

# The Ocean Breeze

The official newspaper of the Ocean Hammock Property Owners Association

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## Meet the Boyces: Residents live life of service

By Martie Thompson

Like many residents of The Hammock, Ron and Joan Boyce moved to The Hammock for the warm climate. Originally from Long Island, N.Y., Joan Boyce recalls being a newlywed (she and Ron were introduced by her cousin and married two years later in 1988) and visiting her parents who moved to Palm Coast in 1991.

"We would ride our bikes over the bridge to The Hammock, which was basically undeveloped at the time," she said.

One day, in 1999, the Boyces stumbled upon Hammock Dunes Parkway and the real estate office that had just opened. By 2001, they were convinced they needed to buy some land in The Hammock as an investment if nothing else. They had no intentions of moving here ... yet.

But by 2005, Ron, who was a battalion chief with the New York City Fire Department, had sustained some injuries that would eventually lead to his retirement in 2007. The Boyces made the decision to build on their lot in The Hammock and started construction of their home in 2005. They moved into it in July 2007.

"We definitely both enjoy the warmer climate and plus we live closer to my parents," Joan Boyce said.

While Ron is retired, Joan still works in the scientific publishing field: she is the vice president and general manager of Biocompare, a digital marketplace. Joan Boyce said her passion has always been marine biology and she is excited that Marineland is located right down the road. She recently joined the board of the Whitney Laboratory for Marine Bioscience as a trustee.

"The Whitney Lab is a hidden gem that I don't think many people know about," Joan Boyce said. "My goal is to raise awareness of its existence and how the local community can get more involved.

They could volunteer at the sea turtle hospital or support the lab with donations."

Joan Boyce said that in addition to the renowned sea turtle hospital, the Whitney Lab has approximately 10 principal investigators, or scientists, who are doing environmental research as part of the University of Florida. The Whitney Lab has events open to the public and Joan Boyce encourages people to visit [www.whitney.ufl.edu](http://www.whitney.ufl.edu) to learn more.

For his part, Ron Boyce, too, has kept active serving the community. He was on the board of Kindercare for six years and ran the Hammock Beach part of the charity, which includes the golf outing and lunch fundraiser that is also sup-

ported by retired Major League Baseball players like Rollie Fingers and Gaylord Perry.

"I felt if we were able to prevent one child from being abducted or molested, it is worth it," Ron Boyce said of his time with Kindercare, which is a national foundation that protects children from sexual predators via education, in concert with local sheriff's offices.

Recently, Ron Boyce has stepped back from his role with Kindervision to concentrate on another of his passions: protecting single family neighborhoods from the incompatible nature of short term rentals. He is working to get state legislators to repeal SB 883, passed in 2011, which took away local property zoning rights.

"I believe all local communities should be able to regulate as they see fit and use local property zoning laws," he said.

The Boyces enjoy travelling and make annual trips to Maui and back to New York. And finally, like many residents of The Hammock, they said that their favorite part of living here is the people they have met.

"Everyone is very friendly and from all over the country," Ron Boyce said.

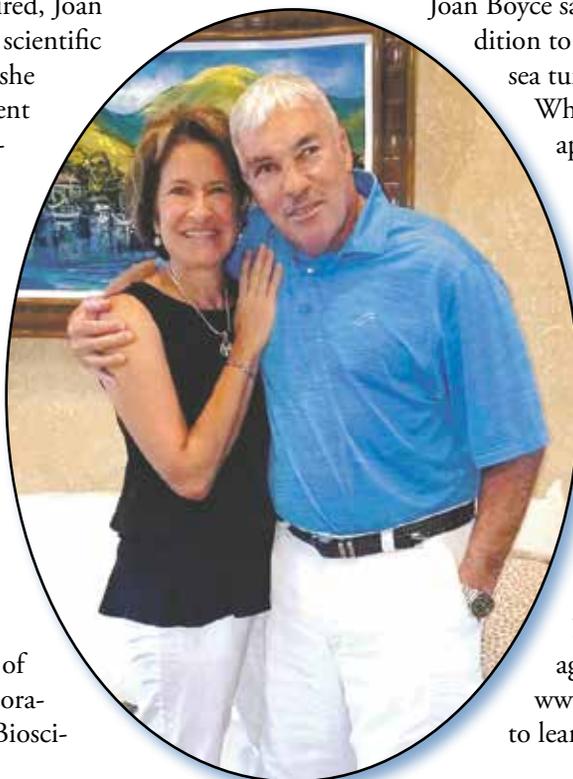


Photo courtesy Joan and Ron Boyce  
Joan and Ron Boyce

## President's Message

By Paul C. Pershes

I am pleased to report that the 2018 Ocean Hammock Property Owners Association (OHPOA) Annual Meeting went very smoothly. Each of the committees gave its report and all is excellent. The operations of your Association are running smoothly with major accomplishments this year with our new landscape contractor, VerdeGo, and improvements in access control with new computers and transponder base stations being installed as of this writing.

President's Awards were given to Steve Hatcher for his outstanding service chair-

ing the maintenance committee and to Dan Wachendorfer as treasurer for the last six years.

Dave Bull and Paul Pershes were voted by the members as new directors.

Your new officers for 2019 will be Paul Pershes, President; Charles Kerr, Vice-President; Roger Cullinane, Secretary; and Dave Bull, Treasurer.

The board of directors and I wish everyone Happy Holidays and a Happy and Healthy New Year.

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## Dunes CDD Water Cooler Corner

By Gary Crahan, DCDD Board of Supervisors

Sorry, but I got behind and missed the submission for the Fall issue of The Ocean Breeze. Here I want to highlight a few topics of common interest.

