

March 2023

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St. Augustine OBSERVER

NEWS INFORMATION ABOUT ST. AUGUSTINE & SOUTHERN ST. JOHNS COUNTY FL

St. Augustine Lions 40th Seafood Festival March 25-26

St. Augustine South Reflections

by Ruth Hope



The groundhog saw its shadow this year. The first official Groundhog Day celebration took place on February 2, 1887, in Punxsutawney, Pennsylvania. The annual ritual has roots in pre-Christian traditions, brought to the US by German immigrants.

What does a Pennsylvania Dutch superstition mean for us in St Augustine? I wager we will get six more weeks of Florida weather!!! In the last six weeks, the rest of the mainland USA has had two spells of severe weather. Even in the mid-Atlantic, nighttime temperatures dropped to 12-14 at the beginning of February. In the Mid-West temperatures dipped below 0 and I just saw their forecast for more snow coming. Meanwhile, we in St Augustine were wearing shorts and walking on the beach. OK, we did get some rain – mainly at night. The gardener in me says that is good: our gardens benefitted from the rain.

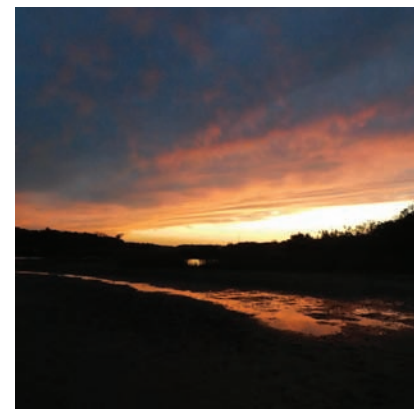


Photo by Eva Askew-Houser

Many people moving to St Augustine, like the many snowbirds owning properties in 'The South,' come for the weather. Forget Florida politics, the big attraction is the weather. Unlike South Florida, we do have distinct seasons. Who doesn't like our mild St Augustine winter weather and fabulous spring and fall weather? Those who do not know, are quick to say our summers are too hot. Yet for the last two summers, June, July and August temperatures were lower than the corresponding Washington DC temperatures.

Of course, our neighborhood has a lot of very special attractions for residents – not just the general St Augustine weather. As noted last month, we get views of the Space X program launches. While we often appreciate the dawns and the moonrise over the Matanzas River, we also get spectacular sunsets over Moultrie Creek visible along the Waterfront Park from Lewis Point to the Moultrie Creek boat ramp. Perhaps not so many know that. Of course, the gem in our neighborhood is the Waterfront Park itself where we can walk, exercise our dogs, take in the views and breeze from over the water, and see an extraordinary amount of wildlife. It's genuinely amazing for a suburban park.

hurricane aid relief, and more. We look forward to seeing old friends and new during the last weekend in March."

Hours and Location: Francis Field is located at 25 W. Castillo Drive in downtown St. Augustine. Festival hours are Saturday, March 25th from 10am to 9pm and Sunday, March 26th from 11am to 6pm. The Arts & Crafts village closes at sundown.

No pets allowed.

Free Parking and Shuttle: Shuttles will pick up and drop off visitors on Saturday, March 25th at three shuttle locations provided by the City of St. Augustine. More information on parking and shuttles will be posted on the websites lionsfestival.com and citystaug.com as well as at Facebook.com/staugustinelionsfestival



About the Lions Club: Lions Clubs International is the largest service club organization in the world. More than 1.4 million members in over 48,000 clubs are serving in 200 countries and geographic areas around the globe. Since 1917, Lions have strengthened local communities through hands-on service and humanitarian projects – extending service impact through the generous support of the Lions Clubs International Foundation. The organization is focused on supporting vision, the environment, childhood cancer, hunger, diabetes, and other pressing humanitarian needs. In addition, the 75-year-old, 501c3 nonprofit St. Augustine Lions Foundation raises funds each year to support worthwhile local community projects, and since 1981, has raised well over \$2 million dollars.



The St. Augustine Lions Club is proud to announce the dates for the 40th Annual St. Augustine Lions Seafood Festival, which will be held at Francis Field March 25th-26th, 2023. The beloved festival is the primary fundraising event for the St. Augustine Lions Foundation each year since 1981 – generating funds for charitable needs and

services to the community, with a focus on youth, the deaf and the blind, disaster relief, veterans, and more. With more than 15,000 people expected to attend in 2023, the St. Augustine Lions Seafood Festival is currently the largest festival held in St. Augustine.

