

# The Ocean Breeze

The official newspaper of the Ocean Hammock Property Owners Association

Summer 2019 - Vol. 16 Issue 3  
A Florida NewsLine Publication

It's all in the family for the Holden/Roberge/Tremblay crew at The Hammock. Over the past 10 years, these three couples have all relocated to the area, at least part time, from New Hampshire.

It all started with a Google search of coastal Florida areas by Laurie Holden. She and her husband, Chauncey, were looking for communities with tennis, golf and marina facilities — and warmer weather.

"I grew up in New England and I hate winter," Laurie Holden said.

So, they targeted three areas in Florida and visited all three in one trip in 2010. Ocean Hammock was the final place of the three that they visited and they had not been impressed by the other two.

"When we were driving down Hammock Dunes Parkway, we knew that was it," Laurie Holden said. "We bought a home here a couple of weeks later."

The home was a foreclosure and they had to replace all the appliances and clean it up, but they did invite the entire family, including sister Terry Roberge and husband Gary as well as sister-in-law Sue



Photo courtesy Terry Roberge  
Chauncey Holden, Tony Tremblay, Sue Tremblay, Laurie Holden, Terry Roberge, and Gary Roberge enjoy spending time together in The Hammock.

After the Thanksgiving 2010 visit to her sister's home, Terry Roberge and husband Gary flew back to the area in 2011 to hunt for their own foreclosure to buy. They were unsuccessful, but on April Fool's Day, found a lot across from her sister's home and decided to build.

"We started building right away with Stajo Construction," Terry Roberge said. "We moved in 14 months later and ultimately sold that home and bought another lot and built another home with Stajo."

The second home was completed in 2016 and the Roberges are the only couple that lives in The Hammock full time. They own a tax assessing

and software company for municipalities in New Hampshire and have two adult sons who work at the business.

The three couples all grew up together and are delighted to live so close to each other. They enjoy family dinners frequently and celebrate Christmas together. All are avid tennis players and golfers and the Roberges have a party boat. The women also volunteer their time on various neighborhood committees, including the OHPOA Maintenance Committee (Terry), Cinnamon Beach HOA and Access Control Committee of the OHPOA (Laurie and Sue).

Meet the Residents cont. on pg. 12

## Meet the Residents: Family members enjoy The Hammock

By Martie Thompson

Tremblay and husband Tony, for Thanksgiving that year.

Over the years, the Holdens sold that first home as well as a second, and now own in Cinnamon Beach. Chauncey Holden retired in 2018 and now the couple is able to spend more time in The Hammock as well as vacationing in New Hampshire in the summer. Laurie Holden still has her real estate license and flips houses in The Hammock as well as outside the area. They have two adult children.

Sister-in-law Sue Tremblay accompanied the Holdens on that first trip to scout

Florida retirement locations.

"I was on the maiden voyage to Hammock Beach Resort," she said.

The Tremblays sold their family home in New Hampshire in 2012 and bought a house at Ocean Hammock Gate, which needed improvement and renovations. They still split their time at a lake home on Lake Winnepesaukee in New Hampshire and their new home, purchased in 2017, in Cinnamon Beach. Tony Tremblay works as a vice president of sales and travels regionally and the couple also has two adult children.

## President's Message

By Paul C. Pershes

Our Association is continuing to perform very well. We are making additional improvements to our gate entry systems and equipment. You will see new gate arms and procedures for guests to reduce entry time.

Our full-time and part-time members continue to grow with approximately 40 new homes under construction and many improvements to existing properties.

We have been asked to consider supporting changing the postal address of our community and adjacent communities to the "The Hammock" from Palm Coast.

The zip code would remain the same. Let us know what you think.

Our Association and Hammock Dunes are arbitrating with FEMA to get some reimbursement for the dune restoration. We will keep you informed.

We are continually looking for new committee members and experienced board candidates. Get involved.

Have an enjoyable summer.

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

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## Outreach Committee supports our community

By Pam Weber

As summer quickly approaches, the Ocean Hammock Community Outreach committee has begun planning ways to support those less fortunate within our community — especially during these months. Through the generosity of all who contributed so generously to our 2019 pledge drive, we will be donating to the following resources:

- The Dolly Parton Imagination Library (\$1,000)
- The Family Life Center (\$2,000)
- The Grace Food Pantry in the Hammock “Snack Pack Program” (\$2,000)
- Families in Transition (\$2,000)
- Habitat for Humanity (\$2,000) and
- Supplying Things U Find Fundamental (STUFF Bus) (\$2,000)

These resource centers know what supplies are needed and how much space they have for storage. Having worked with these groups in the past, it was determined that they would be best served by receiving monetary contributions versus the committee purchasing of goods.

The Resource Center (Food Pantry) that was located in Bunnell has been dismantled. Food items that were remaining have been distributed to other food resources throughout Flagler County. Two freezers that we purchased and donated to the Resource Center have been reallocated to the Bread of Life and St. Vincent de Paul. Both of these entities prepare meals for the homeless within our county and were sincerely grateful for our donation.

Contributions of non-perishable food or household cleaning items may be dropped off at MAY Management. Items collected are being distributed to food resources within Flagler County.

Flagler County is always looking for volunteers. If anyone would like to donate their time to the various projects that may be underway, please contact Flagler Volunteer Services at [flaglervolunteer@cfl.rr.com](mailto:flaglervolunteer@cfl.rr.com) or (386) 597-2950.