**Wastewater Treatment Plant Expansion:** Our expansion project of the wastewater (read that as sewer) treatment plant is moving along according to schedule and should be completed in August 2019. This \$6.4 million project is vital to achieving the capacity we need to handle the predicted requirement of the collective Dunes service area. So far we are on budget.

**Irrigation System Operation:** While riding around the Ocean Hammock community recently, I noticed several homes belonging to part-time residents whose lawns showed evidence of dead spots and/or uneven growth. Several factors could contribute to this, but the most frequent cause is improper operation of the installed reclaimed water sprinkler systems. As a reminder, the required irrigation system should be operated year-round with only possible slight reduction during the winter months (maybe two days per week) and three days during the warmer months. These systems are meant to supplement the natural rainfall, which can be highly variable and unable to provide the required nourishment for our lawns. A rain sensor should be installed to sense when normal rainfall has occurred and override (turn off) the automatic operation of the system. Failure to maintain adequate watering will cause insect growth and diseases to kill the turf and require expensive replacement. Each winter the Dunes Community Development District (DCDD) runs the reclaimed water system continuously from Jan. 1 to March 1 to support testing and repair of residential systems. Please be sure to utilize this opportunity.

**Toll Bridge Revenue:** I am frequently asked why we still have to pay tolls to cross the Hammock Dunes Bridge since it is paid off and we no longer have the obligation to set aside money for building a second bridge span if traffic flow ever grows to the point of requiring increased capacity. The simple answer is there are considerable expenses involved with inspecting and maintaining the bridge as well as maintaining Hammock Dunes Parkway and Camino del Mar connector road to A1A. Our requirements for fiscal year 2019 alone are roughly \$1,000,000 for the state-mandated inspection and installation of a corrosion protection system for the underwater portions of the main support pillars. Other projects in the recent past have included resurfacing the traffic roadway with improved resistance to wear material, and installation of a railing on the bridge north barrier wall. If we did not collect tolls from the users of the bridge, these funds would have to come from DCDD resources obtained from utility rates (that means you!). So we have tried to lower the toll rates to the minimum (\$.50 presently) for frequent bridge users with Expresscards to ease the impact.

**Online DCDD Billpay:** I hope many of you are taking advantage of the ability to pay your monthly DCDD utility bill using our online website like you do for many other recurring bill obligations. In addition, you can set up automatic payments either from a bank account or a credit card. There is no service charge applied when using a credit card. If you are interested in using our online system and experience any problems getting it set up, call the DCDD office at (386) 445-9045 for assistance.

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

## 2019 Ocean Hammock community pledge drive is underway

By Pam Weber

As many families are making plans for the upcoming holidays, the Ocean Hammock Community Outreach Committee has launched its 2019 pledge drive campaign. Pledge forms were mailed to all Ocean Hammock homeowners during the first week of November. This is the committee's key fundraising event and it is through the generous donations of our home owners that we can contribute funds to Flagler County's less fortunate.

We will be manning the Food Bank in January 2019. We work Tuesday, Wednesday and Thursday from 10 a.m. – 12 p.m. If you would like to volunteer to help us man the food bank, contact Denise Buonaiuto at [denisebuonaiuto@gmail.com](mailto:denisebuonaiuto@gmail.com). Don't worry if you haven't volunteered before, we will have enough experienced volunteers to show you the ropes.

**Pledge Form:** Return this section with your check made payable to **Ocean Hammock Community Outreach**. Please mail to Denise Buonaiuto, 10 Driftwood Lane, Palm Coast, FL 32137.

NAME: \_\_\_\_\_ Phone: \_\_\_\_\_

EMAIL address: \_\_\_\_\_

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

Would you like to make a donation in honor of someone? Just fill in the information. We will publish the name of those who have been honored in an issue of the Ocean Breeze in early 2019 and will publish those honored on the OHPOA website.

In Memory / Honor of: \_\_\_\_\_

**Questions?** We will be happy to give you more detail on our community outreach efforts. Please contact Denise Buonaiuto at [denisebuonaiuto@gmail.com](mailto:denisebuonaiuto@gmail.com).

### The 2019 Ocean Hammock Board of Directors

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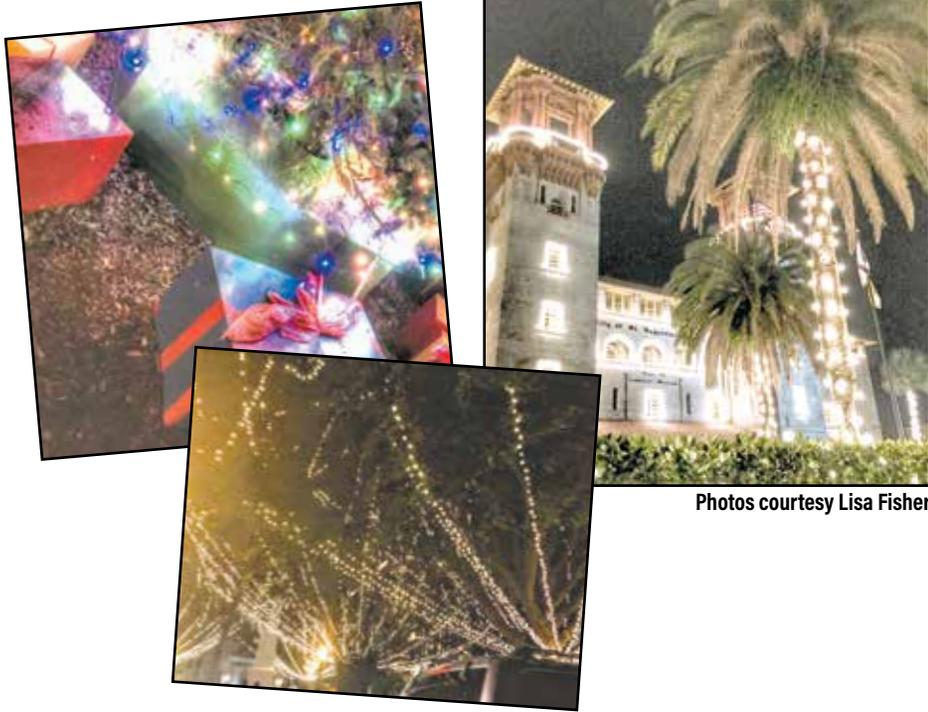
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## St. Augustine lights up the nights for the holidays

