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ISSUE #28

NOVEMBER 2023

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It's only November but we're already so excited about all of the new things that are going to be happening with the magazine next year that we have to give you a sneak preview. First, we're finally going to sell annual subscriptions to the magazine. The final price hasn't been determined yet (but has to be soon) but you'll be able to go to our website at palmcoastmag.com and easily buy one there. Next, our aforementioned website is also (finally) getting an overhaul and will start to contain all kinds of information that until this point was only in the magazine. Now you can access all of the issues by downloading them from the webpage but soon you'll be able to read the articles on the website as well as access other information including videos, photos and maybe also podcasts, all, of course, focused on Palm Coast. But wait, there's more — to tell, that is but not more space so we'll give you another update in the December issue. And wait till you see our feature next month. It's going to knock your socks off.

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— Tom Aikins, Publisher, Palm Coast magazine.

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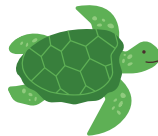
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# News Of The Palm Coast World

Sharing the past year of accomplishments and future goals, the Flagler County Cultural Council (FC3) hosted their annual meeting on Friday, October 20 at the Flagler County Tourism Offices.

The lunch-hour meeting of-



**FC3 membership Chair  
Elaine Studnicki**

ferred a chance for members to connect and for others to learn more about the role of the council.

Co-chair Nancy Crouch led the meeting with an overview of the intensive work complet-

ed by the council which has included refinement of the organization's bylaws, setting up the administrative functions, an overhaul of the membership and sponsorship programs, in addition to an ongoing array of community outreach events.

The Flagler County Cultural Council also participated in two major surveys — the completed AEP-6 through the Americans for the Arts, whose results were released in mid-October, and the ongoing Flagler County Cultural Council Strategic Planning Survey which will determine the strategic goals of the Flagler County Cultural Council, Flagler's official Local Arts Agency.

Unveiling the new FC3 website, project lead Pam Richardson took attendees on an in-

teractive tour through the new site with her trademark humor, while membership chair Elaine Studnicki offered more reasons



**Pam Richardson, website project leader.**

to join, capped by a moving call to action — BELIEVE.

"While we're out there working community events, we're building up the support and awareness that we're developing a really great place for the future," said Studnicki.

"Believing in something helps people have ownership. Ownership and belief move the whole

world forward."

One of the initial founding steering committee members, Studnicki is optimistic about the future.

"I'll be honest. I was very encouraged by what I saw today. I was encouraged to see how people are accepting us throughout the community," she said. "I think that is a golden step forward."

FC3 produces a monthly newsletter "FUSION" and all content from the public is due by the 20th of the month, and can be emailed to [info@flaglerartsandculture.org](mailto:info@flaglerartsandculture.org), for potential inclusion in the publication or on the organization's social media.

To learn more about the Flagler County Cultural Council, please visit [www.flaglerartsandculture.org](http://www.flaglerartsandculture.org).

The Flagler County Cultural Council (FC3) is well on its way to becoming an integral community partner for arts, culture, and history organizations. FC3, in partnership with the Flagler County Tourism Development Office, has contracted Executive Service Corps-Florida (ESCFL) to facilitate the development of an arts, culture, and history Strategic Plan for Flagler County. This is the first

pable of serving and supporting all local arts, culture, and history interests.

Your feedback and insights are key to helping them shape the strategic priorities and determine how the community can most effectively be served.

We encourage your participation. Once complete, the Strategic Plan will be the cornerstone for the structure and function of the FC3.

**If you're interested in Palm Coast's future, including the arts scene here, then you have a great opportunity to influence where Palm Coast is headed and what it's going to be like years from now. These two initiatives currently being launched allow residents to offer input into what the future holds for Palm Coast. Scan the code to the left to access the FC3 site and the code to the right to access the city's Imagine 2050 site.**



time the opportunity to develop a Strategic Plan of this kind has been available in our community.

The FC3 seeks community input to guide the identity and purpose of their role and to build a strong organization ca-

Now is the time to share your vision for a successful Local Arts Agency. Scan the QR code and take the survey or click here. Your participation matters. The survey will be available October 13 — November 2, 2023.



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## Winners Announced in City of Palm Coast's 2023 Photo Contest

With over 900 photo submissions in the city's 2023 Annual Photo Contest, the photos capture the essence of Palm Coast across six distinctive categories: Residents, Pets, Landscape, Wildlife, Recreation, and Events. **Pets** — Palm Coast residents love their pets!



for Events is Amy Gagliano, with her photo from this year's 'Touch-a-Truck Tons of Fun' event at Central Park in Town Center. The photo captures two young children having a great time in the bucket of a commercial big-rig.

**Residents** — The Category

The Category Winner for Pets is Lori Earley for her photo submission of 'Cozy Kitten' — an adorable kitten lounging on a white blanket.

**Recreation** — The Category Winner for Recreation is Lori Vetter Bowers for her photo entitled 'Early Rowing Practice.' In this photo, a team of kayak enthusiasts are train-



Winner for Residents is Courtney MacDonald for her photo 'Ducking Around.' In this photo, an infant is seen wearing a duck-inspired swimsuit at the Palm Coast Aquatics Center.

"It's always exciting to see what residents capture behind the lens of a camera. This year's photo contest

ing for their next rowing adventure.

**Wildlife** — The Category Winner for Wildlife is Amy Skursky for the photo 'Young Alligator.' This photo was captured in the Lehigh Trails neighborhood showcasing that wildlife is everywhere.

**Landscape** — The Category Winner for Landscape is Stacey Schot-



tey for the photo 'Matanzas Woods Sunset' — featuring a stunning sunset casting a warm glow over a handpicked flower.

**Events** — The Category Winner

was the most successful ones yet with over 900 photos from residents telling their stories through photography," said Brittany Kershaw, Director of Communications & Marketing.

Category winners were recognized at the October 3rd City Council Meeting and were awarded various prizes including a camera bag, an acrylic certificate featuring a personalized framed photograph, and a camera lens mug set.



# Rotary's Fantasy Lights Opens On November 25



It has been a long hot summer so it is only fitting that the holidays and its cool weather will be in full bloom this month with the opening of Rotary's Fantasy Lights scheduled for November 25th.

The popular free lights display around the lake in Palm Coast's Central Park with 55 light displays, marshmallow roasting, children's train rides and live entertainment, will kick off on Saturday, November 25 and continue on through November and the entire month of December from 6 to 9 PM.

"It is Rotary's gift to the community," said Co-Chairman of the event Bill Butler.

The event was born out of the love of Bill and his wife Libby for their daughter Tiffany who loved the holiday lights. After her untimely passing at a very young age. Bill, a member of the Rotary Club, made it his mission to provide a community lights display in honor of their daughter.

It is truly an event that involves the entire community. High School athletes help the Rotarians erect the steel displays. A complete Santa's village is being rebuilt under the direction of the Flagler County

Homebuilders Association. The buildings are being constructed in the shop classes at Matanzas High School by students under the direction of the Homebuilders members and painted by volunteers. Rotary provides a Santa for the children on most Sundays. Kids love to play in Santa's village while waiting for a train ride or after roasting marshmallows.

On Saturday December 2nd the City of Palm Coast will hold a Holiday Marketplace at the event with food trucks and an assortment of local vendors all in a holiday atmosphere.

Musicians donate their time and talent for live entertainment on most nights.

Donations collected by the Rotary Club of Flagler County are plowed back into nonprofit community organizations serving various community needs.

On opening night, Monday November 25 th Palm Coast Mayor David Alfin will officially open the lights by lighting the City's Tree at 6 p.m. Rotary's annual Taste of the Holidays featuring local restaurants will be there that night..Food trucks entertainment and train rides will be offered along with the light displays around the lake for the first night of the

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# The Imagine 2050 Website Puts Palm Coast's Future In Your Hands

As the City of Palm Coast embarks on the journey of "Imagine 2050," Palm Coast's comprehensive plan update, we are thrilled to introduce an innovative and interactive way for you to engage with the process. The Imagine 2050 Interactive Engagement Website is your digital gateway to participate, share ideas, and stay informed about the future of our community (PalmCoast.gov/imagine2050).

On this website, you can access project updates, timelines, and important documents to stay informed about the Imagine 2050 initiative. Your voice matters! Use our interactive tools to share your thoughts, ideas, and dreams for Palm Coast's future. This is your platform to contribute to the city's vision.

There is an interactive map that showcases different as-

pects of our city's growth and development. You can pinpoint specific areas and provide feedback related to parks, transportation, housing, and more.

This is also the hub of infor-

mation for upcoming events, workshops, and public engagement opportunities related to Imagine 2050. Mark your calendar and join the conversation. Engage with your fellow residents and community members. This platform fosters collaboration and allows you to see the collective vision for

participation easy and convenient. It's your space to influence the policies and projects that will define the future of Palm Coast. Your input is invaluable in shaping a vibrant, sustainable, and inclusive community for generations to come.

In addition to the online engagement opportunities, there are numerous in-person events planned over the next 12 months. The first public engagement kick-off event for the "Imagine 2050" was scheduled for October 11 at the Palm Coast Community Center. This drop-in-style event will feature a project overview, a presentation, and interactive activities. We want to hear your thoughts, ideas, and dreams for Palm Coast's future.

Have questions or need more information? Contact the city at [communications@palm-coastgov.com](mailto:communications@palm-coastgov.com).



mation for upcoming events, workshops, and public engagement opportunities related to Imagine 2050. Mark your

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# Local Happenings



Members of the Flagler County Detachment 876 Marine Corps League and volunteers visited the Emory Bennett Veterans Nursing Home frequently for the Marine Corps Social. Residents were served food and beverages donated by local businesses and members.



The Florida Public Relations Association (FPRA) Volusia/Flagler Chapter recently installed its first Latina President, Johanna Santana, and President-Elect Sasha Staton. During the event, the chapter recognized outstanding achievements within its community.



The Professional Women of Flagler County held their monthly meeting at the Market Street memory facility on October 6. The meeting focused on breast cancer awareness. See their Facebook page for more information.



The Professional Women of Flagler County also supported the Pink On Parade event to heighten awareness of breast cancer in October with a number of members participating. See their Facebook page for more information.



Lohman Funeral home on Palm Coast Pkwy SW held a monthly coffee and networking meeting on October 23. This meeting is open to all industries and is held on the third Friday of every month from 8-9 AM. Call Nina at 845-531-1673 for more information.



Lohman Funeral home on Palm Coast Pkwy SW held a monthly coffee and networking meeting on October 6 at 6 PM. This meeting is for public relations people and will be held every month on a Friday. Call Nina at 845-531-1673 for more information.



At a ceremony on September 19, Palm Coast Mayor David Alfin officially proclaimed September 15th to October 15th as Hispanic Heritage Month in the City of Palm Coast. The Chamber of Commerce's Hispanic Business Alliance received the proclamation.



In October, Palm Coast Mayor David Alfin presented the Italian American Social Club of Palm Coast President Colette Kraemer with a proclamation in honor of Italian American Heritage Month, during their celebratory dinner and dance.

# Palm Coast People

*Holly Albanese “makes it work” when needed, by James Moore*

Every year, Christmas cards flood the post office. But rarely do any of these cards change someone’s life. One year, Holly Albanese received a Christmas card from a college friend. The card read “Libraries seem to be your niche.” Perhaps this was the start of Flagler County Library Director Holly Albanese.

Originally from Rhode Island, her humble beginnings cultivated a work ethic that has taken her far. This principle of “make it work” has been a constant. There was little expectation of wealth and prestige in her future. That was not the life her parents knew so why would she expect it for herself?

Her mother was a nurse, and when Holly realized this was not her calling, she graduated from Rhode Island College with

a degree in psychology. During her undergraduate years she was a student employee in the library. After graduation, Bryant University hired her for their circulation department.

In hindsight, a career in libraries seems so obvious. Holly had spent every day of grade school and high school in the library. She had worked in the campus library throughout her undergraduate degree. “The library is a constant and a second home,” she says. “I always loved it, but it wasn’t until that Christmas card, where I was reminded, this was part of my life. To do more than what I was doing.”

That Christmas card came just in time. She had worked for nearly ten years in Bryant University’s library and want-

ed to do more. Soon after, she would earn Masters Degrees for both Public Administration and Library and Information Sciences. She then spent nearly six years as Library Director at the Hope Public Library before moving to Florida in 2004 to be closer to her parents.

After a year and a half into a position as a librarian for the Florida Metropolitan University in Jacksonville, a position opened in Palm Coast. Holly was accepted into the position on July 3, 2006. With her came that “make it work” mentality she carries with her still.

As the county grew through the 2010s, the nation faced an economic downturn. As is often the case, the library was one of the last to receive funding. The library is viewed less as

a necessity, and more for quality of life.

While the library was losing state aid, Holly ensured they received multiple grants and, in January 2008, opened a passport service desk. To date, they have earned \$1.2 million in revenue from this service. This money was used to buy new shelving, computers, and renovations for the Doug Cisney room to use for programs and meetings.

“I knew I could give more,” Holly says, pushing more for libraries to better serve and respond to the needs of the community. The goal is to improve quality of life. With the work, experience, and outcomes she provides, the county has tasked her with several more projects beyond the library.

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### Chris

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*Flagler County Library Director Holly Albanese*

Despite the several positions and roles she must play in county leadership, she still holds love for the library system. "I cannot take the credit for all the positive things that happen to this li-

brary," she says. "I could have all the ideas in the world, but without this team to make it happen, it is not going to happen." The next big project she wants to address is a new library in Bunnell.

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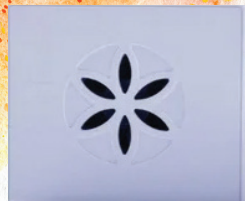


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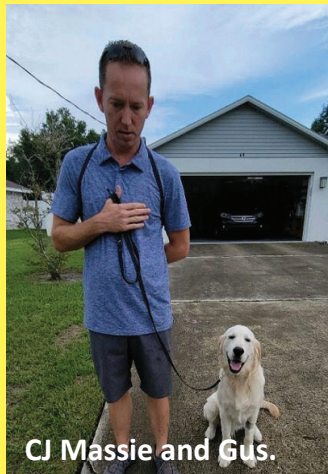
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# Community Food Bank Ready for Busy Holiday Season

The Grace Community Food Bank, a division of the Grace Tabernacle Ministries International, expects to supply \$45 gift cards to 1,500 Palm Coast families this Thanksgiving season.

While Charles Silano, pastor of GTMI, said the food bank receives consistent support from

the local community to meet the needs of those needing assistance, he'd like to bump that \$45 dollar gift card value to \$50 for 2023.

"It gives those needing our services the dignity of being able to shop themselves, prepare their meal in their home





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and eat with their loved ones,” Silano said of the Team Feed Flagler effort for the Thanksgiving holiday that the GTMI heads up.

The GCFB (food bank) feeds anywhere from 4,300 to 4,400 families per month, Silano said, adding that four members is the average family size. The food bank also recently started mobile operations out of a truck that brings food to 120 homeless people.

With a budget of \$130,000 per year, the food bank moves approximately 3.5 million pounds of food to those in need in Flagler County. The food bank also receives twice weekly infusions of food from local supermarkets.

Still, the bulk of its budget comes from the generosity of local givers. Silano said he is grateful for the support, especially during the recent COVID-19 pandemic that stretched everyone’s resources

thin.

“It is just amazing to me,” Silano said. “People in this community are very much engaged in making sure that other people have food on their tables to meet their needs. It is as if everyone here; everyone who gives can relate to the plight and needs of others. We just have a wonderful community.”

The food bank began 20 years ago and went through several locations before landing its current, permanent spot at 245 Education Way in Bunnell. At its beginning, the bank started helping 30 families. About 15 years ago the United States Department of Agriculture enacted the Feeding America program which brought more than 200 feeding sites — including those at schools — under one umbrella.

Learn more about the food bank online at [www.gracecommunityfoodpantry.com](http://www.gracecommunityfoodpantry.com).

-Amy Armstrong

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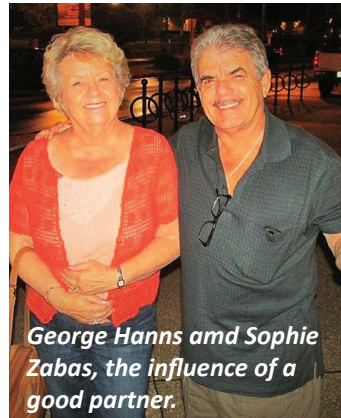
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*Veteran, proud to this day.*



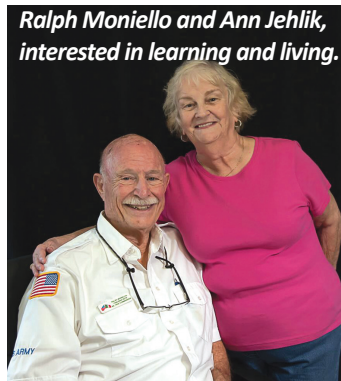
*George Hanns amd Sophie Zabas, the influence of a good partner.*



*Jim the Hot Dog Man, simple happiness.*



*Fire-Police, - Public Safety for All*



*Ralph Moniello and Ann Jehlik, interested in learning and living.*



*Dennis Fitzgerald, the arts support the spirit.*



*CULTURAL CENTER*

Heroes. They look like you and me. They are you and me. Today, it seems, our society has been redefined in so many ways. The waves and layers of opinions, ideas, and changes keep coming without excuse or sometimes reason.

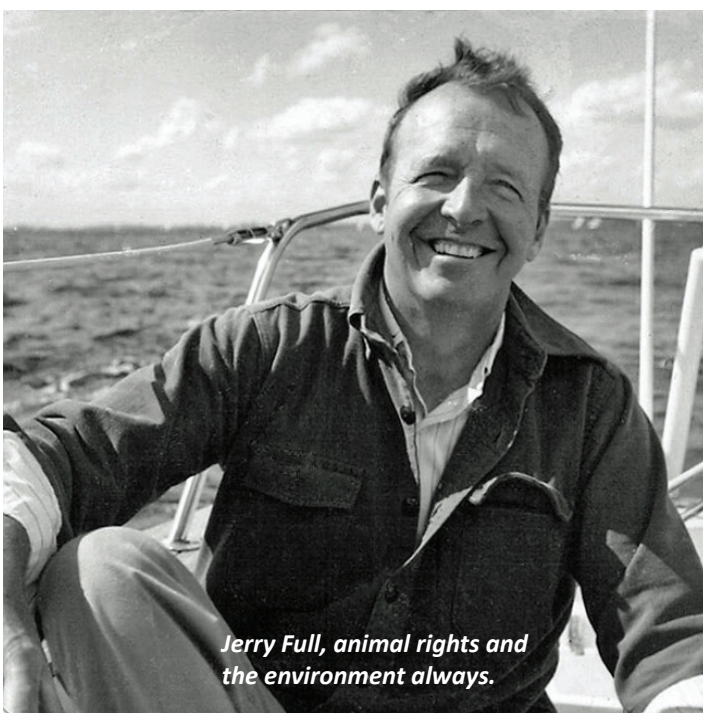
It's time for a hero. And for sure it's a good time to hold onto the good and encourage those qualities that have taken us through wars, economic downturns, natural disasters, inept politicians, illness, and the daily heartbreak of life. Hope and belief in the future are two thoughts that come to mind.

The one thing that we do well is celebrate heroes. I'm grateful we now realize that heroes come in all sizes, shapes, colors, types, and backgrounds. Surely, honoring our everyday heroes in the EMS, law enforcement, military, and medical professions salutes and appreciates their sacrifices and bravery. Every time I hear the siren go off or read the news, I'm grateful for our everyday heroes. However, there are many people who quietly make a difference to someone every day.

The son taking care of his dying mother, the people who bring sunshine into the room with their happy spirit, the restaurant owner who quietly feeds the poor, those who donate to the sick, or the children who demonstrate the highest character and bravery as they battle cancer. Those that leave a legacy of grace and are so quietly good they influence those around them are heroes too.

The point, of course, is that there is good all around us and we should pay more attention to it.

They are the everyday heroes among us that continue to do the right thing. They don't seek recognition but only to share understanding, kindness, sacrifice, and respect. More of that in the world would be a good thing. It all begins with you and me. Who are your heroes?



*Jerry Full, animal rights and the environment always.*



*Cultural & Social Clubs keep people together, active.*



*Danielle Anderson and WNZF, Community Activists for good causes.*



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# Flora and Fauna

*Check out some of nature's beauty in our own backyard*



*Fall is the time of year when migratory birds and animals head to Florida. This group of migrators are:*

1. Laughing Gull
2. Cedar Waxwing
3. Woodstork
4. Grey Plover
5. Cannonball Jellyfish (deceased)
6. Roseate Spoonbill



*To help identify birds by their songs, a free app is available to download: Merlin ID by Cornell Lab.*



*Photos and text provided by Kim Zechowitz, an ardent local amateur photographer who has been shooting birds and other nature subjects for many years.*



# Health & Wellness

## *Pertinent medicare questions answered by Debra Sephton*

As an independent health insurance agency, we have many clients, each with unique needs and circumstances. I've addressed the most common questions we're asked on a day-to-day basis;

**Q:** Do I need to enroll with Medicare if I currently have a Group Health Plan when I turn 65?

**A:** If you are ACTIVELY WORKING and have medical insurance coverage under a group health, either from your employer or your ACTIVELY WORKING spouse, you may choose to delay your Medicare Part B enrollment or a Part D drug plan at age 65. You would qualify for a "Special Enrollment Period" (SEP) that will let you enroll for Medicare Part B and choose a Part D drug plan during:

Any month you remain covered under the group health plan and you, or your spouse's employment continues, and/or the 8-month period that begins with the month after your group health plan coverage or the employment ends, whichever comes first.

However, if based on your or your spouse's group health plan, are not currently employed, and you decide to later enroll with Medicare after this 8-month period, you may incur a penalty when you do enroll with Medicare Part B and or Part D.

Bottom line: if you or your spouse are not ACTIVELY WORKING (collecting a paycheck), you do not have creditable coverage that avoids a Medicare Part B or

Part D penalty should you decide or need to enroll with Medicare Part B and Part D in the future. Keep in mind that once you end your group health plan, you may not be able to get it back. There are many options to consider.

**Q:** Is there a cost for original Medicare?

**A:** Yes, the cost of your Medicare Part A (hospital insurance)

especially when you are new to Medicare.

**Q:** When you are turning 65, Medicare is so confusing, why do they make it so difficult?

**A:** There are many options to consider when you are turning 65 or are newly eligible for Medicare. Having an agent is helpful and supportive. Find an independent, reputable agency/agent,

plan may save you money for the following year. Once a change is made during AEP, it will be effective January 1st of the following year.

**Q:** When should I enroll with original Medicare?

**A:** If you're eligible at age 65, your Initial Enrollment Period (IEP) begins three months before your 65th birthday, includes the



and Part B (medical insurance) depend on your income and the length of time you were employed. Part D is a drug plan that Medicare does not provide. Part D plans are offered by insurance companies via insurance agents.

**Q:** As a broker, what do you charge and how are you paid?

**A:** As an independent agency, our agents never charge the client a fee. The insurance carrier pays agents directly, only if and/or when you decide to enroll with a secondary plan to accompany your original Medicare. You as a consumer pay the same amount for your plan whether you use an agent or not. Your local insurance agent is a valuable resource

one who offers several insurance companies. These agencies/agents can compare prices and benefits for you based on your individual needs.

**Q:** When may I change my secondary plan?

**A:** Medicare's Annual Election Period (AEP) commonly known as Open Enrollment, is every October 15th through December 7th. This is the time you may change your Medicare

Advantage Plan (Part C) and Prescription Drug Plan (Part D) to another plan that may suit your needs more effectively. Sometimes doctors drop in and out of the network or your prescriptions have changed, and a different

month you turn age 65, and ends three months after your birthday month. If you don't enroll in Medicare Part B during your initial enrollment period, you have another chance each year to sign up during the General Enrollment Period (GEP) from January 1 through March 31, however, there are other variables pertaining to delaying Medicare enrollment timing which may incur penalties when you do decide to enroll.

We hope that this helps with your health care planning and please be advised that neither Atlantic Benefit Consultants, LLC nor Debra Sephton is affiliated with the U.S. government or federal Medicare program.

---

*Debra Sephton is a licensed broker and owner of Atlantic Benefit Consultants, LLC, a local health and Medicare insurance agency located at 50 Leanni Way in Palm Coast, 386-585-4691.*

# Homeowners Corner

## The homeowner's guide to common plumbing issues

Plumbing troubles are an inevitable part of homeownership. From leaky faucets to clogged drains, these issues can disrupt daily routines and lead to costly repairs if left unattended. Fortunately, many common plumbing problems have straightforward solutions that don't require extensive expertise. In this guide, we'll walk you through five prevalent plumbing issues and provide simple steps to address them.

### 1. Dripping Faucets

A dripping faucet might seem like a minor annoyance, but it can lead to wasted water and higher utility bills over time. Usually, the culprit is a worn-out or damaged washer or O-ring within the faucet. To fix this, follow these steps:

- Turn off the water supply to the faucet.
- Use a wrench to carefully disassemble the faucet handle.
- Replace the worn washer or O-ring with a new one.
- Reassemble the faucet and turn on the water supply.

### 2. Clogged Drains

Clogged drains are one of the most common plumbing issues homeowners face. Hair, soap scum, and food particles can accumulate over time, obstructing the flow of water. For a quick fix, try the following:

- Pour boiling water down the drain to help dissolve grease and soap residue.
- Use a plunger to create a vacuum and dislodge the blockage.
- Try a chemical drain cleaner (use with caution and follow

*If you're looking for a reliable plumber in the area check with Mangano Plumbing. Call John at 386-313-8004 for any help you need and he'll take care of you.*

manufacturer's instructions).

- Remove and clean the drain trap if accessible.

### 3. Running Toilet

A constantly running toilet is not only irritating, but it can also waste a significant amount of water. This issue often arises due to a faulty flapper valve or an improperly adjusted float. Here's how you can resolve it:

- Open the toilet tank and inspect the flapper valve. If it's worn or damaged, replace it.
- Adjust the float arm or water level if the water level is too high.
- Check for any mineral deposits or debris in the fill valve and clean if necessary.

### 4. Low Water Pressure

Low water pressure can make daily tasks like showering or doing dishes frustrating. This issue can result from mineral buildup, a partially closed shut-off valve, or a faulty pressure regulator. Here's how to address it:

- Check all faucets and showers to see if the low pressure is consistent.
- Clean faucet aerators and showerheads to remove mineral deposits.



- Ensure all shut-off valves are fully open.
- If the problem persists, consider calling a professional to inspect the pressure regulator.

### 5. Leaking Pipes

Leaking pipes can cause water damage and lead to costly repairs if not dealt with promptly. The first step is to turn off the water supply to prevent further damage. Next, follow these steps:

- Identify the location of the leak and inspect the affected area for visible cracks or damage.
- Temporarily patch the leak with a pipe clamp, rubber patch, or epoxy putty.

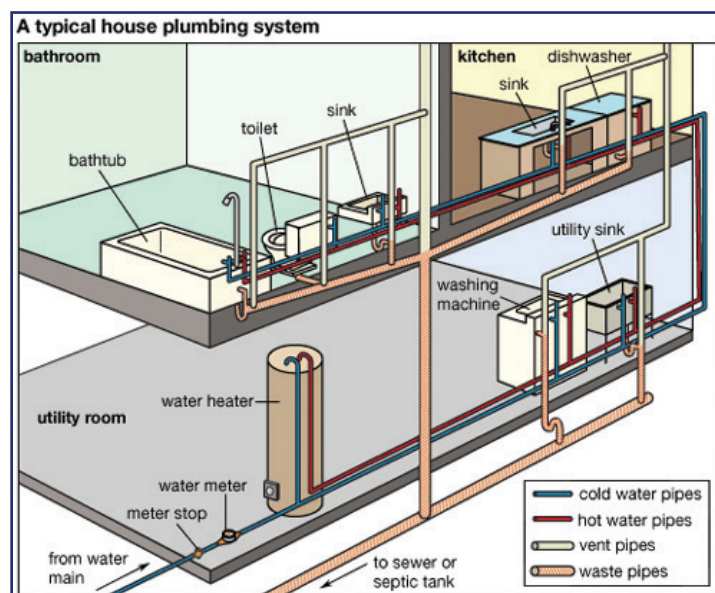
For more extensive repairs, it's recommended to call a professional plumber.

Being a homeowner comes with its share of responsibilities, and plumbing maintenance is a crucial aspect. By addressing these common plumbing issues promptly, you can save both time and money in the long run.

Remember, if you're ever unsure about a repair, it's best to consult a professional plumber to avoid exacerbating the problem. The tips shown here are useful and will solve the most basic of plumbing problems. Unfortunately, many problems can involve more complicated solutions than the examples we've illustrated here.

Some of the solutions here also involve using certain tools that you might not have in your home and there are few things worse than trying to do a job without the right tools (we know this from long personal experience).

So if you're looking at trying to fix a basic plumbing problem on your own, the information here is very helpful. If you feel like you might be getting over your head a bit (or a lot) however, then get a professional in to help out. — *John Williams*



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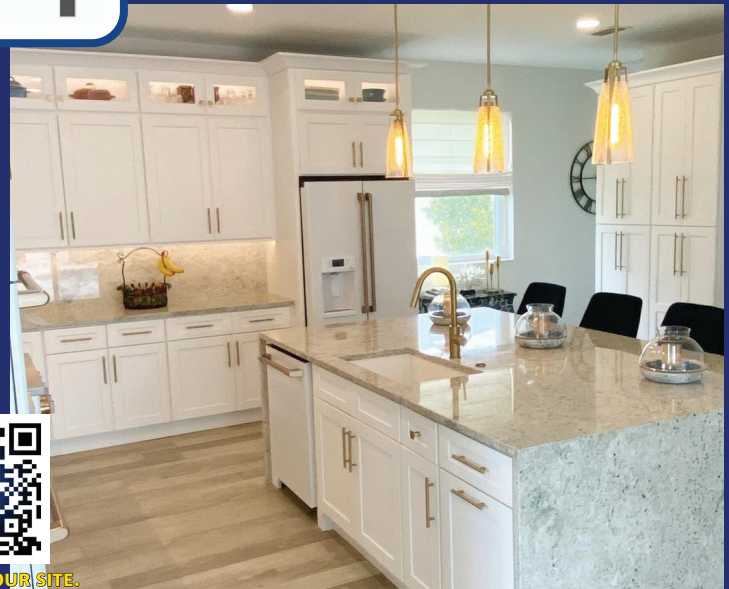
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## Kitchen Remodeling

We pride ourselves on our ability to create a space that is both beautiful and functional, whether it's a small kitchen remodel or a large-scale renovation.

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# November Brings Feelings Of Thanks, Loss And Remembrance

By James Moore

While our November holidays focus on thanks and remembrance, and we write about these on the following pages, we would also like to include in our thanks the groups and organizations that do volunteer and non-profit work throughout the community. Local nonprofit organizations play a vital role in the fabric of communities, serving as beacons of hope, support, and positive change. These entities, driven by their altruistic missions rather than profit motives, address a wide range of pressing issues, from poverty alleviation and education to environmental conservation and healthcare access.

Of the ever-growing list of nonprofits calling Palm Coast home, some are local chapters of nationwide and international organizations, while others are locally founded. Each one fosters an intimate connection with the community. Because of their understanding of the local area each group more effectively responds to the needs at hand.

Whether it's a food bank providing meals to families in need, a shelter offering refuge to the homeless, or a veterans organization providing scholarships and leadership training to students, these nonprofits bring about tangible improvements to the people of Palm Coast.

### **Flagler Humane Society**

Not just a place to adopt animals, they

also serve the community through medical needs for our furry family members. Keep your pet up to date through their wellness and vaccine clinic and fed through their Furry Friends Food Bank program. Log on to their website for more information.

international organization is known for. Programs they fund and support include the Ultrasound Initiative Program and the Aid and Support After Pregnancy Program. **Early Learning Coalition of Flagler and Volusia**



### **Knights of Columbus**

The Notre Dame Council 10514, based out of Flagler, was founded in 1990 and currently has 300 members to date. Their fundraising events include youth sports, blood drives, and the Lenten Fish Fries this

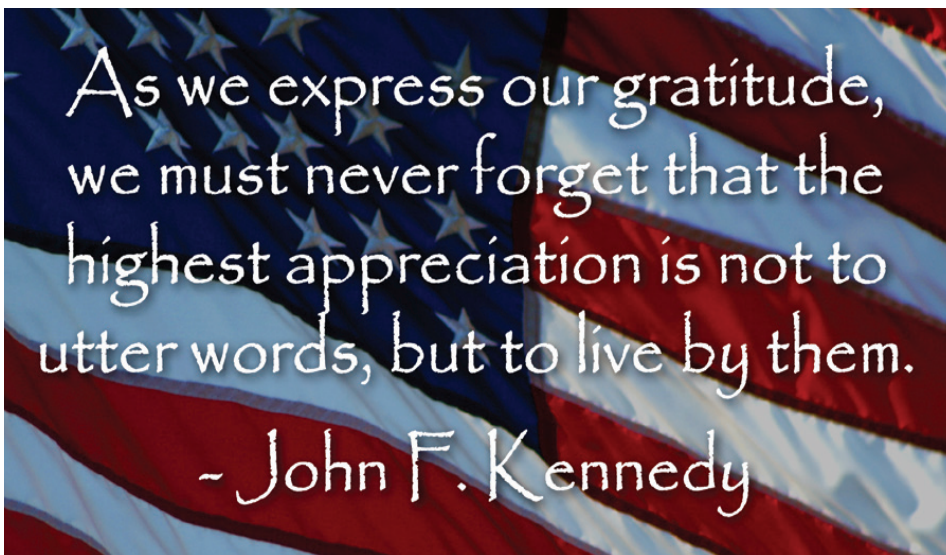
Working hand in hand with the Dolly Parton Imagination Library, this organization seeks to enhance children's school readiness. They accomplish this by providing opportunities for, and break down barriers to, quality early learning and strengthening family stability for a healthy community. Children in the area who struggle through disadvantaged backgrounds will have a way to a better life through this group. Log on to their website for more information.

### **Chabad of Palm Coast**

They serve as a center for Jewish life and education in the Palm Coast area. They provide individuals and families looking for accepting and personalized Jewish experience. They prioritize an open-door environment for strengthening and enhancing Jewish life regardless of background, philosophy, or level of commitment. Log on to their website for more information.

### **African American Cultural Society, Inc.**

The chapter established in Palm Coast continues the organizations mission of



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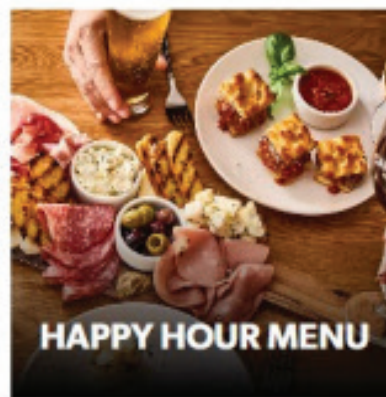
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We do not offer every plan available in your area. Currently we represent 12 organizations which offer 90 products in your area. Please contact Medicare.gov, 1-800-MEDICARE for more information on Medicare Advantage Prescription Drug Plans. Each of the organizations we represent has a Medicare contract. Enrollment in any plan depends on contract renewal. We



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Also founded by Nadine King, and working with Christmas Come True, this thrift store provides furniture and home essentials to those in need. “Every Child should have a bed, a pillow, and bedding. Too many don’t,” Nadine says. One of many places you can help your neighbors by giving what you can. Log on to their website for more information.

#### **Seawolf Privateers**

Founded by Tim Brinegar, aka, Captain Alan Scabbard, and his wife Cayti, he utilizes his unique background to provide a unique experience for foster and displaced children. They dress in pirate garb to create a fun and active environment for children to feel safe. Their signature murder mystery fundraisers have been part of many county festivals since their founding in 2021.

#### **Family Life Center**

Dedicated to providing compassionate support to victims of sexual assault and domestic violence, this nonprofit social service organization is committed to addressing the needs of the community. They strive to create an environment of

safe co-existence among families in their facility as well as throughout the community. Established in 1987 in Flagler County, they continue their dedication to helping victims throughout the county.

#### **Krewe Of The 13**

Keeping to the classic pirate theme of the area, is the Krewe of the 13. This group organizes charity events, participates in fundraising, and gathers sponsors all in the name of supporting local families in need from Duval, through to St. Johns, and down to us in Flagler County. Check their website for testimonials from people they have helped, and learn how you can help as well.

#### **Grace Community Food Bank**

Their mission statement is to assist feeding Flagler County’s less fortunate until they are fully able to feed themselves. The Grace Community Food Pantry aims to address the needs of our friends and neighbors. This includes the veterans, the disabled, as well as the unemployed and underemployed. They coordinate through a variety of distribution centers during special events, and regularly throughout

## **Thanksgiving Facts**

The USDA projects that 219 million turkeys will be raised in the United States in 2023.

The US president traditionally receives a turkey in a ceremony at the White House a few days before Thanksgiving Day. President Harry S. Truman started the tradition and President George H. W. Bush was the first to pardon the bird and not eat it.

#### **Timeline**

**Fall 1621** - The first Thanksgiving is observed in Plymouth. A good harvest leads Massachusetts Governor William Bradford to plan a festival to give thanks. Around 90 Native Americans attend.

**1789** - President George Washington issues a proclamation naming November 26 a day of national thanksgiving. There was no national Thanksgiving Day for several years, but many states had Thanksgiving holidays.

**October 3, 1863** - President Abraham Lincoln proclaims the last Thursday in November as a national day of thanksgiving.

**1939** - President Franklin D. Roosevelt moves Thanksgiving Day one week earlier to boost the Christmas shopping season.

**1941** - Congress rules that the fourth Thursday in November will be observed as Thanksgiving Day and a federal legal holiday.

ans Day.

In 1926, Congress passed a resolution making it an official annual event. In 1954, U.S. President Dwight D. Eisenhower renamed Armistice Day to Veterans Day to honor veterans of all wars.

In 1968, Congress officially moved Veterans Day to the fourth Monday in November to begin three years later. Americans were confused. Many disagreed with the change. Thus in 1975, U.S. President Gerald Ford signed legislation to change the official date back to Nov. 11 starting in 1978.

Flagler County and the City of Palm Coast have scheduled a joint celebration at Flagler Auditorium, 5500 State Rte 100 from 10 AM to 1 PM for an official ceremony followed by a barbecue luncheon for veterans and their families.

Registration is not required for the ceremony but is for the luncheon to ensure adequate supplies. The luncheon is no cost. Pre-register for the luncheon with your respective veterans’ group at the Palm Coast Community Center. Call the center at (386) 986-2323.

The ceremony is slated to begin with colors presentation by the Mantanzas High School JROTC. Local vocalists are scheduled to perform various patriotic songs including The Star Spangled Banner and Veteran of the Year will be announced.

### **Marine Corps Ball**

Another local opportunity to celebrate veterans (and active service members) is the annual Marine Corps 248th Birthday Ball on Sat., November 4, at the Moose Lodge #1263 at 601 W. Granada Blvd in Ormond beach. The event includes a cash bar from 5 to 10 PM with a social hour from 5 to 6 PM with dinner, ceremonies, and dancing from 6 to 10 PM. Dress is semi-formal. The honored guest for 2023 is Marine Gunnery Sergeant Mel Rollins. Reserve tickets via email to Frankpaco1967@gmail.com or phone Ellen Werner at (386) 237-9798 or Joe Kowalsky (386) 237-4728.

## Cover Story from page 25

the year. Point of contact to volunteer or donate would be Pastor Charles Silano of Grace Tabernacle Ministries International.

### The Sheltering Tree

Also known as the Flagler County Family Assistance Center, started by Carla

health and wellbeing through humanitarian services. Most recently, offering vision screenings in child care centers and local expos.

They also provide volunteer and scholarship opportunities to the high school students of Flagler County.

### Kids Rock the Nation

This group was founded by blues musi-

across the country, and as far as the Caribbean and the Philippines. He has plans to open a facility to both teach how to play, as well as the business side of the music industry.

### S.M.A.R.T. (Saving Missing Animals Response Team)

This relatively new group finds abused, abandoned and injured dogs and nurses them back to health and finds them new homes. You can check out their website to find dogs that are currently available for adoption and if you'd like to volunteer, help is always needed.

Each of these organizations address a specific need for the people of Palm Coast, and Flagler County at large. And these are not all there are. Over the last 20 years, more groups have risen and fallen and thrived within Flagler County and beyond to the rest of the state of Florida as well as the rest of the country. And every group wants to help, waiting by their phones, ready to jump at the word there is someone in need. It is a life of service, passionate about giving back to their community.

But none of them can function, and further serve the community, without our help. Funding constraints, volunteer shortages, and navigating complex regulatory landscapes can pose significant hurdles. Direct donations offer the most support, but they also accept volunteering. These groups are indispensable pillars of the community, all providing a positive impact. Each of them have websites and some also have a Facebook page so that you can learn more about what they do and how they affect our community in a positive way.



Kept and Reverend Beth Gardner of First Methodist, the first cold weather shelter in Flagler County. The main focus is to keep as many Flagler residents as possible out of weather of 40 degrees or colder. Starting with a couple blankets and some throw rugs to offer, now they assist residents with utility bills, rent shortages, or just a person to talk to. Log on to their website for more information.

### Kiwanis Club

Originally a program founded in 1915 Detroit, Kiwanis has expanded into an international organization. Their mission focuses on the betterment of children. These deeds are not just sheltering the homeless and feeding the hungry, but more so through youth development. They have raised funds for pediatric research and develop leadership skills. Regular club meetings ensures all shifting necessities are met and helping the next generation is always the focus.

### Lion's Club

Founded in 1973, the Lion's Club has served the community through various charitable projects. Their purpose is strengthening communities by improving

cian, Anthony Kleppe, aka Anthony Wild, after beating cancer. The one thing his doctor asked him to do was to give back through music. It started with gifting instruments to children of all walks of life,



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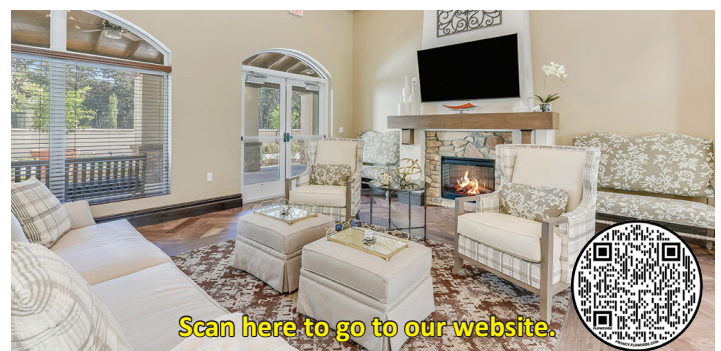


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# Gardening Tips

*Solo bees, by Vivian Reed and Judy Jean*

When you mention bees people automatically think about Honey Bees and the sweet gold they produce. We have all seen bee hives, know about the Queen Bee, the drones, and of course the hula dance they do to communicate. Who among us have not been stung at least once? But Honey Bees do not make up the majority of the bee population. According to the The Xerces Society for Invertebrate Conservation, of the approximate 3,600 bees in North America, almost 90% are Solitary (Solo) Bees.

Most people have not heard of Solo Bees that, as their name suggests, lead a solitary life, do not produce honey, and are not aggressive. You have heard the saying: "It takes a village." Well in the case of bees, it takes a colony. Making honey is labor intensive and Solo Bees don't have the manpower to make honey. It is the lack of having to protect a stash of honey that makes Solo Bees less aggressive and less apt to sting. Though Honey Bees pollinate flowers, Solo Bees are super pollinators because there are so many more of them. There are at least 300 types Solo Bees in Florida alone.

Some Solo Bees are particularly helpful in pollinating specific crops. There is the Squash Bee for squash and the Blueberry Digger Bee's (Habropoda laboriosa). The Digger's high wing speed blows pollen onto the bees making it easier to pollinate the blueberries.

As a whole, Solo Bees are better pollinators because they:

- Fly faster so they pollinate more plants.

---

*Vivian Reed is a Master Gardener volunteer working with Flagler County Master Gardener Coordinator, Judy Jean.*

- Work on cloudy days – they are not fair weather buzzers.

- Work long hours, their day starts before 7am and ends late in the afternoon.

- Have a great attitude despite their long hours so you can work in your garden with them and not have fear of getting stung.

The foraging distances between Honey Bees and Solos are significant. Worker Honey Bees travel 600 – 800 yards whereas Solo Bees keep closer to their pollinating source by flying only 300 – 500 yards. This means that their nests are closer to our homes and we can have a favorable impact not just on their source of pollination but their nesting habitat.

Solo Bees are often categorized by type or category (Miner, Leaf Cutter) but Sally Scalera, (Urban horticulture agent and master gardener coordinator for the University of Florida's Institute of Food and Sciences) categorizes them simply as either soil or wood dwellers. "... approximately 70% nest in the ground by digging a tunnel in bare or semi-bare, well-draining soil. Soil-dwelling bees include bumble, digger, sweat and squash bees."

As with Honey Bees where the focus is on the Queen Bee, it is also a woman's world with Solo Bees. After mating, the female Solo builds her nest with no assistance. Whether the nest is built under the soil or in wood, the nests are similar in that they are tubular and have chambers. Nests made underground can be identified by mounds of dirt with an entrance hole. Though they are solitary in nature and have their own chamber, it is not unusual for Solo Bees to live "condo" style with several bee chambers next to each other. They may even share the same

entrance and branch out to individual chambers.

The female may lay anywhere from one to twenty eggs, depending on the species. With some bees the males are laid up front so if the nest is compromised, the males will be sacrificed and hopefully the females located in the back of

ers? Of course there are no rolls of lawn pre-drilled with holes but we can make our gardens more hospitable for them. We can provide space in our yard for our mining bees; it is not that difficult and doesn't involve building anything. Using Florida Friendly Landscaping guidelines is a great start. Providing sunny bare spots



the chamber will survive. Each chamber is provisioned with pollen and nectar so that once the egg hatches, which may be close to a year later, it has enough to eat while it develops from a larva to a pupa. Emerging males wait around until females emerge so they can mate. Because male Solos are homeless, they can often be found sleeping within flowers during the evening. Males die within weeks of mating.

Habitat destruction has negatively affected our pollinators so it is important that we provide an environment where they can pollinate and procreate. There are many kits for wood dwelling bees that you can buy and instructions on how to build your own. Most kits have multi-sized holes to accommodate different types of Solo Bees. It is recommended that the tubes are replaced every other year so that pathogens don't grow in them. But what about the soil dwell-

or areas that are sparsely vegetated will provide areas for mining bees. This doesn't mean that you can't mulch but devote some areas for them or don't mulch over an area where you see their tunnels. Their tunnels may be anywhere from a few inches to three feet deep. In 2016 a study was made at UC Santa Cruz as part of a larger study and they found a negative correlation between the area of a garden with mulch cover and the number of bee species.

A plus for us who live in Flagler County is that our sandy soil is very suitable for these bees. Mining bees can also be found in lawns and they will resemble ant hills. In looking at the pictures of mining bee nests I think that I have mistaken them for ant nests and may have had them destroyed. When my exterminator comes again, I am going to make sure that I look for these miner bee nests and educate them also.

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# Selection Of The Month

*The Garden Club Of Palm Coast's monthly garden by Nancy Iandoli*



Jerry and Donna Bird of Francis Lane have been recognized as November 2023 Selection of the Month by The Garden Club at Palm Coast.

Originally from upstate New York (Adirondack area), the Birds moved to Palm Coast two years ago and there was no landscaping on their property.

Donna has been a Master Gardener in four states (Tennessee, Alabama, New York, and Florida).

She likes planting in threes to provide a more natural, non-linear look to the landscape and Jerry assists with planting them. What a team.

The front bed on the left side of the house has red and white salvia, white pentas, blue daze, hydrangea, white plumeria, shasta daisies, peace lily, bird of paradise, foxtail fern, jade, aloe, portulaca, and a variegated devil's backbone, which Donna won a blue ribbon for from the UF/IFAS Extension office.

On the opposite side there are yellow and pink hibiscus, Texas sage, variegated canna lilies, and yellow lantana.

They have a beautiful enormous backyard with various gardens and plants. They created a small pond which is surrounded by pink lantana, dwarf trumpet vine, coast buckwheat, black-eyed Susan, rubber plant, pencil cactus, shrimp plant, a huge bleeding heart vine, and a yellow lantana tree.

They have staghorn ferns, a large hanging spider plant, and a table full of various propagated plants. They have a unique double barrel hanging planter that has various succulents.

They also grow datil peppers, lemons, limes, basil, and a fig tree. Donna is crafty and paints rocks to label her plants throughout her beds. Some of her rocks even look like shoes and ladybugs.

*Submitted by Nancy Iandoli, Selection of the Month Committee*

The Garden Club meets monthly on the second Monday of each month at 1:00 p.m. at the VFW 47 Old Kings Rd. N, Palm Coast from September through May.





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**For more information on Municipal Bonds log on to [msrb.org](http://msrb.org)**

# Parks And Recreation In The City

The city of Palm Coast has no shortage of green spaces and recreation areas as you will find with a little exploring. We decided to make it a little easier to find a place that's perfect for your recreation, reflection and relaxation needs. The following list shows the major playground spots as well as parks, sports facilities and nature preserves. We visited each of these places and found them all to be well-maintained and easily accessible so don't hesitate to avail yourself of the amenities they offer.

## **Belle Terre Park • 339 Parkview Dr.**

This park, located behind Wadsworth Elementary and Buddy Taylor Middle Schools, offers soccer fields, tennis and racquetball courts. Due to its proximity to the two schools, students often benefit from the park's recreational opportunities.

**Parking • Pickleball • Picnic Shelter • Playground • Raquetball Restrooms • Soccer • Tennis**



## **Bird of Paradise Nature Reserve • 179 Bird of Paradise Drive**

A passive park providing the Indian Trails neighborhood residents a place to relax and enjoy the beauty of nature. This quiet spot is peaceful and it's also popular with fishermen.

**Fishing**



## **Central Park in Town Center • 975 Central Avenue**

Drawing inspiration from towns and suburbs built in the early 20th century, this nine-acre urban park is situated in the heart of Town Center, Palm Coast's downtown area.

**Geocaching • Parking • Restrooms • Walking**



## **Children's Memorial Garden • 150 Waterfront Park Road**

Nestled in the shade of old oak hammocks along the Intracoastal Waterway scenic trail just north of Waterfront Park, this special place serves as a peaceful sanctuary for all to rest, reflect and recall.

**Parking**



## **Community Center & Park • 2860 Palm Coast Parkway**

The Palm Coast Community Center is the home for the Parks and Recreation administrative offices. It also serves as the host location for the Palm Coast City Council Business Meetings, advisory committee meetings, recreation programs and activities.

**Basketball • Parking • Playground • Restrooms**



## **Heroes Memorial Park • 2860 Palm Coast Parkway NW**

Those in the military and law enforcement who have served and sacrificed for our country now have a place to be honored. Each Memorial Day, Veteran's Day and Fourth of July memorial services are held in this park to recognize those who have given their lives in the line of duty. Branches of the military are honored with engraved granite monuments of these names, along with a Purple Heart Memorial.

**Geocaching • Parking**



## **Indian Trails Sports Complex • 5455 Belle Terre Parkway**

Host site of local, regional and state Lacrosse and Soccer Tournaments, the ITSC/ITMS site provides visitors with exceptional athletic facilities conveniently located off major transportation routes.

**Baseball • Lacrosse • Parking • Picnic Shelter • Playground Restrooms • Snack Bar • Soccer**



**James F. Holland Memorial Park • 18 Florida Park Drive N**

Holland Park is an important recreational and social hub in the community. Dog park and bocce ball courts attract residents to this most popular destination in the Palm Coast community.

**Baseball • Basketball • Bocce Ball • Dog Park • Lacrosse • Parking • Pickleball • Picnic Shelter • Playground • Restrooms Shuffleboard • Soccer • Tennis • Vollyball • Walking**



**Long Creek Nature Preserve • 1050 Palm Harbor Parkway**

Long Creek Nature Preserve is the newest jewel in the City of Palm Coast's park system.

**Canoeing • Elevated Boardwalk • Fishing • Floating Boat Dock Hiking • Kayaking • Parking • Wildlife Viewing**



**Palm Coast Aquatics Center • 339 Parkview Drive**

Heated pool with lanes available for lap swimming. There are plenty of lessons offered here for everyone from kids learning to swim to senior citizens doing aquatic exercise classes. Check out their schedule on the city's website.

**Parking • Picnic Shelter • Restrooms • Swimming**



**Palm Coast Tennis Center • 1290 Belle Terre Pkwy**

The Palm Coast Tennis Center, a 2010 USTA Facility of the Year Award Winner, offers 10 Hydro-grid clay tennis courts lighted to tournament standards. Leagues, lessons, events, tournaments and programs for players of all ages and abilities are offered.

**Parking • Restrooms • Tennis**



**Ralph Carter Park • 1385 Rymfire Drive**

Ralph Carter Park, adjacent to Rymfire Elementary School extends across 13.1 acres of land. It offers visitors lighted multi-sports fields, a mini skate park, a lighted basketball court, walking trail, playground, bar-b-que grills and restroom facility.

**Basketball • Parking • Picnic Shelter • Restrooms Skateboarding • Soccer**



**Seminole Woods Neighborhood Park • 350 Sesame Boulevard**

Seminole Woods Neighborhood Park creates an active, social environment for our visitors. The variety of recreational opportunities appeals to children, adults and seniors, making it a favorite family destination.

**Geocaching • Parking • Picnic Shelter • Playground • Restrooms Soccer • Tennis**



**St. Joe Walkway/Palm Coast Linear Park • 31 Greenway Court**

Nestled between the eastbound and westbound lanes of Palm Coast Parkway, Linear Park's 57-acre jewel features many amenities for all to enjoy, including a playground, picnic pavilions, hiking and biking trails and bird watching.

**Biking • Bocce Ball • Geocaching • Hiking • Parking • Picnic Shelter • Playground • Restrooms • Shuffleboard • Walking Wildlife Viewing**



**Waterfront Park/Intracoastal Waterway • 150 Waterfront Park Rd**

Waterfront Park is the only city-owned waterfront property along the Intracoastal Waterway. This large waterside park never seems to be crowded and offers a variety of activities for nature lovers.

**Biking • Fishing • Geocaching • Parking • Picnic Shelter Playground • Restrooms • Walking • Wildlife Viewing**



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# Live Music

*Fitzgerald Performing Arts Center's November acts*



*Almost ABBA* recreates the magic and nostalgia of ABBA in a costumed, choreographed, and interactive audience experience. They are the longest-running North American Tribute to the Swedish supergroup and have toured 11 countries. They have performed for the US Military, NBC, Universal, and audiences as large as 50,000. They'll be at The Fitz on November 18 at 7 PM.

TWO great tribute bands together are appearing together for one special night. *Turnstiles*, the ultimate tribute to *Billy Joel* and *Greggie and the Jets*, an *Elton John* tribute band, come face to face, band to band, in a legendary performance for one night only on November 24 at 7 PM. You can call the box office at 386-437-7547 for ticket and information from 10 AM-4 PM Monday through Friday and until 5:30 on show days..



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# Flagler Artists

*Susan Hanssen's vision finally came to Palm Coast, by James Moore*

Palm Coast is home to an ever-growing artistic community. Some are locals, most are transplants. Some are lifelong artists and others started recently. Talents, all. Susan Hanssen is the latest local artist to join the Palm Coast community.

Susan is an award-winning painter who established herself in South Florida for her unique and exciting work. She was a signature member of the National Watercolor Society, the American Watercolor Society, and the Florida Watercolor Society. Susan has twice won medals at prestigious American Watercolor Exhibitions in New York.

Originally from Buffalo, NY, she went to Syracuse University to study fine arts. She

worked for 28 years in advertising, ranging from New York City to Denver, and Dallas. All that time, she never lost her interest in the arts. One day, she decided she needed a change. In 1998, she quit her job and moved to Ft. Lauderdale with her husband. The pair of them lived on a sailboat docked there for 23 years.

While in Ft. Lauderdale, she spent 12 years teaching at the Boca Raton Museum Art School. She would then start her own studio and teach privately. Enjoying illustration and eclectic pieces, watercolor became her preferred medium.

Susan gives special credence to her mentor, Dianne Manse. She encouraged Susan to explore stories through her



paintings. "I make paintings that are thoughtful, that make people stop and wonder," Susan says.

And this has become Susan's philosophy in painting ever since. It is not enough to just paint a picture for people to enjoy. They are designed to be conversation starters. Each one is part of a greater series. One series she started with focused on sheep, which had her community referring to her as the Sheep Lady. The Coral Springs Museum hosted an exhibit to display these pieces.

Susan's more recent series is centered on a character named Prudence. She is a young girl living an idyllic childhood, oblivious to—what Susan describes as—the character of life looming behind her. A piece titled "A Fateful Choice" shows Prudence holding a magic wand in one hand and a bull's tail in the other. "She trusts in magic, still," Susan says.

Admittedly, