



St. Augustine Beaches NEWS JOURNAL

NEWS INFORMATION FOR & ABOUT ST. AUGUSTINE BEACH & ANASTASIA ISLAND

St. Augustine Lions Club 2024 41st Seafood Festival Tasting Contest



Pictured from left: Florida House Leader Paul Renner, City of St. Augustine Mayor Nancy Sikes-Kline, Florida House Representative Cindi Stevenson, Sheriff Rob Hardwick & Kendall, not pictured Flagler Broadcasting 105.5 & 106.3 DJ J.T.

Again this year a fine group of food judges sampled great tasting seafood at the 41th Annual Lions Seafood Festival! Competition was fierce and difficult to make decisions. Judges rated each dish on taste and appearance. The results were tabulated by the Lions who determined the winners. The Judges were impressed...all samples were delicious and well presented. The winners are listed below:



- Best Shrimp was Hammerheads Seafood
- Best fish was Real Cajun Cookin'
- Best Dish 1st prize was DJ's Clam Shack
- Best Dish 2nd price was Voo Doo Shrimp Shack
- People's Choice 1st prize was Island Girl
- People's Choice 2nd prize was Real Cajun Cookin'
- Best of Festival was Flagler Broadcasting 105.5 and 106.3

St. Augustine Beach and Beyond...

By Lorraine Thompson (staugbeachwatch@aol.com)

Time to welcome turtles and tourists

The 2024 sea turtle season, May 1 to October 31, is expected to bring thousands of visitors to our beaches including locals and tourists who frequent the beaches for summer fun as well as a variety of nesting sea turtles.

Starting May 1 and through October 31, beach gates are closed between the hours of 7:30 p.m. and 8 a.m. Vehicles remaining on the beaches may be subject to towing as well as ticketing.

Lighting ordinances are in effect which require coastal property owners to manage beach front lighting to prevent disorienting nesting and hatchling turtles. The use of flashlights is strongly discouraged. If flashlights are necessary for safety, they should be used with red filters which eliminates white light that is problematic for sea turtles. Lights from cell phone screens can also interfere with sea turtles heading back to sea and should be used only when absolutely necessary. Camera flashes (including cell phones) should not be used at night during nesting season.

Memorial Day weekend (May 25 to 27) marks the unofficial beginning of the long, hot summer and bigger crowds at all of St. Johns County public beaches. It's also the start of full-scale guarded beaches by St. Johns County Marine Rescue which includes a team of United States Lifesaving Association certified beach lifeguards. An average of sixteen lifeguard towers will be staffed daily from 10 a.m. to 6 p.m. The guards will be assisted by staff supervisors who travel the coastline in various response vehicles.

Beach flags and signage are posted at beach access points and lifeguard towers. They provide daily condition updates to beachgoers as well as safety information regarding rip currents and other common beach hazards. A purple flag means there is dangerous marine life in the nearby waters. Red signals dangerous water conditions. Yellow advises swimmers to be cautious. Green signals safe conditions.



Dunes Tortoise photo by Lorraine Thompson

Tortoise or Turtle?

Beach visitors are reminded that if they see a turtle on the beaches that may or may not appear to be in distress, do not attempt to move it to the ocean. It might not be a sea turtle. It could be a very healthy tortoise just taking a walk in or near the beach dunes, its natural habitat.

Here on St. Augustine Beach it's a sure sign of spring when a slow moving know-it-all wanderer, a gopher tortoise referred to as DT (for Dunes Tortoise) emerges.

- After months of living underground, DT emerges in spring and begins exploring its previous territory along the dunes line at St. Augustine Beach and Tennis Club, where it established residency years ago. With a layer of sand on its shell armor, DT recently appeared and began slowly moving along its old route. First stop was a "keep off the grass" sign on a condominium lawn adjacent to the dunes. Ignoring that message, DT continued along the grass line, feasting along the way, and then slowly headed back to its sand mound where it slipped back into its hole-in-the-ground home, known as a borrow.

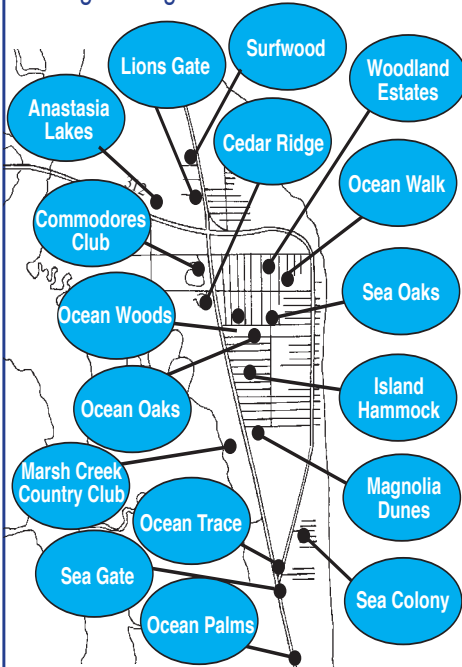
- Biologists consider the gopher tortoise to be one of the slowest moving and shyest species of wildlife. They dig burrows that can be up to forty feet long and ten feet deep. The burrows provide shelter for hundreds of other species including snakes, the Florida mouse, the burrowing owl, gopher frogs and opossum. They recycle their nutrients in the soil as they dig the burrows. All of this contributes to the health of the ecosystem.

- The tortoises are a threatened species protected by Florida law. It's a third-degree felony punishable by up to 50 years in prison and/or a maximum fine of \$5000 to kill, injure, harass or take a gopher tortoise or deliberately destroy its eggs or burrow.

If you do find what appears to be a sick or injured sea turtle, do not put it back into the water as it may need medical attention. You are asked to report it by calling Florida Fish & Wildlife Conservation Commission's 24-hour Wildlife Alert Number at 1-888-404-FWCC (1-888-404-3922).

We Cover The Beaches!

