

The Ocean Breeze

The official newspaper of the Ocean Hammock Property Owners Association

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Meet the Wise family: Feeling “settled” in The Hammock

By Martie Thompson

Dan and Kristin Wise are more than content to be a young family in a community with a number of retirees. In fact, their sons, 11-year-old Theron and nine-year-old Chase, enjoy having neighbors as surrogate parents and grandparents.

“Everybody here has taken us under their wing,” Kristin Wise said. “We have felt so welcomed here since day one.”

Dan Wise is a third generation pilot — his grandfather flew planes in World War II and his father flew for an airline and still works as a trainer at Boeing — who has worked for JetBlue for the past seven years. He said all his flying

has been civilian and he has worked for multiple airlines over the past 23 years.

This has necessitated that the family move around a lot, from California to places like Memphis and West Palm Beach.

It was while they lived in West Palm Beach that they became aware of the Hammock area. The family enjoyed camping at Beverly Beach and knew they eventually wanted to settle here.

Dan Wise said they actually stumbled on their home in Ocean Pointe Estates in June 2017 — the house fit the bill and the price tag. Most importantly, it was near the beach.

“We go to the beach every morning with our yellow lab, Brody,” Kristin Wise said. “Then, when the boys get off the bus at

4:30 p.m. from school, we go back again.”

The family’s love of the beach and especially surfing and fishing goes back to when Dan and Kristin first met. Kristin grew up on a farm in Northern California and Dan grew up in Del Mar, Calif., near San Diego. She moved south to attend San Diego State University and to “get off the farm and find a surfer boy.” She was successful.

“Dan was walking by my apartment with his surfboard and asked if he could leave it with me. He did and then he never left,” Kristin said. The couple has been married for 17 years.

An outdoorsy family for sure, they also enjoy traveling in their camper. With Dan’s flexible schedule and Kristin’s status as a stay at home mom, they are able to plan about one trip per month. Right now they are focusing on visiting the



Nine-year-old Chase Wise and 11-year-old Theron Wise

area’s springs, such as Blue Springs with Ginnie Springs on the list.

The boys also play soccer for the local league and the family is in the middle of a number of home renovation projects. Their home was built in 2004 and needed some updating; they also put in a pool when they first moved in that the boys use daily.

“We didn’t feel settled in any of the other places we lived,” Dan Wise said. “But we have definitely fallen into a groove here.”



Photos courtesy Tiffany Katz Photography
The Wise family

President’s Message

By Paul C. Pershes

Summer is quickly approaching and the great weather has begun.

We are happy to report that the dune restoration has begun and is moving rapidly as of the date of this message. The Hammock Beach Resort has participated and for all the golfers and beach goers, the beaches look great. There are still the plantings to be done on the dunes to help retain our new dunes — beautiful white sand.

Our short term rentals are currently under control, but this summer will be a challenge with all the new properties

in Cinnamon Beach. We are working on additional procedures to minimize the lines at the gate. We have also bought new security cameras and computers for all the gates, with installation starting the end of May.

Even though it is only June, we are seriously looking for new committee members and board members for next year. Please email me with your interests.

Happy Summer!

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

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Dunes CDD Water Cooler Corner

By Gary Crahan, DCDD Board of Supervisors

This issue contains discussion of a couple of topics you should find interesting:

Toll bridge expresscard system goes online. We have finally entered the 21st century with our toll management. You can now create and manage your account at www.dunesexpresscard.org.

First, you will have to create a link to your account. This is accomplished by "Look Me Up" on the introduction page. Then you will be asked for some basic account parameters like the email account you want to use, your card or sticker "tag number," followed by your last name, last four digits of your phone number, street number, and zip code. You will then be able to set up your unique password. Now that you are into the data system you can check (and change) account data and set up credit card info for payment. We have established the highest current security methods to insure your credit card data is secure from hackers.

If you prefer paying cash, you must visit the service center next to the toll plaza, but you can still monitor your toll balance and use via the online system. The system allows you to view reports showing your transactions over an interval you select.

Please note that accounts that carried over from the "old" system will show a one time "debit correction" on or about Aug. 24, 2017 that was necessary to remove the inflated toll balances created under the old system to account for the difference between the \$2 cash toll and the current

reduced fare bridge pass. You did not lose any real money in your account.

If you have any problems setting up your account, email the bridge office using the info under the "Information"/ "Contact Us" menu or call (386) 446-5593. I'm sure there will be some startup issues, but we think this will improve your customer service.

Wastewater treatment plant expansion. As announced in the last issue, the project to expand our wastewater treatment plant to full build out capacity has commenced and should be completed in August 2019. This is a \$6.4 million project that not only expands our capacity, but also updates our existing wastewater plant (built in 1988)

with current technology and standards. I want to emphasize what I said in my last article that this project was a budgeted capital expenditure that will not require either borrowing through a bond issue or impacting current billing rates.

