

November 2024

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St. Augustine OBSERVER

NEWS INFORMATION FOR & ABOUT RESIDENTS OF SOUTHERN ST. JOHNS COUNTY FL

Hastings Library and Community Center.



St. Johns County Receives \$11 Million in Funding for Public Safety & Community Services

by Adam Tecler, Intergovernmental Affairs Director

St. Johns County announces a significant advancement in public safety and community services with the award of \$7.1 million for additional firefighters and \$4 million for the construction of the new Hastings Library and Community Center.

The \$7.1 million from the FEMA Staffing for Adequate Emergency Response (SAFER) Grants Program will allow for the hiring of 21 additional firefighters and will cover the total cost of salary and benefits for three years, bolstering emergency response capabilities in alignment with National Fire Safety Standards.

The new firefighters will be stationed at a forthcoming fire station in the southwest region of St. Johns County and will support the operation of additional tanker trucks, ensuring a robust water supply during emergency fire operations. This expansion will improve response times, increase staffing, and enhance service delivery to residents and visitors.

“St. Johns County Fire Rescue is always there and always ready to help our community, especially in a time of crisis,” said U.S. Congressman John Rutherford (FL-05). “That’s why I was proud to help secure \$7.1 million from the SAFER Grants Program to help hire an additional 21 firefighters to staff a new fire station in St. Johns County. St. Johns County is experiencing huge growth, and this valuable funding will help our first responders get where they need to go, when they need to get there, and save lives.”

In addition to the SAFER grant, St. Johns County Fire Rescue was also awarded the Technical Assistance Grant from the U.S. Pipeline and Hazardous Materials Safety Administration, totaling \$50,489. This grant will be used to purchase a natural gas pipeline fire training simulator. In partnership with TECO Peoples Gas, firefighters will receive comprehensive training to enhance their emergency response skills to these types of incidents.

“Our fire rescue personnel train to respond to dangerous incidents that threaten the lives of our First Coast community, including natural gas pipeline fires,” said U.S. Congressman John Rutherford. “That’s why I was proud to help St. Johns County Fire Rescue secure over \$50 thousand from the prestigious Technical Assistance Grants Program. Simulators like these will help improve fire rescue training and response effectiveness. As Co-Chair of the House Modeling and Simulation Caucus, I am glad to see SJC Fire Rescue will be able to utilize state-of-the-art simulators to enhance their training.”

The St. Johns County Office of Intergovernmental Affairs, in partnership with St. Johns County Public Library System, Health and Human Services, and Public Works, has secured (continued on page 4)

St Augustine South Reflections

by Ruth Hope

While the major events of the last month have been not one but two hurricanes, it’s amazing that as a neighborhood we have been let off lightly. Not to minimize the

pain of individual households that have had trees or large boughs come crashing down, sometimes blocking roads, it could have been much worse. We had sporadic loss of power with Hurricane Helene, my own street was out for 19 hours, but the majority of St Augustine South (SAS) didn’t have a power outage. I didn’t see any homes that had been boarded or had hurricane panels, and I was able to clear the tree debris in



two hours the morning after. It was a very different scenario with Hurricane Milton. Early predictions had the projection for the storm along the I-4 corridor – too close to home for comfort. The cold, wet, windy weather started on Monday and Tuesday was very unpleasant. My family was prepared for a long power outage, as had happened with Hurricane Irma, or to evacuate at less than 2 hours’ notice.

The evacuation notice came on Tuesday for Zone A but most of SAS is now in Zone C. Many homes close to the Intracoastal had hurricane panels or were boarded up. Wednesday was squally in bands of wind, and we learned of tornados spun off on the southern side of the eye of the storm as it came through central Florida South of I-4 from late Wednesday evening throughout the night. Thursday remained wet and cold and only those with major tree problems were out clearing up. Somewhat miraculously, my street which has always lost power in previous major storms, still had power. But a lot of neighbors north and west of us were out and there were tree-downed lines with power outages throughout the neighborhood. Despite the warnings

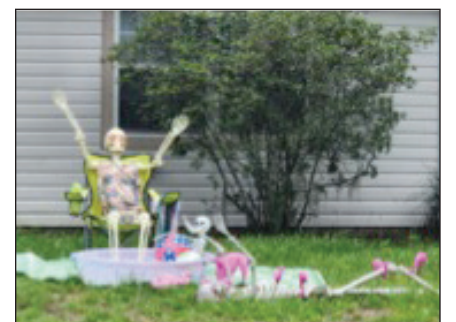
about storm surges, and the remarkably high tides we were experiencing, flooding was only in the lowest parts of the neighborhood and not extensive this time. We have lost more trees from Shore Drive Waterfront Park. There are two clumps of oaks down with roots pulled out of the ground. Several slash pines are also down at the north of the neighborhood. Quite a few homes had oak trees come down but were fortunate that they missed their homes. For both hurricanes, we had linesmen from Texas as well as from



FPL to whom we must extend a big thank you for getting power back on promptly.

Downtown St Augustine did experience some flooding, but this year the “Pumpkin Church” secured its pumpkins on pallets with nets to not have them recede down King St. with the ebbing flood water, as happened with Hurricane Irma.

It is evident that many homes in SAS have been harboring skeletons in their closets. In addition to the skeleton group on San Jose that hung out all summer around their “pool”, and others that have been seen for the last year, we now have literally hundreds of skeletons in SAS gardens. Giant skeletons, regular sized skeletons, even dog skeletons, and many smaller skeletons started appearing before the end of September. Must skeletons hide indoors during hurricanes, or do they have magic staying powers if left outside? It would be rather discombobulating to get up after a storm and find a heap of apparently human bones dropped by the wind in one’s front yard.