*Pam Weber is the communications director of the Ocean Hammock Outreach Committee.*

## What's going on in Flagler Beach?

By Jim Ulsamer

As you drive through Flagler Beach, you may be wondering what is going on with the construction along the beach. There are three projects in the queue with two currently underway:

First is the area near the Turtle Shack, stretching from North 18th Street to Osprey Drive in Beverly Beach. The project involves the construction of a seawall that will be covered with sand and vegetation along this one mile stretch of State Road A1A.

Second is a 1.43 mile segment between South 22nd and South 9th streets, which includes a 1.3 mile portion of the road that was temporarily repaired after it collapsed during Hurricane Matthew. Permanent repairs will include a 10-foot wide landscaped median with drains and other features designed to control water runoff. A 6-foot wide sidewalk will be built along the road's west side.

The above projects represent a \$22.4 million undertaking by the Florida State Department of Transportation.

Concurrent with these efforts, a major beach renourishment project is being planned by Flagler County and the U.S. Army Corps of Engineers involving a 2.6 mile stretch from South 7th Street to South 28th Street. This initiative will

involve dredging sand from an area seven miles offshore and depositing it on the shore. The construction will be done in segments in an effort to keep as much of the beach open as possible. This project is expected to begin mid-2020 with a cost of \$98.8 million, \$52 million of which is expected to come from the federal government. The remainder will need to come from state and local sources.

The Department of Transportation and the Army Corps projects, though within close proximity, are not expected to interfere with one another since one should be completed before the other begins.

These projects, while of critical importance to the welfare of Flagler Beach, are a concern to local merchants. Traffic delays may cause people to avoid shopping and dining there. Please consider maintaining your support of businesses in Flagler Beach during the construction period.

Please consider maintaining your support of businesses in Flagler Beach during the construction period.

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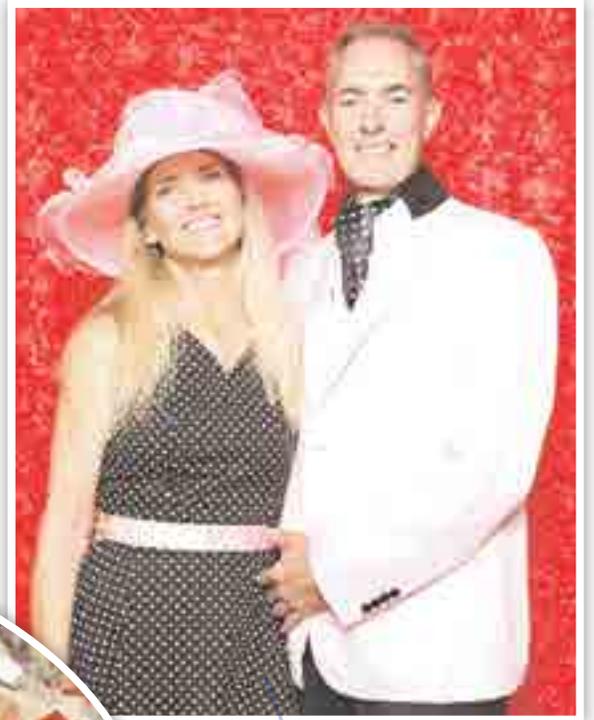
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# Annual Derby Day event fun for all



Photos courtesy Lisa Fisher



Derby Day was celebrated at the Club at Hammock Beach on May 4. Attendees were all decked out in their finest hats for the occasion.

Winners of this year's event included Lisa Fisher ("Overall Best Winner"), Natalya Gordon ("Most Outrageous"), Felicia Budnik ("Derby Classic"), David and Susanna Roberts ("Most Debonair Couple"), and James Mallard ("Most Dapper Derby Guy").



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## MYSTERY PHOTO



Can you identify where this photo was taken?  
For the answer to this challenge, visit [www.ohpoa.com](http://www.ohpoa.com).

# Day Trips Anastasia State Park

By Liz Klinvex

Driving north from The Hammock towards St. Augustine on scenic A1A will take you to the beautiful Anastasia State Park. Upon entering the park you can hike a short trail to see the Old Spanish Coquina Quarries. The coquina rock for the construction of the Castillo de San Marcos was all mined at this archaeological site. The quarries have been on the National Register of Historic Places since 1972.



With 1,600 acres of rich ecosystems and abundant wildlife, there is something fun for

everyone to do. The park has everything from biking and hiking to watersports, camping, wildlife viewing and even scavenger hunts and geocaching.

The self-guided nature trail through the ancient dune trail system takes about 30 minutes. It is roughly a mile of uphill and downhill with plenty of signage

along the way identifying various plants. It is a great area for viewing wildlife especially during the migration period. The



Marsh Trail will connect you from the Anastasia Watersports building to the Ranger Station. If you prefer to bike, than you can either bring your own bikes or rent them through Anastasia Watersports. My personal favorite was biking the Marsh Trail along the Salt Run Inlet; however, the gravel roads in the park or the four miles of sandy beach make for excellent biking options as well.

Moving from land to water, head over to



Photos courtesy Lisa Fisher

Anastasia Watersports to rent kayaks, canoes, and stand up paddleboards. Enjoy a few hours paddling the stunning inlet of Salt Run. If it is your first-time kayaking or paddleboarding, these are still suitable options. They have classes for beginners and will teach you the best tips and tricks to become an expert kayaker or paddleboarder. To reserve your lesson in advance, call them at (904) 460-9111 to reserve your spot.