Hurricane season is here. I certainly hope that we don't have a repeat of our past two years with devastating storms impacting our region; however, we can't afford to take our eye off the ball. Rather, we need to plan for at least a typical year with potentially one or two Category 3 storms that don't hit us directly but will influence us with significant rainfall. The DCDD is taking steps to insure wastewater movement using an improved means of emergency

pumps located at key wastewater collection points to back up our normal equipment during protracted power loss.

In addition, I want to emphasize the need to outfit your residence with emergency supplies, evacuate the area if ordered, and have an emergency plan on where to go and how to inform out of area contacts of your health and safety. This sounds simple, but too many ignore the basics. If you normally leave the area for other locations during this season, you should find someone who can watch over your property.

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

Communications Committee Update

By Kathy Owens

A welcome reception for new Ocean Hammock residents was hosted by the Ocean Hammock Property Owners Association's (OHPOA) Communications Committee on April 11 at the Discovery Center building. The board of directors of the OHPOA, all committee chairpersons and their respective committee members were also invited and we had a wonderful turnout of approximately 65 people.

The purpose of the reception was to offer a warm welcome to our new residents and to make them feel a part of our growing community. They also had an opportunity to meet the community members who volunteer their time to serve the needs of the community and were given further information about the role each committee plays.

Welcome packets, which provide a brief history of our community along with pertinent information regarding the OHPOA and other helpful information, contacts, and resources, were distributed to each of the new residents. For any new residents who were unable to attend the reception or those who may not have received a welcome packet, additional packets are available for pick up at the MAY Management offices in the Discovery Center.

As Ocean Hammock continues to grow, we encourage all residents to offer a warm welcome to their new neighbors as they settle in to our wonderful community. We also encourage all residents, both new and old, to consider joining an OHPOA committee. It is great way to meet people and be an active participant in our community.

The 2018 Ocean Hammock Board of Directors

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 Jim Owens - Vice President
 Roger Cullinane - Secretary
 Dan Wachendorfer - Treasurer
 Beth Kelly - Director
 Jim Ulsamer - Director
 Charles Kerr - Director

Helpful Hammock Numbers

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 Ocean Hammock Dispatch Center
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Ocean Hammock Main Gate
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Discovery Center Gate
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North Shore Gate
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Opening this Fall in Seaside Landings – the Seabreeze by Arthur Rutenberg Homes.

Seaside Landings is Flagler Beach's newest coastal community – and the Seabreeze is the newest coastal plan from legendary custom home builder Arthur Rutenberg Homes. At Seaside Landings, each home site will access the water via direct frontage or with a boat slip by the intracoastal waterway. Bask in the shade of the dense hardwood forests while soaking in picturesque Florida vistas. Enjoy a gated entrance, city utilities – and convenient access to I-95, A-1-A, Palm Coast Town Center, and a host of international airports.

The Seabreeze fully-furnished model will feature many trademark design elements from Arthur Rutenberg Homes including a beautiful elevation, sight lines taking you right through the home upon entry, a great room/kitchen/dining room area that opens to the outdoor living with walls of sliding glass doors that disappear. Truly a home that offers the best for Florida coastal living.

But don't wait for the model to open.

Act now. This is a unique opportunity to own premium waterfront property along Florida's famed Palm Coast while building the custom home you've always dreamed of.

To learn more contact

Mark Refosco, Owner | 904-509-3838 | MRefosco@arhomes.com

Arthur  Rutenberg Homes

by Mark Refosco



Our Novara model home opens late spring 2019 on A1A just north of Island Estates.

About Mark Refosco

Mark Refosco, owner of Marcus Allen Homes an independently owned franchise, has long tradition of luxury home building in the greater Jacksonville area. Mark has twice won the prestigious Builder of the Year award and has earned a solid reputation with his commitment to customer satisfaction. Mark now brings his experience building Arthur Rutenberg Homes to customers throughout the Palm Coast.

Inspection Support Committee Report: Four legged companions

By Linda Windsor

Did you know that our community is 70 percent built out? With the increased construction activity comes new neighbors that we are looking forward to meeting. Many of us are cat and dog owners, too, so we also welcome your four-legged companions.

You may not know that the homeowners association has rules concerning our pets that we would like to bring to your attention.

- We ask that you pick up after your pets. Throughout the community, you will find dispensers of doggie bags to help you conveniently pick up any waste from your dog. Even dog lovers don't want to see waste in their yards or common areas.

- All dogs must be leashed when outside. While most of us are dog lovers, some are not and others may truly be afraid of dogs. Please be respectful of others. Furthermore, other dogs may not be as friendly as yours so it just makes sense to keep

your pet on leash. Finally, leashing your dog helps keep them out of danger. If you moved here from another state, you may not know that snakes like to hide in bushes and protected areas. For that reason, you may not wish to have your dog walk too close to the shrubs. Unleashed dogs may chase other animals into our protected dunes, also filled with poisonous snakes, or worse, they may venture into our ponds where snakes, snapping turtles and alligators live.

