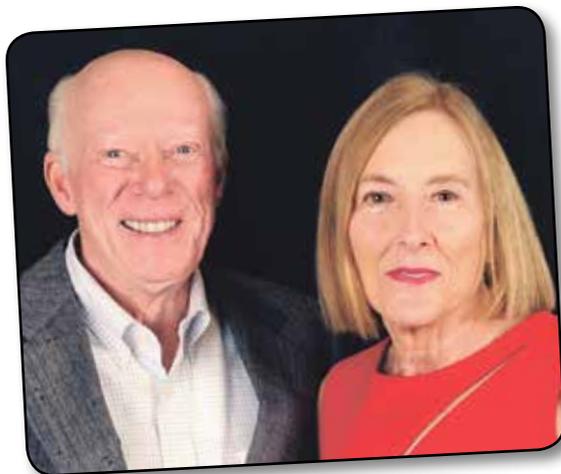


The Ocean Breeze

The official newspaper of the Ocean Hammock Property Owners Association

Winter 2017 • Vol. 15 Issue 1
A Florida NewsLine Publication

Meet Marian Feder and Dave Ashman Hammock home built to accommodate blended family and model trains



Photos courtesy **Dave Ashman**. Dave Ashman and Marian Feder

Residents Marian Feder and Dave Ashman are thrilled to live in Ocean Hammock — but they had a rather inauspicious introduction to the area.

“It’s all his fault,” Feder said, when asked why they moved to the area.

Ashman purchased a lot in the fledgling community of Palm Coast back in 1972 and rarely thought about it until November of each year when the taxes were due.

While living in Los Angeles in 1991, he met Feder and by 1992, they married and blended their two families for a total of five children and lived in Brentwood. Yes, the Brentwood made infamous by the

By Martie Thompson

Nicole Simpson and Ron Goldman murders; Feder said it was a little too close for comfort.

Over the years, their children grew and moved away and eventually the couple was making trips to visit them on the East coast. One year they decided to check out the nearly forgotten lot in Palm Coast to ascertain why the taxes kept going up. Feder didn’t care for Palm Coast, but she did fall in love with

The Hammock and so they eventually decided to purchase a lot on the Intracoastal Waterway.

Feder, a retired high school math teacher, and Ashman, a retired Air Force pilot who also flew planes for UPS and worked on the stealth bomber for Northrop Grumman,



had gone into business together in the early ‘90s; they owned 10 coffee shops in the Los Angeles area. By 2003 they had

sold them and were ready for their move East.

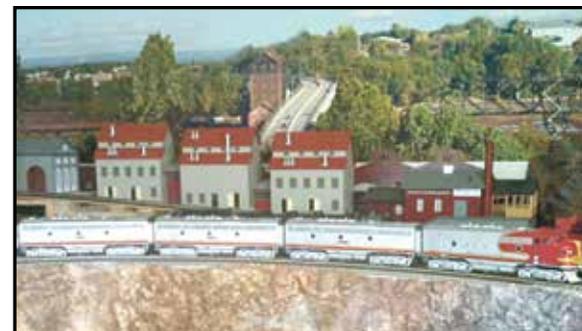
Feder said that the more they wanted to live in Ocean Hammock, the bigger the house had to be in order to have room for visits by their combined family of five children and seven grandchildren ... as well as Ashman’s extensive model train collection. Ultimately, in 2011 the couple decided on a lot with an ocean view and room for a larger home



Train layout at the home in Ocean Hammock

than the Intracoastal Waterway lot. They built the home by 2014, and after commuting back and forth to California for a couple of years, have been full time Hammock residents since 2015.

Their home, which Ashman said has very good views of local wildlife including birds, alligators and deer, is three stories,



Train layout, with a mural on the wall for added authenticity to the steel mill city theme, in the home in California.

with the ground floor containing the garage and a 42 ft. by 22 ft. train room. The track laid out in the train room, about three to four scale miles to accommodate

Ashman’s O-gauge model trains, has an urban setting of New York City as its theme. Since the room is not large enough to fit a scale model of the Empire State Building, Ashman had the idea to set up the scene as if looking across the Hudson River to Manhattan from New Jersey. The detail is tremendous, according to Feder, including landscaping, bridges, tunnels ... even people and frogs. Ashman estimates that he spends a couple hours a week on his hobby, which

he is careful to not let be the complete focus of his life.

Ashman’s fascination with trains dates back to childhood, when he said he was fortunate to live in a home sufficiently large to build a train layout. His father and other adult family members would

Meet Marian Feder and Dave Ashman cont. on pg. 3

President’s Message

By Paul C. Pershes

2017 has been a very good year. We have accomplished most, if not, all of our goals. We are financially sound, have done improvements to our properties and all committees are running smoothly.

We have renewed our contracts with MAY Management and Ramco Security and have entered into a new landscaping agreement with VerteGo LLC.

We are getting closer to a final agreement

with Flagler County for the dune restoration and expect to receive the contract shortly with work to start in January 2018.

I want to thank each board member for their outstanding work this year and to each committee person for their contributions.

I wish everyone Happy and Healthy Holidays!

Paul C. Pershes is President of the Ocean Hammock Property Owners Association.

News

- 4 Community Outreach Committee
Communications Committee
Inspection Support Committee
- 5 Ocean Course re-opens
- 6 Ask Sherry
- 10 Interior Design
- 12 Golf tips from T Shot Ranch
- 14 Getting enough exercise

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Dunes CDD Water Cooler Corner

By Gary Crahan

As many of you might know, our long-time District Manager, Dick Ryan, announced his intention to retire effective Oct 1, 2017. That instigated a search for a replacement that produced several well-qualified candidates. We selected Greg Peugh, an individual with a wealth of engineering and water utility experience. I am pleased to report that he has “hit the ground running” and has laid out an aggressive plan to improve many aspects of DCDD operations.