If you prefer to lounge at the beach, Anastasia State Park boasts four miles of pristine beaches. Beautiful boardwalks over to the beach are set between lush dunes filled with sea oats, beach morning glories, and railroad vines. If you get hungry while there, grab a hearty burger or fresh fish tacos from the Island Beach Shop and Grill located near the boardwalk.

In total, there are 139 campsites sitting back in the wooded hammock providing privacy and shade. It is a great location for those wanting to camp near the ocean and visit the historic town of St. Augustine. Covered picnic tables are set up in various locations for family and friends to get together for an outdoor party.

For more information on the park, visit [www.floridastateparks.org/park/anastasia](http://www.floridastateparks.org/park/anastasia) or call the park service specialist, Chanell, at (904) 460-2035. For a list of upcoming programs and activities visit [www.facebook.com/anastasiastatepark](http://www.facebook.com/anastasiastatepark). Some of the many programs they have are "Let's Talk Turtle," guided bird walks, and historical looks at the Spanish quarries.

Let us know how you chose to enjoy your day at Anastasia State Park.



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# Hey Man! what's cookin'?

By Chris Klinvex

## When the wives are away, the men cook

It all started with four of our wives taking a weeklong ladies' vacation to Cancun. Without giving it much thought, it seemed like a perfect time for a men's night out. The original plan was simple: get the four husbands together as we could use a decent dinner, not to mention good company. The wives get together socially often — why not the men?

Yet something unexpected happened as we began discussing the dinner. Within hours, the list went from four to 17 men, all confirming their attendance for a dinner that was 48 hours away. Everyone asked what they could bring and how they could help — sensing this was an unusual event reminiscent of college days. This should be interesting: in two days, an all-guys dinner for 17 with no wives.

With no time for catering, it meant the men had to plan, prepare and cook all the food. How hard could it be, right? We've run companies; we can do this. Put together a solid plan, delegate tasks, let everyone step up and out of their comfort zones.

As the first men arrived, the kitchen quickly transformed from a social center

to a commercial kitchen with serious food preparation everywhere. All appliances were in use, including the Green Egg, sous vide water cooker, crockpot, ovens and range. Soon, succulent scents surrounded the cooks — this actually was happening and bigger and better than we imagined.

mer salad, baked sweet potatoes, myriad grilled/seasoned vegetables, blackened Mexican corn on the cob, homemade strawberry shortcake, and much more.

While the food was a highlight of the night, even more so was the camaraderie created by a bunch of men flying solo for a rare evening without their counterparts to assist them.

**Oven:** Use broiler with heat set to 400 degrees or high. Arrange rack so burgers sit two inches below heat source. Line baking sheet with foil and add oil to keep burgers from sticking.

**Preparation:** In large bowl mix all ingredients apart from ground turkey. Once mixed, add turkey, using your hands to thoroughly mix together. Mixture will be very moist. Now form patties and place on baking sheet. Cook for 7 minutes, flip burgers, and cook another 7 minutes on other side. Burgers should be browned on both sides.

### Zucchini Turkey Burgers Recipe

- 2 lbs. ground turkey meat
- 4 medium zucchinis, grated
- 1 medium onion chopped and lightly sautéd
- 2 tsp. onion powder
- 2 tsp. dried basil
- 1 tsp. oregano
- 1 tsp. black pepper
- 1 tsp. garlic powder
- ½ tsp. salt

The menu was extensive too. Tender marinated sous vide cooked chicken breasts, zucchini baked turkey burgers, Tom's Specialty half-pound grilled burgers, smoked salmon, hot Mexican bean soup, strawberry walnut spinach sum-



Photo courtesy Chris Klinvex  
Charlie Maranto cooking Zucchini Turkey Burgers

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Photo courtesy Sally Crawford  
The Catch



The winner of the Hammock Hot Shot photo contest in the Spring 2018 issue entitled, "Anything that Flies," is Sally Crawford with her entry "The Catch." The picture was taken from a balcony at the Cinnamon Beach condo.

Now that we've seen wonderful photos of anything that flies, the next challenge is "Anything that Crawls." From turtles, to Palmetto bugs, to spiders, to that armadillo that made it to the other side of the street — be creative and artful as you search for images for this topic.

Remember to keep it within a half hour of our Hammock area and, as cute as babies are, no recognizable people's faces please!

Now, get out there and shoot something! Hit us with your best shot. Send all entries to hammockhotshot@gmail.com. Thanks for your entry!