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[†]Benefit(s) mentioned may be part of a special supplemental program for chronically ill members with one of the following conditions: Diabetes mellitus, Cardiovascular disorders, Chronic and disabling mental health conditions, Chronic lung disorders, Chronic heart failure. This is not a complete list of qualifying conditions. Having a qualifying condition alone does not mean you will receive the benefit(s). Other requirements may apply. Clay, Duval, and St. Johns counties. CarePlus is an HMO SNP plan with a Medicare contract and a contract with the Florida Medicaid Program. Enrollment in CarePlus depends on contract renewal. The Part B Premium Reduction benefit pays part or all your Part B premium and the amount may change based on the amount you pay for Part B. CareNeeds Platinum (HMO D-SNP): This plan is available to anyone receiving both Medicare and Medicaid: Qualified Medicare Beneficiaries (QMB/QMB+), Specified Low-Income Medicare Beneficiaries (SLMB/SLMB+), Qualifying Individuals (QI), Qualified Disabled and Working Individuals (QDWI) and other Full Benefit Dual Eligibles (FBDE). Allowance amounts cannot be combined with other benefit allowances. Limitations and restrictions may apply. Referrals and/or authorization may be required for certain specialists. CareComplete (HMO C-SNP): This plan is available to anyone enrolled in Medicare with a diagnosis of diabetes, cardiovascular disorders or chronic heart failure.

St. Augustine Observer

Published monthly for residents and visitors of St. Augustine Florida area
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Publisher/Editor

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The purpose of the St. Augustine Observer is to serve residents of St. Augustine area Communities.

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

Information 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 St. Augustine Observer, 2465 US1 South PMB #8, St. Augustine Florida 32086. Information may also be e-mailed to clifflogsdon@att.net.

"Follow us on Instagram and Facebook: @staugustineobserver"

St. Augustine Shores Community Calendar

The Shores Service Corporation
Shores Homeowners Association
(904) 794-2000

www.staugshores.org

Shores Monthly Meetings

- Shores Service Corporation's monthly meetings are held on the second Thursday of each month. Meetings are at 6 p.m. at the Riverview Club.

- Conquistador Condominium Board meetings are held on the fourth Monday of each month at 6 p.m. at the Riverview Club.

All materials submitted to the Observer is subject to editing. Publishing of submitted letters and 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 Observer.

Information, articles and other materials published are believed to be accurate at time of publishing. Acceptance of articles, advertising does not constitute an endorsement or approval of the contents, products or services by the Observer or its staff. It is agreed that the Observer and its staff will not be held liable for information provided herein by submitters/advertisers, including pictures, graphics, websites, dates, times and/or emails listed, that may have the potential to constitute fraud or other violation of law including copywriting infringements. The publisher reserves the right to refuse materials that does not meet the publication's standards.

- Fairview Condominium Board meetings are held on the second Tuesday of every other month at 4 p.m. at the Fairview Condo club house.

- Greens Condominium Board meetings will vary. Contact Jeff Edwards at Sovereign-Jacobs at 904-461-5556.

- Casa Bella Condominium Board Meetings are 3rd Mondays of each month at 6pm. Meeting location will be determined & posted on the bulletin board 48 hours prior to each meeting. For Information contact Community Association Manager Melissa Settoon at 904-471-6606 ext 140. melissa@coastalrealtyfl.com

St. Augustine South Community Calendar

St. Augustine South Improvement Assoc.
709 Royal Rd. St Augustine, 32086
email: info@staugsouth.com
www.staugsouth.com
(904) 615-6916

SASIA Community Meeting

Wednesday, November 20, 2024

In October our St. Augustine Lighthouse celebrated its 150th Anniversary. Please join us on Wednesday, November 20, 2024 at 7:00p.m., Amanda Goodall, Interpretation Department Manager at the St. Augustine Lighthouse & Maritime Museum, will share history and stories about the lighthouse. SAISIA Board Member elections will also occur.

Community meetings are held the third Wednesday of each month at 7:00pm at the SASIA clubhouse, except July and August.

Future Community Meetings: Wednesday, December 18th – SASIA Holiday Dinner

2024 SASIA Board Members

President: Jerri Sue Dawson
1st VP: Mick Jones
2nd VP: Nicolette Soucy
Secretary: Open
Treasurer: Margo Geer
Board:
David Rieger
Linda Stegall

Print Distribution Locations

- YMCA
- Main Library
- Southeast Library
- Shores Riverview Club
- Anastasia Island Library
- St. Johns County Pier Park
- Shores Golf Course

Classes at the SASIA Clubhouse

Weekly classes at the clubhouse are open to the public, you do not need to be a resident in St. Augustine South to participate.

Square Dancing – Mondays 7:00-9:00 p.m. Come join the fun and dance with others. Contact caller, Mike Akers, with any questions: michael akers@bellsouth.net or (904) 466-8663

Movin' with Melinda – Tuesdays and Thursdays 8:30-9:30 a.m. Move and groove in a low to medium impact exercise class with music from the past and present. A \$5.00 donation is requested. Contact Melinda at slidermomma@yahoo.com.

Art Classes – There are no classes in November, Jenny Keyser will continue classes in December. You can contact her at jenny@jennykeyser.com with any questions.

Beginning Line Dancing – Wednesdays 1:00-2:30 p.m. Have fun as you boot, scoot, and boogie while learning to dance. Join Dianne and Ingrid for a beginning level line dance class. A \$5.00 donation is requested.

Intermediate/Advanced Line Dancing – Wednesdays 3:00-5:00 p.m. 2nd Monday of each month from 10a.m.-12 noon. Join Jinny for an intermediate/advanced level line dance class. A \$5.00 donation is requested.

Residents interested in joining SASIA may do so by going to www.staugsouth.com

Community Classifieds

The Observer offers free community classified listings for USPS selected addresses in Southern St. Johns County and paid subscriptions. Classified ads will not be printed without a name, address and phone number included with the request. 5 items or less should be sent. Free ads are not for Business or Personal Service ads. Placement is not Guaranteed.