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St. Augustine Beach City Hall Update

The St. Augustine Beach City Commissioner. Commission met twice in April: its regular meeting on Monday, April 1st and a special meeting on Monday, April 8th. For its April 1st meeting, the Commission did the following:



- a. Approved the audit report for Fiscal Year 2023.
- b. Approved a proclamation to designate April 2024 as Sexual Assault Awareness Month.
- c. Re-appointed to a three-year term the following members of the Code Enforcement Board: Ms. Trish Gilpin and Mr. Marshall Schneider.
- d. Approved two resolutions: (1) to sunset the City Charter Review Committee as the Committee has completed its review of the Charter; (2) to adopt an agreement with the Florida Department of Transportation for the City to maintain the landscaping along State Road A1A with DOT reimbursing the City for part of the annual cost.
- e. Approved a budget resolution to transfer \$7,000 from the Tree Fund to purchase a palm tree and to upgrade the landscaping at City Hall.
- f. Decided to have a policy that requests for proclamations by individuals or organizations must be submitted first to a City

For its April 8th special meeting, the City Commission met with Dr. Georgette Dumont, the facilitator who guided the Charter Review Committee when it reviewed the City Charter. The Commission decided the wording for several changes, which were scheduled to be put in ordinances by the City Attorney for the Commission's May 6th meeting. Once the ordinances were passed, the City would have asked the Supervisor of Elections to put the changes on the ballots for the August and November 2024 elections. However, because space on the ballots will be needed for other elections, such as County and State offices, as well as several Florida constitutional amendments, there may not be room for the City's Charter changes. The Commission will discuss this at its May 6th meeting and whether to have a vote-by-mail referendum in 2025 to ask the City's voters to approve or disapprove the changes.



Pope Road Parking Lot Closed unit the Fall

St. Johns County will receive up to \$62 million in federal funding from the Jacksonville District U.S. Army Corps of Engineers (USACE) for emergency repairs on two beach projects including the St. Johns County Shore Protection Project in St. Augustine Beach and the St. Johns County South Ponte Vedra Beach and Vilano Beach Coastal Storm Risk Management Project.

In preparation for the upcoming projects, the U.S. Army Corps of Engineers closed the Pope Road parking lot (296 A1A Beach Blvd.) in St. Augustine Beach on Thursday, Feb. 22. It is expected to remain closed to public parking until sometime this fall for use by the project contractor, Great Lakes Dredge & Dock Corporation.

St. Augustine Film Society "Asterix and Obelisk: Mission Cleopatra"

by Joseph Marx

May 5th "Asterix and Obelisk: Mission Cleopatra" will be preformed at 4:00 PM at the Unitarian Universalist Fellowship located at 2487 A1A South.

In partnership with the St. Augustine Francophone Club, this 2002 French historical comedy tells the story of Asterix and Obelisk who help Cleopatra build a pyramid. Absolutely wacky and funny so come laugh with us. For further information staugustinefilmsociety@gmail.com or call (904) 254-9524.

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City of St. Augustine Beach



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Print Distribution Locations for the Beaches News Journal

- St. Augustine Beach City Hall
- Anastasia Library
- St. Johns County Pier Park
- YMCA
- Main Library
- Southeast Library

The purpose of the St. Augustine Beaches News Journal LLC is to serve neighborhoods of St. Augustine Beach and other communities on Anastasia Island.

First priority will be given to reporting news and activities of the residents of St. Augustine Beach local communities, and other news and events that directly affects the St. Augustine Beaches areas. Second priority will be given to articles of general interest as space permits.

Information and ads should be received by the 15th of the month in order to appear in the following month's issue. Articles or information may be sent to the Beaches News Journal, 2465 US1 South PMB #8, St. Augustine Florida 32086. Information may also be e-mailed to clifflogsdon@att.net or clogsdon1@yahoo.com.

All materials submitted to the Beaches News Journal is subject to editing. Publishing of submitted information is at the discretion of the publisher. Views and opinions expressed are those of the writer and do not express the viewpoint of the publisher or editorial staff of the Beaches News Journal.

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Beach cleanup volunteers needed

Residents as well as visitors are invited to participate in the "Welcome Sea Turtles" 20th Annual Turtletown USA Beach Cleanup on Saturday, May 13, from 9-11 a.m. at five locations along county beaches. The long-running event sponsored by St. Johns County helps remove litter and debris in preparation for the nesting sea turtles. Residents and visitors can volunteer at the following locations:

- Mickler's Landing at County Road 203, Ponte Vedra Beach
- Vilano Beach at Vilano Road, St. Augustine
- Crescent Beach at Cubbedge Road, St. Augustine
- Fort Matanzas Beach at Fort Matanzas Beach Ramp Road, St. Augustine
- Guana Tolomato Matanzas National Estuarine Research Reserve (GTM NERR) at South Beach – 2200 South Ponte Vedra Boulevard, Ponte Vedra Beach

Supplies will be provided. Volunteers should bring a hat, sunglasses, sunscreen, closed-toe shoes, and a reusable water bottle. For more information, visit www.recyclestjohns.com.



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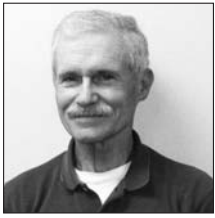
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Glue

By Max Royle
St. Augustine Beach City Manager

What are the ingredients that help make a city a community? Some are the city's charter and code of ordinances that mandate a structure and powers: whether manager/commission, or an executive mayor who is both administrative head as well as political leader. There may be term limits for the elected board, a building height limit or limits on spending and debt. And then there is the ingredient that I call "glue".

This can be defined as the residents who are interested in what their public servants are doing at city hall and come to meetings of the city commission or commission-appointed boards, to offer commentary and bring issues and other matters to the attention of their public officials. As glue, the residents coalesce around various community concerns and contribute to the functioning of a city in our local government system with its emphasis on accountability and transparency.

I am highlighting the citizens as glue here because of the death in January 2024 of a master commentator and questioner of City Hall activities and decisions. She was Dr. Patricia Gill. Her departure was a reminder to me of a significant change in our fair City: that the number of citizens like her, the community glue enablers, is unfortunately declining. Ten or more years ago, there might have been up to a half dozen of them at monthly Commission meetings. Though many current residents probably never met or heard of them, they deserve recognition for their contribution to the public discourse and communication with the Commission that they helped nurture.

Among them were Phyllis Van Marter, Harry Knoll, Betty Norris, Barbara Kay, Albert Holmberg, Don Terrill, Marcus Nevacoff, Robert Beskind, Bruce Wright, Robin Nadeau, William Rosenstock, Robert Kahler, Ann Palmquist and Steve Mitherz. Some, such as Albert Holmberg and Don Terrill, even served a term or more on the Commission. Others were members of City boards, such as the Tree Board or the Planning Board. Few, though, matched Dr. Gill's record: nine consecutive years on the Planning Board, several as chairperson, plus attendance at too many Commission meetings to count. She was in effect a "super gluer".

Her PhD degree was in education. Perhaps that specialty and career made her style of discourse much less confrontational than today's abrasive and abusive style, which unfortunately features "gotcha" statements, fault finding and personal attacks rather than calm reasoning that offers alternatives and influences people's opinions in positive ways.