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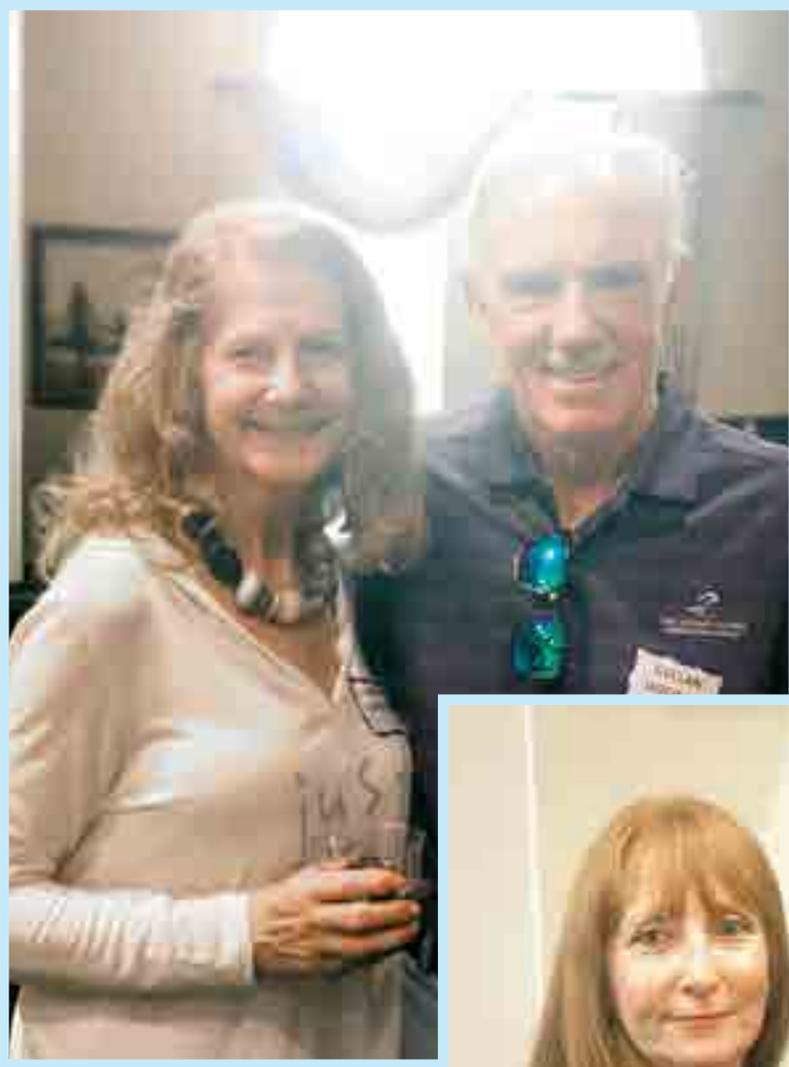
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Photos courtesy Lisa Fisher



## Communications Committee hosts welcome event

On May 1, the OHPOA Communications Committee hosted a Welcome Reception for new property owners in the Discovery Center. Almost 40 new owners attended. Chairman Rosemary Travis introduced each couple, who then described just how they discovered our special community. Ocean Hammock Property Owners Association President Paul Pershes welcomed all and described the work of the Board and the different committees. Newcomers were encouraged to become involved.



# The Toxic Sedentary Lifestyle

By Declan Doogan, M.D.

A recent study concluded that participants able to complete more than 40 push-ups were associated with a significantly lower risk of cardiac events risk compared with those completing fewer than 10 push-ups. Does this mean we should all rush to the gym (or the floor) and get our numbers up? Not necessarily, though it did make me try for a while.

We all have heard exercise is good for us, but how much? What type is right and for what purpose? First, some is better than none and few of us are trying to become Olympians. We hear and read masses about what exercise will produce amazing results.

We are all getting older, but through advances in medicine and health policy, we have achieved tremendous longevity gains. Over the past hundred years on average we live about 30 years more; however, in that time we have also become more obese and have more heart disease and diabetes. It is fair to say the modern life has freed us from the manual labor required of previous generations. We are, as a race, less fit than our forebears.

Dr. Wael Jaber, a cardiologist at the Cleveland Clinic, reported that being unfit should be considered as strong of a risk factor as hypertension, diabetes and smoking — if not stronger than all of them.

“Unfitness should be considered as a disease that can be treated ... with exercise,” he said.

Another study showed a sedentary lifestyle and lack of physical activity produced a higher risk of developing a mental health disorder. According to the government’s 2008 Physical Activity Guidelines for Americans, adults should be getting at least 150 minutes of moderate-intensity physical activity each week.

Analysis of American adults aged 50 – 71 found those who had exercised between two and eight hours a week from their teens through to their 60s, had a 29 percent

to 36 percent lower any cause. Small reg- activity routinely the workings of many immune system, muscle- many other systems within

“Unfitness should be considered as a disease that can be treated ... with exercise”

chance of dying from ular bouts of physical done is the key. Past that exercise alters genes, as well as the repair mechanisms, and the body.

Exercise is also good for your brain. In another study of 2,354 participants, each additional hour spent in light-intensity physical activity was associated with larger brain volume, equivalent to approximately 1.1 years less brain aging.

Achieving 10,000 or more steps per day was associated with higher brain volume compared with those achieving fewer than 5,000 steps per day. Moderate aerobic exercise performed on average for 45 minutes, three times per week, had a significant antidepressant effect compared with antidepressant medication and/or psychological therapies. Exercising for about an hour three times a week showed significant cognitive advantages compared with people who did less exercise or none at all. Even lower-intensity exercise programs improved thinking skills.

Higher intensity training has definite benefits for heart function and for metabolic functions like insulin and glucose control.

Lifting weights and resistance training benefits not only increase muscle strength and cellular health, it leads to decreased risk of heart attacks, strokes and deaths. Research showed the risk of experiencing these events was halved in those who lifted weights occasionally, compared with those who never did. People who lifted twice a week, for about an hour or so in total, had the greatest declines in risk.

The message from all of this research is clear. It is never too late to start exercising; a sedentary life is dangerous; any form of exercise has benefits; and the key is to make it as routine as brushing your teeth!




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# Resident



## Westward ho!

By Linda Hager

# Adventures

If you're looking for a fun, easy vacation to explore our awesome National Parks, head west to Zion and Bryce National Parks.