The primary draw of the festival is its abundance of great food and live music. There will be seafood offered, of course, with the addition of more cuisines and county fair dishes. Other fun activities include kids rides, family shows, and Arts & Crafts vendors.

"We're very excited to announce the dates for 2023," said Memory Hopkins, Festival Chairman. "After two years with no festivals due to COVID, then a failed attempt at a name change in 2022, we are back as the regionally well-known St. Augustine Lions SEAFOOD FESTIVAL. This is the primary annual fundraiser for the club with 80 percent of the profits generated being distributed among St. Johns County non-profits, vision screening for school children, eye exams and glasses for those in need,



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St. Augustine Observer

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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

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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'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

Print 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 version of the printed Observer that covers all St. Johns County events and news. Please see www.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: Human Touch Technology Massage Chair only use 3 times. In excellent condition. \$700 or best offer call Celeste. 904-794-1893.

FOR SALE: (1.) Mens Leather Jacket - soft leather brown, like new, good looking size XXLT. \$150. (2.) XXLT Jim Bean - new Jacket. Mustard with removeable plaid interior \$100. (3.) Size 13 pr dress shoes brand new Navy Blue leather. Shoe lace style. Modern. Spiffy. \$50. Call 904-794-4226.

FOR SALE: (1.) Kenmore Washer/Dryer, large capacity, good cond. \$225 each or \$400 for set Microwave- silver, large \$25. (2.) Vintage Wedding Dress, sheer long sleeves, lace, beautifully decorated, long train, size 6/8, w/long veil \$175. (3.) Kogi computer monitor 17 in, \$20. Please call 904-347-5778.

FOR SALE: (1.) Black Leather Office Chair in good condition \$20.00. (2.) Hammacher Schlemmer wireless headphones in perfect condition \$25.00. (3.) HP Officejet 6500A Plus Printer-works great \$35.00. (4.) Small Secretary Desk with lower shelves and locking front with key \$40.00. Call 904-687-9028.

FOR SALE: (1.) 2 Ton Hydrolic Floor Jack & 2 Jack Stands. \$75. (2.) Pressure Washer Northstar 3.5 GPM 4000 psi Honda engine & 16" Pressure Surface Cleaner both bought new and never used. \$350 Firm. (3.) Ladys bicycle Mult-speed. Like new. \$75 Firm. Call Jack at 904-797-8821.

FOR SALE: (1.) Counter high 45" Dinning Table w/marble turntable & 4 chairs. \$495. (2.) 2 Folding Dinning chairs. \$35 each. (3.) 14" Queen Mattress like new w/metal frame. \$350. (4.) Lazy Boy Electric Recliner. \$95. (5.) Queen Bed w/ matching headboard, dresser, & side table. \$595. Call 662-279-3655.

Math Tutor

Sessions 1/2 hr M-Th, Sat. In my home near The Shores. Call/Text 904-419-7417 G. Taylor, Matanzas High School Math teacher.

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FOR SALE: (1.) MacPro Tower Computer. Great machine to learn Apple prigrams. Has 500 gb hard and softward. No monitor, keyboard or mouse included. Works as intended. \$90. (2.) 2006 Chevy Malibu Maxx. Fair Condition. \$1,500. Call 904-607-1410.

GARAGE SALE: Southwood Community wide garage sale. All welcome. Saturday April 1st from 8 am to 1 pm. Restroom available.

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. 904-687-3362.

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.

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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.

Heritage Baptist Church

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Sunday School 9:30 a.m.
Morning Service 10:30 a.m.
Evening Services 5:30 p.m.
Wednesday Night Services 7 p.m.

1480 Wildwood Drive
St. Augustine, FL 32086
904-824-8888

St. Augustine Shores & South News & Events

Shores Riverview Club Activities March 2023

March DANCES RSVP requested but NOT required: Call 904-794-2000 or at www.staugshores.org/dance-rsvp. **BYOB* Guests: \$15.00/pp**

Dance Club Members FREE – Open seating

EARLY SOCIAL Tim Rippey
Saturday, March 4th
7:00pm to 10:00pm

MAIN SOCIAL Frank Saffi
Friday, March 17th
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
Southern Style**
Saturday, April 1st
7-10pm



**Main Social
Nostalgia**
Sunday, April 16th
6-9pm



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

Can I do This?

