

August
2021

St. Augustine Observer

7,500 US MAIL Home & Business
Delivery to Southern St. Johns
County Communities 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

St. Johns County Marks 200 years of Excellence with Time Capsule Ceremony for 2071



St. Johns County, Florida, was founded on July 21, 1821. To mark the County's 200th anniversary, the St. Johns County Board of County Commissioners, community leaders, and partner agencies celebrated on July 21, 2021, with a birthday present fitting for the occasion – a historical time capsule. Local artist Isaac Outley, owner of The Driftwood Company, created a beautiful, one-of-a-kind time capsule, donated in part by Flagler Health +, for this special milestone. It will now decorate the halls of the County Administration building for the next 50 years.



Dozens of partner agencies, including the County's two municipalities, the City of St. Augustine and the City of St. Augustine Beach, participated by placing an item they believed captured the current significance of their organizations and their impact on the community into the capsule. Items included the 2021 St. Augustine Amphitheatre show poster, a St. Johns County Public Library System library card, the current issue of the St. Augustine Record newspaper, a commemorative St. Johns County Sheriff's Office badge, a special St. Johns County Fire Rescue patch, the 2020 general election ballot, and many other significant items. The ceremony was catered by The Purple Olive and

(continued on page 8)



St Augustine South Reflections

Provided by Ruth Hope, SASIA Board

From 1954, St Augustine South was quite the frontier for development in St Johns County with a developer promoting standards for housing in what was a virtually unregulated area. The developers wrote in November 1955 that they had completed 8 miles of roads and had under construction a further 8 miles. The subdivision roads were wide with 60 foot right of ways, except for St Augustine South Drive and Shore Drive with 70 foot right of ways. The developers had dredged a 2-mile boat channel along the shoreline and completed a boat anchorage at the inlet. Both incurred future problems: the developers were learning as they went along. The St Augustine and St Johns Chamber of Commerce was an enthusiastic support of the development of the subdivision, writing in July 1957 "the many fine homes that have been built mean to us new residents and business activity." One of the early builders was 'Bains' who "incorporate new ideas & designs with expert workmanship and solid construction." Joe Bain lived on Neptune Rd and by April 1958 was hosting community meetings in his residence. Following a community meeting in November 1957, St Augustine South Improvement Association (SASIA) was incorporated, December 11, 1957, with 55 members. Improvements proposed were: street improvements, improvement of the park areas, police and fire protection, street lights, garbage disposal, mail delivery, numbering of the houses, and cleaning of vacant lots. Volume 1 Issue 1 of The St Augustine South News—editor Ruth Robbins—reported on the meeting leading to the SASIA incorporation but, alas, it does not state who financed and published this bimonthly community newsletter. An advertisement in Issue 1 promoted lots at only \$300 per lot, \$25 down \$5 per month, indicating a price increase over the original selling price of \$250 per lot.



Some of the first full-time residents of St Augustine South were Mr and Mrs Adolph Klippstein and their daughters Elizabeth and Diane. In the 1940s, they bought a boat, the Santa Maria II in a Detroit boatyard. They took a course in the navigation and handling of small boats and embarked on a journey through Lake Erie, The Erie Canal and into the Hudson River, out into the Atlantic. They sailed down the coast and intracoastal waterway to Fort Pierce and Melbourne, then returned to the Doctors Inlet and thence to St Augustine. The Santa Maria II was part of a tourist attraction at the Bayfront for 18 months, during which time the Santa Maria Restaurant was built—replacing the fish market—and was brought into operation. The Klippsteins then moved the Santa Maria II to the inlet in front of their new home in St Augustine South. The engines had already worn out and by 1967 the boat was almost completely gone.

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



2021 Shores Water Aerobic Classes

We're back! Come join Elsa and her Amazing and Awesome Water Aerobics Class! The class is free for pool members of the Riverview Club. Guests and walk-ins are \$5. Classes are every Monday, Wednesday and Friday fro. 9:00-10:00am, May 1 through October 31 (weather permitting).

Come join us as we exercise, stretch and sing - Daisy, Daisy, Take me Out to the Ball Game - our way to a fun and happy experience. Any questions, please contact our very special instructor, Elsa at 904-377-3731.



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THE PARK AVENUE PROJECT
 2020-2021 supported by a community grant from the Parkinson's Foundation. This grant has allowed us to expand our wellness programs and offer new, year-round classes for FREE for people living with Parkinson's disease in our brand-new Parkinson's gym, and for those that wish to stay at home, virtually through online zoom sessions.

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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.

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 product 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.

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) 794-5129

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



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Fax (904) 461-8879

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: Entire house of brand new furniture! Living Room, Dining Room, Bedroom Set with new mattress, All brand new from Babcock. Kitchen appliances, microwave & more. Call 904-687-3362.

FOR SALE: Classic 1988 Chevy S-10 pickup, 56,241 actual miles, mechanically good, new battery, very low mileage since new brakes and tires installed, excellent original upholstery and headliner, needs paint. \$3,000. Call to make arrangements to see: 904-797-1984.

FOR SALE: Brand new never ridden Kent adult tricycle .Blue in color -has basket on rear. \$150.00. Call Ed Uznanski 904-429-9998.

FOR SALE: (1) STIHL Accessories, (2) NEW Briggs and Stratton Generator 25' 30 AMP Adapter Cord Set, (3) Sherwin Williams NEW Deck Stain in Light Gray, (4) NEW Accessories for 2007-17Jeep Wrangler. Call 904-534-3357.