Sue and Roy Ockun had done a more extensive western trip a few years back and their enthusiasm made us add it to our bucket list. Our goal was to take just about a week, so we limited ourselves to sites that were within a couple of hours drive, flying in and out of Las Vegas. If you want to stay in the park lodges or campgrounds, you'll need to plan a year or so in advance as reservations are gone very soon after release in the fall for the upcoming year. We stayed in hotels within 30 minutes of the parks and by arriving early, had no parking issues. One more tip: avoid the peak months of June and July; we prefer the shoulder seasons of May and September.

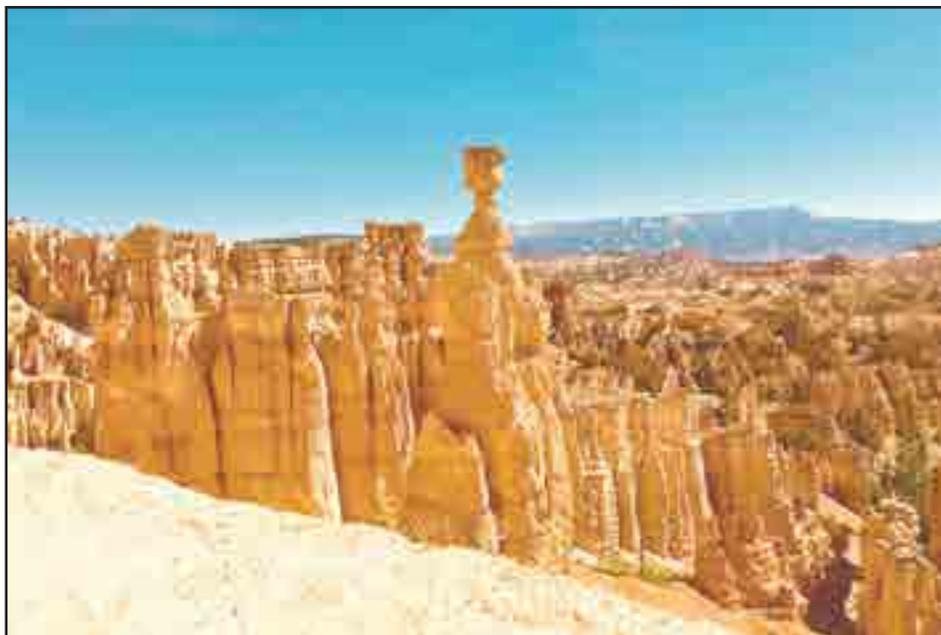
First stop: Zion National Park, Utah

Nearly 150,000 acres in size with only 30 miles of roads, prepare to be awed by amazing mountains and canyons. Check out your favorite vistas at different times of day as the sun changes the color palette throughout the day. As with many parks, a shuttle bus takes you to all points of interest. Hiking is a must and there are easy strolls to switchbacks up the mountain, to a 16-mile hike through a slit in the canyon filled with an icy river. Most arrive at the south entrance, but be sure to take a drive to the east entrance for more unique geology.

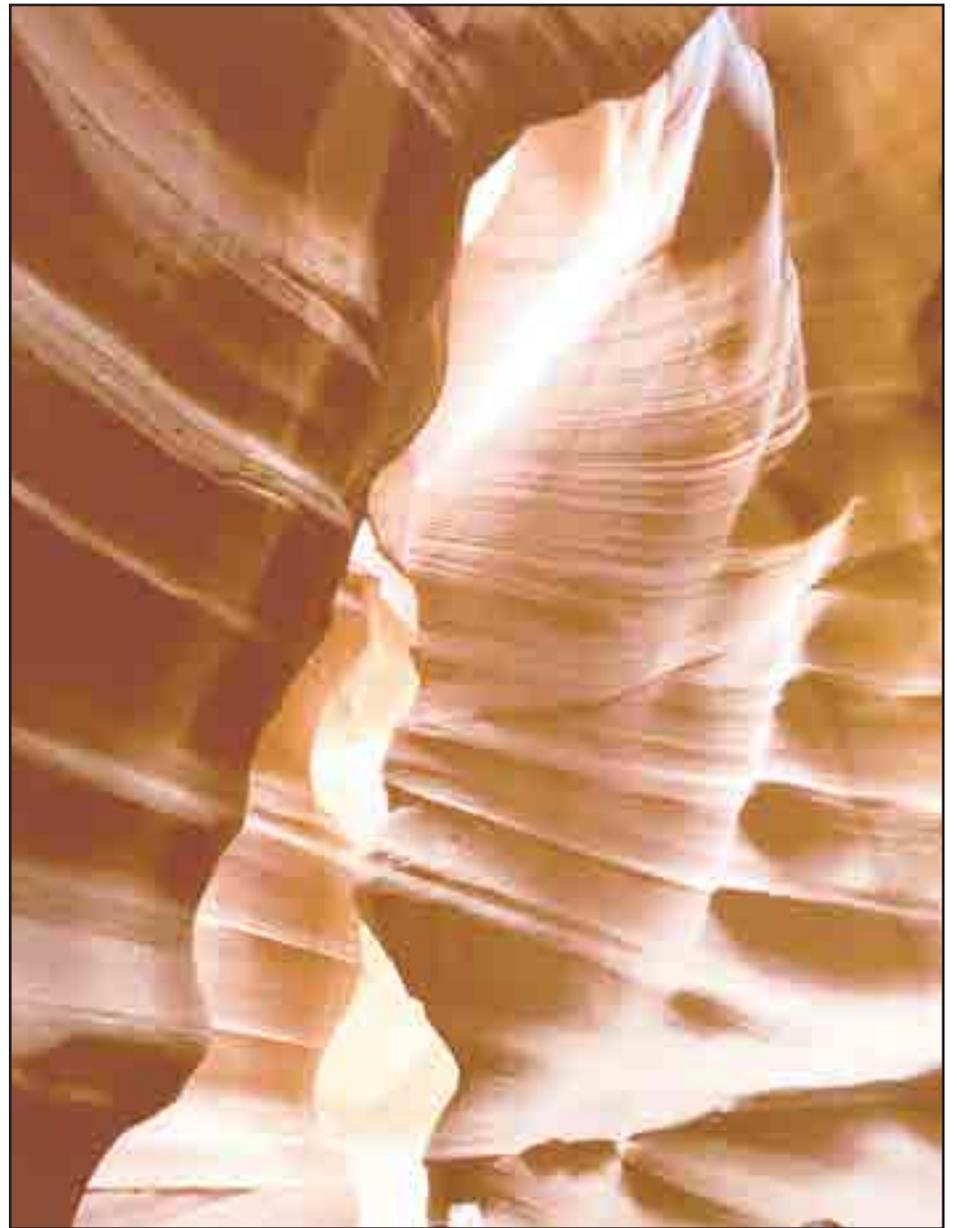
After visiting this park we headed south toward Arizona and enjoyed a drive through Grand Escalante National Park.