By now everyone should be accustomed to our new toll system at the bridge including the swing-arm gate, readouts showing actual money paid and the EXPRESSCARD accounting system. Things appear to be working smoothly as of this writing. We are also reviewing the layout of the toll plaza and service building to improve access and functionality. Specifically we are looking at how to increase parking, especially on the side before the toll booths, for patrons to conduct business inside the toll office.

Additionally we are evaluating what steps might be required to integrate our EXPRESSCARD system with the Florida SUNPASS system. Although it might seem that we should have done that

process while updating the toll system, the complexity and potential impact on traffic flow made it unwise to incur the added expense and longer development time for a system that was already failing. We will also be implementing a new website in 2018 where patrons can open, renew and access their toll account information online and through a smart-phone app without the need to visit the bridge toll plaza.

Now that hurricane season is in our rearview mirror, I am thankful to report that the DCDD fared well during Hurricanes Irma and Maria. Our systems maintained uninterrupted operations and our facilities escaped serious damage. Once again our stormwater management system of lakes performed well and did not get contaminated with ocean storm surge breakthrough; however, high water levels are still a concern during major rain events causing us to consider measures we might take in advance of an approaching storm.

One idea we are pursuing is lowering the lake levels somewhat (the lakes are all connected) so that more volume can be accommodated before competing with the outflow from communities to our

north. This action must be approved by the St Johns Water Management District which must assess the regional impact of such an action. That process is underway (since it moves very slowly) before the next hurricane season is on us. Related to this is the need to inspect the inter-connection piping between the lakes to insure that residential construction and other silt-producing events have not restricted the free-flow of water.

In addition to lake issues, we are looking at installing more fixed generator-powered pumps at key wastewater lift stations to provide continuity of operation during power outages. Currently we move around portable generators which is inefficient and labor intensive.

If you have a topic that you would like me to research or that you want more information on, email me at gcrchan@dunescdd.org and I will include it in these articles.

Gary Crahan is a member of the Dunes Community Development District Board of Supervisors.



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Meet Marian Feder and Dave Ashman cont. from pg. 1

make the railroad layout bigger each Christmas. He said it was a family project and a great learning experience; he even learned to solder at a very early age when helping to build the layout.

“But then I learned to drive and discovered girls,” he said, “and like many other boys, packed up the train set for the next 30 years until my interest was reignited as an adult.”

He became a member of the Train Collectors Association (TCA) in California and his mother was delighted to get the trains out of her storage closet. His layout was featured in the TCA magazine in January 2015 before he took it apart and packed it up to move it to Ocean Hammock. He said he always welcomes

neighborhood children to come to his house to see and even run the trains. The fascination of model trains continues to cross generations.

For her part, Feder may not have realized the scope of Ashman’s train interest, but she has come to embrace it as well. She said she had a catastrophic cancer event in October 2016 and credits the MD Anderson Cancer Center in Jacksonville with saving her life and acupuncture with giving her back her quality of life. She enjoys playing tennis and walking on the beach.

“We came here for the location, but we love it here because of our neighbors. This is a true community,” Feder said. “We just have fun here!”

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Community Outreach Committee update

By Denise Buonaiuto

In case you did not see the pledge form in the annual mailing which was sent in November prior to the annual Ocean Hammock Property Owners Association (OHPOA) meeting in December, we are reproducing it here. I have been told many people did not find it in the OHPOA mailing.

Also, we will be responsible for the month of March again for the Food

Bank. We man the food bank each Tuesday, Wednesday and Thursday for the month of March from 9:30 a.m. – 12 p.m.

More details will follow in eblasts and emails. Email denisebuonaiuto@gmail.com if you would like to volunteer.

Denise Buonaiuto is the chair of the Community Outreach Committee.



Ocean Hammock Community Outreach 2018 Pledge Drive

Our 2018 Pledge Drive is now underway! This is our key fund raising event ... and we need your help! Please be as generous as you can. All of the monies raised stay in Flagler County to help those less fortunate.

2017 Accomplishments:

- We raised **\$9700** from **96** property owners – a **17% increase** from last year.
- Our March 2017 **Flagler County Resource Center (Food Bank)** contribution:
 - Served 175 families who might otherwise have gone hungry. Total spent on food: \$4084
 - 400+ hours of volunteer time were logged manning the food bank, purchasing food, scheduling and accounting. Total items purchased: 4774
 - A new freezer was purchased for the Food Bank. Total spent: \$500
 - Also in 2017, we provided 160 Holiday Hams to the Resource Center. Total spent: \$1500
- In 2017 we donated to the **Flagler County Education Foundation's S.T.U.F.F. Bus** (Supplying Things U Find Fundamental). "All children need the basics to come to school ready to learn." Total spent: \$2000
- We also donated to the **Dolly Parton Imagination Library** through a campaign by the Young Young Professionals Group of Flagler County. Our donation was matched dollar for dollar by YPG. A book is mailed each month to a registered child born in Flagler County until they are 5 years old. Total spent: \$1000
- A donation was made to **Making Strides Against Breast Cancer Playing for Pink** event held by the HBLGA. Total spent: \$250
- We also took in donations of food and household items throughout the year.
- **NEW THIS YEAR!** We are donating goods and items to the **Family Life Center**. We are purchasing items from their "always in demand list" as well as their "wish list." This organization provides essential support services to individuals and families to end domestic and sexual violence in Flagler County. This is our Blessing Donation for 2017. Total spent: \$900

Questions? We will be happy to give you more detail on our community outreach efforts. Please contact Denise Buonaiuto at denisebuonaiuto@gmail.com. **Clip the form and return with your check to:** Denise Buonaiuto, 10 Driftwood Lane, Palm Coast, FL 32137.