These days, the regulars at Commission meetings are usually a slender roster: Nick Binder, Jim LeClare and occasionally Dr. Michel Pawlowsky. Why the decline in the number of citizen "gluers"? Maybe in these tumultuous, post-pandemic political times citizens are weary of government or their attention is consumed by the complexities of their own lives, or some may think that what happens at City Hall isn't worth their concern. But that certainly wasn't Dr. Gill and for that she is owed appreciation and thanks. We miss her and regret that she is no longer with us.

North Florida Women's Chorale Celtic Music & Singing

We are excited to invite you to a program of lively Celtic music and singing! Our event will feature a variety of Gaelic songs that reflect the range of human emotions including love lost and won.

You'll be toe-tapping along to many of the dance tunes sung by the 50-voice North Florida Women's Chorale and accompanied by traditional instruments such as the fiddle, Celtic harp, guitar, and drums.

Don't miss this fun free concert Sunday, April 28, 4 pm, at Palms Presbyterian Church, 3410 3rd St. S. Jacksonville Beach and Saturday, May 4, at Noon, Ancient City Baptist Church, 27 Sevilla St, St Augustine FL, 32084.

Did You Get Your Copy of the Beaches NJ?

The St. Augustine Beaches News Journal community newspaper is delivered free to 6,400 by US Mail to the all St. Augustine Beach city residents and other selected neighborhoods on Anastasia Island.

Free copies are also available at the local Libraries, city hall or at the websites, SABNJ.com, StAugustineObserverOnline.com.

If you do not live in the current mailing areas, contact 904-607-1410 or clifflogsdon@att.net for an annual monthly subscription for \$12 to cover a portion of the postage. The paper is made possible by our advertisers. Visit and thank them whenever possible.



St. Augustine Beach and Beyond...

by Lorraine Thompson (staugbeachwatch@aol.com)

Summer island adventures

1 Learn to swim and/or join a team--With schools closing for the summer, whether you live on Anastasia Island or nearby, chances are you will make occasional visits to the beaches or relax at a pool. But--do you and/or your children know how to swim?

Now is the time to learn the basics of swimming including rescue techniques. Classes are available at the YMCA outdoor pool located at 500 Pope Road located on the island, as well as at the indoor Solomon Calhoun Pool, 1300 Duval St. in St. Augustine. Thanks to charitable contributions, the YMCA of Florida's First Coast can also offer financial assistance for the classes to those who qualify.

For those who are already skilled swimmers, participating on a summer swim team is also an option. The St. Augustine Stingrays will hold evaluations for new team members at the Pope Road YMCA on May 13, 14, 15, and 16 at 5:30 p.m. Team practices will be 5:30 to 6:30 p.m. May 20 to May 30. Starting June 4, practices will be from 7:15 to 8:30 a.m. Tuesdays through Fridays. The team season runs through July 27. Swimmers may participate in optional swim meets during the summer.

For information call 904-471-9622, visit <https://fcymca.org/youth-swim/> or email staugaquatics@gmail.com

2. Kids fishing tournament-- Kids ages 4 to 12 can get expert tips and learn to fish at the Reel in the Fun Catch and Release Fishing Tournament on Sunday, May 5 at the St. Johns County Ocean Pier, 360 Beach Boulevard. Sponsored by St. Johns County Park and Recreation, the event takes place from 9 to 11 a.m. Participants will compete for prizes based on the weight of the fish they catch. Registration is required. Call 904-209-0326.

3. Learn about Florida Landscaping. Volunteers are needed by the Friends of Washington Oak Gardens State Park, on Wednesdays and Thursdays from 8:30 to 11:30 a.m. at 6400 Ocean Shore Boulevard, Palm Coast. It's a great opportunity for locals to learn the ins and outs of local landscaping and plant choices. Participants will work with a Park Ranger/Master Gardener. Activities include pruning, weeding, planting, trimming and general gardening. To volunteer, email: Washington.Oaks.Gardening@FloridaDEP.gov or visit: WashingtonOaks.org

May is National Bike Month

Here on Anastasia Island, beach biking on the everchanging sand offers challenges of its own. So does bike riding on local roads. A1A Beach Boulevard, the most bike-trafficked route on island roads and streets, is particularly busy in the area of the St. Johns County Pier.

Motorists, as well as bikers, are reminded that in Florida the bicycle is legally defined as a vehicle and the bicyclist is a driver. While bicyclists have the same rights to the roadways, they are required to obey the same traffic laws as the drivers of other vehicles, including stopping at stop signs and red lights, riding with the flow of traffic, using lights at night, yielding the right-of-way when entering a roadway and yielding to pedestrians in crosswalks.

The City of St. Augustine Beach recently passed an ordinance that prohibits operation of an electric bicycle while on the beach at a speed above the posted speed limit (generally 10 MPH), failure to yield the right of way to pedestrians, weaving in and out of pedestrians, riding with someone on the handlebars. In addition, Under Florida statute 316.2065, all e-bike and bicycle operators, when traveling on the roadway must: wear a helmet (if under 16 years old), have proper lighting (fixed white light in the front and red light in the rear), obey all traffic control devices (stop signs, traffic lights, etc.), travel with the flow of traffic, yield the right-of-way to pedestrians on sidewalks.

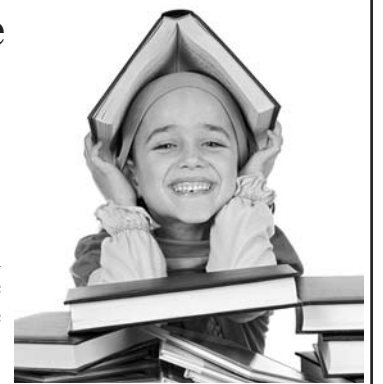
Living with Cancer Support Group

Our Living with Cancer support group has moved to Cancer Specialists of North Florida. 121 Whitehall Drive, St. Augustine 32086 on the third Wednesday of every month at 11:00 am. We still have the ability to ZOOM in if needed. This is an informal gathering for adults with any type of cancer and their caregivers. It is open to all affected by cancer. This group will provide the opportunity to meet others in similar situations, share your stories, provide practical suggestions and offer support to each other. If you prefer to participate virtually via Zoom, please call 904-819-4793 for further instructions.

Southeast Library Book Sale Spring into Sunner Lobby June 6th - 8th

SAVE THE DATES

JUNE 6,7,8 for the SJC Southeast Branch Library "Spring into Summer" Lobby Sale. Huge collection of books, cds, dvds, and many vintage books and collections!