FOR SALE: (1) Fiesta Ware, Flamenco, Ivory, Turquoise, Sunflower, Orange, Peacock, Scarlet \$5-\$55. (2) Gold

Bullion Coins, market price or \$1,800. Call 904-417-3210.

FOR SALE: Craftsman compressor, single cylinder, oil free, 6 hp, 33 gallon, 120V with 25' air hose and chuck. \$100.00. Call 631-566-4992.

FOR SALE: Like new Honda EM 5000 5x Portable generator. AC/DC -GFCI 120/240 Volt Outlets. Less than 10 hours use. \$1950. Includes a 5 gallon gas can and siphon. Contact Dave or Jackie at 904-794-1554.

WANTED: Female seeks waking partner in the Shores. Please call 904-687-3362.

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.

SERVICES OFFERED: Upholstery, Drapes, Throw Pillows or simply need dining room chair seats recovered. Please call Deborah 916-316-1155.

Do You Have Community News to Share?

Do you have news, events or personal interest information that are relevant to our communities in Southern St. Johns County? Please forward them to the Editor for consideration for the monthly Observer.

Please contact Editor

email: clifflogsdon@att.net or call 904-607-1410

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What's Inside The Observer This Month...

- **St. Augustine Shores:** Social Dances Continue in August Activity Program Continues Board meetings at 6 pm
- **St. Augustine South:** SASIA Meetings Continue Club House Rental Continues

• **Computer Corner:** No Thanks, I'm Just Browsing

• **Financial Focus:** Ranking Your Goals: A Smart Move

• **Health Focus:** Functional Exercise

• Time Capsule Ceremony 2021

• Diaries of a Shores Grand-Dad

• Wildflower Meadow

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St. Augustine Shores & South News & Events

SASIA News and Calendar of Events

by Ruth Hope, SASIA Board

Shores Riverview Club Activities

AUGUST DANCES: RSVP required: Call 904.794.2000 or www.staugshores.org/dance-rsvp.
Guests: \$15.00/pp. Dance Club Members: Free ****BYOB****



**Early Social
ZigZag Duo**
Saturday, Aug 7th
7 pm to 10 pm



**Main Social
Nostalgia**
Sunday, Aug 22nd
6 pm to 9 pm

FREE for Activity Members, guests are \$5.00/pp/class (unless specified).

Bridge	Will resume in September
Chicago Bridge	Will resume in September
Card Game	Will resume in September
Mah Jongg	Will resume in September
Chair Yoga	Class led by Nancy, Mon, Wed & Fri at 10:45 am. A gentler form of yoga for those whom balance is an issue.
Yoga	Class led by Nancy, Mon, Wed & Fri at 9:00 am.
Evening Yoga	Class led by Crystal, Wednesday at 5:30 pm.
Exercise Class	Led by Marcia Tuesday and Thursday at 9:00 am.
Line Dancing	Monday at 6:30 pm and Wednesday at 10:00 am.
Dance Class	Class is cancelled until further notice.
Tai-Chi	Class is cancelled until further notice
Zumba	Class is cancelled until further notice.

Upcoming Events at the Riverview Club

Early Social: Debbie Owen & Tony T., Friday, September 10 - 7 pm to 10 pm

Main Social: Southern Style, Saturday, September 25 - 7 pm to 10 pm

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. All are welcome!



Meetings are the Third Wednesday of every month at 11:00 am. Our next meeting will be on August 18, 2021

Currently being held remotely in a ZOOM platform and also in person at the Care Connect Community Room in the

Whetstone Building in Suite 205. Please call 904-819-4742 for zoom invite or for more information.

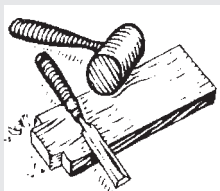
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Shores References Available



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

Pier Pressure

When the St Augustine Shores was first conceived, land was set aside for worship, education and recreation facilities. Included in this was the Riverview Club, the areas around the club and also the building of a pier. The pier was intended to be a recreational asset for the enjoyment of ALL the residents of the community. It was seen as a wonderful opportunity for watching wildlife, enjoying the sunrise, angling, or just sitting quietly in the gazebo with a book or perhaps just your thoughts.

It has suffered over recent years with severe damage to the pier and gazebo from hurricanes Matthew and Irma but has risen anew from the waters. However, the pier continues to suffer damage today although this damage is less obvious and more insidious. The damage comes in the form of abuse and vandalism. Trash is often scattered around the area, including beer cans and bottles (alcohol is specifically not permitted on the pier). Bait and dismembered fish are discarded on the decking and even on the benches despite the majority of anglers treating the pier with respect. Bolts have been removed from the supports, potentially weakening the structure and lights have been stolen. Some people risk life and limb climbing round the gate or up the structure to gain illegal access to the pier.

Residents are encouraged to make responsible use of this community asset whenever they have the opportunity. The more that it is used by those who care about the pier and take pleasure in it, the less it will be abused. And if you see something inappropriate, please report it. It would be a shame to lose this valuable amenity permanently to neglect.

Stormy Weather

At the time of writing, the fifth named storm of the season has just passed us by. All our residents are urged to be prepared for what is forecast to be a busy hurricane season. Take Care and Stay Safe.

St. Augustine Shores Service Corp.

