

April  
2021



# St. Augustine OBSERVER

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Area homes Monthly!!

St. Augustine Shores  
St. Augustine South  
Vail Point  
Southwood  
Grand Ravine  
Winding Creek  
Summer Breeze  
Crescent Cove  
South Walk  
and others

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



## Celebrating Poetry in St. Augustine

by Tatiana Diaz

April is National Poetry Month, and the St. Johns Cultural Council and Ancient City Poets have four main events planned throughout the month to celebrate. To kick off National Poetry Month local poets will have a book signing during the First Friday Art Walk from 5 p.m. to 8 p.m., Friday, April 2 at the Art Studio of St. Augustine

Beach, located at 370 A1A Beach Blvd. The following week features "Poetry on Film," hosted by James Scott, where spoken word documentaries and videos will be shown followed by a discussion. It takes place from 7 p.m. to 9 p.m., Thursday, April 8 at Art Box, located at 137 King Street. Another book signing is scheduled during the Farmers Market at Air Stream Row on Vilano Beach from 10 a.m. to 3 p.m., April 17. And closing out National Poetry Month is an open mic poetry reading hosted by the Ancient City Poets at 3 p.m., Sunday, April 25, at the outdoor pavilion outside the WildHeart Boutique and the Butterfield Garage Art Gallery, located at 137 King St.

Chris Bodor, local poet and founder of the Ancient City Poets in St. Augustine, helped organize the events in the oldest city to shine the spotlight on poetry.

"The Ancient City Poets open mic was created in April of 2009 by Glenda Bailey-Mershon and the Cultural Council as a local observation of National Poetry Month," Bodor said in an email about the month-long celebration in St. Augustine. "I was really missing the positive effects of the poetry series that I ran in New York City, so I offered to take the poetry baton when Glenda moved



Robert Waldren

## St Augustine South Reflections

by Ruth Hope, SASIA Board

Where has the last month gone? Like many gardeners, I have been busy in the garden and have had oak leaves on my mind. While others are blowing and raking leaves into bins and bags for the County to collect, my son and I joined the few who collect leaves from round the neighborhood. SASIA started us on the habit a few years ago, when the Board was collecting leaves to mulch the Clubhouse garden. "You rake 'em, we take 'em." Shredded wood mulch suppresses weeds and helps retain moisture. So does leaf mulch. Leaf mulch additionally breaks down faster to enrich the soil, and supports insects, grubs and caterpillars. These are vital for the food webs that our song birds need to survive. I have a brown thrasher in my garden that goes round turning leaves regularly. Back in February, there were flocks of American robins down there doing the same before their migration north. They would not do that in a shredded wood munched yard!

Even non-gardeners amongst us will have been very aware of the copious amounts of pollen recently. It coats our cars, gets through the screens into our lanais and homes, and makes a fair few lives miserable. The pine pollen hit us at the beginning of March – with veritable drifts of pollen along the top of my son's lanai surfaces. Now its oak pollen and that will last well into April. Some swear by local honey as a cure: I put my faith in MERV 11 filters in my aircon. I wont use MERV 8 again until after the pollen season.

Last month, I mentioned a trove of cuttings from the St Augustine Record, photographs and other publications that detail aspects of the (Continued on page 14)



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St. Augustine Observer  
1965 A1A South #120  
St. Augustine, FL 32080-6509

### What's Inside The Observer This Month...

- **St. Augustine Shores:**  
Annual Budget Summary 2021-22  
All events and meetings cancelled  
Board meeting at 6 pm Virtually  
Spring Yard Sale April 3rd
- **St. Augustine South:**  
SASIA Meetings Continue  
Club House Rental Continues  
Annual Events Planned
- **Computer Corner:** Should I Buy a Mac?
- **Financial Focus:** Time for Some Financial Spring Cleaning
- **Health Focus:** Prevention vs Correction
- **Diaries of a Shores Grand-Dad**
- **Wildflower Meadow**



Kimmy Van Kooten

out of state. For the past eleven years we'll have dedicated our April last Sunday of the month open mic reading to National Poetry Month. This year, the St. Johns Cultural Council offered assistance, and I graciously took them up on their generosity. The County is offering so much support that they are even presenting us with a proclamation in April."

Bodor is excited for "the new voices who have something amazing to say," and is especially looking forward to the new generation of poets and lovers of poetry alike. "Dylan Galley, the 9-year-old with a notebook (continued on page 3)

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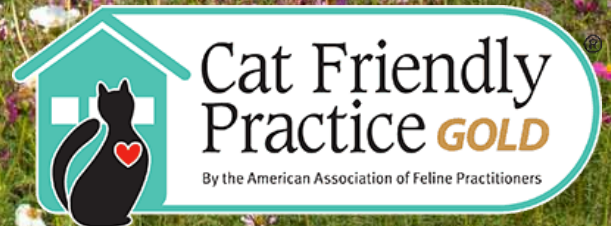
880 Santa Maria Blvd., Suite 10

Saint Augustine, FL 32086

(904) 496-0400

YourVet@ShoresAnimalHospital.com

## We look Forward to a Healthy and Happy Spring!



# St. Augustine Observer

Published monthly for residents and visitors of St. Augustine, Florida area  
1965 A1A South #120 • St. Augustine, FL 32080-6509  
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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 "Follow us on Instagram and Facebook: @staugustineobserver"

month's issue. Articles or information may be sent to the St. Augustine Observer, 1965 A1A South #120, St. Augustine Florida 32080-6509. 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.

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## St. Augustine Shores Community Calendar

**The Shores Service Corporation**  
**Shores Homeowners Association**  
**(904) 794-2000**  
**www.staugshores.org**

### Shores Monthly Meetings

- **Shores Service Corporation** monthly meetings are held on the second Thursday of each month. Virtual Meetings are at 6 p.m. at the Riverview Club due to the COVID-19 virus until further notice.
- **Conquistador Condominium** Board meetings are held on the fourth Monday of each month at 6

- p.m. at the Riverview Club.
- **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** 2020 Board Meetings: March 16th- 6pm (Annual Meeting), April 20th- 6pm, May 4th- 6pm, June 15th- 6pm, July 20th- 6pm, August 17th- 6pm, September 21st- 6pm, October 19th- 6pm, November 9th- 6pm, December 21st- 6pm. For Information contact Ellen Lumpkin at 904-461-5556.