St. Augustine Beach and Beyond...

by Lorraine Thompson (staugbeachwatch@aol.com)

Free Music by the Sea Summer Concerts begin May 22

Wednesday night Music & Art by the Sea Concerts, the free two-part summer outdoor concert series featuring local talent, opens May 22 with a performance of classic and southern rock by Those Guys. A different musical group is featured each week with performances of jazz, pop, rhythm and blues, disco, Americana, folk, classic rock and others. The annual series, sponsored by the St. Augustine Beach Civic Association, takes place at Pier Park Pavilion, 350 A1A Beach Boulevard. Performances are from 7 to 9 p.m.



Parking at Pier Park is limited. For an added "adventure" concertgoers can park at either St Augustine Beach City Hall or at Ron Parker Park and ride to the beach and back on an Old Town Cart. Although the ride is free, riders are asked to tip the driver at least \$1 each way. The service will be available each Wednesday during the concert season from six until 9:30 p.m.



Those-Guys

Prior to each concert, Art by the Sea with displays by local artists, will open at 3 p.m. at the St. Augustine Beach Art Studio located at Pier Park. Admission is free.

Concert goers should bring their own chairs or blankets for comfortable seating. Pavilion concert seating opens at 4 p.m. Food truck service starts at 5 p.m. Disc Jockey Dan from V.I.P. will "Spin the Hits" starting at 5:30 p.m.

prior to the start of the concert and dance party.

You can also bring your own food and beverages. Food and beverages will be available for purchase. Each week, from 5 to 8 p.m. at least one food truck from the Village Garden Food Truck Park will offer menu items for snacks or dinner.

Part 1 concert performers on Wednesdays from May 22 to June 26 include:

- 5/22 **Those Guys**--Classic & Southern Rock
 - 5/29 **Grapes of Roth**--Alternative / Blues / Rock
 - 6/05 **Billy Buchanan**--The Soul Man Show
 - 6/12 **Str8-Up**--R & B / Dance
 - 6/19 **Soulfire**--Pop - Disco - Dance
 - 6/26 **Paul Lundgren Band**--Southern & Yacht Rock
- Tentative Part 2 schedule:
- 8/21 **Contact Buzz**
 - 8/28 **Slang**
 - 9/11 **U.S. Navy Pop Music Band** (tentative)
 - 9/18 **LPT Band** with Latin music
 - 9/25 **Paper City Hustlers**
 - 10/2 **Jim Stafford & Friends**

Performers and food trucks are subject to change.

For information visit: <https://sbca.org/>

Interested in the Civil War?

Please join our Civil War Discussion Group. Our next presentation will be Tuesday, May 7, 2024 at 1pm, at the Anastasia Branch library in Sea Grove.

The May presentation will be with Len Whiteside. This month we examine Union General McClellan's ill-fated 1862 campaign up the Virginia Peninsula to capture Richmond. We will review the Seven Days' Battles and the poor combat leadership demonstrated by both the North and South.

IF you have questions or comments, contact Len Whiteside at: armyfam831@gmail.com.



Sheriff's Update

By St. Johns County Sheriff Robert A. Hardwick

Inaugural 911 Fight Night: Brawl of the Badges



Earlier this year, the St. Johns County Sheriff's Office in partnership with the Florida Man Games hosted the inaugural 911 Fight Night: Brawl of the Badges which pitted police vs. fire against each other in a boxing match. It was an exciting event with nearly 1,000 in attendance at Ketterlinus Gym on February 24th. The Florida Man Games was an all-day event at Francis Field and the boxing match was the grand finale event. Thanks to numerous community partners like Woolsey Morcom, 201Wraps, MasterCraft, and Amp Hardcore Gym, we were able to host a successful event with no overhead expenses. The night featured 8 bouts including 2 bouts with kids from our PAL Boxing Program. They were the highlight of the night and did a phenomenal job. The other 6 bouts were adult matches featuring 3 female bouts and 3 male bouts. All of

the boxers on the police side were SJSO employees while the boxers on the fire side were from the St. Augustine City Fire Department, St. Johns Fire Rescue, and Amp Hardcore Gym/Fight Like A Girl. In addition, we had an excellent group of guest judges which included MMA Champions James Singletary and Alexandre "Café" Dantas, NFL Legend Marcus Pollard, Former Jacksonville Jaguar and Current JSO Detective Ernest Wilford, and Local St. Augustine High School Legend and former Florida Gator/NFL Player Brandon James. We were also joined by 2022 Cunningham Creek Teacher of the Year Veronica Fuata who sang the National Anthem. It was an awesome evening highlighting our relationships with our partner agencies, business partners, and youth in our county. We are already looking forward to 2025 for Round 2!

Do You Have Community News to Share?

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

Please contact Cliff Logsdon

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



Free Monthly Education Classes and Support Groups

For more information on any of the following, please contact Oncology Navigation at 904-819-4793 or OncologyNavigation@FlaglerHealth.org.

Living with Cancer Support Group

3rd Wednesday of each month at 11:00 am at
Cancer Specialists of North Florida
121 Whitehall Drive

This is an informal gathering for adults with any type of cancer and their caregivers. It is open to all affected by cancer. This group will provide the opportunity to meet others in similar situations, share your stories, provide practical suggestions and offer support to each other. If you prefer to participate virtually via Zoom, please call 904-819-4793 for further instructions.

Breast Cancer Support Group

1st Tuesday of each month at 6:00pm in Flagler
Hospital's Matanzas Room

The mission of the Breast Cancer Support Group of St. Augustine is to give help, comfort and friendship to breast cancer patients, survivors and their families. They invite many guest speakers, including doctors, pharmacists, nutritionists, educators, etc. They gather together to share the company of others with similar experiences and offer each other comfort and support. For more information, visit www.bcskofsa.com or email bcskofsa@gmail.com.

Restorative Yoga: Rest, Heal, Restore

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- Relax the mind and body
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- Reduce chronic pain
- Improve sleep

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Short story contest takes on international flair

Writers from Great Britain and Canada are among the nearly two dozen people who have expressed an early interest in entering the 2024 Shores Short Story Writing Competition.

According to contest coordinator Bernie Pope, he has already received more than 20 calls, texts and email messages from writers who are planning to enter the competition.

"Most of the callers had questions concerning the submission format and other details," Pope explained. "One caller wanted to verify that we would accept her entry from Scotland and another, a snowbird vacationing here from Quebec, called with a list of questions. One of our group members has been posting the contest flyer on social media writing group sites and it appears to be gaining interest."

The contest is for short stories ranging from 2,000 to 5,000 words, all beginning with the line "It was a dark and stormy night at the Shores". They must be submitted before midnight, June 1, 2024 and transmitted via email to ShoresContest@gmail.com. Winner will be announced in the July issue of the St. Augustine Observer and will receive a trophy provided by the St. Augustine Shores Service Corp. There is no entry fee and Shores residency is not required.