Business, Service, seeking work, etc. may be placed in the classified section: (1-4 lines) \$5, (5-9 lines) \$10, (10-14 lines) \$15, (15-19 lines) \$20. Ad \$10 for single line border. Ads should be paid in advance before placed. Send your listing and payment, if required, to Observer, 2465 US1 South PMB#8, St. Augustine, 32086 or email your ad to clifflogsdon@att.net. Deadline is the 15th of every month for the next monthly issue.

FOR SALE: 1. Wedgewood David Winter Cottage \$5-\$30. 2. Fiesta Ware \$5-\$30. 3. Anatolian Carpet \$150. 4. Antique Platform Rocker \$90. 5. Lamp Shade, Lamp, and bulb \$25. Call 904-793-4348.

FOR SALE: Tempered Multi Colored Rectangular Glass Top Patio Table. Seats 6-8 people \$75.00 or best reasonable offer. Call (352) 208-8046.

FOR SALE: 1. BROYHILL solid pine TV entertainment center (armoire) like new \$300.00 2. Antique Singer commercial sewing machine good working cond. \$200.00 3. BLUE RINO outdoor grill \$100.00. Call 904-689-6974.

FOR SALE: Multi-colored tempered patio table-seats 6-8 people. Excellent condition. \$75.00 or best reasonable off. Call 352-208-8046.

FOR SALE: Lazyboy Alani couch. Brand new condition, kept in guest room. Can be extended to sectional. \$1500. (96"wx 42"d x 38"h) Call 904-814-6976.

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HOUSEKEEPER

30 years experience, carpet, shampooing, windows, spring cleaning. Call Janeane {715} 892-4350

FOR SALE: Yankees Fans! Autographed, certified baseballs. Gerrit Cole CY Young, DJ Lemahieu Gold glove 1st base, Paul O'Neil WS Champion, Derek Jeter WS 2009 Rawlings all officially signed with certification. \$600 ea. Display cases provided. Must have! Please call S-S anytime before 7pm. Susan 904-599-2498.

WANTED: I buy old records and some vintage stereo equipment. I am not a reseller. I only use for my own enjoyment. If you're looking for a good home for your records, please call John at 904-325-9802.

St Augustine Observer

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Shores Communications Corner News & Information from the St. Augustine Shores Service Corp.

Shores President's Update

GRATITUDE is the word that best sums up the past four weeks, as we reflect on the strength, kindness, and resilience of our community. We are deeply thankful to our homeowners, staff, volunteers, and vendors who gave their time and energy to prepare for and recover from the recent storms. Hurricanes Helene and Milton made this Fall particularly challenging for our state, county, and community. Hurricane Helene damaged our pool fence and downed several trees, while Hurricane Milton brought even more destruction, toppling additional trees, damaging the tennis court fence, and breaking a main water pipe to the clubhouse.

While the damage to our community and homes is costly and unwelcome, we are fortunate that everything is repairable. Most importantly, we are incredibly blessed that all our residents made it through the storms safely. I am especially grateful to everyone who checked on their neighbors and offered help where it was needed.

We also extend our heartfelt thanks to Andrea Ostwald, Jill Kieffer, and the entire Craft Fair Committee. Their countless hours of hard work and creative planning brought the Annual Craft Fair, held on Sunday, October 27th, to life. Thanks to their efforts, participants enjoyed a festive holiday shopping experience with over 50 vendors, delicious food, face painting, craft tables, and themed gift basket prizes. As a pet-loving community, we were thrilled to see raffle proceeds donated to the Humane Society.

Special thanks go to the families and volunteers who made our first annual Shores Trunk or Treat event, held on Halloween Night, a success. Volunteers decorated their vehicles and parked them in front of the Riverview Club, handing out treats to our youngest residents. It was a day of fun, allowing our children to enjoy a safe and exciting Trunk or Treat experience at the community center.

Looking ahead, we are excited for the upcoming holiday season. We warmly invite all Shores residents to our First Annual Shores Outdoor Tree-Lighting at the Riverview Club on December 6th from 7-8 pm. If you can't make it to the event, feel free to visit throughout the season to admire our beautiful community tree.

Additionally, our pool will soon undergo a much-needed resurfacing project. This renovation will not only enhance the aesthetics of our pool but also ensure it remains a safe and enjoyable space for all our members for years to come. We greatly appreciate your patience and understanding as we navigate this important improvement. We look forward to unveiling a refreshed pool that everyone can enjoy during the upcoming seasons!

Finally, we express our gratitude to Nicholas Arocha for his invaluable contributions while serving as Treasurer on the Board of Directors. His contributions during the Pool Pump House restoration, clubhouse renovations, drainage issues and more are greatly appreciated. Many thanks to new homeowner Mike Nutile, who has graciously stepped in to fill a vacant seat. As a reminder, we still have one vacant Board position and are currently accepting applications from interested homeowners. Uniting us through both challenging and celebratory times, gratitude reminds us of the strength we gain from supporting one another and our community. Happy Thanksgiving! Mary Jenson.

Funding for Public Safety & Community Services

(continued from front page)

a competitive \$4 million grant from Florida Commerce to support the construction of the Hastings Library and Community Center. This project will create vital community resources, including classrooms, multi-purpose spaces, telehealth rooms, and a food pantry.

"This is a great example of how County staff are working to identify innovative ways to fund our critical infrastructure projects," St. Johns County Chair Sarah Arnold said. "The Hastings Library and Community Center will provide essential services to the Hastings area, fostering education, health, and community engagement."

St. Johns County is committed to improving public safety and enhancing the quality of life for all residents. The \$11.5 million in competitive awards secured by the Office of Intergovernmental Affairs in September of 2024 reflects the County's dedication and continued investment in community-focused services.