The tradition continues, as it has for 25 years — St. Augustine’s citywide, holiday lighting displays, the Nights of Lights, began on the Saturday before Thanksgiving, with the celebration of Light-Up! Night. Enjoy the enchanting display of the city in the glow of millions of white lights as they glisten throughout St. Augustine until the end of January.



Photos courtesy Lisa Fisher

## An introduction to dune restoration plants

By Linda Hager

Some of us have wondered how effective the sea oats planted on the repaired dunes along the beach in The Hammock would be. Turns out they’ll make a big difference in dune structure and beauty.

From a plant perspective there are two zones that make up a dune: the frontal zone and the back zone.

The closest to the beach is the harsh frontal zone, which is subject to being buried by sand, sand blasted, covered in salt spray and flooded, drought, intense heat and low nutrient value. Sea oats (*uniola paniculata*) are the ideal plant as the roots will eventually grow to five feet deep and spread out horizontally via rhizome systems enabling the plant to spread. They are very drought tolerant, hold sand in place and catch blowing sand to build the dunes. Mature plants grow to six feet with 24 inch leaves. The

large seed head, called a panicle, grows in the summer, turning from green to brown. The panicle produces a few seeds which provide food for red-winged

blackbirds, sparrows, wrens, rabbits and mice.

A few vines are also growing, including the beach sunflower (*helianthus debilis*), a herbaceous perennial with yellow flowers that bloom from March to November.

The one that seems to grow a foot a day is the railroad vine (*ipomoea pes-caprae*), part of the morning glory family that grows up to 75 feet long and has a pinkish-lavender flower that closes up by noon.

The back dune and occasional forest are more stable with higher organic matter that allows saw palmetto, wax myrtle, sea grapes and occasionally sable palms to grow.



Photo courtesy Linda Hager  
Sea oats

## Marineland returns to Hollywood spotlight with “Bernie the Dolphin”

By Ocean Breeze Staff

After opening 80 years ago as a Hollywood filming destination, Marineland Dolphin Adventure will return to theaters in the forthcoming film “Bernie the Dolphin” and its just-announced sequel.

“Bernie the Dolphin” is a family adventure that filmed at Marineland in February 2018. The movie tells the story of a Florida brother and sister and their mission to save their favorite beach and dolphin friend Bernie. Kevin Sorbo (TV’s “Hercules: The Legendary Journeys”) and Patrick Muldoon (“Star-

ship Troopers”) star in the film, along with young actors Lola Sultan and Logan Allen. Marineland dolphin Aqe appeared as the film’s namesake.

“Bernie the Dolphin” will debut in theaters and on demand Dec. 7, 2018. Based on the pre-release success of the film — which has already sold in more than 135 countries — the production of Bernie the Dolphin 2 was announced in Variety on Nov. 1.

Area residents can join in the movie magic. Marineland guests will have

the opportunity to view the filming of “Bernie 2” in person at the park this December. Plus, the public is invited to a special red-carpet screening of “Bernie the Dolphin” with the movie’s stars Dec. 16 at the Epic Theater in Palm Coast. The stars are expected to arrive at 6 p.m., and the movie begins at 6:45 p.m.

“We are delighted to be back in the movie business and making a splash with the ‘Bernie the Dolphin’ series,” said Marineland Dolphin Adventure Vice President/General Manager Gary Inks. “Bernie showcases the love of marine life and passion for conservation that are vital to Marineland’s 80-year legacy.”

Marineland opened in 1938 as the world’s first oceanarium. The park was



Photo courtesy Lionsgate

originally known as Marine Studios and appeared in films including “Marine Circus” (1939), “The Creature from the Black Lagoon” (1954), and “Sea Dream” (1978).

Visit [www.BernieTheDolphinFilm.com](http://www.BernieTheDolphinFilm.com) and [www.marineland.net](http://www.marineland.net) for more information.

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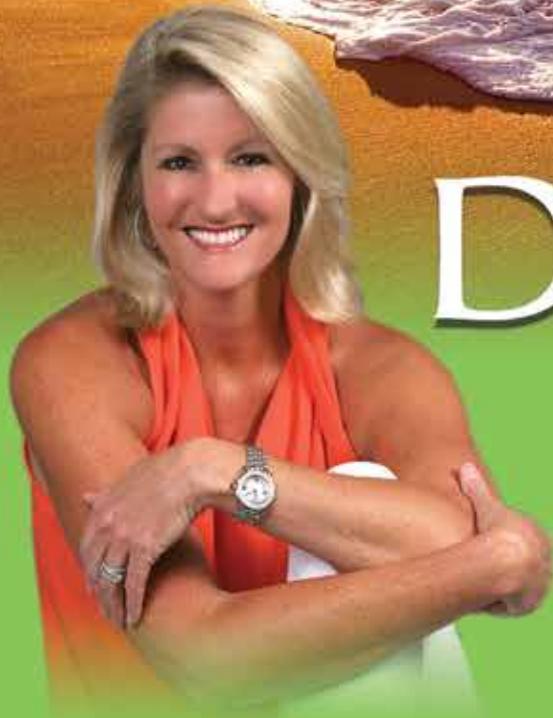
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# Hey Man! what's cookin'?