790 Christina Drive | St. Augustine, FL 32086

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Lighthouse 5k Run/Walk & Fun Run

Register for Lighthouse 5k Run/Walk & Fun Run on September 18, hosted by the Junior Service League of St. Augustine

The Junior Service League of St. Augustine will host the Lighthouse 5k Run/Walk & Fun Run at 4 p.m. Saturday, September 18, 2021, beginning and ending at the St. Augustine Lighthouse & Maritime Museum. To register, visit jslofstaugustine.org/about/events/lighthouse-5k

In an effort to continue support for the St. Augustine Lighthouse, the League hosts the annual 5K & Fun Run. The inaugural race in 1983 was originally titled the “Bud Light Twilight Lighthouse Run.” The Lighthouse 5K is a chipped race that serves as a qualifier for the famed Gate River Run. The Fun Run is a true treat for the young runners. Don’t miss the awards ceremony following the race on the beautiful Lighthouse grounds. Each year the staff at the Lighthouse provides activities for the children such as face painting, arts and crafts, and more. Don’t miss the opportunity to support the Lighthouse and climb the tower for FREE during Night Fest, from 4-8 p.m., a community event that coincides with the race.



Proceeds from the Lighthouse 5K Run/Walk & Fun Run benefits numerous JSL service projects and provide financial support for local non-profit organizations in our community.

RACE DETAILS

Race day is Saturday, September 18, 2021. The 5K will start at 4 p.m., and the Fun Run will begin at 5 p.m. The award ceremony will begin at 5:30 p.m. The race course is a 3.1 miles through the historic Lighthouse Park and Davis Shores. Parking is available at or across from the Lighthouse, and outside the nearby soccer fields off Red Cox Drive.

Online registration closes at 10 a.m. Friday, September 17. Register early and save on the entrance fee. Registration is \$30 before July 31; \$35 before September 1; and \$40 through September 17. Register by September 4 to receive a race T-shirt! The Fun Run registration fee is only \$15. Entry fee is non-refundable.

Packet pick-up will be on the front porch of the St. Augustine Lighthouse from 4 to 7 p.m. Friday, September 17. Packets will also be available on race day. Walk-up registration will be open from 2 to 4 p.m. on the day of the race.

Awards will be given at the Post-Race Celebration on the Lighthouse grounds. The top overall Male and Female Runners will be awarded \$100. The top three participants in each age group will receive awards.

ABOUT THE JUNIOR SERVICE LEAGUE OF ST. AUGUSTINE: The Junior Service League of St. Augustine is an organization of women dedicated to volunteerism. Founded in 1935, the organization is committed to (continued on page 7)

St. Augustine Travel Club

St. Augustine Travel Club Cruise

The St. Augustine Travel Club will again be sailing the seas – well, not right now but planning - on Saturday, March 26 –April 2, 2022 on the beautiful Norwegian Escape out of Port Canaveral to the Eastern Caribbean ports of Puerto Plata (Dominican Republic), Tortola (British Virgin Islands), St. Thomas and Norwegian’s private island Great Stirrup Cay in the Bahamas for a 7-day cruise. Prices start from \$1059.39 per person, double occupancy, for inside cabin, inclusive of all port fees and taxes. Balconies, Oceanviews and Studio Singles are also available at additional cost. Book now with a \$250 p.p. deposit and receive \$100 per stateroom On Board Credit, Free Beverage Package and more. Should NCL have to cancel the cruise, full refund would be issued by NCL. Call Peter, St. Augustine Travel Club at (904) 797-3736.

St. Augustine Travel Club Meeting

Good news from the Southeast Branch Library. We will resume our travel club meetings in September. July and August are recess months for the travel club, as many snowbirds go north, and others on vacation. For those of you who do not know about the club, it is formatted as an armchair travel presentation with a brief lecture and a video highlighting areas around the world, with focus mostly on Europe. Also, some of our participants have provided a presentation based on their own travel experiences. Look for the announcement in an upcoming paper and on the library website for the September meeting. We also organize a cruise in the Caribbean region once a year. Till then, enjoy your summer and we look forward to resuming our gatherings at the Southeast Branch Library, 6670 US 1 South. If you wish to contact, call Peter Dytrych at (904) 797-3736.

JOY
Find Joy at Shores
United Methodist Church!
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St. Augustine, Florida 32086
(904) 797-4416
Traditional Worship Service
9:00 am
Contemporary Worship Service
11:00 am
Online Worship Service visit
www.shoresumc.org



On Foot, River to Beach Run raises \$7,200 for INK!

36-mile run completed with donations from local physician family and The Macquarie Group Foundation

by Donna Lueders

The St. Johns County Education Foundation which operates as INK! (Investing in Kids), has an ongoing mission to provide innovative programs and classroom resources to promote the academic success of students in the St. Johns County School District, Fla. The 501(c)(3) nonprofit was recently awarded \$7,200 from a fundraiser held by local resident, real estate businessman, and U.S. Navy veteran Eric Tatro.

Donations were covered by local physician, Dr. Tim Cavacini and his wife Lisa, along with The Macquarie Group Foundation which matched funds raised in accordance with the foundation’s guidelines. The Fundraising On Foot, River to Beach Run included a 36-mile run from Tatro’s home in Julington Creek Plantation to the Beachcomber St. Augustine restaurant in St Augustine Beach on Saturday, July 3. The marathon runner successfully helped to contribute to INK! due to his family’s values and belief in quality education for all children in the region, and much needed help for teachers and students in public schools.

Tatro, his wife Cherise Lloyd, and their two young sons moved to St. Johns County from Texas in 2016, specifically for their jobs and for the boys to attend the top school system in Northeast Florida. Since arriving in the region, Tatro has become involved in the community and serves as Immediate

Past Chair for the St. Johns Chamber of Commerce’s North Business Council, along with his friend Donna Lueders, the Executive Director for INK! and newly named Chair for the Council. Tatro is a Real Estate Agent in St. Augustine, Fla. with the brokerage Florida Homes Realty & Mortgage LLC, and is a Senior Property Manager for Commonwealth Commercial in Jacksonville. He is a running enthusiast for more than 20 years.

Lloyd is a Portfolio Manager in Debt Capital Markets for Macquarie Capital in Jacksonville. She facilitated donations for INK! with The Macquarie Group Foundation matching funds in accordance with the foundation’s guidelines.

During Tatro’s run, he crossed St. Johns County diagonally from the St. Johns River to St. Augustine Beach with \$100 sponsors for every mile of the 36-mile effort. For more information, visit the Facebook page at <https://www.facebook.com/The-River-to-the-Beach-Run-103527061935740>.

We thank Eric, Dr. and Mrs. Cavacini, and The Macquarie Group Foundation for the inaugural initiative to help local schoolteachers and students. We hope this becomes an annual event in celebration of our nation’s Independence Day,” she said. For more information, contact Donna Lueders at 904-547-7120 or email Donna.Lueders@stjohns.k12.fl.us. Visit the website at www.ink-stjohns.org.

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

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St. Augustine, FL 32086
904-824-8888

News From Around St. Johns County

First Coast Card & Newcomers Club

AUGUST

1) First Coast Florida Lifestyles Newcomers Card/Games Club Events:

Sat. August 14th. Lunch/Card Playing. Italian Cafe, St. Augustine. Lunch Arrival: 1:30P. Buy Entree for Dining Room & Siting Time.

Sun. August 22nd. Board Games Playing-Rummykub. Kookaburra Coffee, St. Augustine, FL. Arrival: 2:15P. Games: 2:30P. Buy 1 Item for Mgmt. sitting time.

Tues., August 24th. Card Playing. Starbuck's Coffee. St. Augustine. Arrival: 2P. Start: 2:15P. Buy 1 Item for Mgmt. sitting time.

Sun., August 29th. Dunkins Cafe. St. Augustine, FL Arrival: 2P. Cards: 2:15P. Buy 1 Item for Mgmt. sitting time.

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.

2) First Coast Florida Lifestyles Newcomers Recreation & Activities Club Events:

Thursday, August 5th. Concert Outside. Rock N Roll Band. Ponte Vedra Beach. Arrival: 3:15P. 4P-7P. Free.

Sunday, August 15th. Exotic Bird Show/Lunch-TBA. St. Augustine, FL. Arrival: 10:30A. Cost: \$5.

Tuesday, August 17th. Florida Environmental Film Series. Good! St. Augustine, FL. Arrival 6P. Free

Friday, August 20th. Multi-Instrumental Quartets Music Concert. St. Augustine, FL. Arrival: 6:30P. Free.

Temple Bey Yam Mah Jongg Tournament



Deadline to enter is August 20, 2021

No walk-ins!

✂ . Mah Jongg Tournament Reservation Form . ✂

Name: _____

Phone (home): _____ (cell): _____

Email: _____

of people: _____ I will bring my Mah Jongg set: Yes ___ No ___

Amount enclosed: \$ _____ check # _____

Please make checks payable to Temple Bet Yam and note "Mah Jongg Tournament" in memo.
Mail to: PO Box 860098, St. Augustine, FL 32086

Fun for the entire community! Inperson! Mah Jongg Tournament, sponsored by Temple Bet Yam, will be held at the St. Augustine Duplicate Bridge Club at 10 Fairbanks Street on August 26. Registration at 10:30, tournament begins at 11:00. The \$30 donation includes the tournament, lunch, and cash prizes for the winners! Registration deadline is August 20. Questions? Call Carol Levy 954-895-7332 or Teresa Freedman 774-994-2066.

Details: To reserve your space at the Mah Jongg Tournament include your name, phone – home and cell, number of people, whether or not you'll be bringing your own Mah Jongg set, your check made out to Temple Bet Yam (Mah Jongg Tournament in the memo line) and the amount enclosed along with the check number. Deadline to enter is August 20th; sorry, no walk-ins; Fairbanks St is just off US 1 – turn between Red Carpet Inn and Depot Plaza and Club is right behind the strip mall.

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.

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Flagler Memorial Cremation Society

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August 18, 2021-November 10, 2021

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Contact, Melanie 904-759-1054 or rscogn@gmail.com or GriefShare.org under Find a group to register. You are welcome to join anytime during the 13 week period.

Temple Bet Yam Religious School Open House 2021

Temple Bet Yam will hold its Annual Religious School Open House on Sunday, August 22, from 11 a.m. to 1 p.m. Families interested in joining the temple and enrolling their children in the religious school can attend any time during the two hours. Prospective students and their families can meet with teachers, current students and their parents, and other congregants who make Temple Bet Yam Religious School a fun and successful journey for Jewish learning.

Temple Bet Yam Religious School serves member families' children from VPK-age (4 years as of September 1 of the current year) through the bar and bat mitzvah age. The temple builds on the religious school learning by offering additional bar and bat mitzvah tutoring customized for each child to have a meaningful and memorable experience. As Temple Bet Yam returns to its in-person services and event schedule, the religious school will hold both in-person and Zoom sessions, thereby giving families and their students great flexibility for their social engagement and learning.

The temple address is 2055 Wildwood Dr., St. Augustine, FL 32086, and the temple does observe up-to-date COVID-19 safety protocols. To indicate an interest in attending the Annual Religious School Open House or for more information, contact the religious school director, Terry Cohen, at 904-819-1875.

St. Johns County Rental Assistance

St. Johns County is offering emergency rental assistance to residents who have been impacted financially by Covid-19 and are at risk of losing their housing. Those eligible for the rental assistance program can receive benefits for up to a year or a maximum of \$5,000.

To qualify for the St. Johns County Emergency Rental Assistance Program, St. Johns County resident renters must be at or below 80 per cent of the area median income; must be eligible for unemployment benefits or have had a financial hardship due to the coronavirus pandemic; must be able to prove homelessness or housing instability.

For more information on how to apply for the program, visit stjohns-crr.unqork.io or call (904) 344-3188 or (800) 557-7441.

Temple Bet Yam BINGO 'n' PIZZA NIGHT Saturday, August 7, 2021 at 6:00 p.m.

This adult fun night which includes pizza and cash prizes is limited to the first 60 people who reserve by August 4th. We must limit attendance because we are following the CDC guidelines. Call Carol Levy at 954-895-7332 for information. Checks for \$18.00 per person should be sent to Temple Bet Yam, PO Box 860098, St Augustine FL 32086 and indicate Bingo on the memo line.

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The Wildflower Meadow Group

The yucca with the 9 10 foot stem, bloomed early in July and then fell to the ground. I propped the base of the plant with sticks, the stem stood upright again, but in freeing it from hundreds of tiny vines holding the stem to the ground, several yucca flowers fell off the plant. There are always challenges in nurturing a wildflower meadow, especially one with invasive lawn grasses and those tiny, invasive ground vines.

At our July meeting, we focused on pulling out what isn't native to a meadow and hope it will help.

Early in July a few of us hiked/walked in Princess Place. Because of the heat we walked in the shade and where there might be breezes from Pellicer Creek. Driving on the dirt road out of the park to King's Road, Cheryl saw something that caught her attention and we stopped to investigate.



What she saw were white milkweed pods we would have missed if we hadn't stopped to see the flowers. We also saw some tall St. John's wort and other wildflowers we didn't see in the park. Driving back north on Highway 1, just past the 206 intersection, we pulled to the side of the road for another investigation. What were all those pink flowers? They were meadow beauties and then we "wowed" the plethora and diversity of all the

other wildflowers there. We had gone in search of wild flowers in Princess Place and saw more in unexpected places driving to and from the park. There's a lesson there about the importance of the journey, as well as reaching the destination.

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 or Marlene at 305-968-0447 for more information. If we can't answer please leave a voicemail or message and we'll call you back. Call if you're interested in sharing your photos of the meadow.



Lighthouse 5k Run/Walk & Fun Run

(continued from page 5)

bettering the St. Augustine community through service, fundraising, and charitable projects. Each year members donate nearly 5,000 hours of time to local non-profits, including the Lighthouse, Lightner Museum, The Children's Museum, Kids Bridge, St. Augustine Youth Services, The Homeless Coalition, Pie in the Sky, The Betty Grif n House and many others. More details at www.jslofstaugustine.org



Lighthouse 5k Run/Walk & Fun Run, Saturday, September 18, 2021: Race at 4 p.m., and Fun Run at 5 p.m. St. Augustine Lighthouse & Maritime Museum, 81 Lighthouse Ave. St. Augustine FL 32084 Register: jslofstaugustine.org/about/events/lighthouse-5k

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Time Capsule Ceremony for 2021

(continued from page 1)

Crème de la Cocoa, who created a menu and desserts that highlighted local flavors enjoyed by residents and visitors in the county.

The time capsule will remain sealed until 2071, when it's set to be opened during the County's 250th anniversary. This year's Board of County Commissioners hope the items placed inside will give our future leaders a glimpse into what life was like in 2021 as well as offer a snapshot of the tremendous work that goes on in our community.

Vice Mayor, Nancy Sikes-Kline, offered remarks at the event and placed a current copy of the Coastal Vulnerability Assessment and Vision Plan Roadmap in the time capsule.

Commissioners Roxanne Horvath, Barbara Blonder, Representative Cyndi Stevenson, and elected officials from numerous other agencies were also in attendance.



Vice Mayor, City Manager honored with 2021 Home Rule Hero Award

The City of St. Augustine's Vice Mayor Nancy Sikes-Kline and City Manager John Regan were recognized with a 2021 Home Rule Hero Award for their hard work and advocacy efforts during the 2021 Legislative Session by the Florida League of Cities (FLC). Sikes-Kline and Regan worked tirelessly throughout session to promote local voices making local choices, protect the Home Rule powers of Florida's municipalities, and advance the League's legislative agenda.

in improving Florida's communities. For more information, visit flcities.com.



Founded in 1922, the Florida League of Cities is the united voice for Florida's municipal governments. Its goals are to promote local self-government and serve the needs of Florida's cities, which are formed and governed by their citizens. The League believes in "Local Voices Making Local Choices," which focuses on the impact citizens and city leaders have

Photo attachment: Vice Mayor Nancy Sike-Kline and City Manager John Regan stand together with Florida League of Cities Home Rule Hero certificates at City Hall on June 28, 2021.