St. Augustine Multiple Sclerosis Support Group

The National MS Society maintains a network of affiliated groups to provide opportunities for people living with MS to connect with others in their community. Every group is unique and welcoming — contact the group leader for more information. Join Us! We are recognized by the National MS Society and the Multiple Sclerosis Foundation.

We meet every 4th Tuesday at 1:00 pm at Anastasia Library, 124 Sea Grove Main Street, St. Augustine Beach, FL 32080. For information or to RSVP, contact: Anita Clark johnita0013@gmail.com 305- 898-1432.

Shores Riverview Club Member Activities

November 2024

Riverview Club at St. Augustine Shores | 790 Christina Drive | St. Augustine, FL | (904) 797-6441

November 2024

FREE BASED Activities are offered every week to Shores Homeowners. Owner may bring a guest.

Activity	Room	Mon	Tues	Wed	Thurs	Fri	Instructor
Chair Yoga	Reflections Ballroom	10:30-11:45am		10:30-11:45am		10:30-11:45am	Arthur
Barre Class	Reflections Ballroom		5:30-6:30p				Mary
Belly Dancing	Reflections Ballroom		6:45-7:45p				Gina
Zumba	Reflections Ballroom	3:30-4:30pm (standing class)		3:30-4:30pm (seated class)			Nickie

November 2024

FEE BASED Activities listed below are open to both members and non-members.

Activity	Room	Monday	Tuesday	Wednesday	Thursday	Hosted By
Art	Serenity Sitting Room		12-3pm			Una
Euchre	Serenity Sitting Room		12-1:30pm			Carol
Scrabble	Serenity Sitting Room				12-3pm	Edith
Writers Group	Live Oak Conference Room				2-3pm	Bernie

St. Augustine Travel Club

The St. Augustine Travel Club will hold their next gathering at the Southeast Public Library, US 1 South, on Wednesday, November 13 @ 3:00 PM. We will "visit" BANGKOK, discover the street food in this always hot capital city of Thailand, where the residents spend much time eating outside. Explore the canals and temples that make Bangkok a visitor's paradise.

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 from around the world, with a 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.

You are welcome to contribute in this way! 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 have any questions, please call Peter Dytrych at (904) 797-3736.

Living with Cancer Support Group

The 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.

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SASIA News and Calendar of Events

November 2024

SASIA News and Calendar of Events

All events are held in the SASIA Clubhouse at 709 Royal Road. If you wish to contact SASIA please email info@staugsouth.com.

Check out SASIA's Facebook page www.facebook.com/staugsouth, Nextdoor page (search for St. Augustine South Improvement Association), and Instagram page www.instagram.com/saintaugsouth/. Like and follow us so you can see what is happening at the SASIA clubhouse each week.

Effective July 1st SASIA dues are prorated to \$12.00 per household through December. Members receive discounted clubhouse rentals and benefits at events. For more information, to request an application mailed to you, or for questions about renting the clubhouse, please contact us at info@staugsouth.com or 904-615-6916.

SASIA Community Meeting Wednesday, November 20, 2024

In October our St. Augustine Lighthouse celebrated its 150th Anniversary. Please join us on Wednesday, November 20, 2024 at 7:00p.m. for our community meeting. Amanda Goodall, Interpretation Department Manager at the St. Augustine Lighthouse & Maritime Museum, will share history and stories about the lighthouse. SASIA Board Member elections will also occur.

Community meetings are held the third Wednesday of each month at 7:00pm at the SASIA clubhouse, except July and August. Future Community Meetings: Wednesday, December 18th – SASIA Holiday Dinner

Arts & Crafts Fair December 7, 2024

Mark your calendar for the Arts & Crafts Fair on Saturday, December 7, 2024. The fair is held at the SASIA Clubhouse from 10am-2pm. Come find the perfect homemade holiday gift. We have a wide variety of talented artists signed up. There will be paintings, photography, stained glass, pottery, jewelry, crafts and more! Something for everyone.

Luv'n' Oven Food Truck will be there serving delicious homemade sandwiches. Spots are sold out for vendors, but we are accepting names for a waitlist. There are always a few cancellations right before the event. Email info@staugsouth.com to be put on the list.

Holiday Celebration with Santa Saturday, December 14th, 5:00 pm

Santa is coming to the clubhouse! There will be arts and crafts activities and treats for the kids while they wait for their turn to talk to Santa. We will be set up inside the clubhouse so you can get that perfect holiday photo with Santa! Mark your calendar for this special event.

Food Truck Nights

Food Truck Nights are the second Friday of each month from 5:00-7:00 p.m. at the Clubhouse, (709 Royal Road)

Friday, November 8th – El Hambre's Taco Truck – Mexican Street Style Tacos & More. Food Truck events are subject to change in the event of inclement weather. Check our social media for updates.

Upcoming Events 2024

Friday, November 8th - Food Truck Friday – El Hambre's Tacos

Saturday, December 7th - Arts & Crafts Fair

Saturday, December 14th - Holiday Celebration with Santa

Dates are subject to change.

St. Augustine Orchid Society presents Bingo for Orchids!

by Janis Croft

The St. Augustine Orchid Society presents Bingo for Orchids!

We are going to try something different, Orchid Bingo, since our meeting is on election night. Bring some cash to buy your bingo cards so you can play for chances to win orchids as prizes. Come join the fun, we'll get you home in plenty of time to watch the election returns. We will have our normal raffle at the end of the meeting. The St. Augustine Orchid Society welcomes friends and guests to our monthly meetings. No charge. November 5, 2024, 6:30 until 9 pm at Memorial Lutheran Church (meeting hall at rear of building) 3375 US 1 South, St. Augustine 32086 <https://www.staugorchidsociety.org/>

Sheriff's Update

By St. Johns County Sheriff Robert A. Hardwick



School Safety

Over the years and most recently in Georgia, there have been several shootings that have occurred in schools. This is simply unacceptable. In St. Johns County, we take every threat seriously. Last month, we had a series of student arrests for threats of violence at Toco Creek High School and Sebastain Middle School. Due to these recent activities, I thought it would be a good time to go over what the St. Johns County Sheriff's Office is doing to keep our schools safe and to remind parents on how they can help us.