As we move into Spring, many of us think about getting busy, becoming involved or making changes to our homes or yards. Before we dive in it may be wise to stop for a moment and check that we are permitted to do what we have planned. What rules do we need to comply with?

St. Augustine Shores is a “deed restricted” community which means that there are rules that we are required to follow. When the Shores community was first planned in the 1970s, deed restrictions were created to ensure that, over time, the area developed according to the original concept. These deed restrictions are comprehensive and are divided into 8 parts that conform to the 8 units that have been developed. They are then further subdivided into residential and commercial with some units also having sections for schools and churches.

An Architectural Control Committee manual was developed from the deed restrictions to ensure that standards are maintained. If you are having a house built, planning changes to your house or wanting to erect a fence or shed, you may need a permit and should check with the Shores office. To complicate things a little further, there is also a St. John’s County Ordinance (79-73) that is specific to the Shores that affects development in the area.

The deed restrictions, A.C.C. manual and county ordinance 79-73 are all available on the St. Augustine Shores website along with a host of other useful information.

There are a number of other county ordinances that affect our lives in many ways and they make interesting reading (if you enjoy reading these kind of documents!).

As a final thought, we are all subject to Florida Statutes and these can be difficult to navigate – I guess that is why we have lawyers.

On the bright side, we don’t live in the city. That would subject us to whole additional level of ordinances. Happy Reading.

St. Augustine Shores Service Corp. 790 Christina Drive | St. Augustine, FL 32086
904.794.2000 www.staugshores.org

Living with Cancer Support Group

3rd Wednesday of each month at 11:00 am

Our Living with Cancer support group has moved 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.

Spring Booksale at Southeast Branch Library

The Friends of the Southeast Branch Library are holding a large Lobby Sale on March 16th, (10-8) 17th (10-6), and 18th (10-2).

Most items are \$1 or less and include books of fiction, nonfiction, children and young readers, cookbooks, and more. Digital finds include DVD, CDs, and Audio books. All sales and memberships benefit Southeast Branch community programming and branch improvements. The library is located at 6670 U.S.1 South. 904/827-6900



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SASIA News and Calendar of Events

March 2023

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

Check out our Facebook page www.facebook.com/staugsouth, our Nextdoor page (search for St. Augustine South Improvement Association), and our Instagram page 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 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 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, March 15th for a presentation by Eva Askew-Houser. Eva is a board member of St. Johns County Audubon Society and will be sharing information and resources on local birds and their habitats.

Food Truck Nights

Food Truck Nights are 5-7 pm at the Clubhouse (709 Royal Road) Friday, March 10th – Reel Peel Pizza offers traditional pizza as well as some funky, unique combinations. Something for everyone.

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.

Spring Festival

Mark your calendar for our Spring Festival on Saturday, April 8th. There will be live music, food, and fun for all! We'll have an egg hunt, face painting, and arts & crafts activities. The event runs 12-5pm at the clubhouse, 709 Royal Road. Admission is free; food and drinks will be available for purchase. Come and mingle and meet your neighbors!

Arts & Crafts Vendors

SASIA is looking for vendors to participate in our spring arts & crafts fair. Our next arts & craft fair is scheduled for Saturday, May 6th from 10am-2pm. Registration is now open for interested artists. Find details and registration on our website: www.staugsouth.com/arts-and-crafts-fair, click on the Vendor Information button to register.

Upcoming Events

- Reel Peel Pizza Food Truck - Friday, March 10th – 5-7pm
 - Community Meeting - Wednesday, March 15th 7:00pm
 - Spring Festival - April 8th - 12-5pm
 - Community Meeting - Wednesday, April 19th 7:00pm
 - Arts & Crafts Fair - May 6th - 10am-2pm
 - Community Meeting - Wednesday, May 17th 7:00pm
 - Garden Tour – TBD
 - Fall Festival - October 28th - 12-5pm
 - Arts & Crafts Fair - December 2nd - 10am-2pm
 - Holiday Celebration with Santa - December 16th
- All dates are subject to change.

**Please support the businesses in the Observer!
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Southwood Community Garage Sale

Saturday, April 1st
from 8:00 am - 1:00 pm.

Next to Mayo Clinic off US 1 South
Coffee for sale and restrooms available.

JOY

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United Methodist Church!

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Traditional Worship Service
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11:00 am

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www.shoresumc.org

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Shores March Social Music and Dances

Come on out and enjoy LIVE MUSIC AND DANCING at the Riverview Club in the St. Augustine Shores!