Photos courtesy Linda Hager  
Zion National Park, Utah



Bryce Canyon, Utah



Antelope Canyon, Arizona

Second stop: Antelope Canyon, Arizona

Head south to Page, Arizona to Navajo land for a site that will take your breath away! Only accessible via two-hour tours with native people, it's quite crowded, but worth every moment. The upper canyon is a slot canyon carved into sandstone via rainwater and beams or shafts of light radiate down from the narrow openings at the top of the canyon. Check out photos online as printed photos will never do it justice.

The remainder of the day can be used to see Horseshoe Bend and the Glen Canyon Dam that creates Lake Powell.

Final Stop: Bryce Canyon, Utah

Ironically, Bryce is not a canyon, but rather a series of natural amphitheaters

made of limestone and sandstone. The cliffs stair step down about 9,100 feet and visitors look down at spires, goblins, and cathedrals painted an iridescent red, buff and tan. Drive yourself along the 18-mile road and view all the scenic overlooks. Depending on your nerve, hike down to get a totally different perspective. We took a quick side trip to Kodachrome Basin State Park and felt like we were in the Middle East.

Driving back to Vegas, we drove through Cedar Break National Monument.

If you want a longer trip, consider adding Arches and Canyonlands to the east or the Grand Canyon to the south. Whatever combination you choose, it'll result in unforgettable memories!

### Meet the Residents cont. from pg. 1

The couples are also enthusiastic ambassadors for the area. Friends of the Tremblays have moved down from up north and Chauncey Holden's parents have moved from Pennsylvania to a local assisted living facility.

Terry Roberge said they have made a lot of friends in The Hammock in addition

to each other. Especially since they are year rounders, the Roberges host large parties at their home and invite new friends as well as their family. They enjoy mingling the groups.

"What really makes it great here is how welcoming everyone is," Terry Roberge said.

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# Ask Sherry

By Sherry Babbitt

I have been hearing more and more conversation about following one's passion. No, not the hot steamy, x-rated kind, but the kind that helps inspire and empower us to give more meaning and joy to our lives. Too often we may resign ourselves to accepting life rather than grabbing all it has to offer. Experts believe we all have the ability to discover what we are most passionate about and go for it. Some of their recommendations are:

1. Get to know people with diverse interests (probably wise to stay away from politics in the current environment).
2. Sign up for the class you've always wanted to take.
3. Lighten up.
4. Be energetic and find joy in the "adventure."
5. Age is a number and attitude is everything.

Seems like decent advice, but what happens if you still aren't sure what your passion is? Often the best first step is to just simply enjoy the exploration of all your options.

I have read numerous books on the subject and after some research, I'm

still not sure if I have any answers. So, I thought I would ask people in the community some questions in hopes the answers might help in the quest to find our passion. The following two questions and the answers were particularly interesting.

1. What could you do for five years straight and not get burned out?

The overwhelming answer was "travel." I have to admit I am getting the travel bug as well. As we mature (my nice way of saying "as we get older"), I think we all want to see and do all we can — while we can.

2. Imagine that five years have passed and you are living your best life. What would it be like?

My favorite responses were to this question. Of course, good health was a major consideration. Also, a great many of us are happy with our current lives and hope "the good life" continues. We believe we are fortunate to enjoy good friends, time for travel, opportunity to enjoy fitness and exercise classes, golf, tennis and walks on the beach. Oh yes, let's not forget good food and wine.

Conclusion: Life here is pretty darn good!

## Four proven ways to improve mental focus and clarity

By Donna M. Gialone

How many times have you sat down to read and then realized 20 minutes later that you haven't even started? Have you picked up your phone to make a call and forgot because you received a news alert? Have you ever reread a paragraph multiple times before you truly take in the information?

The ability to focus, or center your attention, is not a given. Research has reported that nearly three out of four Americans feel distracted. The good news is that mental clarity is something you can cultivate with practice.