The writers group meets weekly every Thursday at 2 pm at the Riverview Club. For more information about the writers group or the contest, contact Bernie Pope at 352-551-6913 or email to BernieJoePope@gmail.com.

Parkinson's Awareness April 25th "Lift a Pint and Lift a Life" at Dog Rose Brewing

For Parkinson's Awareness month "Lift a Pint and Lift a Life" Dog Rose Brewing Company supported the ReBloom Center who has made it their mission to improve the lives of people living with Parkinson's disease through free targeted exercise, education and support!

The party started at 630pm and there was live music, food trucks, a raffle featuring the great local businesses of St Augustine, and of course lots of beer! Entry was FREE and Dog Rose donate a portion of the

pints proceeds to support Parkinson's disease. Dog Rose Brewing Company is located in beautiful downtown St. Augustine at 77 Bridge Street.

If you have Parkinson's disease, or know someone who does, and want to learn more about ReBloom's programs please contact Melanie Lomaglio at 904-501-8779 or email at melanie@rebloomcenter.org. Melanie is a board certified neurologic physical therapist and the president and founder of the ReBloom Center

St. Augustine Travel Club

The St. Augustine Travel Club will hold their next gathering on Wednesday, May 8 @ 3:00 PM, at the Southeast Branch Public Library. We will cover ENGLAND: CASTLES, COTTAGES

AND COUNTRYSIDE - PART 1. Touring London's traditional and contemporary sights, followed by beautiful countryside, the ultimate college town, Oxford, mysterious megaliths of Stonehenge, castles and palaces along the way.

For those of you who do not know about the club, it is formatted as an armchair travel presentation with a brief lecture and a video highlighting areas around the world, with focus mostly on Europe, but also other parts of the world. Also, some of our participants have hosted a presentation of their own based on their travel experiences. If you are interested in doing a presentation about your unique travel experiences, please let us know. The Travel

Club also organizes a cruise in the Caribbean region once a year, and is published in the St. Augustine Observer, the Palencia Press, and the Beaches papers. The Travel Club is free and no registration is necessary. If you require any further information, please call Peter Dytrych at (904) 797-3736.

St Augustine Genealogical Society

The St Augustine Genealogical Society holds it's monthly meeting the 2nd Saturday of each month in the Southeast Branch of the St Johns County Library. The SE Library Branch is located at 6670 US Hwy 1 South. Check in for our meetings is 12:45 and meeting starts at 1:00 PM.

Our Genealogical Society is open to all. We encourage visitors, as well as current and former members to join us. Refreshments will be served, and feel free to bring your favorite. For information visit website staugnsso.org or contact Georgia Horsey at 770-337-6137.

St. Augustine Beach Democratic Club

The SAB Democrats will have its next gathering on Tuesday, May 7, 2024, 5:30 pm at the Anastasia Island Branch Library. Our speaker for May 7 will be Adam Morley. Adam is running for State Representative for State House District 19. The District includes all of Anastasia Island, the City of St Augustine and other parts of St John's County as well as all of Flagler County.

Adam will present his vision for this area and the focus of his campaign including fighting for clean water policies, restoring Home Rule and local control, protecting the environment and protecting privacy rights. The St Augustine Beach Democratic Club's focus is on current local and national issues affecting those living in the St Augustine Beach area. These meetings provide an excellent opportunity to get to know elected representatives, mingle with Democratic candidates and socialize with our Democratic neighbors.

The SAB Dems Club meets on the first Tuesday of the month at Anastasia Island Branch Library, 124 Sea Grove Main Street, 5:30 pm, plenty of parking available. For additional information, please contact sab-dems@googlegroups.com.

St. Augustine Film Society "Asterix and Obelisk: Mission Cleopatra"

by Joseph Marx

May 5th "Asterix and Obelisk: Mission Cleopatra" will be preformed at 4:00 PM at the Unitarian Universalist Fellowship located at 2487 A1A South.

In partnership with the St. Augustine Francophone Club, this 2002 French historical comedy tells the story of Asterix and Obelisk who help Cleopatra build a pyramid. Absolutely wacky and funny so come laugh with us. For further information staugustinefilmsociety@gmail.com or call (904) 254-9524.

The Garden Club of St. Augustine "Stories in the Garden"

May 3 and May 4

The Southeast Branch Library at 6670 US 1 in St. Augustine will be the site of "Stories in the Garden", a standard Flower Show put on by The Garden Club of St. Augustine.

The juried show of horticultural, small and large designs, and a Bonsai Exhibition will be held on May 3rd and May 4th, Friday 2pm to 5pm and Saturday 10am to 3pm. Free event. Open to the public.

St. Augustine Community Chorus Sing On!

by Dawn McGee

For the culmination of our 75th Anniversary year the St. Augustine Community Chorus will debut our commissioned piece, A New Constellation, by Z Randall Stroope.

The exciting Chichester Psalms is our other featured work, a true masterpiece of the 20th century. The program is titled "Sing On!" and opens with Stephen Paulus' Sing Creations Music On. Other composers on the docket are Mendelssohn, Bach, and several contemporary selections.

Part of the Romanza Festival, join us for a spectacular concert on May 11 at The Cathedral Basilica in downtown St. Augustine.

Tickets are available at www.staugcc.ticketleap.com: Adults \$30, Youth \$15, Active Military \$10 and Child are Free.

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The **Art Studio**
of St. Augustine Beach, FL
Art Studio News
by Paul Slava



First Friday Opening
May Artist of the Month
Dante D'Onofrio

May 3rd - 5pm to 8pm
Art - Music - Snacks - Beverages - Free
Plus Member's Show - Runs through May

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370A A1A Beach Blvd. St. Augustine Beach, FL 32080
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The Cathedral for 75th Anniversary commissioned piece
downtown St. Augustine



Sing On!

MAY 11, 2024
7:30 PM

Featuring our 75th Anniversary commissioned piece
“A New Constellation”
The Cathedral Basilica



StAugustineCommunityChorus.org
follow us on Facebook

Our Member Artist and Artist of the Month for May is Dante D'Onofrio and his themed exhibit, "Sun, Sand & Surf" Paintings reflect his many years living in Hawaii. The vibrant colors and bright seascape vistas are in his words, "Exact colors of the surroundings that might look exaggerated or enhanced, but I swear are totally real".

So come and look at nature through his eyes and experience what he has seen and remembered. Dante has been a member for many years and his art is beautiful, so don't miss out on seeing these close up and in person and meet the artist himself at our May First Friday Opening on May 3rd starting at 5pm and ending at 8pm. Live Music, Snacks and Beverages will be provided and it's all Free! Dante's show will be on display through the month of May. We are open from 12 to 5pm Daily.