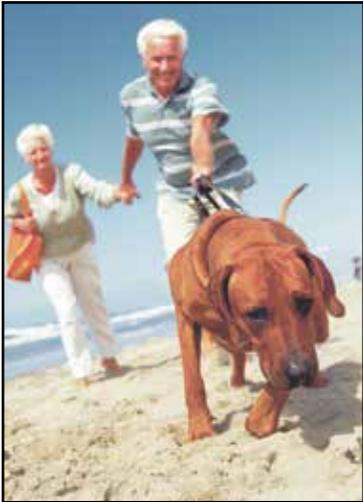


Photo courtesy MetroCreative

Failure to adhere to the rules could result in a citation and potentially fines for repeated of-

fenses. So, for the safety of your dog and the peaceful enjoyment of our community by your neighbors, please help us to abide by these rules.

The beach is regulated by Flagler County. Please be aware that dogs are not permitted to be unleashed on the beach. Failure to leash your dog on the beach could result in a citation and/or fine by the county.

Ask Sherry

By Sherry Babbitt

Question: What is the benefit in keeping daylight saving time year round and will it become law in Florida?

The past: The idea of moving our clocks forward an hour in the spring and back an hour in the fall is sometimes credited to Benjamin Franklin; however, the idea suggested by Franklin in 1784 is hardly fundamental to the development of today's Daylight Saving Time. In 1784, Franklin wrote a letter to the editor of the Journal of Paris entitled, "An Economical Project for Diminishing the Cost of Light." In it, he simply suggested that Parisians could economize candle usage by getting people out of bed earlier in the morning. To those who knew Benjamin Franklin, it was quite obviously an example of his sense of humor.

The present: Because of the many benefits of Daylight Saving Time year-round for Florida (the tourism industry profits from

brighter evenings, it promotes an active lifestyle and it also makes driving safer), it took the Florida Senate less than a minute to pass the "Sunshine Protection Act." The bill would keep Daylight Saving Time going throughout the year. Governor Rick Scott signed the bill, asking the legislature to adopt Daylight Saving Time in the state year-round.

But wait — as with so many government issues, it isn't all that simple. The problem? Florida (or any state) doesn't have the authority to adopt Daylight Saving Time year-round. The federal government controls the nation's time zones as well as the start and end dates. States can exempt themselves from Daylight Saving Time, but nothing in federal law allows them to exempt themselves from standard time.

The future: Who knows?

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MAKING SENSE OF INVESTING

Community Outreach completes first project of 2018

By Pam Weber

April 2018 marked the fifth anniversary of the Ocean Hammock Community Outreach Organization manning of Flagler County's

Food Resource Center. This program aligns with the mission of the Ocean Hammock Community Outreach Organization, which is "... To provide financial

assistance to non-denominational organizations in Flagler County that provide services to the poor and others in need. Organizations receiving financial support must meet the financial eligibility requirements established by Flagler County Department of Human Services."

Preparation for the food bank event began in March with Judith Roy purchasing 4228 food items at a cost of \$3923.06 (average cost per item was \$.93). Denise Buonaiuto began coordinating daily work schedules for 112 volunteers. In total, more than 460 hours were spent manning the food bank, shopping for food, scheduling volunteers and accounting.

Throughout the month, volunteers greeted and served 183 families including (337 adults and 150 children). In 2017, we served 175 families including (328 adults and 109 children).

The generosity of our Ocean Hammock



Photo courtesy of Judith Roy. Limited supplies prior to stocking.



Photo courtesy of Denise Buonaiuto. Volunteers prepared to serve families in need.

property owners provide the foundation for the success of this program and numerous others that will occur throughout the year. Our 2018 pledge drive totaled \$12,625, a 30 percent increase

from 2017 which totaled \$9,700. Numerous donations were given in memory or in honor of loved ones, including Jessica Adolfe, Lee Erickson, Mary Fleischer, Steven Fortnam, Rose Gandolfo, Ann Godfrey, Gerry and Roland Kromer, Gary Laden, Claire Markowitz, Mike McFadden, Andrew and Mary Mihok, Wimp Moyer and Keith Happ, and Brian Riley Travis.

Non-perishable items can be used by the food bank throughout the year. If you would like to donate items, please drop them off at the MAY Management office. Monetary donations are also being accepted and may be dropped off at the MAY Management office or checks mailed to Denise Buonaiuto, 10 Driftwood Lane, Palm Coast, FL 32137. Make all checks out to Ocean Hammock Community Outreach.

Pam Weber is Director of Communication for Ocean Hammock Community Outreach Organization.

Ocean Hammock Book Club tours West Volusia County

By Gail Kerr

Did you know:

- Stetson University is named after the man who founded and manufactured the famous Stetson hats?

- Florida has been underwater at least 20 times?

- Evidence of the Pliocene era can be found in DeLand and St. Helen?

Those are only some of the interesting facts that the Ocean Hammock Book Club learned on our tour of DeLand, St. Helen and Cassadaga.

One of the features that makes our Book Club here at Ocean Hammock unique and delightful is our yearly trip, usually in early spring, when we focus our attention on Florida and its rich history.