## St. Augustine South Community Calendar

**St. Augustine South Improvement Assoc.**  
**709 Royal Rd. St Augustine, 32086**  
**email: staugsouthimpassoc@gmail.com**  
**www.staugsouth.com**  
**(904) 794-4214.**

**SASIA Meeting 3rd wed at 7:00 PM**  
Please join us and bring your ideas on how to improve our wonderful neighborhood! Connect with us on our Facebook.com and NextDoor.com pages: St. Augustine South Improvement Association.

Residents interested in joining SASIA please see for application below:  
<https://www.joinit.org/o/st-augustine-south-improvement-association>

### Monthly Meetings at Clubhouse

**Yoga** - Join Registered Yoga Teacher Emily Flagler for Gentle Flow Yoga on Thursdays 5:30 - 6:30! Just bring your yoga mat, towel, and water. Try your first class for free!

**Tai Chi** - Join Instructor Katie Monaghan for a donation based Tai Chi class on Tuesday's at 6:00PM. For more information please contact Katie at (904) 377-3390 or email at KatieMonahanTaiChi@gmail.com

### SASIA Board Members

- President - Alan Chappell
- 1st V.P. - Robert Kennedy
- 2nd V.P. - Josh Silcox
- Secretary - Kate Anreise
- Treasurer - Jerri Sue Dawson
- Board Member - Ruth Hope
- Board Member - Cindy Zimmerman
- Board Member - Nicolette Soucy

## 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. Free listings of 5 items or less should be sent. **Free ads Are Not for Business or Personal Service ads.**

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, 1965 A1A South #120, St. Augustine, 32080-6509. 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:** Antique Cherry Hutch. Two sections. Two glass doors on tops with two solid wood doors on bottom. Height 5'6" Width 3'. Excellent Condition. \$100. Call 904-797-5893.

**FOR SALE:** (1.) Antique Commercial sewing machine. Very good working cond. 951 singer. asking \$200.00 o.b.o. (2.) DTX 400 Yamaha electronic drum set. LIKE NEW asking \$300.00 (3) Set of Cymbals including: 1- 10in splash, 1- 14in crash, 2- 12in high hat, 1- 16in ride, 1- soft carry case. Asking \$100.00 (4) Professional set leathercraft tools and books and supplies. asking \$200.00. Call Frank 386-643-9384.

**FOR SALE:** 1. Signed & Framed Golf print: "Augusta 12th" 42 x 18. \$45.00. 2. Gold Contemporary Style Sofa, 68" \$85.00. 3. Country Style Kitchen Table w/2 12" leafs and 4 chairs \$85. 4. 3 pc brass

+ glass living room tables, 1- 46x25x15, 2-25x25x15 \$20. Call 904-687-9149.

**WANTED:** Mechanical Typewriter in good condition. Call Jack 797-7480

**WANTED:** Stationary Exercise Bike for Senior Male. Call Nancy. 904-806-2060.

**WANTED:** Silver Coins, Gold and Jewelry at great prices. Call Mike at 904-501-1449.

**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.

**House Cleaning & Pressure Washing:** We are a new to the Shores couple who are available for house cleaning and most outdoor jobs. Excellent references upon request. Mature, with years of experience. We look forward to hearing from you! Call Linda at 904-615-3489.

## Celebrating Poetry

(continued from page 1)

full of poems, always takes my breath away," Bodor said. "I am like a verbal vampire, I am always searching for fresh poetry blood and new talent."

National Poetry Month was established in April 1996 by the Academy of American Poets to showcase the importance of poetry in our culture and lives. Bodor shares a similar sentiment.

"National Poetry Month is a forced, yet very much appreciated, spotlight on poetry and spoken word," Bodor said. "People who would not normally be exposed to poetry get a taste of it every April. If someone picks up a pen and writes down something that is in their heart onto a piece of paper, then I will have done my job."

For more information about local National Poetry Month events in St. Augustine, visit the St. Johns Cultural Council's website at [www.stjohnsculture.com](http://www.stjohnsculture.com) and to find out more about National Poetry Month, visit [www.poets.org/national-poetry-month](http://www.poets.org/national-poetry-month).

## Gamble Rogers Music Festival Board of Directors Cancels Live Spring 2021 Event

The Board of Directors of the Gamble Rogers Music Festival will cancel the spring 2021 event, originally scheduled for April 30-May 2 at the Colonial Oak Music Park in downtown St. Augustine.

The annual festival honors the late James Gamble Rogers III (January 31, 1937-October 10, 1991), a famed folk musician and storyteller. His musician friends came together more than 25 years ago to celebrate his legacy with a festival held in St. Augustine, Florida — featuring national, regional, and local musicians and storytellers on several stages.

The 25th anniversary event was canceled in 2020 due to the Covid-19 pandemic, and at the request of Gambles' family, the 2021 event will also be cancelled due to the ongoing health crisis.

With the help of the St. Johns Cultural Council in 2020, an online Gamble Rogers Music Festival Concert Series took place, with 10 musicians performing on Facebook Live from May 4-15, 2020.

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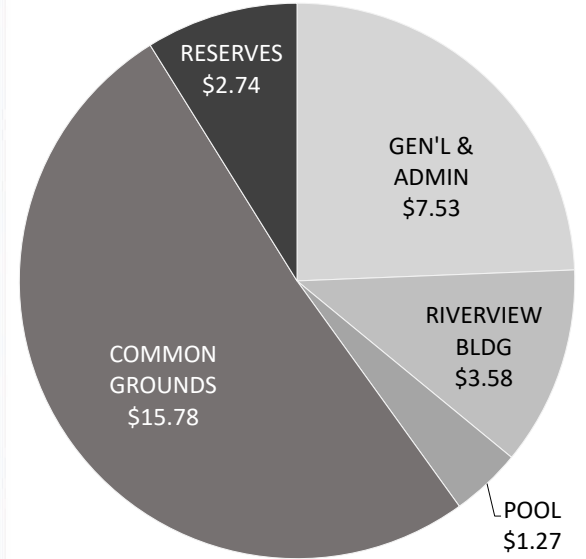
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# St. Augustine Shores Service Coropration

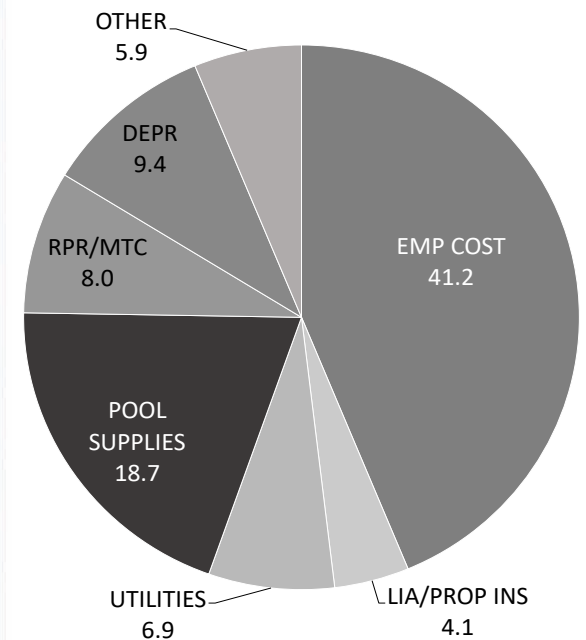
## Approved Budget For The Year July 1, 2021 through June 30, 2021

	GENERAL & ADMIN	COMMON GROUNDS	RIVERVIEW BUILDING	POOL	2022 TOTAL BUDGET	2021 TOTAL BUDGET	% CHANGE FROM 2021
<b>MAINTENANCE FEES</b>	<b>\$1,274,810</b>				<b>\$1,274,810</b>	<b>\$1,274,810</b>	<b>0.0%</b>
LEASE INCOME-COMPOUND		12,516			12,516	12,516	0.0%
ACC PERMITS	1,880				1,880	1,520	23.7%
TRANSFER FEES	7,050				7,050	6,350	11.0%
ESTOPPEL FEES	16,500				16,500	12,700	29.9%
RIVERVIEW ACTIVITY FEES			0		0	49,812	-100.0%
POOL FEES				32,107	32,107	49,129	-34.6%
RIVERVIEW RENTALS			0		0	60,644	-100.0%
COMPOUND RENTALS		64,800			64,800	61,200	5.9%
OTHER INCOME	9,836				9,836	12,930	-23.9%
<b>TOTAL REVENUE</b>	<b>\$1,310,077</b>	<b>\$77,316</b>	<b>\$0</b>	<b>\$32,107</b>	<b>\$1,419,500</b>	<b>\$1,541,611</b>	<b>-7.9%</b>
<b>EXPENSES:</b>							
PAYROLL	\$144,166		\$36,726	\$35,640	\$216,533	\$245,044	-11.6%
PAYROLL TAXES	11,616		2,959	2,872	17,447	19,760	-11.7%
WORKERS COMP INSURANCE	2,076		529	1,711	4,316	4,299	0.4%
DISABILITY INSURANCE	1,318		410		1,728	2,232	-22.6%
EMP MED/LIFE INSURANCE	31,367		14,587		45,955	74,065	-38.0%
PENSION COSTS	9,896		1,910		11,806	15,111	-21.9%
LIABILITY & PROP DAMAGE INSURANCE	10,776	3,731	12,910	4,094	31,512	29,881	5.5%
LEGAL SERVICES	3,000				3,000	5,000	-40.0%
ACCOUNTING SERVICES	37,146		795	772	38,713	20,725	86.8%
OFFICE EXPENSE	24,493				24,493	29,126	-15.9%
POSTAGE	10,151				10,151	10,357	-2.0%
ANNUAL MEETING EXPENSE	15,153				15,153	13,515	12.1%
TRAINING	200			220	420	420	0.0%
SECURITY		3,456	2,607		6,063	4,687	29.4%
CONTRACT LANDSCAPE SERVICE		349,373			349,373	339,197	3.0%
REPAIR AND MAINTENANCE	750	24,154	22,375	5,505	52,784	50,875	3.8%
TELECOMMUNICATIONS	4,052		252		4,304	5,064	-15.0%
ELECTRICITY	857	156,085	9,187	5,084	171,212	183,743	-6.8%
WATER	336	1,248	3,600	1,790	6,973	8,867	-21.4%
PROPANE			2,660		2,660	3,876	-31.4%
TRASH SERVICE	4,500	10,395	5,668		20,563	22,354	-8.0%
GAS AND OIL	3,053				3,053	2,781	9.8%
SUPPLIES			2,778	18,670	21,448	23,310	-8.0%
OUTSIDE SERVICES	1,934	19,600	30,250	8,000	59,784	85,676	-30.2%
MISC ADMINISTRATIVE EXPENSE	3,093				3,093	2,719	13.8%
MISC RIVERVIEW EXPENSE			5,588		5,588	7,693	-27.4%
MISC COMMON GROUNDS EXPENSE		20,000			20,000	20,340	-1.7%
RIVERVIEW ACTIVITY CLUB EXPENSE			0		0	38,828	-100.0%
BAD DEBTS	17,050				17,050	14,276	19.4%
TAXES AND LICENSES	408		255	350	1,013	3,982	-74.6%
LAKE TREATMENT		37,680			37,680	39,180	-3.8%
TREE REMOVAL		70,000			70,000	70,000	0.0%
ANIMAL/PEST CONTROL		2,800			2,800	2,800	0.0%
PLANTS, MATERIALS AND MULCH		25,180			25,180	28,590	-11.9%
COMPOUND COST		4,502			4,502	4,500	0.0%
SERVICE CHARGES/CREDITS	8,383		(8,383)		0	0	0.0%
DEPRECIATION	1,018	4,825	23,204	9,446	38,493	41,715	-7.7%
<b>TOT OPERATING EXPENSES</b>	<b>\$346,792</b>	<b>\$733,028</b>	<b>\$170,868</b>	<b>\$94,153</b>	<b>\$1,344,842</b>	<b>\$1,474,588</b>	<b>-8.8%</b>
NON CASH EXPENSES	\$1,018	\$4,825	\$23,204	\$9,446	\$38,493	\$41,913	-8.2%
<b>CASH SURPLUS/(DEFICIT)</b>	<b>\$964,303</b>	<b>(\$650,887)</b>	<b>(\$147,664)</b>	<b>(\$52,600)</b>	<b>\$113,151</b>	<b>\$108,936</b>	<b>3.9%</b>
RESERVE FUNDING					\$113,151	\$108,936	3.9%
ACQUISITION OF NEW ASSETS					\$0	\$0	
FEE CHANGE					(\$0)	\$0	

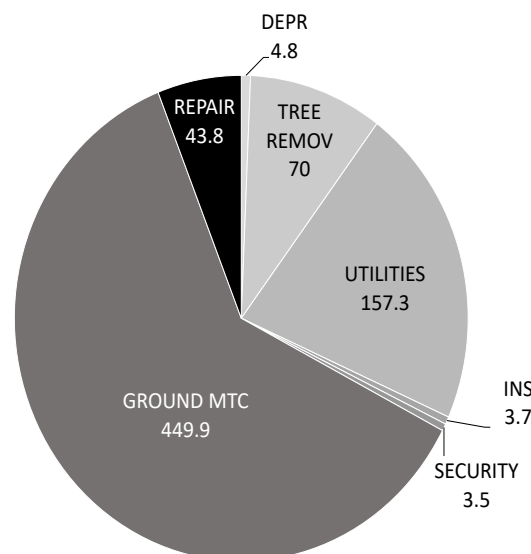
**St. Augustine Shores Service Corp. 2021 – 2022 BUDGET**  
Allocation of \$30.90 monthly Maintenance Fee



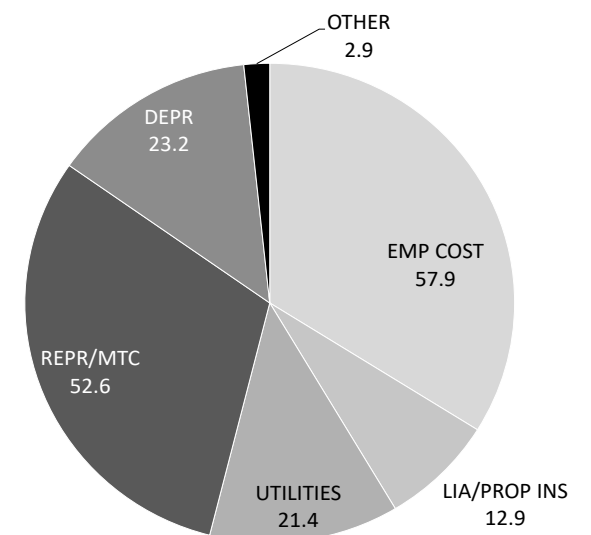
**POOL 2021-22 BUDGET \$94.2**  
(In thousands)



**COMMON GROUNDS 2021-22 BUDGET \$733.0**  
(In thousands)



**RIVERVIEW BLDG 2021-22 BUDGET \$170.9**  
(In thousands)



## St. Augustine Shores

### Spring Yard Sale!

**Saturday, April 3<sup>rd</sup>**  
**8 am - 12 pm**

Soccer field @ the Riverview Club  
790 Christina Drive, St. Aug FL 32086

- Pick your own spot.
- You must provide your own table.
- Practice safe distance – at least 10 ft apart.
- Must be a Shores resident.
- Please wear a mask when social distancing can't be maintained.

# St. Augustine Shores & South News & Events



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

### In-Deed We Do...

Did you know that St. Augustine Shores is a deed restricted community? So what does this mean and how does it affect you?

When the Shores Community was first planned, a set of deed restrictions were written and agreed – basically a set of rules for developing the community. These deed restrictions were designed to ensure that the St. Augustine Shores would be developed and maintained to a high standard for the benefit of all the residents and to reduce conflict by ensuring a reasonable level of conformity from one property to the next. The deed restrictions are binding on all residents and owners and are almost identical for all the areas in the Shores. There are only minor variations, mostly for commercial areas and properties bordering lakes and the golf course. Some of the subjects covered by the deed restrictions include, but are not limited to, fences, sheds, yard maintenance, yard signs and animals.

To make changes to the deed restrictions requires the agreement of 75% of ALL property owners – a next to impossible feat – which is why they have not changed since adoption.

For more information about the deed restrictions and how they affect your home, please visit the St. Augustine Shores web site at the address listed below. You will also find information concerning the by-laws and Architectural Control Committee that also influence the running of the community.

The next Board of Directors meeting is being held virtually via Zoom.com. Next meeting date is Thursday April 8, 2021 at 6pm.

Stop Press.... At the March 4th Budget Meeting, the St. Augustine Shores Service Corporation board agreed to keep the maintenance fees at the current level of \$30.90 per month for the year starting July 1, 2021.

St. Augustine Shores Service Corp. 790 Christina Drive | St. Augustine, FL 32086  
904-797-6441. On Line at [www.staugshores.org](http://www.staugshores.org)

## GriefShare

Crescent Beach Baptist Church

GriefShare is a weekly seminar and support group designed to help you rebuild your life after losing a loved one.

- Wednesday, 6pm-7:30pm, February 3- April 28, 2021
- Crescent Beach Baptist Church, St. Augustine, Fl. 32086

Contact Melanie at 904-759-1054 or email [rscogn@gmail.com](mailto:rscogn@gmail.com) or [GriefShare.org](http://GriefShare.org) under Find a group to register. You are welcome to join any time during the 13 week period.

## St. Johns County Receives Regional Award for Excellence in Affordable Housing

St. Johns County was recently awarded the Regional Award for Excellence in Affordable Housing by the Northeast Florida Regional Council for the County's new workforce housing zoning designation. The St. Johns County Board of County Commissioners authorized a new zoning designation that would offer incentives for local developers to produce housing for families that make less than the Annual Median Income.

The award recognizes individuals, organizations, or specific projects with a primary focus on meeting the planning and growth management needs of communities within the Northeast Florida Region.

The "workforce" zoning designation went into effect in August 2020 and has drawn interest from a variety of homebuilders. For more information, please visit [www.sjcfcl.us/GrowthManagement/index.aspx](http://www.sjcfcl.us/GrowthManagement/index.aspx).

## SASIA Social Committee is Planning a Year of Events

by Ruth Hope, SASIA Board

Lorie Davidson has stepped forward to lead the Social Committee. She is putting her enthusiasm and skills into a calendar of events for everyone in the community. Currently all events in the planning will be outside so that no one is excluded by their observation of Covid-19 prevention actions. However, should the situation improve over the year, the Holiday Event may include an inside party. We would like more volunteers to join Lorie and the Social Committee: please email her [ldavidson4124@gmail.com](mailto:ldavidson4124@gmail.com) to volunteer.

### Saturday April 24

• **Community Clean-up (9am - 12 noon):** Meeting at the clubhouse, 709 Royal Rd. Please wear closed toe, stout, footwear and wear gardening or other thick gloves. If you have a "grabber" bring it along. SASIA will provide trash bags. Neighbors' chatter and enthusiasm always make this a fun event.

• **Plant and Seed Swap: 11am to 1pm:** In the picnic shelter at 709 Royal Rd. Come and talk plants and gardening; meet neighbors with similar interests. Participants from other neighborhoods WELCOME! You need not have anything to swap, participants love to share their plants.

• **Refreshments (12 noon):** Beverages and snacks will be on sale at the SASIA Clubhouse Everyone welcome to come and meet neighbors, even if not in the clean up or plant swap.

### Saturday May 1

• **St Augustine South in Bloom Spring Garden Tour (12pm - 4pm):** Collect wristbands and maps from 709 Royal Rd. Prizes will be awarded. Now is the time to spruce up your gardens; email [RuthSASIA@aol.com](mailto:RuthSASIA@aol.com) for further details.

### Saturday May 8

#### St Augustine South Arts and Crafts Fair (10am - 2pm at 709 Royal Rd):

St Augustine's many talented artists and crafters will show and sell their work, which we are planning to be a great community social event including refreshments – and possibly a food truck. Artists may contact Ingrid Jones at [SASIAart@hotmail.com](mailto:SASIAart@hotmail.com) to sign up, or for more information.

• **SASIA Fourth of July Celebration (Shore Drive Waterfront Park):** We will have family events and refreshments during the afternoon. Join us and then watch the St Augustine Fireworks over the Matanzas in the evening.

• **St Augustine South Fall Festival (Date to be finalized):** In planning as a fun event for everyone in the community.

• **SASIA Holiday Event (December 4):** Santa's arrival and Tree lighting, hot apple cider from 5pm to 6-30pm; Mulled wine and adult social from 7pm. SASIA Clubhouse grounds

• **General Meeting 3rd Wednesday of each Month:** Watch for announcements on NextDoor regarding the agenda each month. We hope to have a zoom alternative for those who want to participate but not attend in person. Please join us and bring your ideas on activities and events that will add to the quality of life of everyone living in St Augustine South. Connect with us on our Facebook.com and our NextDoor.com pages: St Augustine South Improvement Association.

• **Clubhouse Rentals:** The SASIA Clubhouse at 709 Royal Road is available for private hire subject to any restrictions on numbers of participants and the percentage occupation of the building as decreed by the Florida Governor and State Department of Health. Renters are responsible for ensuring the surfaces are sanitized with Lysol or bleach before their event, and for ensuring current guidelines on numbers of participants and social distancing are maintained. Call Theresa on (904) 794-5129 to make your booking.

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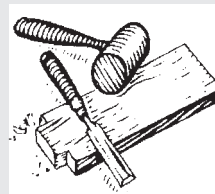
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## The Wildflower Meadow

In February our group hiked in a park called the Hewitt Mill Historic site. It's a little known park off Highway 1 just north of King's road in Flagler County. In March we hope to go to the DeLand Wildflower and Garden Festival.

In the meantime a few early spring flowers are beginning to bloom: blue-eyed grass, wood sorrel, innocence, a few spiderwort, coreopsis, lyre leaf sage, sour grass, rosemary, flea bane, toad flax, and blueberry. Blossoms on the Hawthorne tree are lasting MUCH longer than they did in previous years and we wonder why.

There was a light rain during our March meeting but a few of us came and worked anyway. Becky and Russel trimmed back the honey suckle vine and secured it better to the trestle. We planted some more St. John's wort, paw paw, and now wait patiently to see what transplants and seeds will take root, grow and blossom. And what else will come on its own without our having anything to do with them?

We meet at the meadow near the Riverview clubhouse at about 8:30 the first Saturday of each month and usually work for a couple of hours. We also try to have a hike once a month. We're an informal group without officers or dues and hope you will join us. You can join us for hikes only, work in the meadow only, or both.

Call Cindy at 904-797-3931 for more information.



## St. Johns County COVID-19 Vaccination Appointments Available

Appointments to receive COVID-19 vaccinations through St. Johns County are available by preregistering at <https://sjcvaccineappointment.sjcl.us/>. To receive the COVID-19 vaccine, you must be at least 60 years of age and older, a K-12 school employee who is 50 years of age and older, a sworn law enforcement officer who is 50 years of age and older, a firefighter who is 50 years of age and older, a healthcare professional with direct patient contact, or be deemed by a physician to be extremely vulnerable to COVID-19 with an authorized Florida Department of Health COVID-19 Determination of Extreme Vulnerability form. For more information or assistance with preregistration, please call the St. Johns County COVID-19 Vaccination Hotline at 904.295.3711 (dial all ten digits).

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## News From Around St. Johns County

### An Invitation to the Living With Cancer Support Group

Whether you're a patient, survivor or caregiver, this is your opportunity to talk about the day-to-day challenges of living with cancer in a group of people who can inspire, relate to and support you along your journey.

Meetings are the Third Wednesday of every month at 11:00 am. Our next meeting will be on April 21, 2021. Currently being held remotely in a Zoom platform. Please call 904-819-4742 for zoom invite or for more information.



### Free AARP Tax-Aide Preparation Service

AARP TAX-AIDE has announced that they will again provide free tax preparation service. This year the tax service is offered at five locations, all by appointment only. The service became available starting with the week of February 15. Masks are required. Appointments should be made as soon as possible.

The AARP TAX-AIDE service is free and is available to taxpayers of all ages for personal tax returns. AARP membership is not required. Dates and times at all locations will be limited. The locations and phone numbers to make an appointment are:

Main Library ---- 904-827-6940  
Southeast Library ---- 904-827-6900  
Hastings Library ---- 904-827-6970  
Anastasia Baptist Church ---- 904-687-7351

### St. Augustine Travel Club

Hi Travel Lovers! As you already are aware, we have not convened our Travel Club meetings at the library due to the coronavirus; and having asked the library staff, there is no commitment yet and probably not for sometime to come. We have been assured that we will be provided a room for our meetings and the library will certainly accommodate us as the Travel Club is very popular.

We will issue an email to everyone when we will be able to resume. In the meantime, please keep yourselves safe; and let's all do the best we can under these challenging times. We look forward to seeing you back. Call Peter Dytrych at 904 797-3736.

### First Coast Card & Newcomers Club

provided by Leanne Dally

APRIL

1) First Coast Florida Lifestyles Newcomers Recreation Card/Games Club Events:  
Saturday, April 10th. Card Playing. Kookaburra-Australian Coffee Cafe, St. Augustine. Arrival: 2P. Cards: 2:15P-5:15P. Masks Worn

Sunday, April 18th-Lunch/Card Playing. Pizza/Italian Rest. St. Augustine. Arrival: 12:45P. Cards Begin: 1:30P-4P. Must buy at least 2 Items hereto satisfy Mgmt. Masks Worn.

Sunday, April 25th. Card Playing. Dunkins Cafe, St. Augustine. Arrival: 2:00P. Cards: 2:15P-5:15P. Masks Worn.

Please Contact Our Club Organizers To RSVP Yes In Advance and to receive the Venues & Addresses To: 904-829-0643. Days/Evenings. Phone Calls Only. Open To Both Men/Women. Smoke/Drug Free Club.

2) First Coast Florida Lifestyles Newcomers Recreation & Activity Club Events:  
Saturday, April 3rd. Dinner/Rockabilly Duo. 50's Music Plus. Flagler Beach, FL Outside. Arrival: 5P. Bring Masks.

Monday, April 5th. Clay County Fair Day. Green Cove Springs, FL. Outside. Arrival: 4P. Cost: \$5. Bring Masks.

Friday, April 16th. Dinner/V-Pizza Rest. Music-Rock N Roll Band. Jacksonville, FL. Arrival: 5:30P. Masks Worn.

Sunday, April 18th. Dirty Dozen Brass Band Music Concert. St. Johns Co. Outside. Arrival: 5:15P-8P. Free. Food Trucks. Bring Chair & Mask.

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## "Diaries of a Shores Grand-Dad"

by Dirk Schroeder

You never know when it ends up happening to you but no matter who you are, it will happen to you. Sometimes it is deliberate because you want it to happen and other times it's totally accidental; you were not expecting it and you could have cared less about it. Other times it can go awry and you may not even know what set it in motion to come undone. In some cases, without much notice and maybe through no fault of your own, it ends. Sometimes it last a lifetime, as it should. At its best - it always gets better. By now, you're probably wondering what I'm talking about but it should be obvious: I'm talking about falling in love and being married.

You may not remember where you were and what you were doing on April 1st, 1989 but I will never forget that beautiful day in St. Augustine in the garden of the Oldest House in the United States. For those of you that are happily married, I'm sure that you remember your special day in great detail. If your memory isn't that good, you probably have photos and maybe even some video to look at and to reminisce. After our April Fool's ceremony, we had a horse and buggy take us around town and we took photos at the Fort and in front of City Hall. Our reception was at the Lighthouse in the upstairs ballroom and we took off from there that evening on our honeymoon on a cruise to the Caribbean.

We started our life together in a small starter home on Queen Road in St. Aug. South. By 1997, after the birth of our third boy, our 1,400 SF two bedroom house was

way too small and we moved to Rita Circle in St. Aug. Shores. After our boys started going off to college, our house started getting emptier. Our middle boy was the first Shores homeowner in our family in 2016 and our youngest moved in with him for a few years. Then Kathy and I moved into San Savino in The Shores in 2018. Eventually our youngest bought his first house on Travino and our oldest bought our former home on Rita Circle. If anyone would have told me in 1989 that we would have three awesome boys and that we would be grandparents less than 30 years after we were married, I would have never believed it.

At its best - it always gets better. Sure there will be bad days and misunderstandings and days where you may be unsure about a lot of things but you think back and think about how many good days that you've enjoyed and how many are yet to come and the bad days feel trivial (at least they should) and you smile and think, "How lucky am I?" And if you're one of those people who has never found love for a few years or for a lifetime, you know that someone already loves you; someone who already walks with you wherever you go. Before you were born and when you are gone, the Love of Almighty God walks with you daily. This Easter, remember that you are never alone and that you have someone that loves you eternally. On that note, I wish everyone a Happy Easter and, as always, a Sunshine State of Mind.

## Food Distribution At Awaken City Church

Awaken City Church distributes food every Tuesday evening from 5:30-7:30 pm at 84 Theater Drive suite 400 (two doors down from Epic Theater in St Augustine) - no requirements.

## An Evening of Arias

Gala Fundraiser of music of Jeanette MacDonald & Nelson Eddy

The pair starred in tuneful movies from the 1930s including Naughty Marietta, Rose Marie, and The New Moon, which featured popular music by Victor Herbert, Rudolf Friml, and Sigmund Romberg.



MacDonald and Eddy also enjoyed successful careers in opera and musical theater, as well as radio and early television. Featuring heavy Hors D'oeuvres, a silent acution and a performance by First Coast Opera Guest Artists.



The evening's events will begin at 6 :00pm on Saturday, April 10 at Marsh Creek Country Club, 169 Marshside Drive, St. Augustine, Florida 32080. For ticket informati please contact 904-

417-555 or see the website, firstcoastopera.com.