The Art Studio is located at 370 A1A Beach Blvd. in the St. John's County Pier Park and is open 7 days a week from 12pm to 5pm. We are a 501(c)(3) Non-Profit organization that brings Art and Culture to the community and offers classes, special events, exhibitions and rental space. For more information please visit www.beachartstudio.org, Facebook or call 904-295-4428.

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Photo: Pictured left to right – St. Johns County District 1 Commissioner Christian Whitehurst, St. Johns County District 4 Commissioner Krista Joseph, St. Johns County District 5 Commissioner Henry Dean, Florida House Rep. Cyndi Stevenson, Florida Sen. Travis Hutson, Florida House Rep. Tom Leek, St. Johns County District 3 Commissioner Roy Alaimo, St. Johns County Administrator Joy Andrews, St. Johns County Chamber of Commerce President Isabelle Renault, St. Johns County Visitors and Convention Bureau President and CEO Susan Phillips.

St. Augustine Orchid Society

by Janis Croft

"Multifloral Paphiopedilums" by David Sorokowsky, Paph Paradise

Multifloral paphiopedilums require a bit more space but the spectacular display of flowers they provide makes them worth growing! Dave has been growing paphiopedilums for about 15 years and seriously hybridizing for the past 10 years. He is an accredited AOS judge and his paphiopedilums have received over 100 awards to date from the AOS and CSA. Many of those awarded plants play important roles in his breeding program.

Bring your blooming orchids for the Show Table. Plants will be available on the sales & raffle tables. The St. Augustine Orchid Society welcomes friends and guests to our monthly meetings. No charge. Information can be found at <https://www.staugorchidsociety.org/>. The monthly event is May 7, 2024, 6:30 until 9 pm, at Memorial Lutheran Church, 3375 US 1 South, St. Augustine 32086.

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with David Sorokowsky from Paph Paradise

Multifloral paphiopedilums require a bit more space but the spectacular display of flowers they provide makes them worth growing! Dave has been growing paphiopedilums for about 15 years and seriously hybridizing for the past 10 years. He is an accredited AOS judge and his paphiopedilums have received over 100 awards to date from the AOS and CSA. Many of those awarded plants play important roles in his breeding program. In 2018 Dave left winemaking in order to focus all of his time running Paph Paradise Orchids.

Bring your blooming orchids for the Show Table. Plants will be available on the sales & raffle tables. The St. Augustine Orchid Society welcomes friends and guests to our monthly meetings. No charge. <https://www.staugorchidsociety.org/>

When: May 7, 2024
6:30 til 9 pm
Where: Memorial Lutheran Church
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K9 Kilo End of Watch

Sadly, K9 Kilo's watch unexpectedly ended on March 10th, 2024.

K9 Kilo SABPD 7163 (German Shepherd) was born in Slovakia on April 21st, 2014, and selected for importation to America in 2015. He was hand-picked as St. Augustine Beach Police Department's very first K9 and certified by The National Narcotic Detector Dog Association with his human partner, Corporal Bruce Cline, on December 22nd, 2016. K9 Kilo served our community with the St. Augustine Beach Police Department as a narcotics detection, tracking, article searching, furry goodwill ambassador for 8 years.



During this time, his hard work got dangerous drugs off the streets, put a rapist in prison, and most importantly

brought our citizens closer to the Officers who serve them. But he didn't stop there, during their time off Kilo and Cpl. Cline were instrumental in bringing tens of thousands of dollars in food and supplies to local animal shelters. Thanks to their efforts, K9 Kilo's Presents for Pets was an unfathomable success.

Kilo was almost 10 years old on March 10th, when he was taken to St. Augustine Regional Veterinary Emergency Center because he started behaving abnormally. Emergency surgery was performed without delay, but the prognosis was something no one's ever prepared to hear. It was cancer and despite the extraordinary efforts performed by the medical professionals, he succumbed to the disease.

K9 Kilo impacted our community and touched countless hearts in our Department, St. Johns County, and throughout North East Florida. He will be sorely missed by the St. Augustine Beach Police and the entire St. Augustine Beach community. A beautiful memorial service was held at Anastasia Baptist Church for his family and law enforcement friends on Monday, March 18th. Special thoughts and prayers go out to Cpl. Cline and his family. R.I.P. Kilo - we all miss very much!

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Anastasia Branch Library May Classes

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LINE DANCING LESSONS WITH THE ST. AUGUSTINE LINE DANCERS
Thursday, May 2 @ 6:30 pm-7:30 pm
Do you want to learn some line dances or get some exercise and make new friends? The St. Augustine Line Dancers are here to help! Learn some fancy footwork while getting a bit of exercise and making new friends. Wear comfortable clothing and shoes. Generously sponsored by Friends of the Anastasia Island Branch Library. Please RSVP at www.sjcpls.org.

HATHA YOGA WITH CAROL
Monday, May 6 @ 10:30 am-11:30 am
Hatha yoga is great for beginners. A slower-pace and longer holds help reduce stress and anxiety, while helping us to feel in touch with our bodies. Everyone can enjoy yoga no matter what your physical size, shape, age, etc. It's as easy as breathing. Carol can also adapt the moves for those that require a chair. Please bring a mat and wear comfortable clothing. RSVP is required to ensure adequate room for all. Class size may need to be limited due to popularity. Event Room will open at 10:15am.

TIDYING WITH MARIE KONDO CONSULTANT, ANSLEY HUDSON
Saturday, May 11 @ 2:00 pm-3:00 pm
Ansley Hudson is passionate about organization and keeping things tidy. She is a Certified KonMari Tidying Consultant® and owner of Simply Sage Tidying. Her goal is to help you grow your organizing skills, as well as your decision-making skills as you get your house and life in order to bring you peace and joy in the New Year. This is a multi-part series coming to you each month!

HEARTFULNESS MEDITATION
Saturday, May 25 @ 10:30 am - 12:30 pm

Stories in the Garden

A Standard Flower Show



May 3rd and 4th 2024
Friday 2pm - 5pm, Saturday 10am- 3pm

At the Southeast Branch Library
6670 US1 South, St. Augustine, FL 32086

The Garden Club of Saint Augustine

Financial Focus

Information Provided by
Edward Jones



Financial freedom: A gift to your family

Here's a sobering statistic: 72% of retirees say one of their biggest fears is becoming a burden on their families, according to a study by Edward Jones and the consulting firm Age Wave. If you are near retirement, how can you prepare yourself to become financially free, so you won't have to depend on grown children or other family members?