First, I challenge each parent and student to get to know your assigned Youth Resource Deputy. They are there for you and are a vital resource to the safety and well-being of each of our schools. The deputies assigned to our schools receive advanced training on how to handle school threats. Last school year, we implemented a threat assessment team that remains in place today and has two detectives assigned to it whose sole purpose is to evaluate threats in our schools. Those detectives work in tandem with the school district, FBI, and our Real Time Intelligence Center (RTIC).

Once a threat has been assessed, it is categorized as a low, medium, or high threat. Low threat means there is no sustained or clear intent to harm, medium means the intent to harm is present or not clear and requires protective action, and high means there is a legitimate threat and violence may be imminent. Additionally, RTIC has access to all school cameras and can view emergencies in real time. We have also added two new K9 Units to our schools that are trained to sniff narcotics and gun metal. As for what parents can do, be more involved in your student's life to include making sure you have access to their social media and gaming platforms. If you see something, say something.

Parents and students should download and utilize the FortityFL app which allows tips to be sent in immediately to law enforcement and school staff. You can also contact us directly by calling our non-emergency number at 904-824-8304, by dialing 911, or emailing us at crimetips@sjsso.org.

St. Augustine Film Society November Events

by Kasey Valentine

1. Sunday Nov. 3rd Unitarian Universalist Fellowship partnering with the Francophone Club of S.A. "Driving Madeline" Doors open 3:30 Film 4:00 Film Society Members Free Guests \$8. A seemingly simple taxi ride across Paris evolves into a profound meditation on the realities of the driver, whose personal life is in shambles, and his fare, an elderly woman whose warmth belies her shocking past.

2. Tuesday Nov 19th St. Augustine Yacht Club ECO Cinema Film Series partnering with Beaches Go Green "The Last Tourist" Doors open 5:30 Film at 6:30 FREE event. The feature-length documentary pulls back the curtain on the travel and tourism industry. It reveals the challenges and impact of over-tourism in various destinations. This is a subject important to us all in St. Augustine.

3. Friday Nov 22nd at 7:00 PM Doors open 6:30 "The Salt of the Earth", the 2014 Academy Award nominee for best documentary. The Salt of the Earth is an evocative and emotionally resonant documentary directed by Wim Wenders and Juliano Ribeiro Salgado that chronicles the life and work of renowned Brazilian photographer Sebastião Salgado. His stark and powerful images have documented some of the most harrowing and beautiful scenes from across the globe. The documentary blends personal biography, environmental commentary, and social history in a way that immerses the viewer not only in the life of Salgado but also in the world he captures through his lens. Film Society Members free Guests \$8.00

4. Sunday Nov 24th Temple Bet Yam "The Promised Land" Doors open 6:30 Film begins at 7:00. Film Society Members free guests \$8.00. The story of Danish soldier and explorer Ludvig Kahlen, who explored and cultivated Denmark's wild Jutland, which now comprises the vast majority of the country, in the mid-18th century. A truly remarkable tale of grit and perseverance.

If you have any questions or need additional information, please contact Joe Marx at staugustinefilmsociety@gmail.com.

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Interested in the Civil War?

Please join our Civil War Discussion Group. Our next presentation will be Tuesday, November 5, 2024 at 1pm, at the Anastasia Branch library in Sea Grove.

The November presentation will be with Brian Downey. He will discuss the battle of Antietam with a quick overview/introduction on the Maryland Campaign, then explore key parts of the battle of Antietam from the viewpoint of some of the junior officers and enlisted soldiers who fought there.

For questions or comments, please contact Len Whiteside at armyfam831@gmail.com



Physical Therapy VS Personal Training

By: Lindsey Hall

Over the years a common thing we have run into is people not understanding the difference between a Physical Therapist and Personal trainer and when one is needed versus the other. In this article we would like to answer these questions for you.

What do Physical Therapist do?

A Physical Therapist is someone who specializes in rehabbing individuals who had an injury, surgery or is suffering from a chronic condition. They focus on decreasing pain, improving mobility/strength and restoring function. Physical Therapists are required to obtain a doctorate in Physical therapy, pass a board certified license test where they obtain their license to practice in that state. Getting your doctorate in Physical Therapy takes about 7 years to achieve.

What do Personal Trainers do?

Personal Trainers lead groups or individuals through exercise routines while educating them on the best way to maintain personal fitness. They do not diagnose or treat medical conditions. To become a Personal trainer, it takes about 2-6 months to obtain your Personal training certification. After this is obtained they are allowed to begin training groups/individuals to help them reach their personal fitness goals.

When to see a Physical therapist and when to see a personal trainer:

If you have a chronic medical condition, recently had surgery, or dealing with an issue that is preventing you from being able to achieve your daily activities, physical therapy is where you would want to go. If you are looking to get back in shape, lose weight, or achieve a new level of physical fitness, finding a personal trainer is just what you need.

After reading this if you find that you could benefit from Physical Therapy please reach out to us : 904 -217-4259

The Wildflower Meadow Group

by Marlene Land

The Wildflower Meadow group meets the first Saturday of each month at about 8:30 a.m. by the Riverview Club House and we usually work for a couple of hours. Our goal is to preserve the wildflower meadow, learn about native plants that grow in this area, and enjoy the outside. We're an informal group without officers or dues and hope you will join us. We occasionally visit state and county parks and welcome newcomers.

Call Cindy at 904-797-3931 or Marlene at 305-968-0447 for more information. If we can't answer leave a message and we'll call you back. Call for more information about the meadow and our walks to state and county parks.