Tickets are \$15 per guest and seating is open. Bring your own food and drinks! RSVP is not required but is encouraged. Call 904-794-2000 or email christine@staugshores.net to RSVP!

Tim Rippey will be playing Saturday, March 4th from 7-10pm and Frank Saffi will be playing Friday, March 18th from 7-10pm!! The Riverview Club, 790 Christina Dr., St. Augustine 32086.

Shores United Methodist Church Easter Events

Maundy Service April 6th
Good Friday Service April 7th
Easter Egg Hunt April 8th

“Maundy Thursday Service” at 6pm on April 6th and “Good Friday Service” on April 7th at 6pm. All are welcome

The Annual Easter Egg Hunt will be held at St. Augustine Shores United Methodist Church on April 8th and will begin promptly at 10:00am until the eggs are gone. Open to the community.

Women of Shores United Methodist Church Yard Sale

The women of Shores United Methodist Church, located at 724 Shores Boulevard, St. Augustine, FL 32086 will host a Yard Sale in the Christian Education Building on Saturday, March 25th from 8:00am until 12:00pm.

Items available will include: used household items, bake sale, homemade items, books, puzzles, and a raffle.

Please join us as you never know what you will discover. Let's have fun together!



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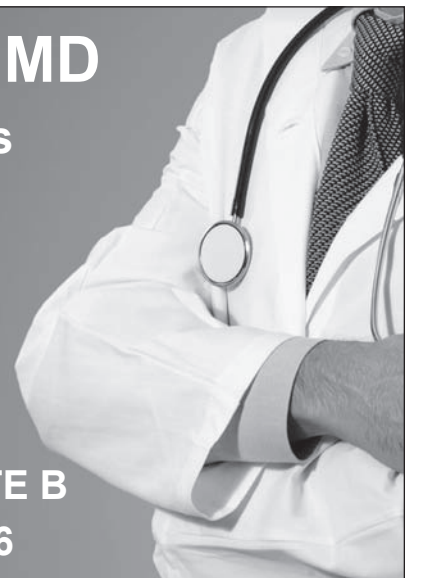
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GriefShare Program Crescent Beach Baptist Church

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.

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. Continues 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 or 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.



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The Wildflower Meadow Group

by Cindy Taylor

Baker and Company did the annual mowing at the end of January and the worker carefully followed our directions, a good man. There were some things we asked him not to mow, like muhly and fakahatchee grasses, fennel and blue curls. They provide vertical interest but, more importantly, they offer refuge for critters that are part of the eco system. In addition the remaining seeds have more time to mature and spread across the meadow. Besides that, the "gone-byes" have a beauty of their own. Yes they do! The wildflower meadow is ready for spring; and though it looks mostly empty now, even eco systems need a rest between seasons and new life is beginning to grow underground. As I type this on February 15, I just came back from the meadow and saw the first spring flower of the season: a spiderwort. Spring is on the way.

I wasn't able to go to the wildflower meadow work day the first Saturday of February and asked those who were there to give me their reports.

Janet cut back branches from what she calls the "ugly" haw tree at the bottom of the meadow. I suspect she refers to it as ugly because its thorns scratched her rather severely, but the blossoms are beautiful. She cleared away most of the baby salt myrtles from under the tree where the mower couldn't reach during the annual mowing. Marlene and Becky brought and spread some wildflower seeds and Russell removed invasive grasses from the railroad vine. He also trimmed some branches from the myrtle tree in the lower meadow. The last hurricane blew it to an angle and, by trimming back some branches, we hope the main trunk will have the strength to right the tree in time.

The group decided the yellow flower Judy noticed by the pier is a goldenrod and apparently the flower doesn't know this is the wrong time of year for it to bloom. (Maybe it knows more than we do?) The group also noticed the profusion of Carolina jessamine in full bloom among the trees outside the meadow at the edge of the woods. You see? It's not just what's in the meadow that matters to us.

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.



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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 or email bcsgofsa@gmail.com.

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The Art Studio
of St. Augustine Beach, FL
Art Studio News
by Paul Slava



The March First Friday Lands on Friday, March 3rd. at 5pm to 8pm and Features Melodye Stimpel as well as a Brand New Member's Show.