## Financial Focus

Information Provided by

Edward Jones

## Time for Some Financial Spring Cleaning



In just a few days, we will experience the vernal equinox – one of the two times in the year when the sun is exactly above the equator. Apart from this astronomical anomaly, though, the equinox is mostly known as the beginning of spring – a fresh beginning and the time to spruce things up. This year, as you tidy up your home and surroundings, why not also consider some financial spring cleaning?

Here are a few ideas for getting your financial house in order:

### 1. "De-clutter" your portfolio

Over the years, many of us tend to pick up duplicate items that find their way into the nooks and crannies of our homes, gathering dust and remaining unused. Over time, your investment portfolio can also accumulate redundancies – that is, you might own several investments that are essentially similar. It might be appropriate to replace some of these and broaden your holdings.

### 2. Own your investments purposefully

You own certain things for certain reasons – a broom to sweep the floors, a microwave to heat the food and so on. As an investor, you should be following a goal-based strategy that includes the matching of certain investments with certain objectives. For example, you might own stocks or mutual funds to eventually provide the capital appreciation potential you'll need to retire comfortably. But you might also own other vehicles, such as bonds or other fixed-income investments, to provide you with a source of regular income.

### 3. "Dust off" your investment strategy

Over a long winter, your windows can get dirty and grimy, so, when spring arrives, you may want to get out the glass cleaner – and when you're done, you'll be able to see out more clearly.


Over time, your investment strategy may get somewhat "dusty," too, especially if you've experienced significant changes in your life, such as a new job, a new child or even a new plan for retirement. By periodically reviewing your investment strategy, you'll be able to clarify your vision for the future.

### 4. Protect yourself from hidden dangers

If you poke around your garage, shed or other storage area, you may well find some objects – gardening tools, paint thinners and engine fluids, leaning ladders and so on – that could be dangerous, either because they aren't stored properly or they're hard to see and can cause trips and falls. As part of your spring cleaning, you'd want to get these objects out of harm's way to safeguard yourself and your family. But when you think of your financial situation, are you also exposing yourself and your loved ones to risk? If something were to happen to you, could your family members stay in their home? Could your children still go to college? To help keep their lifestyle intact if you weren't around, you'll need adequate life insurance. And to avoid burdening your grown children with potentially huge expenses should you ever need some type of long-term care, such as an extended nursing home stay, you may want to talk to a financial advisor about protection strategies.


By taking some spring cleaning measures, you can brighten your living space for the seasons ahead. And by applying some of the same principles to your financial environment, you can help improve the prospects for meeting your important goals.

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC*



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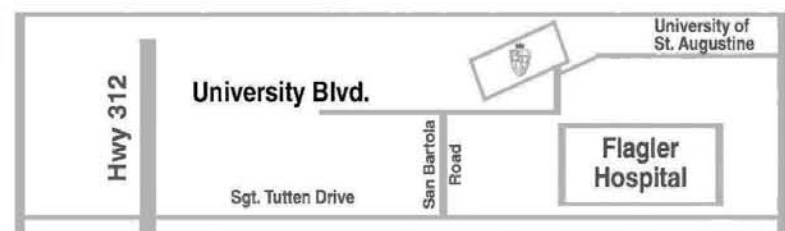
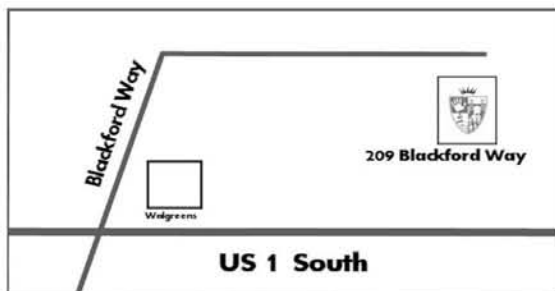


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## Prevention vs Correction

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

I recently had a patient tell me, "I wish I would have started this long ago." He's developed neck and shoulder pain from years of faulty posture. His forward head, neck and shoulder posture has caused years of compensatory movement, muscle imbalances and tissue strain. He is doing well, but it is true, it would have been easier if he had prevented or minimized the faulty posture in the first place. This has become especially true with inactivity and life changes due to COVID.

Our bodies are always adapting to the stresses. Tissues grow and change depending on such forces. Over time, muscles, ligaments and tendons begin to yield to gravity. Some shorten. Others lengthen. Low backs tend to flatten and necks tend to curve as the head moves forward. The result of these imbalances can be painful, putting pressure on discs, nerves and joints. The longer these imbalances remain, the more difficult they are to reverse. Therefore, prevention is better, and easier than correction.

Many folks perform routine maintenance on their cars to prevent breakdown; oil changes and tire inflation/rotation, to name a few. They may even get vaccinated as a child to prevent diseases or most recently for COVID to prevent more serious consequences. But when I start talking about maintaining the health and mechanics of the body (wheels, tires, shocks), or the condition of the cardiovascular system (the engine) or even the nervous system, which controls everything, (even balance), maintenance is often an afterthought.

Physical Therapists call the maintenance of the body 'Wellness' – staying "well". This is often interpreted as exercise and conditioning only. And although those are important components, exercise and conditioning alone may not correct or maintain the mechanical problems needed for movement. They usually fall short of correcting faulty posture or compensatory movement patterns.

The physical and occupational therapists at First Coast Rehab are trained to use manual therapy to make these corrections. We gently push/pull the joints

and manipulate and/or stretch the muscle to improve local movements, followed up with exercise to help to lubricate and maintain the correction.

The advantages of prevention vs correction are many. Staying mobile and healthy is easier than trying to get back into shape. Many of us have experienced this firsthand during this season of pandemic. But, as we slowly make our way out of it, it is a great time to kick the tires, get things moving again and start a routine. Get your body moving. Keep your body moving. It can potentially shield you from injury or losing independence.

Lastly, staying mobile and healthy makes you feel better. It can prevent those aches and pains from gaining ground. Correction is always an option but in the long run, prevention is always better. It just requires a plan.

If you feel you have lost mobility, developed aches or pains, or just not able to do what you could pre-COVID, consult your MD and/or physical therapist.