Here are four tips for improving your ability to tune out distractions and focus on what you are doing.

1. Exercise regularly. According to the Harvard Health Blog, exercise can improve your mental clarity both directly and indirectly. Exercise reduces insulin resistance and inflammation, while stimulating the release of growth factors. Indirectly, exercise improves mood and sleep and reduces stress and anxiety. Problems in these areas frequently cause or contribute to mental fogging, or an inability to concentrate.
2. Begin a mindfulness practice. Studies looking at how the brain changes before and after meditation have found that brain structures involved in awareness, attention, and self-related thinking changed in structure and increased in volume after meditation. Mindfulness practices increase your brain's ability to focus on the task at hand.

3. Change how you think about multitasking. Many studies have squashed the idea that multitasking increases productivity. Still, chances are high that you will be tempted to multitask many times throughout any given day. To improve your focus, be deliberate about when you are multitasking and when you are not. Pressuring yourself to either focus all the time or multitask all the time is not realistic (or fun). Plan your schedule so you have some of each in your day.

4. Identify your peak time of day. For most people, there is one time of day (morning, afternoon, or evening) when they are most productive. To improve your focus, examine which time of day is your personal peak time, and use that information to your advantage.

Obtaining more mental clarity is possible with a few lifestyle changes and healthy habits - indeed, a bit of focused attention.

Sources:

MayoClinic.org, "Stop multitasking and learn how to focus." May 12, 2018

NBCNews.com, "What yoga does to your brain." August 22, 2017

Harvard Health Blog, "Regular exercise changes the brain to improve memory, thinking skills." April 9, 2014

Donna M. Gialone is the lead fitness trainer and nutrition counselor at Hammock Beach Resort.

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# Our amazing wildlife

By Beth Kelly

Ocean Hammock is filled with amazing wildlife ... from sea turtles to gopher turtles and everything in between. A day doesn't pass without witnessing otters playing near our ponds alongside of turtles and alligators basking in the sun. Our beloved eagles soar high above us along with ospreys, hawks and owls, while closer to the water's edge we see Great Blue Herons, Sandhill Cranes, Egrets, Wood Storks and, for some of the lucky few, the rare Spoonbill with its pink tinged tuft of feathers. Did you know that Sandhill Cranes mate for life?

The list of abundant wildlife in our own backyard goes on and on. And, of course, we can't leave out the bobcat or Florida panther that some of us have been lucky enough to catch a quick glimpse before they disappear entirely from view. Finally, our proximity to the Intracoastal Waterway and ocean allows wonderful sightings of manatees, dolphins and whales, oh my!

If you have never adopted a sea turtle nest, it isn't too late to adopt your very own nest this summer — but you must do so before Aug. 15. Contact the Volusia/Flagler Turtle Patrol at [www.turtlepatrol.com](http://www.turtlepatrol.com) if you are interested. The Volusia/Flagler Turtle Patrol is a non-profit organization dedicated to the protection of sea turtles in both Volusia and Flagler counties. The nesting season runs from May 1 through Oct. 31.



Photos courtesy Kevin Hickey  
Bobcat frequents the 6th fairway at the Ocean Course.



Photos courtesy Rhonda Miller  
Proud parents show off their babies at the Conservatory Golf Course.



Photo courtesy Jeanne Meyer  
More frequently seen on the west coast of Florida or in the Caribbean, the Spoonbill offered a rare sighting on the 5th fairway at the Ocean Course.

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## A PIRATE'S PERSPECTIVE

### Leaving my roots

By Andrea Mena

“Having” to move from Venezuela to the United States of America due to the humanitarian crisis occurring in my country has definitely been one of the most challenging experiences of my life. I was aware of the trials and tribulations I would face, but having to adapt to a new culture, language, and lifestyle was a new whole experience I was about to face without any idea what to expect. I was filled with conflicting emotions of unease and excitement; I was excited and curious about this new experience, but I was sad about leaving my family and friends as well as my birth land.

Leaving my roots and those that have been with me all my life was no easy task. I had to endure the heartbreak of leaving behind my family and friends, something I never thought could occur. I can still picture September 9, 2016: the tears surrounding my face accompanied by conflicting emotions that filled the void I felt when leaving my country, the only home I had ever known.

I knew that arriving in Florida would not be easy. Between all the new friendships that I would have to make and the new life I would have to start and learning a new language, I was overwhelmed. Although I could not start school for another year due to residency issues, I still spent my time constantly studying for the ACT. This increased my anxiety and initial hardships, on top of being a teenager being thrust into a new culture so different from mine.

That year I had to endure limited interaction with other people my age, and it was extremely difficult. I spent several months at home alone with each day more frustrating than the last. Even though I could not enroll in high school, I spent the year studying English and preparing for the ACT at Daytona State College, which helped me in so many ways. I improved my English and I got to grow up as a person since I was spending most of my time with adults who have faced many challenges

The Ocean Breeze is excited to announce a collaboration with the students at Matanzas High School. Beginning with this issue, we will feature articles written by students in the Advanced Placement English Class. We want to give special thanks to their teacher, Tom De Ceglie, who has motivated and mentored these students this past year. As the school's mascot is the Pirates, we feel it is fitting to title this new feature “A Pirate's Perspective.” We hope you enjoy!

in their own lives. Through meeting these older and more mature people I learned some valuable life lessons. Mrs. Lisa, my English professor, was one of the people who helped me adapt to the American educational system.