Phyllis Pionzio and Ann Butler plan a trip for members to an area or place in Florida of historical significance. They also suggest a book or two which are set in old Florida: "Brimstone" by Cherie Priest, which takes place in early 19th century Cassadaga and "God Has a Long Face" by Robert Wilder. Each of these books set the stage for our tour of the West Volusia County area.

This year we headed to the Deland Historical Society, which provided a passionate guided tour, including recitals of Jaberwocky and Xanadu, of Deland's historic Garden District, St. Helen and Cassadaga.

We learned that the city was founded in 1876, and was named for its founder, Henry Addison DeLand who enhanced the community's stature and culture, as well as the value of his local real es-

tate holdings, by establishing DeLand Academy, Florida's first private college, in 1883. A freeze in 1885 destroyed the orange crop and like many other would-be real estate magnates at the time, his Florida investments became nearly worthless after the freeze so he returned to his home in the North. DeLand entrusted the academy to his friend John B. Stetson, a wealthy hat manufacturer from Philadelphia and one of the institution's founding trustees.

A ride through Deland's historical Garden District featured several of the restored homes and businesses, which have become the core of a neighborhood revival. As we traveled on to St. Helen, our tour guide pointed out many geological features that are evidence of the ocean being all the way into West Volusia. We also gained insight into the early development of the area by pioneers traveling down the St. Johns River.

After a stop at the old school at Lake Helen where we saw beautiful art on each row of chairs in the auditorium, we went on to Cassadaga. We lunched at the historic Cassadaga Hotel. There we were treated to a lecture about the Cassadaga Spiritualist Camp by one of its members. Here, "Spiritualists can live and work together while embracing Natural laws, the continuing of life, Spiritual Enlightenment and Spiritual Healing." The camp dates back to 1894 and was founded by George P. Colby, a New York native and medium, who had been instructed by his spirit guide, a Native American named Seneca, to go to Florida and start a spiritual center.

Lunch at Sinatra's — with old Sinatra songs playing in the background — and a walk to the neighboring bookstore completed a fascinating and special day. Who knew the history of West Volusia County was so rich?

Our continued thanks to Phyllis and Ann for their perseverance and hard work brainstorming and setting it up each year. If you would like to join the Book Club, contact Mary Vamos (maryvamos@gmail.com) for club logistics for the 2018 – 2019 season.

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Aging or prolonging active life?

By Declan Doogan, MD

A reasonable goal for all of us is to live as well as we can. We cannot control our genes, but we can amplify the positives we inherit and mitigate our negative genetic risk factors.

Modern medicine has produced remarkable longevity benefits. Between 1990 and 2013, life expectancy at birth increased from 57.3 years to 64.2 years for males and from 58.2 years to 68.5 years for females. In 2017, this had changed to 77 and 81 years for males and females respectively. One in three babies born today will live to 100.

Most of us can say whether or not we feel better/healthier than in our 20s. Many of us know how to manage our lifestyle. Unfortunately, there are so many “advisors” out there marketing their ideas — with the result of confusion, confusion and confusion. Even experts cannot agree what is best for you.

No one disagrees that managing diet, exercise and sleep will bring health benefits. In addition, we all agree that stress has negative consequences, but individual resilience varies according to our genetic make-up (those genes again). So, what is good for us?

We also know that compliance with diet and exercise regimes can be a challenge and we need some encouragement/incentives. Not everyone has a personal trainer and lifestyle advisor.

Living here in beautiful Ocean Hammock, we cannot use weather and the environment as excuses for not getting outdoors and exercising. So, let us adopt a simple first approach: do not eat simply out of habit and manage quantity and quality. Do you prefer the salad or the hamburger? I know what I do, but I try to balance throughout the week.

There is so much confusion around supplements. Without doubt, you need to ensure

your Vitamin D levels are right and most of us need a daily supplement. Measuring B12 and folate is important as we age and especially if taking metformin.

A huge number of Americans have sleep disturbance. This must be managed too as we all need around 7 – 8 hours of sleep per night. It is tempting just to take sleeping pills, but this is only a short term fix.

Get a conversation going with your doctor not just on disease management, but health maintenance. Do not over-Google! Try to find someone skilled and knowledgeable you can trust for advice.

So how old are you really? We know our

chronological age, but how have our bodies aged? I have helped set up a group called the Young.Ai Palm Coast Project. This is an innovative approach to managing health and the aging process. Young.ai was designed to predict your biological age by sophisticated artificial intelligence algorithms. Upload your photograph and the system will give your biological age. Upload lab data for greater precision. Connect your Fitbit, which can track your activity levels as we know exercise can help retard the aging process. You can also upload dietary and other health information.

If interested log on to <https://young.ai/#/palmcoastproject>.

Light up your home with a stunning chandelier

By Laura Giadone

Lighting is one of the most important elements in making your home environment function effectively and look beautiful. New lighting can completely change the look of a room, and chandeliers or pendants are a key element of your lighting plan.