Name: _____ Phone: _____

Email: _____

Pledge Amount: \$25 _____ \$50 _____ \$100 _____ Other _____

Want to honor someone with your donation? Just fill in the information. We will publish the names of those who have been honored in an issue of the Ocean Breeze in early 2018 and will publish it on the OHPOA website.

In Memory / Honor of: _____

THANK YOU AGAIN FOR YOUR ONGOING GENEROSITY
Make checks payable to: Ocean Hammock Community Outreach
Committee: Diane Berntsen, Denise Buonaiuto, Patty Lindsay-Hickey, Diana Kaiser, Mary Ann Maurer, Judith Roy, Louise Ussery, Bernadette Walsh, Pam Weber

MYSTERY PHOTO



Can you identify where this photo was taken?
For the answer to this challenge,
visit www.ohpoa.com.

Communications Committee Update

By Kathy Owens

A redesigned OHPOA website was officially launched in early October and feedback from residents has been overwhelmingly positive. Many thanks to committee member Mary Kay Ulsamer, who was the driving force behind this project and committed many hours of time and effort to complete this impressive redesign. Our committee would also like to thank Gail Harris of AHN and Chris Abdalla and Kathy Leon of MAY Management for their contributions and support.

We encourage all property owners to use the website as a primary source for community information. In addition, to ensure that all owners stay as informed as possible, please update your information on the website Address Book to include the email addresses of all parties in your household that wish to receive the eblasts sent out by the Ocean Hammock Property Owners Association (OHPOA).

We would also like to remind owners that there are several options for entering/updating their visitor, vendor and contractor list for gate access into our community. The three ways to monitor and edit your access list are as follows:

Mobile App: This is the easiest method but has limited editing options; download the free app called GateAccess.net or ABDI GateAccess.net.

Online at OHPOA.com: Go to the community website and select the Gate Visitors tab on the public page or the My Profile tab then Gate Visitors selection on the private page.

Automated System: Dial (386) 447-1809 and follow the prompts.

Detailed instructions for all of these options are included in the Gate Access Procedures document which you can obtain from the OHPOA website private page under the Documents tab.

Please note that your gate access login information is NOT the same as your OHPOA website login information. If you have forgotten or don't know your login user name and/or password for either gate access or the website or if you need any other assistance, contact Kathy Leon at MAY Management at (386) 446-0085 or email her at kleon@mayresort.com.

Kathy Owens is chair of the Communications Committee.

Inspection Support Committee update

By Linda Windsor

As 2017 draws to an end, the Inspection Support Committee would like to thank you for your continued support throughout the past year. Our mission is to ensure that property owners are in compliance with our Master Declaration and Community Standards.

The community, as a whole, is looking great and for this we thank you for your support. There are some areas, however, that may need your attention.

Now is a good time to walk around your property and make sure all is in order. Does your mailbox need a little sprucing up? Do your gardens look tired due to either dead landscaping or lack of mulch? Is your mulch a natural color and not

red? Have the palm trees been pruned? Does your house and/or roof need some power washing?

We would like to remind everyone that our Compliance Program is starting early next year. Have you added anything to your outside plan without getting authorization from the Architectural Review Board since the original plan was approved?

All of us at the Inspection Support Committee wish everyone a safe and happy holiday season.

Linda Windsor is the chair of the Inspection Support Committee.

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Ocean Course at Hammock Beach Resort re-opens after 13-month restoration project

By Florida NewsLine Staff

The Ocean Course at Hammock Beach Resort, a Jack Nicklaus Signature Design, re-opened on Nov. 2 after a 13-month restoration project.

A ceremonial event attended by golf, tourism and elected officials featured a first tee foursome consisting of Lee Elder, the barrier-breaking, four-time PGA TOUR winner; Tennis Hall of Famer Ivan Lendl; Brad Hauer, the resort's director of golf; and Paul Propis, vice president of the resort's board of governors and golf committee chairman.

Renowned for its six Atlantic Ocean-hugging holes and closing stretch named "The Bear Claw," the Ocean Course has been closed since October 2016 after high winds and storm surge from Hurricane Matthew caused damage across the majority of its holes. The resort's owners took a long-term view regarding conditioning and opted to conduct a complete course restoration in conjunction with Nicklaus Design.

Staying true to Nicklaus' design, the Ocean Course restoration has included the re-grassing of all fairways, greens and rough with the salt-tolerant Platinum Paspalum, as well as the reconstruction of each tee box,



Photos courtesy **Hammock Beach Resort**. The Ocean Course at Hammock Beach Resort re-opened on Nov. 2 after a 13-month restoration project.

bunker and green complex.

The new salt-tolerant grass was tested by high winds and storm surge caused by Hurricane Irma in September, but the turf stood up well and the restoration project completion was only pushed back a few weeks.

As one of only a handful of courses in the Southeast to feature Platinum Paspalum, the Ocean Course's new



The first tee foursome: Paul Propis, Lee Elder, Brad Hauer and Ivan Lendl.

surface features thick, short grass blades. Tolerant of all seasons, the grass is able to withstand seasonal temperature changes yet maintain a beautiful verdant year-round look. The addition of new and bright white Angle-G sand has also significantly brightened the

already visually appealing course.

The Ocean Course originally opened in April 2000. Visit www.hammockbeach.com for more information.