16th Annual Super Scenic 150 Mile Garage Sales November 16th, 8am - 2pm

The Friends of A1A are organizing the longest and most Super Scenic Garage Sale in Florida for the 16th year! You read it right. We're doing it again! Teaming up with our neighboring Florida Scenic Highways and National Scenic Byways, the Friends of A1A Scenic & Historic Coastal Byway are bringing you the 150 mile Super Scenic Garage Sale!

Mark your calendar for November 16th, 8am - 2pm and get ready to shop or sell over 150 miles along Florida's east coast. It starts in Fernandina Beach and ends in Ponce Inlet, we're excited to host Florida's most anticipated shopping extravaganza of the year. Explore miles and miles of shopping along A1A through Nassau, Duval, St. Johns, Flagler and Volusia counties with a delightful mix of locations to stop and shop, while exploring our coastal communities along the way.

There are many participating locations and increasing weekly, offering major community sites to shop, homes and local businesses. Plan your trip by checking out 2023's map below and see some of the places you'll want to put on your checklist for 2023! Be sure to download our free A1A Scenic Byway Mobi Tour App in your Play Store or App Store powered by TravelStoryst and let your adventure this fall begin!

Pre-registration allows Friends of A1A to limit the number of participants in small areas. At larger areas, the host property owner decides set up and location. Sellers, local businesses and restaurants can sign up to get your location on the site map. If you have any questions, please contact A1A Super Scenic Garage Sale Coordinator Danielle Anderson at (904) 425-8055 or email danielle_anderson@scenic1a.org.



Temple Bet Yam's 22nd Annual Card Party

Hammock Dunes Country Club, 30 Ave Royale, in Palm Coast will again host our annual Card Party on January 15, 2025. You can look forward to a continental breakfast at 10 and a buffet lunch with desserts at noon. Your choice of games include Mah Jongg, Mexican Train, Canasta, and Scrabble and more.

You might win a door prize or the 50/50 raffle. You may find a great item at the silent auction. Registration info coming soon so keep an eye out for more information. Contact Ellen Miller at rehsml@yahoo.com or (516) 234-0950.

United Methodist Women Christmas Market

St. Augustine Shores United Methodist Church, 724 Shores Boulevard, St. Augustine, FL 32086 November 16, 2024 8:00am-12:00pm. Christmas items, baked goods, homemade goods, books and puzzles, pecans and a raffle will be available Everyone welcome!

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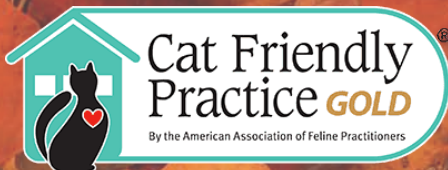
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The Art Studio

of St. Augustine Beach, FL

Art Studio News

by Paul Slava



Come Join us to celebrate our many classes we offer at The Art Studio by seeing an exhibition of work by the Students of these Classes!

First Friday, November 1st at 5pm to 8pm for the Opening of Our Student Exhibition. Students of Paulo Jimenez's many workshops at the Art Studio will be able to show off what they have learned and to make the public aware of these classes and how you too can attend these and learn the Art of Visual Creation.

Paulo Jimenez states, "As an artist, I draw inspiration from my diverse cultural background and personal experiences to create vibrant and captivating works of art. Born in Costa Rica and raised in the arid landscapes of the Atacama desert in Chile, my artistic journey has been shaped by the beauty and contrasts of these environments. I pursued my BFA at the University of Hartford, where I honed my technical skills and developed a deep appreciation for the power of visual storytelling."

"My artistic style can be best defined by my latest collection, which focuses on wildlife set against a backdrop of gold and silver leaf. Through this collection, I explore the relationship between nature and the ethereal, merging the beauty of nature with the elegance and symbolism of precious metals. The use of gold and silver leaf not only adds a touch of opulence but also serves as a metaphor for the preciousness and fragility of the natural world."

"In another collection, I delve into the vibrant street scenes of Saint Augustine. Drawing inspiration from the city's rich history and architecture, I aim to capture the unique atmosphere and timeless charm of the nation's oldest streets. Through intricate details and a careful interplay of light and shadow, I strive to evoke a sense of nostalgia and a deep connection to the past."

"Currently residing in Central Florida, I find myself surrounded by a different kind of natural beauty and cultural tapestry. The dynamic landscape, diverse wildlife, and vibrant communities of this region continue to influence and enrich my artistic work. Through my art, I seek to celebrate the intricate interplay between nature, culture, and human experiences, inviting



viewers to pause, reflect, and find their own connections within the pieces."

"Ultimately, my goal as an artist is to create visually striking and emotionally resonant works that transcend boundaries and speak to the universal human experience. By capturing the essence of places, creatures, and moments, I hope to invite viewers into a world of wonder, curiosity, and contemplation. My art is a reflection of my journey and a testament to the power of creativity to bridge gaps, inspire dialogue, and ignite imagination."