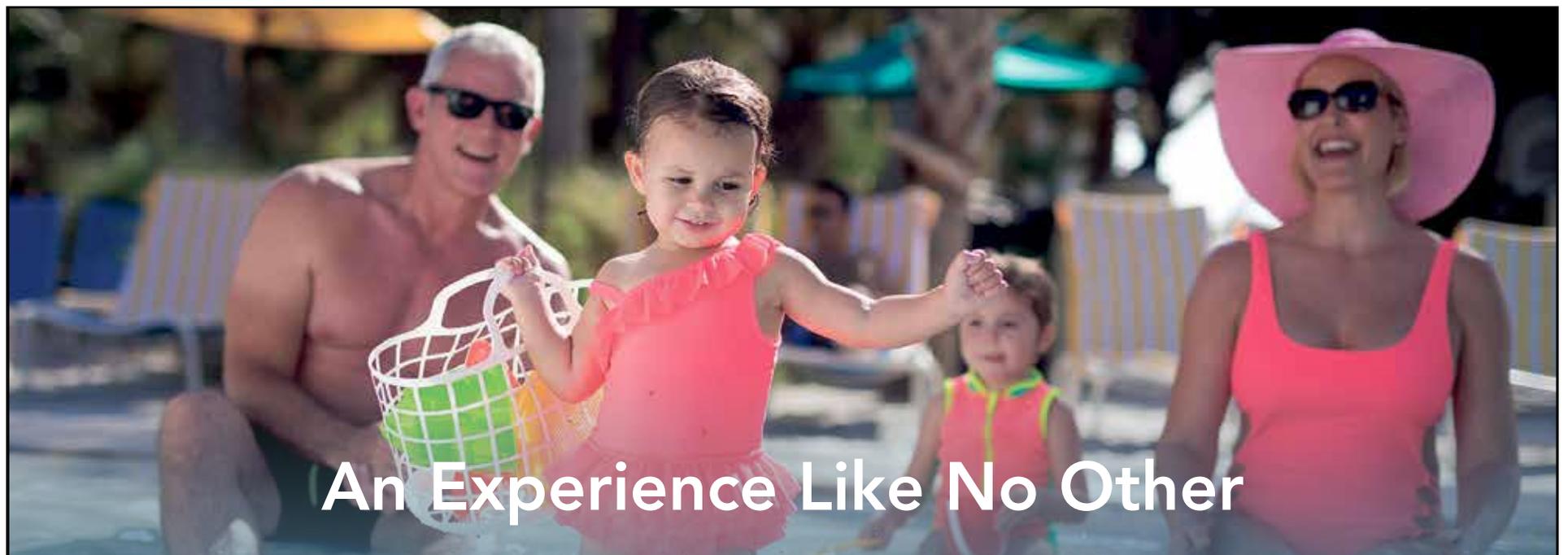
We think about light fixtures mostly for dining rooms, but they're perfect for so many other rooms too, including the living room, foyer, bedroom, kitchen, bathroom and outdoor living spaces.

A stunning light fixture can create a big impact in a room and, yet, it's somewhat unique as a design element because it doesn't take up any of your limited floor or wall space. You can gain space on bedside or end tables with mini chandeliers or pendants. It actually reduces clutter while adding style! For optimal beauty and function, work with an expert to select light fixtures that are the right size and hang them at an appropriate height for your application.

Function is key when you select a chandelier. Lighting strategies are quite different for dining rooms, living rooms, foy-

ers, kitchens and bathrooms. Lighting can work to set a soft, romantic mood, provide a spotlight in a specific area, or furnish an overall wash of brightness. Consider the quality of light that a fixture provides, including the number of bulbs, bulb wattage, color of bulbs and more. Dimmers are almost always a good idea since they give you options for brightness at various times of day or depending how you're using the room at a given time.

For more information, contact Laura Giadone, C.I.D. at ask@hammockdecor.com.



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Hey Man! what's cookin'?

By Ned Sedlak

Having a few people over and want to be a hero by taking over the preparation of the evening meal — but don't know much about cooking? Tired of the same old BBQ grill thing? If so, try the following recipe. It's simple, it's foolproof, it's fun and your guests will be filled with admiration of your culinary skills.

Lobster Boil

Equipment needed:

- Large stock pot, capable of holding four or so gallons with a cover. I use the one that came with my turkey fryer.
- Heat source, again I use my turkey fryer flame, but your barbeque grill could be used or your kitchen cooktop. (Note: Using your kitchen cook top reduces your hero points as you will be tying up the kitchen.)

- Long handled ladle and BBQ tongs
- Large serving platter

Ingredients – serves 4 hungry adults:

- 2 large sweet onions
- 4 large potatoes
- 4 ears sweet corn
- 2 lbs. andouille sausage links
- 4 1-lb. Maine lobsters or Florida lobster tails
- 2 lbs. of shrimp
- 2 cans of beer
- ½ cup Cajun seasoning or Old Bay seasoning

Prep:

- Peel the onions and cut in half
- Cut potatoes in half
- Shuck the ears of corn and cut in half
- Peel and devein the shrimp. (Note: You can skip this step and serve the shrimp as “peel and eat,” but this is a messy way to eat your meal.)