## A Champagne New Year's Eve

New Year's Eve has always been a special night for Bernadette and Gary Walsh. Early in their relationship, they would celebrate in the more traditional manner of going to parties and watching the ball descend in Times Square (never, however, attending in person). Later, celebrations ranged from sharing the millennium amongst the many volunteers as they decorated the floats for the Rose Bowl Parade to a New Year's Eve bash on a cruise ship in the Caribbean Sea to, more recently, dinner and dancing at Hammock Beach; however, some of the most satisfying New Year's Eves occurred at home with many friends (including Cookie and Brian Tack, present residents in the Hammock Beach community) during which Gary established and perfected his limited culinary skills.

While perusing the many cookbooks (well before the internet made such items somewhat obsolete) in Bernadette's collection, Gary came upon a number of recipes in "The Silver Palate Good Times" cookbook for a New Year's Eve celebration at their house. The one recurring ingredient in the various recipes was, predictably, Champagne. Everyone was suitably impressed with Gary's entrée into the culinary world, and, as a result, the New Year's Eve celebration at the Walshes became an annual ritual.

The evening always began with flutes of Champagne as an aperitif. The first course was a spinach and bacon salad, which also included arugula, red onions, mushrooms, and hard boiled eggs, topped with a warm Champagne vinegar dressing. That was followed by the main course of Chicken Breasts in Champagne. To accompany the main course, a nutted wild rice dish was prepared, which included golden raisins, almonds, wild and brown rice and sherry. Guests brought dessert. Not surprisingly, Champagne flowed with regularity throughout the evening.

Although their home New Year's Eve tradition has not been rekindled in The Hammock, Gary's early years as a "sometimes chef" has resulted in his sharing the cooking tradition with Bernadette. Sometimes she even still lets him go solo.

### Chicken Breasts in Champagne

(Serves 6)

4 whole chicken breasts, halved

Salt and freshly ground black pepper, to taste

5 tbsp. unsalted butter

½ cup Cognac

3 tbsp. all-purpose flour

2 tsp. dried tarragon

3 ½ cups non vintage Champagne

½ cup heavy or whipping cream

Sprinkle the chicken breasts with salt and pepper. Melt butter in medium-sized Dutch oven over medium-high heat. Brown the chicken breasts, a few at a time, on all sides, about 10 minutes. Remove from pan and set aside.

Pour the Cognac into the pan, warm it, and flame with a match. When the flames subside, stir in the flour and tarragon. Cook 2 minutes, stirring constantly. Gradually whisk in 3 cups of the Champagne. Return the chicken to the pan. Cover and simmer until the chicken is tender, about 45 minutes.

Remove the chicken to a warmed serving platter. Stir in the remaining ½ cup of Champagne and the cream. Cook the sauce over high heat until reduced and slightly thickened. Pour the sauce over the chicken and serve immediately.

## Washington Oaks Gardens State Park is worth a visit

By Marjie Maranto

Fall is the perfect time to get out and explore the beautiful parks and trails that we have right here in our own backyard. The first stop is just a few miles north on State Road A1A: Washington Oaks Gardens State Park.

Once the winter retreat of Owen and Louise Young, today the park is home to majestic oak trees, formal gardens and coquina rocks. Louise Owens donated the land to the state in 1965 with the stipulation that the gardens be maintained for the enjoyment of everyone. The park rangers do an excellent job of keeping up that promise.

The hurricane may have devastated the oak trees lining A1A, but inside the park, the oaks are still standing. Take a walk through the gardens, hike down the paths or sit by the Intracoastal and watch the dolphins

and manatees play. Be sure to stop by the visitor center, the former home of the Youngs, to learn about the rich history of the park. Then, venture across the street to the beach side, which recently reopened after extensive dune restoration. Here you can explore the coquina rocks — and remember to stay off the dunes!

Park Specialist Amy Biedenbach invites you, "as neighbors and community partners, to join the Friends of Washington Oaks. If you are looking for a great way to get involved in the community, the Friends membership is only \$20 per year and you get 12 free entrances to the park plus discounts in the gift shop and at plant sales. If you have any questions about Washington Oaks, please call us or stop by anytime. We are open 8 a.m. to sunset, 365 days a year."

Gardens cont. on pg. 13



The winner of the Hammock Hot Shot photo contest in the Fall 2018 issue of The Ocean Breeze, entitled "Wow Weather!" is Lauren Taub. Her photo is entitled, "Raise the Rays."

The theme for the next challenge is "Trees!" We have a variety of interesting trees, from palms, to fruit, to historic old oak trees adorned with Spanish moss. Look up and around and send it in!



Photo courtesy Lauren Taub Raise the Rays

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. Hit us with your three best shots!

Thanks for your entry!



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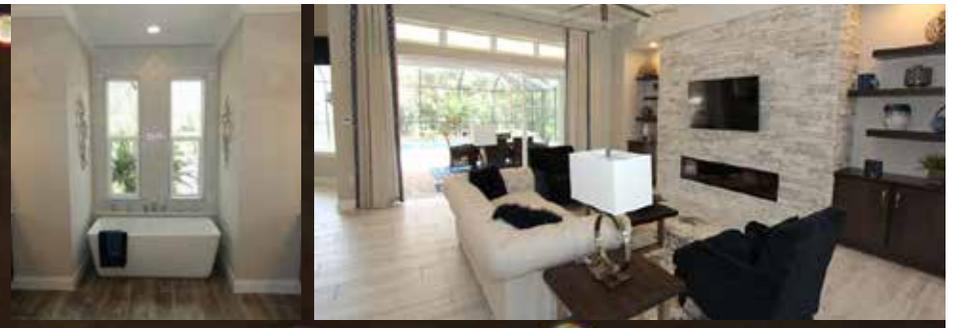
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## The "Old Men and the Sea II" ... The Sequel

By Les Davis

If you had an opportunity to read the article of similar title in the Fall issue of The Ocean Breeze, you may recall that the

focus was on several of our neighbors who actively pursue the sport of surf fishing off our beach along Ocean

Ridge. I've been told by several readers that Hammock Beach is also the home to many other anglers who prefer using other means of creating their own local fish stories. A few of them have been kind enough to help educate me on these other options, as well as provide some photos of their prizes.

Once again, the title may be a bit deceiving, as the best spots to catch fish are not just out in the open sea. The Intracoastal Waterway appears to be just as popular as the ocean in terms of fishing enjoyment (and results), and the hot spots are easier

to reach from a boating standpoint. Also, one of the featured anglers is Julie Bernier, wife of fellow fisherman Jacques Bernier.

Joining Jacques and Julie are Shinoo Waingankar, John Butler, Tom Howard and Paul Naik. As far as the guys featured actually being "old," I'll let you make that call.

Beyond fishing poles/equipment and bait, being successful at Intra-coastal or open sea fishing requires a good boat, and often a good fishing guide if deep sea fishing.

According to our fishing team, a poling skiff is the best way to track Intracoastal fish. It is a technical boat that can go very shallow (18 inches) and is equipped with remote controlled trolling motor

and anchors, GPS and a 90 hp engine. Poling skiffs can cover a lot of water and go deep into the shallow flats. The idea is to cover the targeted area going very slowly and stealthily, while casting artificial lures, always being on the move, anchoring only when they hit fish. The fish are always moving, and will be at different spots depending on the tide, wind and current. Jacques Bernier characterizes this type of fishing to be more like a hunt ... he really enjoys it.

Cobia, redfish and flounder are three of our anglers' favorite Intra-coastal fish which make it to the dinner table. All of our anglers have their favorite cooking methods, but one that caught my attention comes from Julie Bernier —

grilling them wrapped with prosciutto and horseradish.

Redfish are not only tasty, but are a challenge to catch. On a typical day, one can expect to catch two to four reds, weighing anywhere between three to eight pounds.

Now that I'm educated well beyond the surf fishing experiences from my last article, I am totally convinced that Ernest Hemingway and his fictional Santiago would have made themselves right at home here at Hammock Beach. I think that our fishing neighbors would actually be able to teach them a thing or two about how to not let the big ones get away.



Jacques Bernier showing off a Cobia he caught just off shore of the Ocean Course.



Julie Bernier with a good sized flounder caught near Bing's Landing.



Shinoo Waingankar, Tom Howard, John Butler and Paul Naik following a successful offshore fishing charter trip. Behind them is their bounty of mahi-mahi (top row) and tuna (bottom row).

Photos courtesy Les Davis



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## Jerusalem, Pyramids and Pharaohs

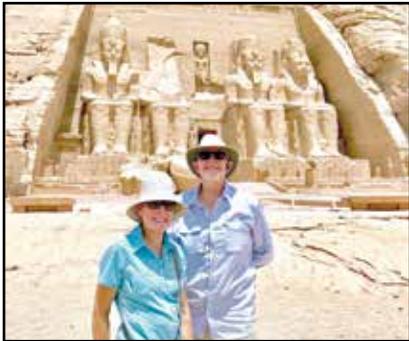
By Mary Ann and Mike Maurer

# Adventures

Having seen many Egyptian exhibits in museums (including the Louvre in Paris), we've always been fascinated by the ancient Egyptian culture and knew standing at the base of the Great Pyramids was something we wanted to do. We found a Nile river cruise on Viking that looked perfect. Viking offered a pre-trip to Jerusalem, and that sealed the deal for us; we could experience ancient Egypt and walk where Jesus walked on the same trip! So we booked it — three days in Jerusalem, a couple days in Cairo, eight days cruising the Nile from Luxor to Aswan and back, then back to Cairo before heading home. We were going to cross a major item off our "bucket list."

Our guide in Jerusalem, a young woman from Wales and an Israeli citizen, was outstanding. Her degrees in religions of the world and the architecture of ancient

Jerusalem made our three days exploring Jerusalem, the Old City, and Bethlehem extremely informative. As we walked around the Old City, she would read Biblical passages to provide context for many of the places we visited.



Ramses II Temple at Abu Simbal

Starting atop the Mount of Olives, we proceeded to what tradition says was the Garden of Gethsemane and visited Dormition Abbey, believed to be at (or near) the location of the Last Supper, and a palace with underground caves, similar to where Pilate and Caiaphas held Jesus. We then walked to the Church of the Holy Sepulcher in Golgotha, where it is believed Jesus was crucified and then on to the Temple Mount, where it is said that Jesus' resurrection took place.

The Jaffa Gate to the Old City, the Western (Wailing) Wall, and the David-

son Archaeological Park were other interesting stops. Finally a quick trip to Bethlehem (which is actually a Palestinian state) enabled us to visit the Church of the Nativity, one of the oldest churches in the world, supposedly built on the site of the birthplace of Jesus.

Moving on to Cairo we visited the Sakkara "Step" Pyramid, the oldest pyramid in Egypt, dating to almost 4000 BC; the Great Pyramids of Giza (where we rode camels); and the mystifying structure of the Sphinx. The largest of the three Great Pyramids is the Great Pyramid of Khufu, built in 2560 BC. It reaches a height of 455 feet and is truly an engineering and construction wonder. Pictures don't do the pyramids justice; you need to be there to appreciate the majesty of these structures.