Here are a few suggestions to consider:

- **Keep adding to retirement savings.** Today, with a greater awareness of healthy lifestyles, many people are spending two, or even three, decades in an active retirement. To help pay for those years, then, you'll likely need to build your retirement savings as much as possible. So, while you're still working, try to contribute as much as you can afford to your 401(k) or other employer-sponsored retirement plan. If you are in the later stages of your career, possibly close to your peak earning power, you may be able to put in sizable sums every year.

- **Choose an appropriate withdrawal rate.** While it's obviously important to build your retirement savings, it's just as essential to make the money last. Once you retire, you'll want to establish an appropriate withdrawal rate — that is, the amount you can take out each year from your 401(k) and other investments without running the risk of outliving your money. The amount you can safely withdraw each year will depend on a variety of factors, including your age, your account balances, Social Security benefits, inflation, income tax rates and spousal income. In any case, selecting a suitable withdrawal rate can help go a long way toward preserving

your financial freedom throughout your retirement.


- **Think about downsizing.** One possible way to boost your savings and add liquidity is to downsize your living arrangements. This may be an attractive option if your children are grown and your current home feels too large. Of course, downsizing is a highly personal decision — if you've lived in your home for many years, have fond memories of raising a family in it and still enjoy the neighborhood, it can certainly be hard to leave. Consequently, you'll need to weigh these emotional factors against the potential financial benefits of moving into a smaller, less expensive space.

- **Prepare for long-term care costs.** If you were ever to need some type of long-term care, such as an extended stay in a nursing home, you could face some sizable expenses, most of which may not be covered by Medicare or a Medicare Advantage plan. And clearly, you would not want to put your grown children in a position where they might feel the need to step in financially. To help avoid this possibility, you may want to consult with a financial professional about addressing these costs through strategies that may be appropriate for your needs.

These aren't the only ideas to consider in helping maintain your financial independence and reducing your potential dependence on your family during your retirement years. But taken together, they can give you a good start — so think about putting them to work.

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


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The Origins of Memorial Day May 27, 2024

reprint from U.S. Dep of Veterans Affairs

Three years after the Civil War ended, on May 5, 1868, the head of an organization of Union veterans — the Grand Army of the Republic (GAR) — established Decoration Day as a time for the nation to decorate the graves of the war dead with flowers. Maj. Gen. John A. Logan declared it should be May 30. It is believed the date was chosen because flowers would be in bloom all over the cou

The first large observance was held that year at Arlington National Cemetery, across the Potomac River from Washington, D.C. The ceremonies centered around the mourning- draped veranda of the Arlington mansion, once the home of Gen. Robert E. Lee. Various Washington officials, including Gen. and Mrs. Ulysses S. Grant, presided over the ceremonies. After speeches, children from the Soldiers' and Sailors' Orphan Home and members of the GAR made their way through the cemetery, strewing flowers on both Union and Confederate graves, reciting prayers and singing hymns.

Local Observances Claim To Be First

Local springtime tributes to the Civil War dead already had been held in various places. One of the first occurred in Columbus, Miss., April 25, 1866, when a group of women visited a cemetery to decorate the graves of Confederate soldiers who had fallen in battle at Shiloh. Nearby were the graves of Union soldiers, neglected because they were the enemy. Disturbed at the sight of the bare graves, the women placed some of their flowers on those graves, as well. Today, cities in the North and the South claim to be the birthplace of Memorial Day in 1866. Both Macon and Columbus, Ga., claim the title, as well as Richmond, Va. The village of Boalsburg, Pa., claims it began there two years earlier. A stone in a Carbondale, Ill., cemetery carries the statement that the first Decoration Day ceremony took place there on April 29, 1866. Carbondale was the wartime home of Gen. Logan. Approximately 25 places have been named in connection with the origin of Memorial Day, many of them in the South where most of the war dead were buried.

Official Birthplace Declared

In 1966, Congress and President Lyndon Johnson declared Waterloo, N.Y., the "birthplace" of Memorial Day. There, a ceremony on May 5, 1866, honored local veterans who had fought in the Civil War. Businesses closed and residents flew flags at half-staff. Supporters of Waterloo's claim say earlier observances in other places were either informal, not community-wide or one-time events. By the end of the 19th century, Memorial Day ceremonies were being held on May 30 throughout the nation. State legislatures passed proclamations designating the day, and the Army and Navy adopted regulations for proper observance at their facilities. It was not until after World War I, however, that the day was expanded to honor those who have died in all American wars. In 1971, Memorial Day was declared a national holiday by an act of Congress, though it is still often called Decoration Day. It was then also placed on the last Monday in May, as were some other federal holidays.

Some States Have Confederate Observances

Many Southern states also have their own days for honoring the Confederate dead. Mississippi celebrates Confederate Memorial Day on the last Monday of April, Alabama on the fourth Monday of April, and Georgia on April 26. North and South Carolina observe it on May 10, Louisiana on June 3 and Tennessee calls that date Confederate Decoration Day. Texas celebrates Confederate Heroes Day January 19 and Virginia calls the last Monday in May Confederate Memorial Day.

Gen. Logan's order for his posts to decorate graves in 1868 "with the choicest flowers of springtime" urged: "We should guard their graves with sacred vigilance. ... Let pleasant paths invite the coming and going of reverent visitors and fond mourners. Let no neglect, no ravages of time, testify to the present or to the coming generations that we have forgotten as a people the cost of a free and undivided republic."

The crowd attending the first Memorial Day ceremony at Arlington National Cemetery was approximately the same size as those that attend today's observance, about 5,000 people. Then, as now, small American flags were placed on each grave — a tradition followed at many national cemeteries today. In recent years, the custom has grown in many families to decorate the graves of all departed loved ones.

The origins of special services to honor those who die in war can be found in antiquity. The Athenian leader Pericles offered a tribute to the fallen heroes of the Peloponnesian War over 24 centuries ago that could be applied today to the 1.1 million Americans who have died in the nation's wars: "Not only are they commemorated by columns and inscriptions, but there dwells also an unwritten memorial of them, graven not on stone but in the hearts of men."

To ensure the sacrifices of America's fallen heroes are never forgotten, in December 2000, the U.S. Congress passed and the president signed into law "The National Moment of Remembrance Act," P.L. 106-579, creating the White House Commission on the National Moment of Remembrance. The commission's charter is to "encourage the people of the United States to give something back to their country, which provides them so much freedom and opportunity" by encouraging and coordinating commemorations in the United States of Memorial Day and the National Moment of Remembrance.

The National Moment of Remembrance encourages all Americans to pause wherever they are at 3 p.m. local time on Memorial Day for a minute of silence to remember and honor those who have died in service to the nation. As Moment of Remembrance founder Carmella LaSpada states: "It's a way we can all help put the memorial back in Memorial Day."