Process:

- Get your heat source going and place the large stock pot on it. Drain the two beers into the stock pot, cover and bring to a boil, reduce heat. Throughout the process you want enough heat so that any time you remove the stock pot lid a good amount of steam immediately exits the stock pot.
- Add the seasoning then the onions and potatoes, followed by the corn and sausage. Cover and cook 5 minutes
- Remove cover, add in the lobsters, recover and cook 15 minutes.
- Remove cover, add in the shrimp, recover and cook 3 minutes
- The entire boil is complete when the lobsters are a bright red and the shrimp look like cooked shrimp should look.
- Turn heat source off and remove cover.

Using the BBQ tongs and the long handled ladle, remove lobsters, corn, shrimp, sausage and potatoes, arrange them artfully on the large serving platter. Serve with a salad and you're a hero!



Mike Fisher, Bill White, Peter Gordon and Tom Cooke.



Photos courtesy Lisa Fisher
Derby hat winners Lisa Fisher, Natalia Gordon, and Delilah Herrera.

Many “justified” winners at Derby party

By Lisa Fisher

A good time was had by all at this year's annual “sold out” Hammock Beach Member Kentucky Derby party. Held at the Conservatory, a beautiful venue, it was a fun-filled event — despite the last minute inclement weather. Everybody felt like a “justified” winner!

Winners at the Derby party included Lisa Fisher (“Most Outrageous,” with her hat made from colorful placemats); Natalia Gordon (“Best Overall,” adorned with cork, a horse sculpture, and a variety of derby paraphernalia); and Delilah Herrera (“Most Glamorous” with her hat was adorned with peacock feathers and green ribbon).

Wine dinners provide enjoyment and education for members

By Carey Smith

Where can you enjoy fine dining and perfectly paired wine? The Hammock Beach Club, of course.

The Hammock Beach Club has hosted several wine dinners for members over the last several months. Ste. Michelle Wine Estates, Stag's Leap Winery and Frog's Leap were each featured at one of the last three wine dinners.

The evenings start with an introduction from a representative of the winery, who explains the terroir, philosophy and style of each winemaker. Executive Chef Kevin Luque created imaginative dishes for each dinner. Food and Beverage Director Jason Neff selected wines to enhance each dish.

A recent sampling of the Stag's Leap dinner included a first course of truffle and herbed golden and red beet carpaccio with honey goat cheese, wild arugula mustard



Photos courtesy Lisa Fisher.
First course of truffle and herbed golden and red beet carpaccio with honey goat cheese.



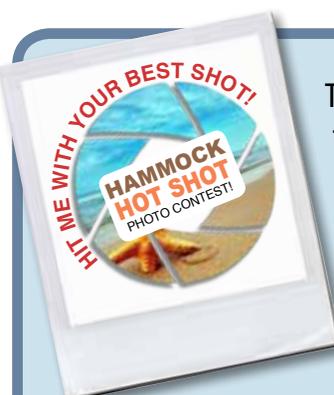
Fine dining with perfectly paired wine.

greens, and lemon garlic dressing. This was paired with an Antica Chardonnay, Atlas Peak AVA. You eat with your eyes first — and this dish looked as beautiful as it tasted.

Stag's Leap Wine Cellars' Artemis Cabernet Sauvignon was featured with a roasted filet in a wild mushroom, caramelized shallot, port reduction sauce. Another outstanding taste treat.

It is great to know that you don't have to travel too far afield to experience fine wines and great cuisine.

Carey Smith is an Ocean Hammock resident who serves on the Food and Beverage committee at the Hammock Beach Resort.



The winner of the Hammock Hot Shot photo contest in the Spring 2018 issue of The Ocean Breeze, entitled “Beautiful Bridges,” is Fred Folco. His photo is entitled, “The Bridge of Lions.”

The theme for the next issue is “Anything that Moves!” Grab your cell phones and cameras. This could be a photo of that critter you saw

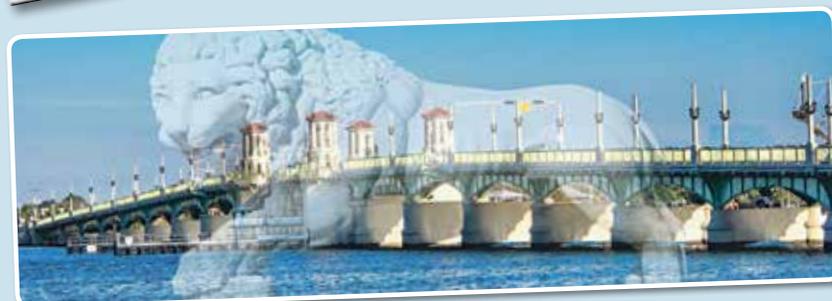


Photo courtesy Fred Folco. The Bridge of Lions

on the golf course, or your walk...or a cool bike or boat you saw on the Intracoastal...or a jellyfish on the beach...use your camera and your imagination! Have fun with it!

Remember the rules: No identifiable people, and keep it local, within a 30 mile radius of our Hammock area. Please send all entries to hammockhotshot@gmail.com

Thanks for your entry!

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A trip of a lifetime Down Under

By Tim Hickey

Adventures

Planning for our New Zealand and Australia adventure started in April 2016 on our trip to England aboard the Celebrity Eclipse. While on board we booked a two-week cruise around New Zealand for November 2017 aboard the Celebrity Solstice ending with a two-week stay in Australia

After leaving Orlando on a six-hour flight to Los Angeles, a 10-hour layover and a 13-hour nonstop flight from Los Angeles, we landed in New Zealand and spent three days enjoying the sights of Auckland. We utilized the Hop-On-Hop-Off transportation service enabling us to experience much of the city. A highlight was a stop at Mount Eden with magnificent views of the city.



The Sydney Opera House at night.

We then boarded the Celebrity Solstice for our 14-night cruise around New Zealand before crossing the Tasman Sea with a stop in Melbourne, Australia and on to Sydney.

Our first stop the next morning was the

Bay of Islands. We boarded a smaller boat on a cruise to Zane Grey rock. If the seas are perfect the boat will go through a hole in the rock. We weren't that lucky, but we were joined by a pod of bottlenose dolphins that posed for pictures for everyone on board.

The next day we visited the port of Tauranga. We visited Hell's Gate, a geothermal area in Rotorua that is in the top five most powerful underground volcanoes in the world. We visited a kiwi orchard and learned that kiwis grow on vines like grapes. We boarded a jet boat on the Kaituna River. The ride was exhilarating and included a few high speed "doughnuts" giving everyone a little spray of the river water. It was a "boat load" of fun.

We spent the next day at sea, docking the following day in Wellington. We took a tour along the Shipwreck Coast with a stop at a 2000 acre sheep and cattle farm up in the hills above Wellington. The views

from the farm were spectacular and we were treated to a sheep herding exhibition, a necessary skill in New Zealand as sheep outnumber people by two-to-one.

Our next stop was in Akaroa. We boarded our second jetboat of the trip for a ride across the Waimakariri River. We then got on board a train for a ride through what is described as the Southern Alps. The views on both rides were incredible.

In Dunedin, with a bit of inclement weather, we decided a day of rest was warranted. We just enjoyed the ship. The highlight of the day was some down time at the martini bar.

Our final day in New Zealand was cruising through the fjords. We cruised through the Dusky, Doubtful and Milford Sounds. While it rains 323 days a year in this area we were treated to perfect blue skies. The fjords and waterfalls made for great pictures and the scenery was truly breathtaking. Once we exited the fjords we sailed across the Tasman Sea for two days to Melbourne, Australia.

Arriving in Melbourne for an overnight stay we did a lot of walking and explored the city on our own. We took the city trolley to the Queen Victoria Market, the largest open air market in the Southern Hemisphere. We dined on one of our many meals of fish and chips, a staple in both New Zealand and Australia.

It was then on to Sydney. Our early morning into Sydney Harbor gave us a bird's eye view of the Sydney Opera House as we docked by the Sydney Bridge. This is the most beautiful harbor in the world. We explored the city on foot enjoying the many sights and spent our last cruise night on board, admiring the lights of the Opera House and Sydney skyline.

While in Sydney we stayed at the Westin, within walking distance of the harbor. Sydney is a vibrant city with lots to do and locals that are very friendly. We walked all around the city enjoying the sights. We



Photos courtesy Tim Hickey
Tim and Patty Hickey at Rex Point Lookout along the Captain Cook Highway.

walked to the Rocks, a historic district famous for its weekend market. We took advantage of scheduled ferries and sight-seeing boats from Circular Quay and Darling Harbor to visit the many locations around the area. This included a visit to the Taronga Zoo and a ride to Manly Bay where we enjoyed the beautiful beach. We ferried out to Watson Bay where we dined at Doyle's on the best, but most expensive, fish and chips you will ever eat. We took the Hop-On-Hop-Off bus around the city with a stop at Bondi Beach, famous for its surfing history.

We travelled to the Blue Mountains where we stopped at the Featherdale Wildlife Park and hand fed wallabies and kangaroos while they roamed around among the visitors. We had a face to face encounter with koala bears. Once in the mountains we took a gondola ride across Jamison Valley with a perfect 360 degree view of the valley and the Three Sisters rock formation from Echo Point Lookout. We finished the adventure with a ride down the world's steepest railroad.

A three-hour flight from Sydney to Cairns and an hour ride to Port Douglas put us near the Great Barrier Reef. We took a day trip to the reef on the Quicksilver boat and to a platform on the far edge of the reef looking out on the Coral Sea. We enjoyed a submersible ride around the reef viewing the sea life. It was truly an experience.

On our way back to Cairns we drove the Captain Cook Highway, one of the most scenic roads in Australia and stopped for one final view and picture at Rex Point Lookout.

And then it was back to Sydney and home. And yes, we would do it again!

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Should you take dietary supplements?