In August we have our First Friday Opening on August 6th and Featuring, Artist of the Month Sharon Moon. After 35 years as a successful tax accountant, she recently returned to art and passion for painting, attracted by the ease of application and brilliant colors of acrylic. She painted and drew most of her life. Starting out as a hobby and evolving into learning techniques from a private art teacher. To quote the Artist: "My paintings are an attempt to bring to my canvases to some of the fabulous places and images I've seen in my life for others to share and enjoy."

Her works with the Member's Show Opens with a reception Friday evening at 5pm until 8pm, join us for a beverage and snacks and meet the artist. The show runs through August.

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 Cultural 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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| 4. Virginia - 88 Buyers | 9. Maryland - 53 Buyers |
| 5. Pennsylvania - 81 Buyers | 10. Massachusetts - 42 Buyers |

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"Diaries of a Shores Grand-Dad"

by Dirk Schroeder

Sometimes it just feels good to not listen to anything on the car stereo when I go somewhere and hear nothing but the car and the sounds around me when I'm driving. Typically, I will listen to my music or music on radio stations and sometimes a variety of talk radio and yet lately I've been in the mood to turn it all off. There's so much noise everywhere that it just feels good to listen to nothing at all.

We are so lucky to live on the South end of town because here it is very quiet and in particular when you're further back away from US 1. At our location in San Savino in The Shores it is super quiet. We usually can hear the early morning train horn off in the distance and, before 8 AM, we will only hear barking dogs and various birds until the fountain pops on and you hear the rush and splashing of water. Toby, our miniature poodle will still bark at its noise occasionally. I can do without the TV being on in the morning but we like to watch comedies first thing to drown out the negativity of various news outlets; nowadays you have to watch a variety of them to piece together what is really going on in the world. My paperboy, Toby and I will go out to get The Record and there's some noise – the mockingbirds competing for air space with the crows and the sound of trash trucks in the distance on Tuesdays, Wednesdays and Thursdays. You can hear the hum and bustle of the traffic on US 1. It's in full swing by 7 AM but all of it sounds good – like the sound of productivity. Once

I arrive at work, it's noise all day long; good noise, bad noise, hot noise and a sometimes a short-lived and eerie reprieve of calm and quiet.

Who knew there could be so much noise? I'm envisioning the scene in "The Grinch who stole Christmas" where the green grinch is up on the mountain and griping about the "Noise! Noise! Noise! Noise!" But this is not about a complaint but rather about the relaxing and stressless feeling of quiet and the reduction and lack of noise.

Many of you are enjoying reading The Observer as a quiet moment to yourselves without noise until you read some of the ads therein that support the publication – at least ads are only a small amount of visual noise and sometimes they're even educational or entertaining. There's so much visual noise out there these days between the billboards and the vehicle wraps. I bet that between the house and the office (about 3 miles) I'm exposed to well over 100 bits of advertising and, if I have the radio on in the car, even more audible noise.

This month, I challenge you to turn down the noise, feel the stress levels go down and simply enjoy what you may hear and see naturally as a result. If you're reading this edition of The Diaries and the other content in The Observer, you're off to a good start. On that note, I wish you all, as always, a noise-reduced Sunshine State of Mind.

Elks Care. Elks Share.

by Tatiana Diaz

Last month, the St. Augustine Elks #829 donated over \$400 in pet food and care items to S.A.F.E. Pet Rescue, which was founded in 2008 to save pets from euthanasia in Northeast Florida.

The St. Augustine Elks Lodge 829 is a "non-political, non-sectarian fraternity, and strictly American fraternity," according to their website elks829.com. The purpose of the fraternity is "to promote and practice the four cardinal virtues of charity, justice, brotherly love and fidelity; to promote the welfare and enhance the happiness of its members; to quicken the spirit of American patriotism and cultivate good fellowship."

For more information on the St. Augustine Elks Lodge 829, visit their website www.elks829.com or call (904) 471-2829.



Financial Focus

Information Provided by

Edward Jones

Ranking Your Goals: A Smart Move



Like most people, you may have several financial goals. But can you reach them all? It would be simple if you had great wealth. But you'll likely need to rank your goals in terms of their importance to your life and then follow appropriate strategies to achieve them. By doing so, you may end up getting pretty close to covering each of your objectives, in one way or another.

When prioritizing your goals, consider following this process:

- **Identify goals as "must have" or "nice to have."** Making sure you don't outlive your resources is a must-have goal, so you need to be as certain as possible of achieving it. On the other hand, a nice-to-have goal might be something like buying a vacation home. If you don't attain the money needed for this goal, you do have room to compromise, perhaps by scaling down to a smaller home in a different area or just renting a place for a few weeks a year. Having this flexibility can provide a psychological benefit, too. Since this goal doesn't have an either-or outcome, you won't have to feel that you failed if you don't get the big vacation home – instead, you can still enjoy the results of your investment efforts, even at a more modest scale.

- **Put "price tags" on your goals.** You need to know what your goals will cost. Even if you can only make an estimate, it's essential to have some figure in mind. As time goes by, you can always revise your projected costs. To arrive at these price tags, you may want to work with a financial professional who has the tools and technology to create hypothetical illustrations and scenarios.