By September 2017, I was finally approved to begin enrollment at Matanzas High School. Adapting to the educational system was easier than I thought, due to the incredible amount of preparation I received at Daytona State. I owe my smooth transition to the constant support of my parents and my professors, who were always willing to assist me in every way possible.

I believe that regardless of the challenges and adversity that I face, I am able to remain resilient, a lesson instilled in me by my parents who taught me to be responsible and not cower before anything. I could have sat and done nothing, but instead of doing that I used all my resources and contacts to my advantage and was able to become stronger that way.

*Andrea Mena is a recent 2019 graduate of Matanzas High School. She plans to earn her AA at Daytona State College, then transfer to the University of Central Florida to study medicine with the goal of becoming an OB/GYN. She immigrated to the United States from Caracas, Venezuela.*

### A father looks at retirement

By Riley Detherow

A famous band named The Doors once said, “There's a killer on the road.” It's true for the retired people of Florida, because they're out there killing time. This is a day in the life of a retired man in Florida. This man is a retired Marine Corps Staff Sergeant (once a Marine always a Marine — Semper Paratus!) and he currently engaged in his favorite assignment yet: retirement.

Robert Detherow has been around the world and back, but not in 80 days. He has seen many wonderful sights and has met many wonderful people. He was a police detective in California, a cop in Oklahoma, and an international advisor in Afghanistan and Haiti. He's survived a few political wars and has been through his own personal ones, being married and divorced. His toughest job by far has been raising his future Devil Dogs, his kids. He enjoys going to the beach and fishing with his children. He enjoys the warm weather and especially

the air conditioning in the house.

He has stated, “There's nothing better than being right here with my kids.”

Though he suffers from PTSD from Desert Storm and other military interactions, he still finds a place for good times and hanging out.

I'm not sure if he likes piña colodas and dancing in the rain, but he sure does like driving his truck and then relaxing on the beach. Though he hails from the West Coast, he does enjoy the East Coast weather.

He said, “I miss the mountains and sometimes I want to go home, but then I realize my home is where my family is and I'm happy they're right here in Palm Coast.”

Robert Detherow has actually had some hardships while living in Palm Coast. His home caught fire after he parked his motorcycle in the carport and it burst into flames. He then had to live in an RV for three months with his family of six.

He said, “It was a tight fit, but being right next to the beach meant we could leave for hours.” (Which I'm guessing was the break they needed.)

He now lives in the F section, with his family of eight: His wife, three biological children, an adopted child, a Marine Corps friend (who also suffers from severe PTSD), and his 26-year-old son from another marriage who is staying with him while he finds a job as a police officer.

Of course, there are hard times, but he loves being there with the people he loves.

He said, “If I could do it all again, I would. Except the next time I would stay in the Marine Corps for as long as I could.”

Robert Detherow enjoys his retirement, and says he wants to live the rest of his days on the beach “hanging out” with the ones he cares about. He is ready for the real retirement: going from full time dad to more of a friend. He said, “I'll be sad when they leave, but happy they can spread their wings. But when they do all graduate, I'm going on a cruise to the Bahamas.”

*Riley Detherow is an upcoming senior at Matanzas High School. He plays lacrosse and skateboards in his free time and plans to attend college at Daytona State College, then enlist with the Marine Corps like his father, Robert.*

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# Golf Tip

## Bow to the right knee for added power

By Brad Hauer

Losing a lot of distance lately?

Then more than likely, you are losing your posture somewhere during the backswing. You could be straightening up in your knees or standing up in your waist. Either way, losing your posture will translate into losing power.

If you feel like you're losing your posture, try to have the sensation of slightly bowing to your right knee as your body is turning during the entire length of your backswing. The proper sensation will feel like your belly button is going to make a slight motion to the top part of your right knee.

Try this drill before you hit balls on the range to get a better feel for this power move. First, put your hands on your hips and then simply bend from the waist to your right knee. This drill will help you get the feeling of maintaining the proper powerful position that is required to add more distance to your shots.

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

### 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.**



## Fun (and close by!) summer activities

By Tom and Paula Howard

Our grandchildren — Harper (11), twins Charlie and Lily (10), and Noela (6) — love to visit us (Mimi and Papa) at Hammock Beach. We'd love to think it's because they're so happy to be with us (and we like to think they usually are) but just as much (and maybe more) it's because there are so many activities for kids in Florida.



Photo courtesy Tom Howard

Tom Howard and grandchildren, off to find more fun things to do!

Sure, we're near famously entertaining Walt Disney World and Universal Studios, but we've found many other activities closer to home (and less expensive) that have delighted our grandchildren.

Some of their favorites in the St. Augustine area are Adventure Landing, the Alligator Farm, and Ripley's Believe It Or Not. In Daytona, Zoom Air Zip Line, Hangar 15 Extreme Air Sports and Trampoline Park, and the Escape Game Room have been sources of great delight. Finally even closer to home, our beauti-

ful beach; the Fantasy Pool complex at Hammock Beach Resort; bowling at Palm Coast Lanes; the dolphin experience at Marineland; the ferry boat ride to Fort Matanzas; surf fishing at Varn Park; dock fishing at Waterfront Park, Bing's Landing, and Washington Oaks; and Intracoastal fishing (with guide Chris Herrera) have provided hours of entertainment.

Our grandchildren were with us for three weeks last summer and can't wait to come back to "Camp Mimi and Papa" this summer to enjoy all the entertainment available in our community.



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