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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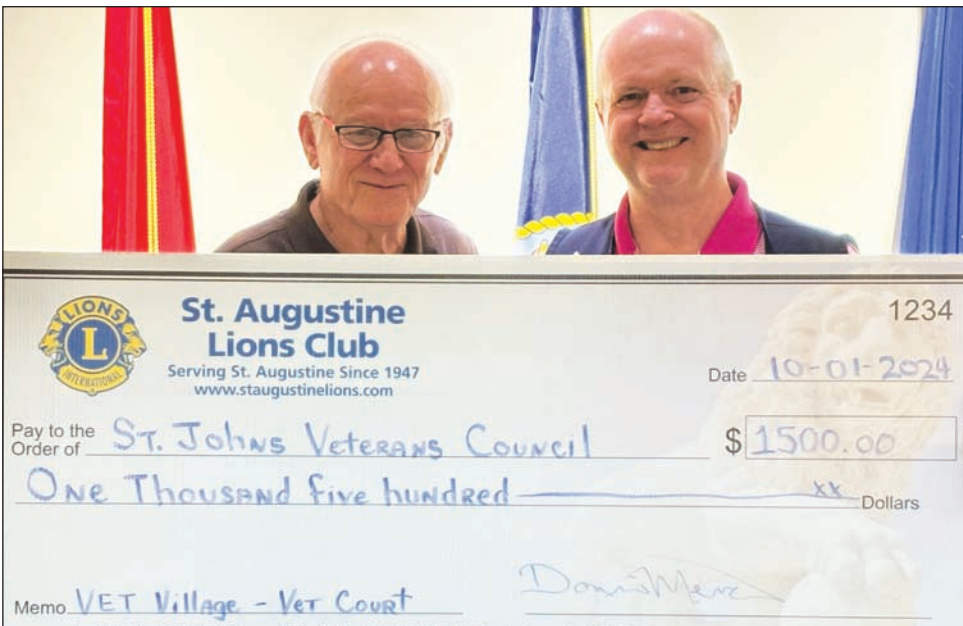
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Computer Corner

by Steven Aldrich

Gmail Users Beware: A Sophisticated Phishing Scam



Recently, a warning about a sophisticated phishing scheme targeting Gmail users has been circulating, and it's particularly important for seniors to be aware of this threat.

The Gmail Password Recovery Scam

Garry Tan, the CEO of Y Combinator, a prominent technology startup incubator, recently issued a public service announcement about an elaborate phishing scam affecting Gmail users. This scam is particularly concerning due to its use of advanced technology and clever tactics:

- **AI-Generated Voice Calls:** The scammers use artificial intelligence to create realistic-sounding voice calls, making them more convincing.

- **Fake Google Support:** They pose as Google Support representatives, with caller IDs that appear to match official Google numbers.

- **Account Recovery Ploy:** The scammers claim there's suspicious activity on your account, often saying they're checking if you're alive and disregarding a false death certificate.

How the Scam Works

You receive a notification to approve a Gmail account recovery attempt.

Shortly after, you get a phone call from someone claiming to be Google Support.

The caller uses sophisticated tactics to gain your trust and urges you to approve the account recovery.

Protecting Yourself

To stay safe from this and similar scams, follow these guidelines:

- **Be Skeptical:** Never approve account recovery requests you didn't initiate.

- **Verify Independently:** If you receive a suspicious call, hang up and contact Google directly through their official website.

- **Don't Click Hastily:** Avoid clicking "Yes" on unexpected dialog boxes, especially those related to account recovery.

- **Use Official Channels:** Only use Google's official methods for account recovery or password resets.

What to Remember

This scam is particularly dangerous because it combines several sophisticated elements:

- AI-generated voices that sound human
- Caller IDs that appear legitimate
- Convincing backstories about account issues

As a Gmail user, it's crucial to remain vigilant and skeptical of unsolicited contact, even if it appears to come from a trusted source like Google. Remember, Google will never call you unexpectedly about account issues or ask you to approve account recovery you didn't request.

By staying informed and cautious, you can protect yourself from these increasingly sophisticated online threats. If you're ever in doubt, don't hesitate to ask a trusted family member or tech advisor for help in verifying the legitimacy of any unexpected communications about your email account.

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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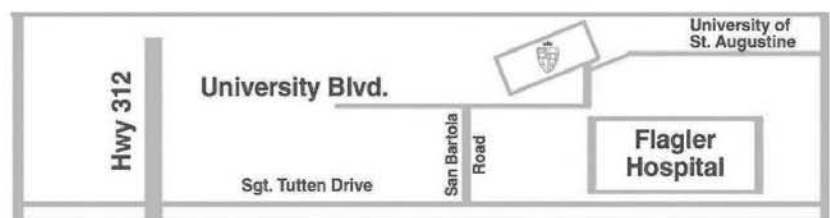
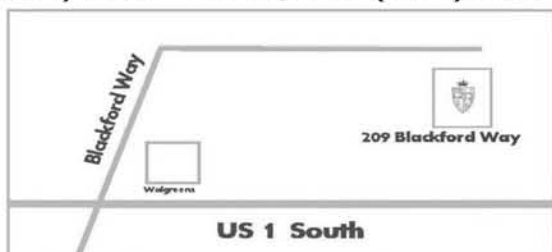


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Hand Pain, Weakness, Loss of Coordination?

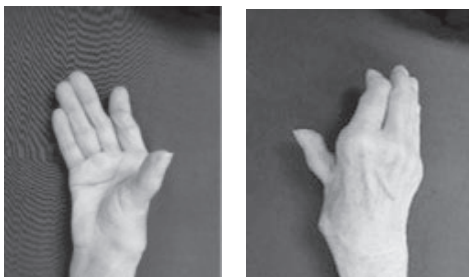
By Meg Robinson, OTR/L, CHT
 First Coast Rehabilitation
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Most conditions that cause hand weakness and pain are treatable and rarely serious, but they can cause serious limitations to your quality of life. The therapists at First Coast Rehabilitation would like to address some common causes of hand dysfunction over the next few publications.

One of the most common causes of hand pain is osteoarthritis. Cartilage lines your joints and covers the end of your bones, allowing your joints to glide smoothly. Arthritis is the deterioration of that cartilage. As the cartilage wears away, bone can rub on bone, which causes pain and swelling at the joint. If it is left untreated, it can create deformity and instability.

The most common hand arthritis affects the distal interphalangeal joints, which are located near the fingertips. The joints become enlarged and painful with movement. People will often notice that the appearance of their hands changes as they age.