By Donna Gialone

The majority of adults in the United States take one or more dietary supplements either every day or occasionally. Today's dietary supplements include vitamins, minerals, herbs and botanicals, amino acids, enzymes, and many other products — and they come in a variety of forms, including traditional tablets, capsules, and powders, as well as drinks and energy bars. Popular supplements include vitamins D and E; minerals like calcium and iron; herbs such as echinacea and garlic; and specialty products like glucosamine, probiotics, and fish oils.

If you don't eat a nutritious variety of foods, some supplements might help you get adequate amounts of essential nutrients; however, supplements can't take the place of the variety of foods that are important to a healthy diet. Scientific evidence shows that some dietary supplements are beneficial for overall health and for managing some health conditions. For example, calcium and vitamin D are important for keeping bones strong and reducing bone loss; folic acid decreases the risk of certain birth defects; and omega-3 fatty acids from fish oils might help some people with heart disease.

Don't decide to take dietary supplements to treat a health condition that you have

diagnosed yourself without consulting a health care provider. Here are some more rules to follow:

Don't take supplements in place of, or in combination with, prescribed medications without your health care provider's approval. Check with your health care provider about the supplements you take if you are scheduled to have any type of surgical procedure and remember, the term "natural" doesn't always mean safe.

Before taking a dietary supplement, ask yourself these questions: What are the potential health benefits of this dietary supplement product? What are its potential benefits for me? Does this product have any safety risks? What is the proper dose to take? How, when, and for how long should I take it? If you don't know the answers to these questions, then you need to consult with your health care providers.

Let your health care providers (including doctors, pharmacists, and dietitians) know which dietary supplements you're taking so that you can discuss what's best for your overall health.

Donna Gialone is a Personal Trainer/Nutrition Counselor.

Great heat tolerant summer flowers to try in your yard

By Allynne Jones

Ocean Hammock is a spectacular location to live — proximity to the beach, to the Intracoastal as well as plenty of sun and fun. What makes planting flowers in the summer more difficult are the hot heat, ever-present deer in some cases, and of course, salt.

Here are some good choices for just such conditions. (Remember though that deer are fickle creatures. What they may not have eaten today, they may eat tomorrow.)



Zinnias

Zinnia
Zinnias also come in a range of colors and flower shapes range from small daisy-like to larger multi-petalled flowers. They grow about 12" – 14" high and wide and tolerant the full sun. They are very salt tolerant and deer generally leave them alone. Deadheading occasionally will keep them blooming. They will bloom from spring to fall.



Photos courtesy VerdeGo Gaillardia

Gaillardia
Gaillardia is a native perennial you may have seen growing on the dunes. It is commonly called "blanket flowers."

It will grow about 14" – 25" high and about 12" – 24" wide, in full sun or part shade. Gaillardia has excellent salt tolerance and deer generally don't bother it. Gaillardia is noted for its brilliant daisy-like flowers, which appear in spring through to fall. Deadhead occasionally to keep them blooming. They are available most often in orange and yellow.



Vinca

Vinca
Vinca, commonly called Periwinkle, is an easy care flower that comes in a whole range of colors including white,

reds, pinks, lavender and so on. There are two main varieties of vinca — some are upright growing and some are spreading. Both types tolerate the hottest heat and are very salt tolerant. Deer generally leave them alone. The upright growing variety will grow about 14" – 18" high and wide while the spreading variety will be about 8" – 12" high and 24" – 36" wide. Trim both varieties to control the growth if desired. Vinca blooms non-stop and doesn't require deadheading.



Gazania

Gazania
Gazania is a low mounding daisy-like plant that is symmetrically round as it matures. It grows about 6" – 12" high

and wide and loves the full sun. It has good salt tolerance and the deer generally don't bother it. They are available in a whole range of colors from yellow and orange to purple and pinks. They will bloom all year around and if the winter is mild, they can continue to bloom through the winter. Deadhead occasionally to keep them blooming.

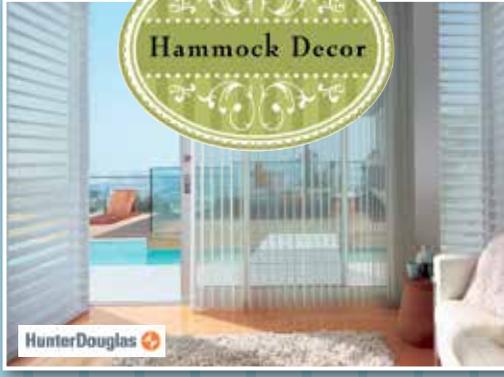


Blue My Mind

Blue My Mind
Blue My Mind is a low growing, spreading perennial. It has bright blue flowers that appear spring through to fall. Each

plant will grow about 10" – 12" high and 12" – 24" wide. Plants can be trimmed to keep from spreading too far if desired. Blue My Mind has good salt tolerance and the deer generally don't bother them. They do not require deadheading; however, trimming back once in a while will encourage density.

Allynne Jones of VerdeGo Garden Center in Bunnell is a Florida Certified Horticulture Professional. Visit www.verdego.com for more information.

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