The importance of year end tax planning

By Stephen Cohen

With one month to go until 2017 taxes are set in stone, there are still many tax planning considerations individuals and corporations can make to lower their taxes for the current year. With a lot of uncertainty of what the 2017-2018 tax code might bring pertaining to the elimination or possible future reduction of medical, real estate and state and local income tax deductions, individuals should consider accelerating some of these deductions into 2017 provided they do not fall into the alternative minimum tax.

Required Minimum Distributions: All types of qualified retirement plans as well as traditional IRAs must satisfy a minimum distribution requirement (RMD) in which the distribution requirement of an employee's or IRA owner's interest must begin by the required beginning date. For most, this is April 1 of the calendar year following the later of (1) the calendar year in which the individual attains age 70 and a half or (2) the calendar year in which the employee retires. For those who wait until the year following their 70 and a half birthday, there are specific requirements that will force those individuals to take a second RMD in the same year.

Retirement planning: Individuals who are eligible to contribute to an employer's 401(k) can still make contributions up until Dec. 31. For those who are self employed or have a single member LLC, consider setting a plan up to take advantage of deductible contributions for 2017.

Group itemized deductions in one year: With the possible elimination of medical, real estate taxes, state and local income taxes and miscellaneous itemized deductions, consider doubling up these deductions in December instead of January 2018. Also with the possible doubling of the standard deduction in 2018, consider any charitable contributions you might make in 2018 and make them in the current year.

Maximize casualty by settling insurance claims: For those who suffered losses in the last two years a casualty loss is usually deductible in the year the loss

is sustained; however, the loss is not considered sustained if an insurance claim for the full value of the loss has a reasonable prospect of recovery of the claim. In those cases the loss is deductible in the year the insurance proceeds are paid provided the loss exceeds \$100 and 10 percent of the taxpayer's adjusted gross income.

Make Section 179 and bonus depreciation expenditures: Individuals and business owners can deduct currently the costs of certain tangible property used in their business rather than depreciate the costs over a period of years dependent on their class lives. Under IRS code section 179, the maximum amount that can be expensed for 2017 is \$510,000 provided no more than \$2,030,000 of purchases have been made in the current year.

Realize stock losses to offset gains: For those who have realized capital gains in 2017, review your stock portfolio for any unrealized losses and consider offsetting those gains prior to year end. There are specific wash sale rules that can limit the offset of losses if you do not wait the required time period to repurchase the shares sold.

Estate and Gift Tax planning: There is much uncertainty of what lies ahead for estate taxes. The estate tax exclusion amount for 2017 is \$5,490,000 and with portability for the unused exemption of the first spouse to die means that for most individuals' estate taxes are not as much of a concern as in the past. However, for those where this still might be a case of concern, you can make unlimited gifts of up to \$14,000 a year (those who are married can double this up) to an unlimited number of individuals without being required to file a gift tax return. The gifts can reduce future estate taxes and are tax free to the recipient. Also consider setting up a 529 savings plan for child or grandchild.

Stephen Cohen is a property owner in Ocean Hammock and is one of the owners in the Melville, N.Y. firm Cohen, Hoenigmann and Badolato CPAs, PC. Visit www.hccpapc.com for more information.

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Ask Sherry

By Sherry Babbitt

Question: Do you remember the very first story you wrote for a magazine?

Absolutely! I started out as an intern at a lifestyle magazine. I was so nervous to write my first article and agonized over every word. I still have the article and think it is still fairly interesting even though it was written in 1992. This was it:

This Villain is a Good Guy

The name Villain may not be a typical name for a female Labrador retriever and for good reason. Villain is not your typical household pet. She has a full-time job with the Seminole Fire and Rescue Department, and her nose is her weapon against arson. She can sniff out gasoline as well as 35 other types of fire accelerants.

Villain is the first accelerant detection canine in the State of Florida and currently has 14 arrests to her credit. Her arrest record is the highest in the country.

Villain and her handler, Inspector Bill Whitstine, work as a team. They begin their investigation at a suspected arson site. Villain will sit down at a spot to indicate where an arsonist has poured gasoline or some other accelerant. She has also been able to identify the actual arsonist who has remained with a crowd to observe the fire by identifying the same smell. They have been certified as expert witnesses in court proceedings since Villain's ability to detect accelerants



Photos courtesy Sherry Babbitt. Villain

has been proven to be more accurate than even laboratory tests.

Villain and Bill have investigated more than 250 fires including a suspicious fire at the South Carolina mansion of television evangelists, Jim and Tammy Baker.

While most think the 98 percent accuracy rate of this investigative team is wonderful, apparently some arsonists do not. There have been five attempts on the lives of Villain and her handler. Villain and her partner are truly "Good Guys" unless, of course, you are considering starting a fire bigger than you need to roast marshmallows.

Author's Note: After the article came out I was at a doctor's office and the magazine was on the table. A patient picked it up and stopped when he got to my article. I was so excited and thought after he read it, I would tell him I wrote it. However, he just looked at the pictures and put the magazine back down...so much for agonizing over every word.

Ocean Hammock's Favorite Recipes

Best ever cherry pie

By Ron Kelly

The key to a really, really good cherry pie is to use fresh sour cherries. If you are lucky enough to score some freshly picked sour cherries, the next thing you will need to do is remove the pits located inside of each cherry. Some people try to simplify the whole process and forgo this step to save time. There are, however, two very important reasons for performing this utterly boring and time-consuming task.

First, the pits in the cook- will likely teeth. Second, a nut and it While I'm usually way out, this is not converts to cyanide so on the nuts, the cyanide could quickly head over to the nearest emergency room.



Photos by MetroCreative.

do not soften ing process and break some the pit encases is poisonous. down for the easy one of them. The nut if you don't die choking kill you and you may want to

To avoid this outcome, let's go ahead and remove the pits by gently squeezing each cherry between the index and forefinger until the pit pops out. Once you have your cherries pitted, add some stuff to it, put it in a pie crust that you make from scratch and bake it in the oven. Remove from the oven at the exact right time and top each slice with vanilla ice cream. Bing, bang, done. Easy as pie.

Pastry for one 9" - 10" pie pan:

1 ½ cups all purpose flour

½ cup Crisco

¼ cup (4 tbsp.) ice water

Combine flour and Crisco with pastry blender. Add ice water tossing minimally with fork until the pastry holds. Separate into two patties and roll on well-floured board into large round, rolling from the inside outward. Gently place crust into pie pan. Lift edge up and into pan so that it conforms to shape of pan. Roll top crust.

Fruit Filling:

4 cups pitted cherries (or, for the faint of heart, two 14.5 oz. cans Oregon Red Tart Cherries in water)

¾ cup sugar

3 tbsp. cornstarch

¼ tsp almond extract (optional)

1 ½ tbsp. butter

If using canned cherries, drain them and reserve juice from one can. Mix sugar and cornstarch and combine with reserved juice in saucepan. Cook over medium heat, stirring constantly, until thickened. Remove from heat and gently add canned cherries and almond extract.

If using fresh cherries, combine them with sugar/cornstarch mixture and bring to boil on stove at medium heat for one minute, stirring constantly. Cool slightly and add almond extract.

Fill pie pan and dot filling with butter. Place top crust over filling, flute and bake on pie sheet at 400 degrees until crust is brown and filling is bubbling, about 30 - 45 minutes. Allow to cool until warm or for at least one hour.

Be a considerate dog owner

We all love our pets, but it is important to be respectful of our neighbors when visiting the community's common areas.

Please follow these regulations so that the common areas may be enjoyed by everyone.

1 Keep pets on a leash at all times, as required by Flagler County ordinance.

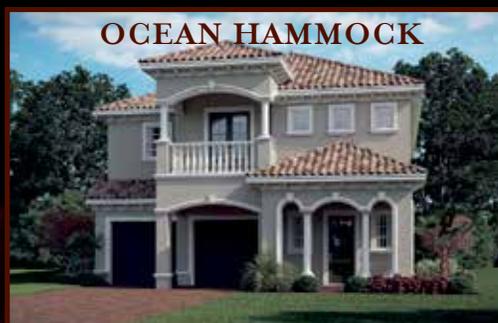
2 Clean up after your pet. Doggy bags are available at multiple locations.





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Stem cell regeneration provides resident with pain-free mobility

By Lisa Fisher

I love to walk on the beach, exercise, travel and keep active. My “commute” in the morning consisted of a walk along the beach from Cinnamon Beach to Hammock Beach to exercise classes. Over the past two years, however, this, and a lot of

normal activities, became increasingly difficult. I’ve had a bad knee since high school and it affected me on and off for years. Most recently, the pain and discomfort was impacting my quality of life. I found myself taking 800 to 1200 mg of ibuprofen a day, and wore a knee brace regularly just to manage.

I needed to make a change. I tried the Cortisone shot and the Synvisc injec-

tions without success. The next step would be surgery — or not.

I had read a lot about stem cell regeneration, and was intrigued by its possibilities. I met a lady while hobbling through nine holes at Hammock Dunes who said



Photos courtesy Lisa Fisher. Recovering with a swollen knee.

she was in my exact situation a year prior. She mentioned she had done a stem cell procedure and was 100 percent pain free. She explained that she had the procedure on a Thursday and by the following Tuesday she was playing in an 18-hole tournament.

This live testimonial convinced me that this was what I needed to do. I consulted with Shinoo Waingankar, an Ocean Hammock resident and former orthopedic surgeon. After careful evaluation he supported this as a viable option.

The practice I chose had their greatest success rate with stem cell regeneration on the knee. This method not only relieves the pain, but also repairs the damage that moderate to severe arthritis or injuries can cause. In fact, Dr. Joseph Purita is a pioneer in the use of stem cell PRP therapy for orthopedic conditions. This minimally invasive procedure helps patients with knee, hip, shoulder, and back pain.

My husband was skeptical, but when he heard that Bartolo Colon, a pitcher for the Yankees, had made an incredible comeback as a result of having the stem cell procedure by my doctor, he changed his mind.

The process is as follows: Purita read and reviewed my MRI to determine whether

any discomfort. Once my liquids were extracted, it was time to spin them in the centrifuge to isolate the platelets.

Next the syringes — I am the world’s biggest wimp when it comes to injections, so I turned away as he was about to begin the final steps. He injected the first needle (not too awful). I asked if he would wait for the anesthetic to numb the area and he said he would put one more, just to be sure; he then said, “Here’s one more,” and I asked again, “Ok, we’ll wait then?” He concluded with, “Nope we are done!” That was it! Three injections and no scars.

My knee swelled up and I used crutches that evening. In the next couple of days I was uncomfortable and on pain meds, but not in terrible pain. I was off the

crutches and walking on the beach by Sunday. It would take three months to completely regenerate, which I celebrated Nov. 9.

I started exercise classes and training just two weeks after the procedure,



Beach Ninja 100% back in action!

I would be a candidate for this treatment. The cost was estimated between \$2,000 and \$7,500. The time commitment was minimal. We traveled to Boca Raton, where the practice is located. The entire process took approximately three hours.

The first step was removing fat and blood cells from the right side of my back. The next step was drawing bone marrow from the left side of my back, through a needle after local anesthesia. I felt and heard some tapping, but barely

and am able to do exercises pain free that I could not do before. Every day I get stronger and I can honestly say, I feel 100 percent pain free with full mobility. It is an incredible process — that through stem cell regeneration you can use your own body to heal your own body.

A final note, although this procedure is not yet covered by insurance, I hope that in the near future, stem cell regeneration will become a preferred option to surgery.

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Interior Design: Modern art adds conversational interest and a focal point

By Laura Giadone



Photos courtesy **Laura Giadone**. Chemistry rug, blue.

medium in most any size and shape. It can be calming or energizing, monochromatic or brimming with color.

Often people add art as the finishing touch to a room. Another very effective

design strategy is to start the look of a room with one dramatic piece of art, then plan the room's style, furnishings and color around it.

Art in any style is a welcome enhancement to a home. In addition to adding beauty, a piece of modern art can create drama, interest and emotion in a room. The colors, shapes, brushstrokes and composition evoke a feeling, with their movement, energy and form.

Modern art most often is abstract, but sometimes it's figurative, depicting visual reality. Modern art can be created in any

When we think about art for our homes, we tend to think about wall art – flat art painted with water colors, oil paint or acrylics, and most often we hang art on a wall above the sofa or fireplace. There's

so much more to modern art, including collage, sculpture, found objects, ceramics, glass and light.

And think about it — the most prominent piece of modern art in a room can

Focus your rooms with a piece of modern art this season. It will reflect your personality and pull a room together beautifully. Modern art can transform a room from ordinary to extraordinary.

Email ask@hammockdecor.com for more information.

Laura Giadone is a Certified Interior Decorator and the owner of Hammock Décor.



Chemistry rug

be something we don't even think of as art — such as a dramatic rug, a sculptural chair, a striking chandelier or an unusual coffee table.



Gray room wall art and chandelier

A New Oceanfront View

Our famed Ocean Course, a Jack Nicklaus Signature Design, has reopened after a 13-month restoration. Every tee box, bunker, fairway, green and rough has been meticulously restored to its former glory. Placing players on the brink of the Atlantic Ocean, the award-winning course is a shining example of golf perfection.

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Nutrition Check: Portion distortion

By Kristen Hicks Ph.D., RDN, LDN and Paige Chaffin

Holiday festivities are generally filled with large, delicious feasts with extensive options of meats, sides, breads and desserts. Research has shown that when there is more food available, the average person will take advantage of this and overconsume calories.

More than likely each person will be faced with a huge variety of traditional holiday favorites and it is important to savor them; however, overindulging can lead to bloating, heartburn, upset stomach and potential weight gain.

To prevent eating more than our stomachs can handle, it is just as easy as two words: portion distortion. This means you can enjoy the foods that you want to around the holidays, but be mindful on the quantity of each choice you select. Some tips you can use this holiday season for portion control include the following:

If available, use smaller serving utensils. It has been shown that larger plates and utensils encourage us to take more than we need, because a half-filled large plate looks bare. Try selecting small plates,

cup and bowls to enjoy your favorite foods.

Don't skip meals. Around the holiday time, we have vivid memories of our favorite pumpkin pie or stuffing that is a family tradition. You are going to enjoy at that family party later, but if you don't eat all day, you might be tempted to overeat once you start, so have healthy snack options to munch on during the day while cooking — like a vegetable tray, fruit and cheese platter or bite-sized appetizers. Consuming foods during the day will make the chances less likely that you will overconsume at the big meal.

Lastly, think when you are eating. We all want to hear the stories of our friends and family, but getting distracted can cause mindless eating. Listen to your body when it's telling you that you are full. It takes approximately 30 minutes for signals to move from our full stomach to our brain to let us know that we are full, so eat slowly and mindfully.

Kristen K. Hicks Ph.D., RDN, LDN is an assistant professor in the Department of Nutrition and Dietetics, Brooks College of Health, University of North Florida.

Lions, Tigers and Bears, Oh My!

By Linda Hager

Interested in seeing wild animals, but not so wild about traveling overseas? Go no farther than the St. Augustine Wild Reserve, a rescue sanctuary for unwanted and abused exotic animals. Five of their wolves and an African lion were rescued from Michael Jackson's estate in Santa Barbara. The reserve's goal is to educate the public about exotic animal ownership to avoid future abuse of these incredible creatures.

In addition to lions, tigers and bears, you'll also see wolves, leopards, mountain lions and even ligers (a cross between a lion and a tiger). The highlight of each tour is a tiger bubble bath.

A few cautions: I would not choose to visit in the summer due to the heat, mosquitoes and the animal smells. Also

some families prefer not to see caged animals and zoos, but I found the interactions between the trainers and animals heartwarming.

Two-hour tours of the reserve are by appointment only on Monday, Wednesday and Saturday at 2 p.m. The cost is \$30 per adult, \$20 for children aged five – 10 and free for kids younger than five. If children tire before the end of the tour, it's no problem to leave early. My only disappointment was that no photography is permitted, but a CD is available for purchase.

Visit www.staugustinewildreserve.org for more information or to make a reservation. For visitors who might like this kind of experience, it's an easy trip, located just west of World Golf Village.



The winner of the Hot Shot Photo Contest in the Fall 2017 issue of The Ocean Breeze is Sally Mahoney. The Theme was "Sunrise, Sunset ... swiftly flow the days" and the challenge was to capture images of sunrises or sunsets. Mahoney's picture is entitled "Glorious Morning."

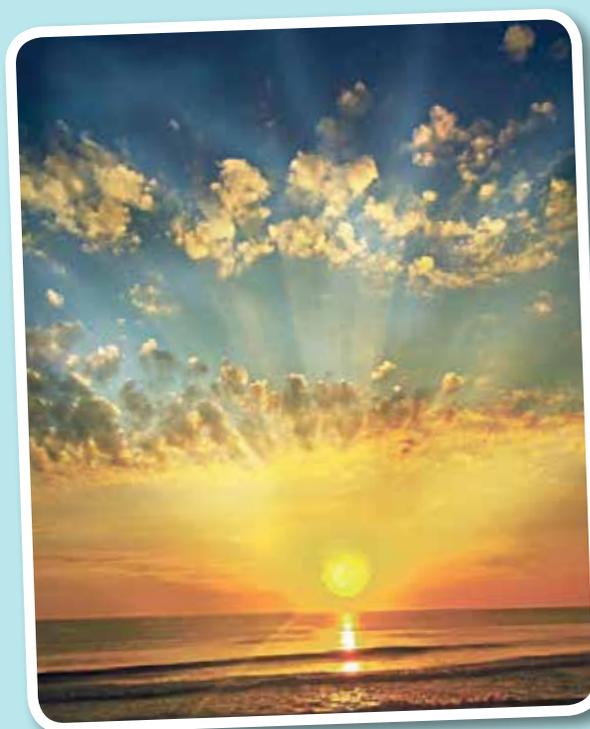


Photo by Sally Mahoney. Glorious Morning.

The next Hammock Hot Shot theme is "Strictly Silhouettes." We are looking for crisp, clear and high resolution entries. Be artsy and challenge yourself, and remember, people cannot be recognizable. As always, keep it local — from Flagler Beach to St. Augustine. Email your entries to

HammockHotShot@gmail.com.
Happy Shooting!



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Golfers participate in Making Strides Against Breast Cancer

By Beth Kelly

On Oct. 11, the Hammock Beach Ladies Golf Association (HBLGA) organized its third annual Playing for Pink day, a breast cancer fundraiser on behalf of Making Strides Against Breast Cancer,



Photos courtesy **Beth Kelly**. The Hammock Beach Ladies Golf Association organized its third annual Playing for Pink day on Oct. 11.

At the end of the day, the event raised a total of \$40,150, of which \$6,235 was raised by the Hammock Beach Men's Golf Association's fundraiser and \$1,200 was donated by members Pam and Gunnar Hildemann, whose Coconuts Car Wash held its own breast cancer fundraiser in October. What is particularly noteworthy is that virtually 100 percent of the proceeds to Making Strides Against Breast Cancer stay in Volusia and Flagler counties, helping those in the community who need necessary diagnostic exams or assistance with their medical treatment.

While the results of our efforts are still preliminary, the American Cancer Society is anticipating that our monies raised will rank among the top three in the state and among the top 25 in the country. Given the huge success of this year's event, the HBLGA has committed to planning a similar fundraiser in 2018.

The Hammock Beach Ladies Golf Association has regular play dates on Wednesdays and plans several fun events throughout the year. If you are interested in joining or learning more about the HBLGA, contact Jan McMaster, president, or Marianne Murphy, Director of Membership.

a charitable organization affiliated with the American Cancer Society.

The day began with a round of golf, accommodating all levels and abilities of play with nine-hole and 18-hole options. Naturally, everyone dressed in pink and even the golf carts were festively decorated. After golf, the HBLGA was joined by other members of the club (150 total) for lunch and a silent and live auction. Items for the silent auction were generously donated from many of the members of the Club at Hammock Beach as well as local merchants, including 386, Hammock Gardens, JT's, Captain's BBQ, Hammock Hardware, Uncaged Tasting Room and A1A Fisheries. The club and several of its employees also offered private golf and tennis lessons, spa treatments, personal training sessions, and restaurant gift certificates. The club also donated chef dinners for 10 in a member's home, an individual annual golf cart plan, and practice round tickets and overnight accommodations to the Masters in 2018.

Golf tips from T Shot Ranch - **Mistakes vs. excuses**

By Janie C. Farina

"Mistakes are the portals of discovery"
- James Joyce

If "Mistakes are the portals of discovery," then why do our golf mistakes often lead to excuses as an excuse for the mistakes we make?

Here's what I hear:

- The greens were too fast
- The greens were too slow
- The wind was wicked
- I never felt comfortable over the ball all day.
- My putts kept lipping out of the cup.
- If there was trouble, my golf ball found it.
- I couldn't get my tempo because of the slow group in front of us
- I couldn't get my tempo because the group behind us kept hitting into us
- The sand in the bunker was too wet, too fluffy, too thin, etc.

I didn't have a decent lie all day.

So why do we think we should be playing better golf than we actually played?

The portals to better golf lie in facing the excuse, not making the excuse. Consider this: Excuses redirected and addressed as mistakes and can be corrected with a good instructor and proper practice plan. Practice uncomfortable circumstances by replicating undesirable conditions that arise while playing golf.

For example, make it a practice to play different courses with different greens and learn how to adjust more quickly to these variations in speed. The same goes for bunker sand and consistency.

Instead of dodging windy conditions, get out there and make it common practice to experiment with crosswinds, down winds, and into your face winds. Tossing grass into the air before each shot on

these days should be a given, as well as watching the trees behind the green or the flags and their direction. For each knot of wind, a club adjustment should occur.

Finding your tempo and keeping it during rounds of intermittent stops and goes is a developed skill. Make it a mission to alternate play with "Speedy Gonzales" and "Mo Molasses" and focus on keeping a seamless flow to your round with your thought, your walk and your talk.

Lipping out putts, feeling uncomfortable over the ball and your ball continually finding trouble may likely be a simple alignment issue. Get a partner/teacher to video you behind the target and review your aim.

Eye dominance plays a key role in direction and how we set up to the target.

Have your equipment checked. Improper lie angle of clubs affect direction as much as 200 yards.

Review your course management decisions: On the tee box, set up on the same side as the trouble and allow your shot some breathing room for a mistake so the trouble isn't staring you in the face.

