic Coast as a popular tourism and meetings destination through promotion and strategic partnerships with corporate, media, and governmental projects to bring TV production, film, and other promotional opportunities to the destination. She has been responsible for the VCB's strategic planning; involved in brand development; and provided marketing agency supervision and oversight of the VCB's advertising agency, interactive website marketing agency, Hispanic PR media agency, and fulfillment and distribution agency.



"The VCB Board's Executive Committee reviewed numerous applications and resumes of very qualified candidates throughout the United States," stated Kimberly Wilson, Chair of the VCB Board of Directors. "What stood out to us is that Ms. Phillips has a proven track record of success during her 35+ year career, and she has earned the confidence and respect of the local tourism industry during the past five years. With such an extensive experience in the travel, hospitality, and destination marketing industries, as well as her knowledge and love of our destination, we are confident that Ms. Phillips is the right person to lead the VCB to continued success in the years ahead."

Prior to joining the VCB, Ms. Phillips served as Senior Vice President of Operations for 73 Deville, a creative marketing, advertising, and public relations agency specializing in the tourism, hospitality, and real estate development industries. She also spent several years as the Director of Marketing for Visit Myrtle Beach (Myrtle Beach Area Chamber of Commerce / Convention & Visitors Bureau) and as the Director of Marketing and Executive Committee team member at The Grove Park Inn Resort & Spa in Asheville, NC.

In addition, Ms. Phillips served in key executive leadership and marketing roles at North Carolina's HomeTrust Bank and with the Asheville (NC) Regional Airport Authority. Before moving to Asheville, she spent nearly 15 years of her career at Delta Air Lines in Atlanta, Georgia, overseeing the strategic development, pricing, marketing, and overall management of the Delta Vacations worldwide tour product, representing \$350 million in annual gross revenue.

Ms. Phillips is a member of VISIT FLORIDA®, SKÅL International, the Florida Attractions Association, the St. Augustine Attractions Association, and the Women's Food Alliance. She is also a past member and secretary of the South Carolina Association of Tourism Regions (SCATR), as well as a graduate of the Leadership South Carolina Class of 2014. Prior to that, she was a member of Historic Hotels of America, the North Carolina Bankers Association, the North Carolina Airports Council, the American Association of Airport Executives, and the Public Relations Association of Western North Carolina, in addition to serving on various tourism, public relations, transportation, and economic development committees with the Asheville Convention & Visitors Bureau.

Ms. Phillips earned a Bachelor of Business Administration degree from Georgia State University in Atlanta, Georgia. She resides in St. Augustine, Florida. Her four adult children (which includes a set of 23-year-old triplets) live in Washington D.C., North Carolina, and Florida.

## Lightner Museum Announces New Exhibitions to Celebrate 75th Anniversary

In 2023, the Lightner Museum celebrates the 75th anniversary of its founding, and the 135th anniversary of its iconic St. Augustine building. Throughout 2023, the museum's diamond anniversary celebration will feature a series of new exhibitions, events, and opportunities to connect with art, history, culture, and community.

Opening on February 2, the Lightner Museum presents three new exhibitions, Ride On! Historic Bicycles from the Collection of Keith Pariani, 75 for 75: Lightner Museum Diamond Anniversary Exhibition, and St. Augustine Through the Lens of William Henry Jackson. St. Augustine residents and Lightner Museum members can preview the exhibitions at a Community Open House on February 2 from 6:00 p.m. – 7:30 p.m.

### Ride On! Historic Bicycles from the Collection of Keith Pariani

February 2, 2023 – September 30, 2023

In the 1890s the bicycle took over the hearts and minds of Americans. By the early twentieth century, almost 300 bicycle manufacturing firms were established in the US. Drawn from the private collection of St. Augustine bicycle aficionado Keith Pariani, Ride On! presents the American bicycle as an object of beauty and engineering ingenuity, featuring important innovations in bicycle design from the late-nineteenth and early-twentieth centuries.

### 75 for 75: Lightner Museum Diamond Anniversary Exhibition

February 2, 2023 – February 16, 2024

Founded in 1948 as the Lightner Museum of Hobbies, the Lightner Museum has its origins in the hobby boom that swept America in the early twentieth century. At the heart of the museum's offerings are its compelling collections. From lamps by Louis Comfort Tiffany and exquisite shells and geological specimens from around the world, to porcelain produced at Sèvres and Victorian mechanical musical instruments, the museum's collections are rich, eclectic, and always engaging. In celebration of the museum's 75th anniversary, 75 for 75 features a selection of artwork and objects from the museum's permanent collection.