Melodye first started painting while a high school student in central Massachusetts. Her love of color and texture has developed into many styles and themes over the years. In daily life she is a clinical research professional who runs global trails from her St Augustine home office ... an office that is also her art studio! What better way to escape the stress of corporate responsibilities than to spin your chair around and unwind with a brush or pallet, or experiment with a new technique recently acquired.

Melodye is constantly researching new methods to incorporate in her art. Her focus shifts from time to time, meandering between watercolor, pastels, oils, pallet work and even some pen & ink. Recently most of her work has been "liquid art", acrylics using a pour method, then embellished with a brush or other tool. She often incorporates elements of the natural world in her art, including leaf prints, sea fans and shells.

Melodye's husband Thom is from Laguna Beach, California – a small coastal town considered by many to be the art capital of the US. They lived in nearby San Clemente for many years and enjoyed frequenting the galleries and festivals held in Laguna throughout the year. Melodye and Thom travel extensively, acquiring fine art at auctions and regional pieces from individual artists they meet in their global travels. Melodye also takes inspiration from many famous artists they have met during their travels, including Peter Max, Daniel Wall, Chris DeRubeis, Simon Bull, Michael Goddard, Allison Lefcort, and others.

Melodye loves "thrilling her friends" with imaginative works that they requested, often having them lend a hand - or a few colorful fingers - to the creation of their own special art. Her Show will available to see from the Opening on First Friday, then throughout the Month of March.



The Art Studio is located at 370 A1A 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, Facebook or call 904-295-4428.

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Right Whale Sightings by Lorraine Thompson



One hundred thirty returnees and new volunteers attended the annual training session of the Marineland Right Whale Project held at the University of Florida's Whitney Laboratory in Marineland on January 3. The group included seasoned right whale watchers as well as novices, many of whom are, like the right whales, are seasonal visitors.

Four days later the Florida Fish and Wildlife Conservation Commission reported the first North Atlantic right whale sightings of this season in local waters

Less than 350 North Atlantic right whales are known to exist, making them the world's most endangered whale.

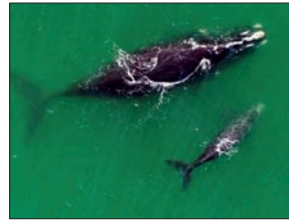
Each year pregnant females migrate from the Bay of Fundy, Nova Scotia, and the Gulf of Maine to the coastal waters of the southeastern United States, their only known calving grounds.

Late in the day on Saturday, January 7th, Florida Fish and Wildlife Team reported another whale sighting just north of the St. Augustine Inlet. It was identified as Whale #3370, named Archipelago, a whale which has been seen in local waters in several previous seasons. The whale was again spotted late the next day, just north of the Crescent Beach Park walkover. This time Archipelago was traveling with her newborn calf.

Years ago, the Marineland Right Whale Watchers relied on an Air Cam to track the whales. It was a lightweight airplane that was designed for National Geographic to conduct wildlife surveys in Africa. It also had an open cockpit, and its design allowed the pilot and photographer unparalleled visibility. Unlike the earlier days, whale watchers now have the use of more modern equipment including a drone.

North Atlantic right whale facts— Identifying characteristics of right whales include callosities on the head; short stubby, black flippers; black tail on both sides; V-shaped blow; and no dorsal fin on its back.

Once a thriving species, less than 350 North Atlantic right whales are known to exist, making them the world's most endangered whales. Numbers are assigned to the whales as they are located and their identifying markings are photographed, mainly from the air.



Each year pregnant females migrate from the Bay of Fundy, Nova Scotia, and the Gulf of Maine to the coastal waters of the southeastern United States to give birth and nurse their young.

Females give birth every 3 to 5 years to a single calf after a 12 to 14 month gestation. Calves are completely dependent on their mothers for about one year. Right whales mature slowly, and females are typically 9 to 10 years old before they give birth to their first calf.

Reporting right whale sightings— Beach visitors as well as beach residents, particularly those who reside in upper level buildings, who think they see a right whale in local waters, are asked to report the sighting by calling the U.S. Coast Guard on marine VHF Ch. 16, 877-WHALE-HELP (942-5343) or 888-97-WHALE (94253) which is maintained by the Marine Resources Council volunteer sighting network. Callers are asked to provide the accurate time and location (e.g., GPS) of the sighting and a description of the sighting (how many whales, etc.) For information on the Marineland project, visit <https://marinelandrightwhale.blogspot.com/>

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Diaries of a Shores Grand-Dad

by Dirk Schroeder

"Let it go!" - Last Issue, the theme was about using certain "expressions". In this Issue, I want to dive into "Let it go." It's amazing when you Google this expression! One, a reference to National Public Radio (aka NPR) is this: "For Many With Disabilities, 'Let It Go' Is An Anthem Of Acceptance." Then, there's the Disney movie "Frozen" with "Let it Go" as its most famous song. There's the Dictionary definition - "to forget or not care about something." Speaking of not caring about something, after knowing for weeks it was floating from Alaska to Canada, something that should have never been let go in the first place, a massive spy balloon, was finally in plain sight (with magnification) and allowed to continue to go.