The second most common hand arthritis is at the basal joint or carpometacarpal joint of the thumb, which is located at the base of the thumb below the thumb webspace at the wrist. This arthritis can cause significant limitations in pinch strength and fine motor skills. It can also cause problems with opening your thumb to grasp wider objects. The use of your thumb can become very painful and even debilitating. As it progresses, the ligaments can weaken and cause significant deformity. A pattern called a "Zig Zag Deformity" develops where the thumb metacarpal bone falls out of position, leaving a "bump" just above the wrist. As a result, your thumb webspace cannot open very widely and your thumb middle joint (metacarpal phalangeal joint) then hyperextends to compensate. (Photo below of Zig Zag Deformity)



An occupational therapist, certified hand therapist can help educate you in how to protect your joints, suggest adaptive equipment and techniques, provide any splinting and modalities if needed, and

instruct you in a home exercise program to address your hand limitations.

At First Coast Rehabilitation, we would like to help you unlock the power of healing and help you gain better use of your hands. We are excited to announce we now have three highly experienced Occupational Therapists, Beverly Bass, OTD, MOT, OTR/L, CHT, CLT, Brittany Cole, MOTR/L, CHT, and myself, Meg Robinson, OTR/L, CHT. Combined we have advanced training with extensive clinical expertise to evaluate and treat upper extremity injuries and conditions. With over 75 years of collective experience, we are dedicated to restoring your maximum function, preventing dysfunction, and enhancing your overall well-being.

Our team treats numerous conditions including rheumatoid and osteoarthritis, carpal tunnel syndrome, cubital tunnel syndrome, tennis elbow, golfer's elbow, trigger finger to name some of the more common ones. We also treat hand/wrist/elbow/shoulder sprains and strains, fractures, tendonitis, congenital hand conditions, nerve injuries and conditions, tendon lacerations and repairs, trauma like amputations, crush injuries and burns, post-surgical limitations, painful or unsightly scarring, cerebral palsy, poststroke, overall hand/wrist/elbow/shoulder stiffness and general lack of coordination.

You may be starting to notice that your hand or upper extremity is not working like it used to but do not know what exactly is wrong with it. We can help you discover what may be the cause and rule out any more serious problems. It could be a simple solution that a home exercise program or some education could fix. If we feel it might be more serious, we can suggest further options. If you are interested in pursuing an evaluation, you will need a referral from your primary care or other specialist. We would be happy to see you at your earliest convenience. Please contact us at 904-829-3411.

Meg Robinson is an occupational therapist and certified hand therapist who has been working in hand therapy for over 38 years. She moved from Cincinnati, Oh to the St. Augustine area at the end of 2023 and joined First Coast Rehabilitation staff in early 2024. Before that she worked closely with hand orthopedic surgeons in Ohio and Northern Kentucky. She taught hand therapy and splinting for over 20 years at various universities in Cincinnati. She also received a US patent for a dynamic splint, which is currently manufactured by Alimed, Inc.

Diaries of a Shores Grand-Dad

by Dirk Schroeder

What a wide variety of topics I've covered in this, Season 8, of the Diaries of a Shores Grand-Dad: Geography, Complimenting versus Complementing, the End of Life Wisdom of Steve Jobs, Dr. Seuss, Celebrating Mothers, Fiction versus Non-Fiction & Internet Videos versus Books, the Scientific Method & the Origins of the Universe, Politics & Growth Management in St. Johns County, how Life is like the Olympics and scientific anomalies – the things we know little about. What I have not written about yet this year - grandparenting and "the littles".

Ideally, Kathy and I would have wanted a boy and a girl but that was not our destiny three boys later. To make up for it, our oldest son and his wife had two girls, currently our only granddaughters and kindly referred to by some as "the littles". Raising children is work and fun all rolled into one but being around the grand-girls is just raw fun. They are a handful since they are both high-energy, creative girls now at age 5 and 7.

Over time and in a natural process, we became known as Papa and Gaga. The littles bring joy into our lives so we try to return the favor by doing fun things with them. They surprise us with their vibrant energy and entertaining commentary. The brilliant sense of curiosity glows in their eyes and beams with the spirit of discovery. They're like sponges absorbing the world at record pace and most certainly faster than we could at their age since information is so much better and more readily available and accessible. Their sense of creativity is amazing. And of course, they're sometimes misbehaved and mischievous and there's the fake crying and the demands for attention yet we can also appreciate their honesty.

Whether you are their parent or their grandparent, you have to remember to try not to live your childhood through them. You may want to share with them some of the games you played, the books you read, songs you sang but they need to be given the freedom to forge their own path. You may have played an instrument or a certain sport but they need to find their groove. Nurture them but don't smother them. Guide them with gentle discipline so they can find a sense of self-discipline. It's a balancing act.

But best of all is the fun, making us feel younger and putting a beaming smile on our faces, laughing out loud and acting like kids. With them around, we have the times of our lives. On that uplifting note, I wish everyone, as always, a Sunshine State of Mind

The American Association of University Women November 12th Meeting

AAUW St. Augustine branch warmly invites all members, friends and guests to our annual Author's Luncheon, on Tuesday, Nov. 12, 2024 from 11:30 am to 1:30 pm at the The Legends Grille, 2 World Golf Pl., St. Augustine, 32092. Our guest author is nationally recognized author, Tara Lynn Masih, who will be discussing her most recent publication and her writing process. Lunch is \$38 and includes a raffle and silent auction items. Reservations are required. Please call Lisa Carlson, 916-834-2950, 717 Willow Wood Pl., St. Augustine 32086 or Cathie Altman, 904-501-5084, cathie.altman@gmail.com to reserve a seat. This is a benefit for our scholarship fund.



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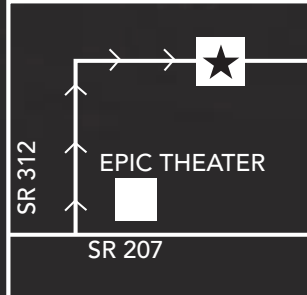
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AREA 12 covers from 312 to Moultrie Creek between US 1 and the Intracoastal

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