### St. Augustine Through the Lens of William Henry Jackson

New permanent exhibition

In the decades following the Civil War, the photographer William Henry Jackson (1843-1942) played a major role in shaping public perception of the American landscape. In the 1890s, Jackson was commissioned by Henry Flagler's East Coast Railroad to produce a set of images to promote St. Augustine as a tourist destination. Today, Jackson's photographs remain a remarkable record of turn-of-the-century life in this historic city, offering a striking portrait of Gilded Age St. Augustine. (continue page 17)



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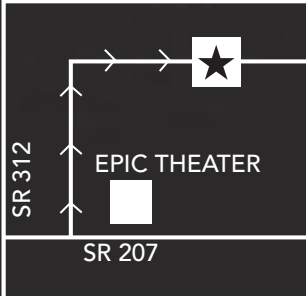
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## Lightner Museum 75th Anniversary

(continued from page 16)

### Community Open House

February 2, 6:00 p.m. – 7:30 p.m.

Free to museum members and residents of St. Augustine. Enjoy the museum's new exhibitions, visit our Museum Store, and enjoy the Radzinski Family Garden at this free Community Open House. Lightner Museum Members are invited to an early preview of these exhibitions at 5:15 p.m.

Support for the Lightner Museum's 75th Anniversary comes from the Crisp-Ellert Fund at the Community Foundation for Northeast Florida; the State of Florida, Department of State, Division of Arts and Culture, the Florida Council of Arts and Culture, and the National Endowment for the Arts; the St. Johns County Tourist Development Council and the St. Johns Cultural Council; Len Weeks General Contractors; Thompson Baker Insurance Agency; Tucker Cycles and Art Bikes Jax.

The Lightner Museum is dedicated to enriching the lives of visitors through our extraordinary collection, historic building, and dynamic exhibitions and programs. Founded in 1948 by Chicago publisher, collector, and professional hobbyist Otto C. Lightner, the museum offers an immersive experience of art, architecture, history, and design. At the heart of the museum's offerings are its compelling collections. From lamps by Tiffany and exquisite shells and geological samples from around the world, to porcelain produced at Sèvres and Victorian mechanical musical instruments, the Lightner Museum's collections are rich, eclectic, and always engaging. The Lightner Museum is open seven days a week, 9:00 a.m. to 5:00 p.m. at 75 King Street St. Augustine, Florida 32084. Visit [www.lightnermuseum.org](http://www.lightnermuseum.org) or call 904-824-2874.

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## 2023 Change of Watch Staff and Officers

US Coast Guard Flotilla 14-7 held its Change of Watch for members and guests announcing a new slate of Officers for 2023 on January 5, 2023 at Saint Augustine Yacht Club.

After a pot luck dinner, the program introduced the newly elected Commander and Vice Commander and they announced new and returning Staff Officers. Sean Flynn the Flotilla Commander and Jose Riera discussed the flotilla's plans for the new year - one of recovery, a renewed commitment to community service and re-integration of programs in community support. Present were approximately 20 members and invited guests of the flotilla.

Members and their guests recognized awards and service of the past year's members and officers. 2023 Flotilla 14-7 elected are:

- Flotilla Commander (FC): Sean P. Flynn
- Vice Flotilla Commander (VFC): Jose Riera
- Immediate Past Flotilla Commander (IPFC): Carmen Gautille
- Communications (FSO-CM): Open
- Communications Web Services (FSO-CS): Henry M. Seiden
  - Finance (FSO-FN): Joseph McCoy
- Human Resources (FSO-HR): Steven Bergmann
- Information Services (FSO-IS): Neil Rattrie
  - Materials (FSO-MA): Alphonse Joseph Albano
- Marine Safety (FSO-MS): Open
- Member Training (FSO-MT): Open
- Navigation Services (FSO-NS): Open
  - Surface Operations (FSO-SO): Steve Parsons
- Public Affairs (FSO-PA): Henry M. Seiden
- Publications (FSO-PB): Open
- Public Education (FSO-PE): Charles Elliott
- Partner Visitation (FSO-PV): Georgia Young
- Secretary/Records (FSO-SR): Steven Rich
- Vessel Examinations (FSO-VE): William Candeletti

The Coast Guard Auxiliary is the uniformed volunteer component of the U.S. Coast Guard and supports the Coast Guard in nearly all its service missions. The Auxiliary was created by Congress in 1939. For more information, please visit [www.cgaux.org](http://www.cgaux.org)



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