So in your quest to play the golf you "think you should be playing," ditch the excuses and get busy using those mistakes to become the portals to good golfing discovery.

Keep the flow and let it go!

Janie C. Farina is a 26-year LPGA teaching and coaching professional. Her teaching specialty is working with the disabled or students recovering from disabilities who want to use golf as therapy, as well as seniors, women, and juniors. Email her at hitthedirt2@gmail.com.



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The importance of getting enough exercise

By Donna M. Gialone

When the medical and healthcare community talk about exercise, they generally mean any physical activity. This could be walking up the stairs, doing the dishes, doing general housework, doing yard work, gardening, or playing with your pets. This also refers to organized physical activity, such as group fitness classes, running, yoga, martial arts, and weightlifting.

Fitness professionals, on the other hand, classify exercise by type — aerobic (swimming and jogging) or anaerobic (weight lifting); interval or endurance training; and by intensity: light, moderate, and high.

How much exercise should you get? The simple answer is to move as much as possible every day. Wear a fitness watch to help track your movements. Try to get at least 150 minutes of moderate-

intensity exercise every week. Physical activities like gardening, brisk walking, or dancing all fall into the category of moderate-intensity exercise.



Photo by MetroCreative.

According to the U.S. Department of Health and Human Services, getting at least 75 minutes of high-intensity exercise weekly will meet the minimum amount of recommended exercise. High-intensity exercise includes physical activities such as hiking uphill, bicycling at or above 10 miles per hour, fast swimming, running, or aerobics.

Just remember that any amount of physical activity is better than doing nothing. Adding variety to your physical activity regime is the key to optimal health and wellness over the long term.

Donna M. Gialone is a Certified Personal Trainer and Nutrition Educator.

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FLORIDA *NewsLine*

A golf excursion to remember

By Rob Effner

Let's be serious. If someone began telling a story about an amazing golf experience across the pond, you most likely would think they were about to grab a pint of Guinness and delve into their recollection of past trips to Ireland or Scotland. While it is true that both of these places offer fantastic golf experiences, a recent visit to Spain suggests there is much more out there worthy of exploration.

We have a group of guys here at Hammock Beach that find ourselves traveling to some fantastic golf destinations on an annual basis. The group doesn't have an official name, but I like to refer to it as the Last Man Standing Group. Years ago, the name may have been taken more literally, but now it's more about who can stay up the latest. For our previous trip, the Last Man Standing Group traveled to Ireland. It was a great adventure with great golf.

This year brought us to Marbella, Spain. Randy Kaiser was our trip coordinator and deserves all the credit for finding the location, setting up the details and then dealing with the travel implications following Hurricane Irma's arrival. Unfortunately, a couple of our originally planned 12 travelers had to stay behind due to Irma's impact. If you're keeping track of who the last man standing is, two of our 12 guys are already out of the running. In addition to Randy, Steve Whittier, Bob Stoffell, Ed Samuels, Paul Propis, Dave Mills, Ron Martin, Chuck Larwood, Ron Kelly, and Rob Effner all made the journey. While there are plenty of descriptive stories about each one of the gang while traveling, you will not find them in this article with one exception. Our good friend Steve Whittier beat 12,000 to 1 odds by — you guessed it — scoring a hole-in-one at the San Roque old course.

We flew through Madrid and ultimately landed in Malaga. From there, we took our shuttle down the coastline to

Marbella. Marbella offered everything we could have hoped for including excellent lodging, outstanding cuisine, great service, amazing weather, plenty of nightlife and remarkable golf courses. Our hotel was the Melia Marbella Banus. It offered resort-style accommodations, multiple pools, restaurants and bars as well as direct access to the boardwalk along the Mediterranean and

harbors full of yachts. Some of our food experiences included whole fish baked in salt blocks, skillet paella, grilled octopus and never ending tapas. I don't recall either a poor service experience or even a story about a poor service experience. We either got extremely lucky or simply had too much to drink. Each and every day we woke to temperatures in the low '80s, blue skies and a light breeze — leaving conditions perfect for any activity.

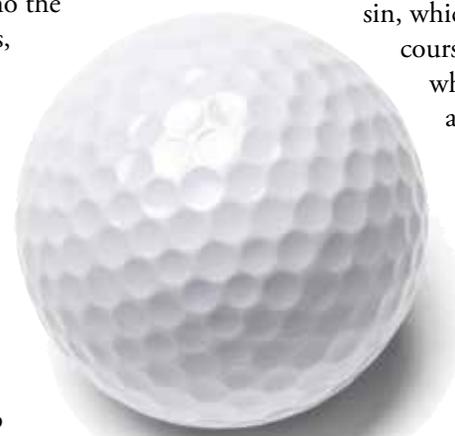
Naturally, a good portion of our days were occupied by golf courses with conditions typically only seen on television. To put this in perspective, we found ourselves playing the famous Valderamma. Home to the Ryder Cup, it is spectacular in itself, but we played the course just four weeks before the PGA European Tour played there this year. The conditions were superb although some of us were not used to putting on greens of that speed.

Other courses included Finca Cortesin, which is the third ranked course in Spain, La Reserva which is ranked fifth in all of Spain, Real Club De Sotogrande, which Robert Trent Jones ranked in his top five in the entire world, as well as San Roque and Club De Aloa. The courses were truly spectacular and in remarkable condition, providing for an overall experience in Spain that was nothing short of exceptional.

So by now, many of you are hanging on to every word in an attempt to find out who the actual last man standing was. Me too!

Rob Effner is President of the Hammock Beach Men's Golf Association (HBMGA).

"The group doesn't have an official name, but I like to refer to it as the Last Man Standing Group."



Photos by MetroCreative.

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