So the question remains, "To let it go or not to let it go?" In the last issue, I posed a similar question as to whether words matter or not. That question might be a good one for ChatGPX - an AI database of human words that can provide information, even articles like this one, about any topic. Yet human decisions are much more complex than any artificial intelligence (AI) especially when it comes to moral decisions. Example: Do you hold a grudge and why? When is it over? Do you accept an apology? Do you need one OR will you simply "Let it go?" How badly does something bother you? Who has the power to do something about it? Will you say or do anything or, will you fear retribution or embarrassment? How

are you going to approach it without alienating someone and when do you expect results?

Not letting certain things go because they hurt deeply can cause so much stress that it can cause depression, heart conditions and death or even suicide. So, what's the answer? A dear friend of mine and I were talking about this topic (which inspired me to write about it) and her solution was simple: "Let Go or Let God." Your spiritual well being can be shared with your God. If you are not a God-Loving person, then share it with someone that you trust. Write it down - what's bothering you and why is it so important, who can possibly change it, how can you approach it, what are the potential outcomes and unintended consequences. In some cases, you may want professional help, like when you don't agree with family and/or friends.

Sometimes the problems are objects. Example: many years ago, we had a very comfortable velour chair in our lobby. People, even the boss, would park themselves there and start long-winded and distracting conversations with the front desk person on duty. As Sales Manager for the company, I couldn't tell my boss what to do so, I made the chair disappear (Alice, if you're reading this - this is my confession).

Humor is a great way to approach some of these situations and now I have run out of room so, I will let the rest go and wish all of you, as always, a Sunshine State of Mind.

St. Augustine Travel Club

The St. Augustine Travel Club will hold their next meeting on Wednesday, March 8, 2023, at 3pm at the Southeast Branch Public Library. We will be covering NICARAGUA.... Discover the untouched beauty of the land in a country rich in culture and beautiful nature. Located between the Pacific Ocean and the Caribbean Sea, it is a Central American nation known for its dramatic terrain of lakes, volcanoes and beaches and noted for its Spanish colonial architecture.

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.

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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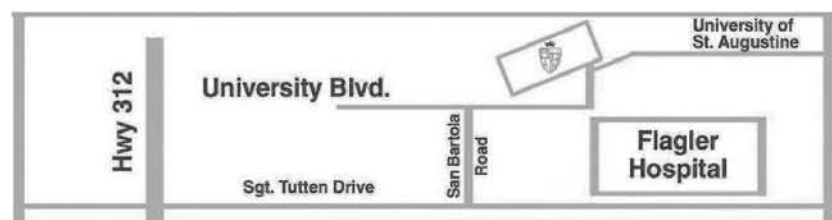
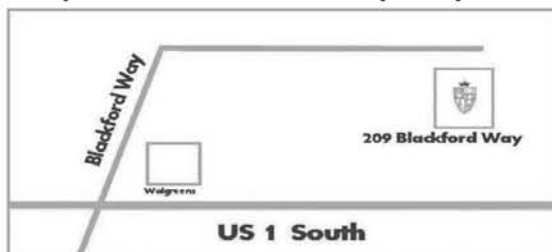


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It's a new year, which often brings a pause, re-evaluation and plans for the months ahead. One of the areas where changes are planned is in health. There are plenty of infomercials for every type of exercise program imaginable vying for our attention: boxing, dancing, salsa, with equipment and without. When subscribing to new program can cause increased chances of injury during transitional periods such as New Year's, beginning of summer and significant birthdays as people look to make changes in their lives. The start of something completely new and unfamiliar without giving the body a chance to accommodate can often result in soreness, injury, and/or abandonment of the program itself. The end results are no life-style change at all and maybe disappointment. But, it doesn't have to be that difficult, traumatic or extreme.