- **Follow an appropriate strategy.** The nature of your goals and their estimated cost will drive your investment strategy. So, for example, using the must-have goal mentioned above – the need to avoid outliving your money – you'll want to balance your growth objectives with your comfort with risk, as well as maintain an appropriate withdrawal strategy when you're retired. However, for a nice-to-have goal, such as your large vacation home, perhaps you don't need the same urgency – consequently, with part of your portfolio, you might be able to take more risk in hopes of greater returns. And if you fall short, you can always go with Plan B – i.e., the smaller home or the rental experience. But if your "nice to have" is closer to a "must have" in this area as well, you might want to focus less on achieving greater returns and instead look at ways of adjusting your budget to save more.


- **Monitor your results.** As you pursue your goals, whether must have or nice to have, you'll want to check your results regularly. If you think you're not making enough progress toward your desired goal, you may need to make adjustments. But don't overreact to short-term swings in the financial markets or in the value of your portfolio, or take on an inappropriate amount of risk. When trying to reach your goals, you can alter your path, but it's usually not a good idea to change directions altogether.

The decisions involved in identifying, prioritizing and achieving your goals can be somewhat involved. But by following a well-designed process, you can help yourself get to where you want to go.

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

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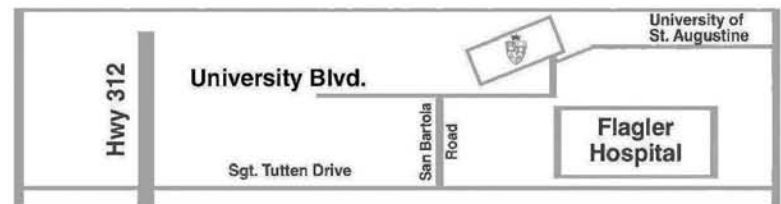
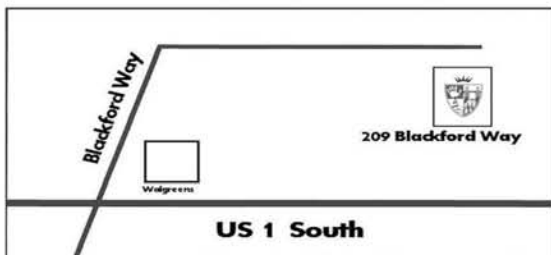


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Functional Exercise

By Rob Stanborough
PT, DPT, MHS, MTC, CMTPT, FAAOMPT
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One of the interventions we use at First Coast Rehabilitation is functional exercise.

We use functional exercise because of the way the body learns, which is in patterns, patterns that can develop your whole life.

There are lots of different ways to exercise. You can exercise for endurance, strength, to promote healing, or even increase mobility or flexibility. Each type includes specific guidelines and parameters used to achieve optional performance and maximum benefit. But if your goal is to improve your function, i.e. ability to perform a specific activity such as running, standing from a chair, picking something up from the floor, walking for half a day while sight seeing or carrying your child, you should work toward doing that task. It sounds simple enough, but it may not.

Functional exercise is built on a neurological and physiological principle called training specificity. If you want to be a good golfer – play golf, not tennis (you can play tennis too, but you should golf). If you want to be able to play pickleball, then play pickleball.

Again, it sounds simple enough but sometimes executing the activity or a portion thereof may be hindered due to injury, poor conditioning, or some other factor.

At First Coast Rehabilitation, we often will break the function, or activity down to its most basic components in order to initiate extremely specific and isolated exercises with the goal of putting it all back together again into a functional exercise.

Again, it seems like common sense and simple enough, but dissecting the function into isolated movements before putting it back together again can be done in many different ways. Nevertheless, the goal should be to ultimately perform the function.

A high level activity example could be surfing, which requires core stabilization, and balance, as well as lower and upper body strength. The activity could be broken down in many ways, but core stabilization would most likely be a good

place to start. Exercises may include rotation or diagonal strengthening, progressing to multidirectional perturbations (challenging forces from outside the body) to standing on a mobile surface mimicking surfing.

A lower level, everyday activity example could be reaching to pick something up from the floor. This also includes core stability, ankle, knee and hip mobility and strength, as well as balance. Like the example above, this could be broken down in many ways, but hip and core strength would be a good place to start. Exercises may include reaching forward from a chair and then from a Swiss ball. Lunges could be used to also strengthen the lower extremities and back. Eventually, reaching for objects outside the base of support could be used to challenge balance, gradually moving lower and lower toward the floor.

Although these are extremely brief and incomplete examples, it is what 500 words or less will allow. The take home message is, don't just exercise, exercise with purpose and intent. Exercise with function in mind, utilizing training specificity. If you are going to exercise, make sure you're exercising or training in a manner consistent with your goals. Break it down to build it back up. Much can be done on your own but if you need help, we can get you started.

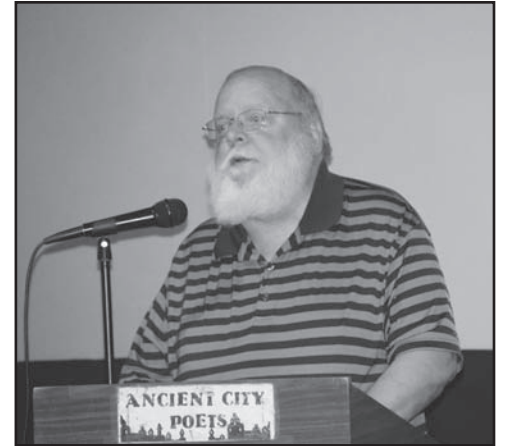
Rob Stanborough was one of the first PT's to be permitted to use DN in FL and doing so since 2017. He has trained others in DN since 2010 both nationally and internationally as a Senior Instructor for Myopain Seminars (www.myopainseminars.com). He is a co-owner of First Coast Rehabilitation, est 2006 (www.firstcoastrehab.com), has presented and published regarding DN and co-authored Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc.



Ancient City Poets A Dozen Cheers, A Dozen Years

by Tatiana Diaz

This month the spotlight is on Robert Gantt. He was born in 1957 and grew up in Hickory, North Carolina. He began writing poetry in the 1990s, reading his work in local coffee houses. He has been published in Snake Nation Review and several local anthologies. A collection of his poems, Songs from the Cage, is available for purchase through Amazon. Robert is trained as a Physicist and Mathematician at Lenoir-Rhyne University and UNC at Chapel Hill. He worked as an Information Scientist and corporate oncologist at several Fortune 500 companies and is now retired. He shared his words and several Ancient City Poet readings at the Corazon Cinema and Cafe, before the COVID-19 pandemic, and we look forward to his appearances at future gatherings.



Ancient City Poet Robert Gantt reciting his works during an Ancient City Poets monthly poetry reading. Photo by Chris Bodor.

The Ancient City Poets gather on the last Sunday of every month. Share two or three of your polished poems or bust out some fresh ink from your notebook during Saint Augustine, Florida's longest-running open mic poetry event. Poetry fans are needed, just as much as poets. Sunday, August 29 will be the 12-year anniversary of the series.

Invite a friend or two or three to bring a folding chair, and cheer you on. If you would like to share a poem, please show up at 2:30 p.m. on the day of the reading and get your name on the list. There is space on the list for 15 poets at 5 minutes each. At 3 p.m., the readers will be called to the podium in the order their names appear on the sign-up sheet. The August reading will be facilitated by Robert Waldner. Please share your words and embrace the local poetry scene. The theme will be "A Dozen Cheers, A Dozen Years." Go to www.bodor.org to find out the location of the reading and more info about the group.

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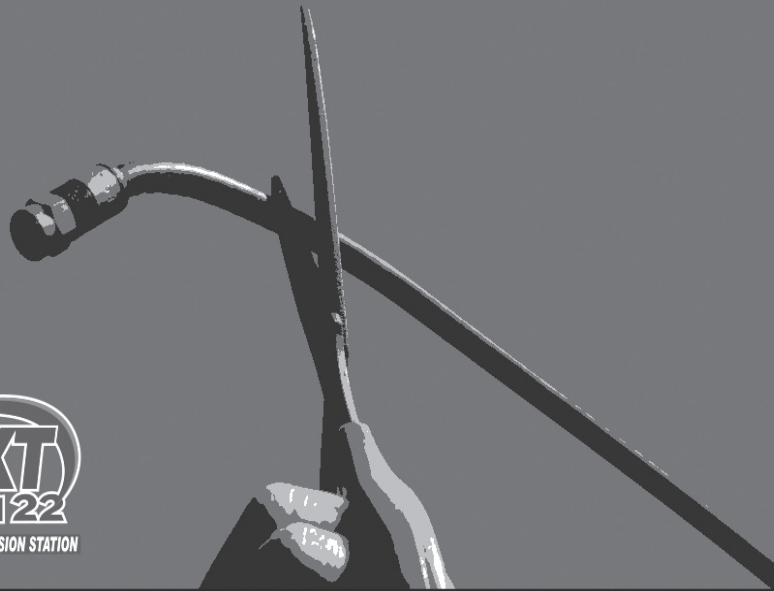
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No Thanks, I'm Just Browsing

We have all experienced a pushy salesperson. Maybe at a department store or an auto sales floor. It's not always easy to tell them to leave you be, but you can do it. You just have to be firm. This is not necessarily so when browsing the internet.

Most of us have noticed that the ads for products we see on the internet oddly match something that we recently searched for. When we are "browsing" the internet, we are tracked and traced by many companies and consortiums. Even after we close the browser (effectively telling the salesperson, no thanks) we are hounded by that same company for weeks in the ads that show up on sites we visit.

This is the ultimate pushy salesperson! One that lives in the code on the internet and follows us around reminding us about every product we have looked at in the past several months. Seriously? If I did not buy your lawnmower then, what makes this code think I will buy it today when I am not even looking at lawnmowers?

Let's stop those pushy sales folks cold in their tracks!

I use a browser called Brave (Brave.com), which is designed and built specifically to stop all tracking/tracing and ads. I have been using it for about a year as my main browser. Thus far it has stopped 249,555 trackers and ads, saved me from

downloading 4.75gb of ads and tracking code, AND saved me 3.5 hours of time waiting for those things to download.

Not only is it more private, but it is way faster than other browsers. OH, and it's FREE!

In the past I typically recommended Google Chrome. But not any longer. Google knows way too much about us, and it seems prudent to consider ways to decrease their access to more information.

Many of my clients have also started using a different search engine to avoid Google. Brave uses DuckDuckGo as their default Search Engine, and it is quite good. Also, DuckDuckGo is designed with a "NO TRACKING is good tracking" mindset.

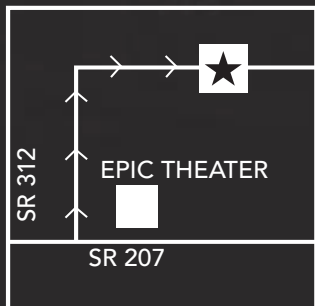
In conclusion: If you want to tell the sales folks on the world wide web "No Thanks! I'm just browsing" and have them actually leave you alone, there are ways to do it.

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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