At First Coast Rehabilitation, our musculoskeletal specialist can design a correction and maintenance plan specific for you. Our motto is "One Therapist, One Patient, One Goal and One Plan", - always - because one plan does not fit all.

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



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## Senior & Tobacco Programs Support Northeast Florida AHEC

Up coming programs that are sponsored by NEFAHEC, ElderSource and the State of Florida, Department of Elder Affairs. Northeast Florida Area Health Education Center (NEFAHEC) a non-profit organization, works in partnership with ElderSource to improve the health and well-being of adults ages 60 and over. The programs listed are offered at no charge. The service area includes Baker, Clay, Duval, Flagler, Nassau, St. Johns, and Volusia Counties. for information contact Vanessa Salmo, MPH, (904) 482-0189 ext. 200, <http://www.northfloridaahec.org>

### APRIL PSA

#### Free Virtual A Matter of Balance Program!

Have fun while learning practical fall risk management strategies and exercises to increase balance and strength. Online Live Webinar (Connect using a computer or tablet – must have a video camera) Tuesdays and Thursdays, April 15 – May 13, 2021 from 9:45 a.m. – 11:45 a.m. For people 60 years and up. Registration: Please call, Northeast Florida AHEC at (904) 482-0189 or (877) 784-8486.

#### Free Living Healthy: Chronic Disease Self-Management Program

Get a free book and learn how to maintain or improve your quality of life! Online Live Webinar Mondays, April 26 – June 7, 2021 from 9:30 a.m. - 12:00 p.m. No class on Monday, May 31, 2021 in observance of Memorial Day. For people 60 years and up. Registration: Please call, Northeast Florida AHEC at (904) 482-0189 or (877) 784-8486.

#### Free Tai Chi for Arthritis class!

Exercises improve muscular strength, flexibility, and balance. Mondays, April 26 – June 7, 2021 from 1:00 p.m. – 2:00 p.m. Monday, May 31, 2021 in observance of Memorial Day. For people 60 years and up. Free Registration: Please call, Northeast Florida AHEC at (904) 482-0189 or (877) 784-8486.

#### Join the fun-filled Arthritis Foundation Exercise Program for joint-safe exercises to relieve stiffness and improve balance!

Online Live Webinar Mondays and Wednesdays, April 26 – June 21, 2021 at 2:30 – 3:30 p.m. For people 60 years and up. Registration: Please call, Northeast Florida AHEC at (904) 482-0189 or (877) 784-8486.

### MAY PSA

#### Join the free Chronic Pain Self-Management Program!

We will help you manage your pain! Location: Online Live Webinar or by Phone (Connect using a computer, tablet, or telephone) Tuesdays, May 11 – June 22, 2021 from 1:00 – 3:30 p.m. For people 60 years and up. Registration: Please call, Northeast Florida AHEC at (904) 482-0189 or (877) 784-8486.

## South Reflections

(continued from page 1)

history of St Augustine South. I have since learnt that a past SASIA President donated a box of historical documents to the St Augustine Historical Society. I hope to get an appointment to study those documents – and others that the Historical Society Research Library may hold that are pertinent to our neighborhood. However, COVID-19 restrictions are currently limiting access to only 2 researchers at a time.

My reading to date confirms that St Augustine South (SAS) – and the Moultrie Creek basin – were the habitat of Florida's indigenous people. The Fountain of Youth Site was occupied by the Timucua for over 4,000 years. Very likely, so were parts of SAS. The area from Lewis Point north on each side of Shore Drive were designated by the County as archaeological site SJ03164 (the Lewis Point Site) in 1987. The Timucua lived along



the coast and the inland rivers, and ate shellfish. Over time, these early Floridians consumed countless tons of oysters, snails, crabs, clams, and mussels. They piled the debris in shell piles and middens. Many in SAS have buried drifts of oyster shells in their yards. These are not from prehistory when Florida was under the ocean: such oysters would be fossilized. All the oyster shells in our yards were hauled up from oyster beds in Moultrie Creek and along the ICW. I cannot know whether the shell drifts in my yard were hauled by Timucua or the occupants of John Moultrie's plantation. Moultrie, the Lieutenant Governor of East Florida under Governor Grant, was a highly regarded planter from the Carolinas. His indigo plantation, known as Bella Vista, was a tract of some 14,000 acres in the south part of SAS along Moultrie Creek. The plantation house is thought to have been in the area of the Roman mythology roads of SAS. Moultrie was a slave owner, and his slaves would have also been

accommodated on his plantation. The abundant local shellfish are likely to have been important in early colonial diets. When Florida returned to Spanish rule, Moultrie sent his slaves to the Bahamas, sold everything he could, and in 1784, sailed for England.



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## Computer Corner

by Steven Aldrich  
904-479-5661



### Should I Buy a Mac?

Many of my clients are switching over to Macintosh laptops and desktops. I often get questions about how hard it is to switch over from Windows to a Mac.

The truth is that if you made the change from Windows 7 to Windows 10, you will find the change to a Mac less difficult than that was. One big advantage of switching a Mac is that you will no longer have the problems that Windows 10 forced updates creates.

It used to be that applications were vastly different if you used Windows or a Mac, but is less true now, than it was "back in the day". Most of the applications now look nearly identical on either platform.

What you typically do on your computer is important to take into consideration. If you just check email, and browse or search the web, you will find these activities no different on a Mac.

Switching to a Mac also provides a bit more security for the typical person. Macs are much less targeted by the malware and hacker communities. They are not immune, but there are far fewer attack vectors to be exploited.

Migrating from Windows to Mac is mostly painless. You might want to have a

person like myself guide you. But you can probably move your files and pictures over without much effort.

Macs are more expensive than the cheapest Windows computers. While this is true, it is also important to realize that what you get is a far superior computer in the deal. My baseline configuration recommendation is that any new Windows computer should have at least 8gb of memory and an SSD for storage. I never recommend base models of Windows computers. They may be cheap, but they perform poorly. With the Mac, the base model is perfectly acceptable. It will outperform most mid-level Windows computers.

If you are considering a new computer, the choices can be overwhelming. It is important to consider what your typical use of it will be. You cannot go wrong with a Mac. And you will find it very easy to 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](mailto:Steve@fccspro.com) or (904) 479-5661.



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