A recent article in the British Journal of Sports Medicine showed a low-dose of moderate to vigorous physical activity may reduce mortality by 22% in adults over 60 years (Hupin D, et al. BJSM 2015;49:1262-67).

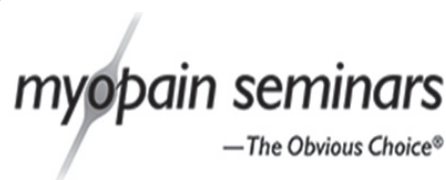
It is known that regular physical activity increases life expectancy and reduces all cause-mortality. The Physical Activity Guidelines Advisory Committee Report recommends a minimum of 150 min of moderate to vigorous activity. Exercise or Physical Activity can be measured using METs, or the Metabolic Equivalent of Task. Moderate exercise is the equivalent of a brisk walk, as if one was in somewhat of a hurry but chose not to run. Vigorous exercise would be the run, not a sprint, but a run. With the brisk walk on the low end and the run on the high end of what is required, this seems very doable for many, including those over 60 years of age.

Do the math. Sixty times 22% equals 13.2. That means one could reduce the mortality rate by 13.2 years. But that's not all. More importantly, when the rest of what is known about regular exercise is also considered, it could mean 13.2 years of improved mobility, strength, function and energy levels.

It seems our busy lives leave less and less time for exercise. But according to this study, 150 min per week, or 30 min a day for 5 day is sufficient to reduce mortality by 22% in adults over 60. The results would certainly be the same for all ages. What the article does not say is whether the exercise time needs to be in 5 – 30 minute blocks, 7- 21 minute blocks or 15 – 10 minute blocks. Imagine if every time you visited the store you parked in the space furthest way instead of waiting for the closest and walked "briskly" to the door? What would happen if you "ran" to the mailbox instead of walking? Or strolled during the first part of your dog walk, allowing your dog to take care of business and then walked briskly on the return? You both would benefit. It's physical activity at the moderate level. Run, and it becomes vigorous.

Spend 1-2 weeks looking for opportunities where your activity level could increase with simple daily tasks and start there. Then, challenge yourself to try a few – parking lot, mail, dog-walk, shopping, etc, and see what happens. Don't do them all at first, just a few. Turn it into a contest with your spouse, friends, children or grandchildren. Keep it simple and fun. Before you know it, you could be adding years to your life.

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). He is a co-owner of First Coast Rehabilitation (www.firstcoastrehab.com), and co-author of Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc. Read previous columns posted on www.firstcoastrehab.com.



St. Augustine Archaeological Association

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

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Computer Corner

by Steven Aldrich
904-479-5661

Don't call that number

These Fake Tech Support scams are one of the worst things that I hear from my clients. They had a message on their computer telling them to call a phone number to fix some problem with their computer.

Below are a few ways to tell if you are about to be scammed by a notification on your computer. These are ALWAYS FAKE:

1. There is a Phone number shown in the notification, along with a plea for you to call immediately.

2. You can't get rid of the notification.

3. There are sirens or someone speaking, and you can't stop it.

Here is what you should do if you see such a notification on your computer.

1. Hold the power button down for 5 seconds, then release it. This will force the computer to shut down.

2. Then press the power button and start it up normally.

3. Once it is started, open Chrome, Firefox, Internet Explorer, or whichever browser you normally use.

4. If the notice returns, shut the computer down again and call me.

5. If it does not, you are good to go.

WHAT YOU SHOULD NEVER DO, IS CALL THE PHONE NUMBER.

So, what are these notices anyway? How do the scammers get them on our

computers?

Simply stated they are nothing more than a webpage pop-up notification with some fancy scripting to prevent you from closing them. They are generally the result of a hacked webpage or scammer advertisement placed on the webpage you went to.

Typically, you see these notices when you have a typo in a web address you entered. Many scammers buy website names that are typical typos for popular websites. As an example, I recently tried to go to my Medicare Advantage benefits web page, and I typed in the address incorrectly. BAM!!! I was on scammer website.

Bottom line:

NEVER call any phone number shown on a warning screen. They are ALWAYS Scams.

If you are unsure about what you are seeing on your computer, call me or any tech that you know and trust. You can shut it down, but take a picture first!

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.



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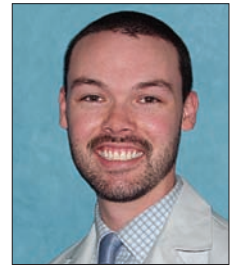
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