Our second day in Cairo included a visit to the Cairo Citadel and the Museum of Egyptian Antiquities, home to a col-



Photos courtesy Mary Ann and Mike Maurer  
Old City of Jerusalem from the Mount of Olives

lection of more than 120,000 priceless artifacts. Highlights of the museum were the extensive artifacts from the Tomb of King Tut and the Royal Mummy Room, where 5,000 year-old mummies of kings and queens of Egypt are displayed. A new Grand Egyptian Museum will be opened in 2019, which might justify a return trip.

Our journey continued as we traveled to Luxor where we boarded a riverboat for our cruise on the Nile to Aswan and back, with stops in Qena, Esna, Aswan, Kom Ombo, and Edfu.



Great Pyramids on camelback

We started our day In Luxor with a spectacular sunrise hot air balloon ride over the west Nile, followed by a short ride to the Valley of the Kings where more than 63 tombs of pharaohs and powerful noblemen from the 16th – 11th centuries BC exist. Visits to the Mortuary Temple of Queen Hatshepsut and

the Tomb of Queen Nefertari, the great Royal Wife of Ramses II, completed an unbelievable day — one where the temperature reached 118 degrees and staying hydrated was a priority.

Stops in Qena and then Esna enabled us to visit the Dendera Temple, one of Egypt's best-preserved temple complexes, and then the Ancient Temple of Esna, dedicated to the god of Khnum. There were amazing carvings, hieroglyphics, colors, and detail in every temple and tomb visited.

We elected to take an optional excursion to Abu Simbel from Aswan, which turned out to be a wise decision. A short flight from Aswan, Abu Simbel is home to two massive rock temples dating from the 13th century BC carved out of the mountainside — the Temple of Ramses II and the Temple of Queen Nefertari, Ramses "favorite" wife.

Sailing back to Luxor we visited the double temple of Kom Ombo dedicated to the crocodile god Sobek and the falcon god Haroeris and the Temple of Horus at Edfu, one of Egypt's most complete and well-preserved ancient houses of worship.

After a short flight back to Cairo, we prepared for our trip back home — reflecting on the humbling experience of visiting the Holy City of Jerusalem and the more than 6,000 years of Egyptian culture we had experienced — overwhelming, to say the least!

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## New shingles vaccine: What you should know

By Beth Kelly

Are you thinking about getting the shingles vaccine? Here are some facts you should consider.

First of all, shingles is a painful skin rash, often with blisters. Shingles is caused by the same virus that causes chickenpox; after you have chickenpox, the virus stays in your body and can cause shingles later in life. The rash usually appears on one side of the face or body and heals within two to four weeks. Its main symptom is pain, which can be severe; other symptoms include fever, headache, chills and upset stomach. Very rarely, a shingles infection can lead to pneumonia, hearing problems, blindness, brain inflammation or death.

For about one person in five, severe pain can continue even after the rash has cleared up and can persist months or years later; this long-lasting pain is called post-herpetic neuralgia (PHN). Shingles is far more common in people over 50 or with an immune system that is weakened. At least 1 million people a year in the US get shingles. One of every three people in the US will eventually develop shingles, according to the Centers for Disease Control and Prevention.

If you are 50 or older, you are advised to get immunized to protect yourself from shingles. Recombination Zoster (or the Shingrix vaccine) was approved by the FDA in 2017. In clinical trials, it was more than 90 percent effective in preventing shingles and can also reduce the likelihood of PHN. Two doses, two to six months apart, are recommended. This vaccine is also recommended for people who have already gotten the live shingles vaccine (Zostavax). There is no live virus in this latest vaccine; therefore, you are not at risk for developing the shingles-virus infection by getting the vaccine

The new shingles vaccine has side effects, however, which can include skin rash, joint pain, flu-like symptoms, headaches and fatigue. According to Dr. Kathleen

Doolling, a medical officer and shingles expert with the CDC's Division of Viral Diseases, more than 70 percent of people experienced pain following the vaccine, and almost half experienced some type of muscle pain or fatigue. Furthermore, about one in six people experienced side effects so severe that it actually prevented them from doing their regular activities. Symptoms only tend to last about two or three days. Taking over-the-counter medicine like acetaminophen or ibuprofen can help minimize side effects. You should still get the second dose of the vaccine even if you had one of these reactions after the first dose.

According to industry experts, the benefits of the vaccine far outweighs the risks.

Dr. Doolling advises, "Go into the vaccination knowing what to expect. It's likely you will have pain and you may have more generalized symptoms like tiredness or muscle aches. And [don't] plan anything that involves strenuous activity in the two to three days after you get the vaccine."

Obviously, consult with your physician before taking the vaccine. In addition to adults 50 and older with healthy immune systems or for those who have received Zostavax previously, the CDC also recommends the vaccine for those who have had shingles in the past or for those with chronic conditions like diabetes, kidney disease, rheumatoid arthritis and respiratory diseases.

The vaccine is not recommended for younger adults under 50 or people with compromised immune systems. You should also not get the vaccine if you have ever had a severe allergic reaction to any component of the vaccine; your healthcare provider can assist you in making this determination. Finally, check with your healthcare plan regarding the cost of the vaccine; under some plans, the vaccine may even be free.

## Healthy eating tips for surviving the holidays

By Donna M. Gialone

It was the best of times, it was the worst of times, especially for those of us who choose to eat healthy. It's the season for family, fun, and food. Temptations will be plentiful. On top of that, parties and travel are bound to disrupt daily workout routines and waylay healthy eating plans, and it will go on for weeks. Here are a few healthy eating tips to help you survive the holidays:

1. Holiday-proof your plan. When you're invited to a holiday party you won't be able to control what's being served, so make sure you have a plan to stay on track.

Offer to prepare a healthy dish. If the party is scheduled later than your normal meal time, eat a small snack so that you won't be tempted to over indulge.

Don't skip meals trying to save room for the feast. If you want a dessert, cut back on potatoes, pasta and bread during the meal. Don't worry, if you overindulge a little, you can get back on track with the next meal.

2. Outsmart the buffet. Buffets can get the best of us if we're not careful. Sample small portions of the foods you like. Don't linger or get tempted to try a little of ev-

erything from the buffet table. Limit your alcohol consumption. If you do have a drink make sure you consume it with food.

3. Fit in favorites. There are no foods that are off limits. Choose dishes that are not always available like your favorite pie or casserole. Try a small sample to satisfy your cravings so that you don't feel like you're denying yourself.

4. Keep moving. The holidays are full of extra errands, party planning, family visits and travel. Make sure you keep your commitment to staying fit at the top of your priority list. It will help to make up for the occasional overindulgence and combat holiday related stress.

5. Keep your immune system healthy. The holiday season is also cold and flu season. To keep your immune system strong, be sure you're getting enough sleep and consume more fermented foods for a probiotic boost. Don't cut back on your water consumption; it's just as important now as it is during the summer months.

Source: www.verywellfit.com

*Donna M. Gialone is Lead Fitness Trainer and Nutrition Counselor at Hammock Beach Resort.*



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## Go "Off Campus": Take the Flagler County Historical Society Bus Tour

By Jan Cullinane

Did you know that in 1931 Charles Lindbergh landed in Flagler Beach, which was originally named Ocean City? That one of the first roads in Florida, which we now call Old King's Road, was used for driving cattle from Georgia to Florida? That at one time there were 22 plantations on Old King's Road? That Hammock Beach and Hammock Dunes used to be the DuPont and Hernandez Plantations? We sure didn't.

On Sept. 8, my husband Roger and I decided to "go off campus" and took a -four-and-a-half-hour bus tour of Flagler County that was an informative and engaging history lesson led by local historian/storyteller Bill Ryan, author of six books about our area. Our sojourn ended with lunch at the Bull Creek Fish Camp restaurant in Bunnell.

This monthly outing is sponsored by the Flagler County Historical Society, and the cost is \$20 per person, not including lunch. Tour-goers assemble for a 10 a.m. departure at Holden House on Moody Boulevard in Bunnell, a 1918 home that was owned by prominent Flagler County pharmacist Thomas Holden.

Holden House was added to the National Register of Historic Places on October 16, 2018. This interesting home/museum is furnished in the style of the time, and serves as the headquarters of the Flagler County Historical Society. Mary Ann Clark, the Flagler County Historical Society coordinator met us there, briefed us, and organized the 16 people who signed up for our bus tour.

This is an easy trip, requiring very little walking; we drove by more than 20 important historical Flagler County sites. Although we did not get off the bus stop to explore them, the trip did provide a great overview and a framework for additional places to revisit and investigate in more depth. Our guide kept us interested with his deep level of knowledge and humorous delivery.

So, 4.5 hours, 300 years of history, and crisscrossing about 100 miles of Flagler County by bus, capped off with a tasty lunch with a pretty setting. A nice way to get "off campus" and learn about our beautiful area's history. Try it! Call (386) 439-5003 for reservations.

## Golf Tip

### Make a bigger shoulder turn

By Brad Hauer, PGA

Are you looking to make a bigger shoulder turn in your backswing? If so, try this drill next time you are on the practice range.

Simply take your backswing and stop, as illustrated in the first picture. Once you have stopped, take a look behind yourself. As you rotate your head to the right to look behind yourself, your shoulder turn will increase significantly. I noticed how much my shoulder turn increased once I looked behind myself. Do this several times in your practice swings; you'll be

amazed at how much more turn you will produce.

A bigger turn means more power without swinging harder at the ball. A bigger shoulder turn also ensures better body positioning so that you will become more consistent in your ball striking.

Good luck and practice hard!

*Brad Hauer, PGA, is General Manager of Hammock Beach Resort.*



Photos courtesy Brad Hauer  
Take your backswing and stop.



Take a look behind yourself to increase your shoulder turn.

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# “Dakota Dudes” hunt pheasants on opening days of season

By Tom Howard

October 20, 2018, 12 noon: Four hunters, guide Jason, and his Brittany spaniel, Jenny, line up at one end of a 300-yard long cornrow strip, while two others of our group are posted at the other end as blockers. The cornfield has purposely not been treated with herbicide to allow intermixed pheasant-friendly growth of chest high weeds

— great habitat for pheasants, but difficult walking conditions for hunters. We’re just a few moments into

our walk when a whirring noise signals a pheasant busting out of the thick growth.

“Rooster!” shouts one of our group as next a 12-gauge shotgun blast — “BLAM” — knocks the male pheasant out of the air. Jenny quickly retrieves our first bird. Opening day 2018 is on!

On Friday, Oct. 19, six men from our community — Dave Bull, John Butler,

Rich DeMatties, John Kivi, Steve Moller, and Tom Howard — flew from Orlando to Aberdeen in the northeast corner of South Dakota. On arriving at the Aberdeen airport we and about 48 other hunters were each welcomed by representatives of the Aberdeen Chamber of Commerce with free sandwiches, a goody bag (cup, tee-shirt, and literature), and a free raffle for a shotgun. This was opening weekend and a big deal for South Dakota —



Photo courtesy Tom Howard  
The “Dakota Dudes” in South Dakota.

considered by most to be the pheasant capital of the world. In fact, the pheasant is the official state bird. Each year about one million male pheasants (it’s against the law to shoot hens) are harvested by about 200,000 hunters, adding \$200 million to South Dakota’s economy.

From the Aberdeen airport we drove 30 miles to our hunting location, “On The Point,” at the Swanson family’s century-old family-operated 4,000-acre farm in

Ipswich. Our hosts were extremely friendly and our accommodations were outstanding.

We hunted the two opening days of the season, Oct. 20 and 21 — sunny days with temperatures in the 45 – 65 degrees Fahrenheit range. Our typical day began with a leisurely breakfast (during opening week hunting begins at noon). Around 11:45 a.m., we got in our vehicles and were led by our guide to our first hunting location. The hunting fields consisted of cultivated cornrow strips, purposely overgrown cornrow strips, and sloughs of waist- to chest-high native grasses. Typically, four hunters with our guide and dog walked through a field both to flush and to push forward the birds, while two hunters blocked the end of the field to shoot birds that exited.

Each day we broke for a meal at about 3 p.m. and then returned to the fields to hunt until sundown. On returning to the lodge area in the evening we cleaned, bagged, and froze our birds for subsequent transport home. We enjoyed late suppers at local hangouts, the Eagle Bar in Ipswich and the Wakeside Bar and Grill in Mina.

I think all of us would consider the hunting experience to have been physically demanding, but we were rewarded by plentiful pheasants and the opportunity to be outside in clean fresh air in beautiful blue sky midwestern surroundings. At the end of each day we were exhausted, but in a good physical way. Will we do it again next season? You bet!

## Gardens cont. from pg. 6

Check out the website ([www.washingtonoaks.org](http://www.washingtonoaks.org)) for upcoming events, including the second Saturday plant sales and first Friday ranger walks. The annual Holiday in the Gardens will take place on Dec. 9 from 10 a.m. – 4 p.m. Entry to this event is free with the donation of a canned good or unopened toy.

See you at the park!



Photo courtesy Lisa Fisher  
The bench at the ceremonial wedding area, with a view of the iconic gazebo.



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## Ask Sherry

By Sherry Babbitt

### Question: What is Karenia Brevis?

What the heck is Karenia brevis? A girl's name? A plant indigenous to Florida? A new medication for arthritis? Nope, it is what we generally call red tide.

In Florida, "red tide" is caused by a naturally occurring microscopic alga called Karenia Brevis or K. brevis. These tiny, single-celled organisms photosynthesize using chlorophyll like a plant, yet they are mobile with the use of two flagella that propel them through the water. They multiply by cell division — one cell divides into two cells, those split into four and so on. Given the right conditions, the size of the population can rise rapidly. At high concentrations, called blooms, the organism may discolor the water — sometimes red, light or dark green or brown. Red tide blooms can last days, weeks or months and can change daily due to wind conditions and water currents.

Red tide has been a major topic of conversation recently. The organism produces a toxin that can affect the central nervous system of marine life, birds, mammals and other animals. It can kill fish in vast numbers, make shellfish poisonous to humans and release toxic airborne irritants that drive coastal residents and tourists from beaches. I used to think the effects of red tide were highly exaggerated until I experienced it first hand. My eyes started to water and my throat was itchy and I could hardly breathe.

While K. brevis occurs predominantly in the Gulf of Mexico, it can also occur on the Atlantic side of the coast. As recently as 2018, currents have pushed the algae over to the Atlantic side of the state. In the past, some red tides have even been carried by the Gulf Stream current into the Atlantic Ocean as far north as Delaware.

## Ideas for winter color in your landscape

By Allynne Jones

December is the perfect time of year to plan for some winter color. Our "snow-bird" friends, in particular, want to have lots of color while they enjoy the Florida sunshine.

Winter annuals and cold hardy perennials such as alyssum, dianthus, dusty miller, pansies, petunias, snapdragons, violas and geraniums all thrive in the cooler temperatures. Gazania and bush daisies are two pretty perennials that don't mind the cold either. If you have deer in your neighborhood, check whether the flowers you are planting are deer resistant or not.

Seasonal plants also provide splashes of color. Beautiful poinsettias will

be coming available at the Garden Center soon. Christmas cactus will start showing color soon as will Kalanchoe. These plants, along with last year's poinsettias all have a special need — no nighttime light during the fall — including porch lights. Once your plants start to show color, they can come back into the lights.

Camellias: As our landscapes start to go dormant this time of year, camellias provide such a bright burst of color in our otherwise colorless gardens. Camellias are dark green, evergreen, cold hardy shrubs that perform beautifully here. They do best in dappled sun or shifting shade— protected from the harsh middle of the day sun. They are acid-loving plants. Under pines or oak trees are an idea location; however, they are only slightly salt tolerant so keep them out of the sea breezes or put them in a pretty container.

There are two major groups of camellias: *camellia sasquana* and *camellia japonica*. The sasanquas generally bloom from late fall with smaller, simpler flowers. *Camellia japonicas*, on the other hand, have large showy flowers and bloom typically from January to March.

Azaleas: Many varieties of azaleas are repeat bloomers and bloom either in the fall and the spring or in some cases — if the winter is mild enough — throughout the winter. Encore Azaleas bloom three times per year, Fashion Azaleas bloom fall and spring (or throughout the winter) and the "showy" Formosa Azaleas put their show on in late winter or early spring.

Allynne Jones is a Florida Certified Horticultural Professional with Verdego Garden Center.



Photos courtesy Allynne Jones  
Alyssum



Geranium

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