Bartram Living History Fest

May 11th, 2024

10AM - 1PM | Alpine Groves Park

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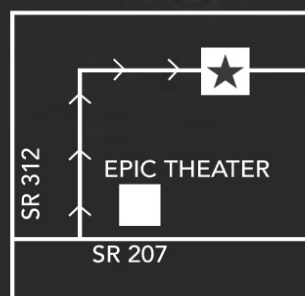
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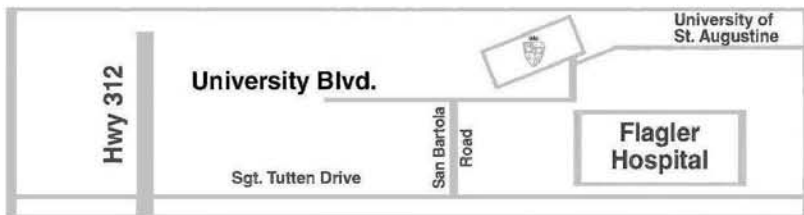
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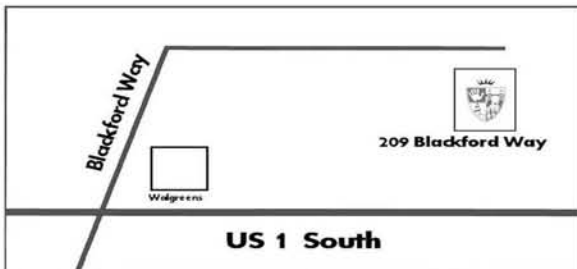
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Does your face hurt?

By Rob Stanborough
PT, DPT, MHSc, MTC, CMTPT, FAAOMPT
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Facial, jaw or neck pain is no laughing matter. Such pain can be debilitating and often is a result of a temporomandibular joint (TMJ) dysfunction or TMD. Some estimates suggest over 10 million Americans are affected by TMJ dysfunction. It tends to affect women more than men and although the cause is often unknown, it is considered a musculoskeletal disorder that responds to conservative treatments such as physical therapy.

The TMJ is a complex joint connecting the lower jaw (mandible) with the upper jaw (temporal bone). Two convex joint surfaces of the mandible, called condyles, rotate and slide in two concave surfaces within the temporal bone. The joints are filled with fluid and like many other joints, contain a fibrocartilage disc (like the meniscus of the knee). This helps fill the joint space and keeps the joint movement smooth.

The TMJ is a very active joint considering it moves with each spoken word, each bite of food, every yawn, laugh, or clenching of the teeth, day, or night.

The joints are also very powerful with the "muscles of mastication", Masseter, Temporalis and Pterygoids producing up to 275 lbs, in some cases. With such forces, nightly teeth clenching, or "bruxism", is often a source of TMJ pain. Signs and symptoms can include radiating pain into the face, jaw or neck, jaw stiffness, limited jaw movement or opening, painful clicking, popping, or grating with jaw movements or locking of the jaw. Many times, these symptoms resolve on their own but if they become reoccurring or are constant, help may be needed.

Initial intervention can include the use of a stabilizing splint or bite guard but sometimes these become devices chewed through. More help may be necessary, particularly if TMJ pain is coming from the muscles of mastication or something called an "internal derangement" develops. Internal derangement can be a displaced disc, dislocated disc, jaw injury or faulty mechanics within one or

both joints. If this is the case, treatment to the joint can help restore proper joint motion, treatment to the muscles can reduce the pain and the forces produced from chewing, talking, or yawning can be distributed in a more balanced manner.

Treatment of TMD usually includes soft tissues manipulation to help relieve muscle tension in the head, neck, and face. Dry needling may be used to eliminate painful trigger points, often followed by stretching and strengthening, which are helpful in restoring muscle balance. The treatment goal is to provide better control movement of the movement in the joints.

In some cases, although the pain may present in the jaw, the neck can be a contributing factor. And, in such cases, postural alignment is considered as well as muscle pain that may refer to the jaw and face.

If you are experiencing pain as described above, perhaps consider talking to your doctor or dentist about receiving physical therapy, or simply call and speak with your physical therapist for additional information.

Rob Stanborough is a physical therapist serving St. Augustine for over 20 years and has presented both nationally and internationally. He was one of the first PT's to be permitted to use DN in FL and has been doing so since 2017. He has trained others in DN since 2010 as a Senior Instructor for Myopain Seminars (HYPERLINK "<http://www.myopainseminars.com>" www.myopainseminars.com). He is a co-owner of First Coast Rehabilitation, and co-author of Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc. Read previous columns posted on HYPERLINK "<http://www.firstcoastrehab.com>" www.firstcoastrehab.com.



Computer Corner

by Steven Aldrich

The Power of Voice Access: Enhanced Accessibility Features in Windows 11



Windows 11 continues to break new ground in accessibility and user experience with its latest updates, particularly in the realm of voice access. This article delves into the new voice access features introduced in recent Windows 11 updates, highlighting how these improvements empower users with disabilities to navigate and interact with their computers more effectively.

One of the key areas of improvement in Windows 11's accessibility features is voice access. This tool allows users to control their PC and author content in any application using their voice. This innovation has been particularly impactful for individuals with limited mobility, such as those with conditions that make it difficult to use a keyboard and mouse. With voice access, these users can now command and control their PC and engage in tasks that were previously challenging or even impossible to perform independently.

The voice access features go beyond basic commands. Users can navigate through their system, interact with applications, and even emulate standard keyboard and mouse inputs using voice commands. This feature is particularly helpful for those who may struggle with fine motor skills or dexterity, as it eliminates the need for precise physical movements.

Moreover, the voice access system in Windows 11 is designed to be flexible and

adaptable. For instance, users can move the live captions, which display audio content in text form, to the bottom or into a floating window for easier viewing. This adaptability ensures that the system can be customized to meet individual needs and preferences, further enhancing its usability and accessibility.

In addition to voice access, recent Windows 11 updates have also improved the Narrator feature, which is crucial for users with visual impairments. Improvements include better detection of text in images, including handwriting. This enhancement allows the Narrator to provide more detailed and accurate descriptions of visual content, making it easier for visually impaired users to understand and interact with digital content.

In conclusion, the recent improvements in Windows 11's voice access and Narrator features are a significant step forward in accessibility. These tools empower users with disabilities to navigate and interact with their computers more effectively, allowing them to participate more fully in the digital world.

Steven Aldrich is a technology advisor with decades of experience as an IT Director and is the owner of First Coast Computer Services. Contact Steven if you need a trusted advisor to come to your business or home and help with your technology. Steve@fccspro.com or (904) 479-5661.

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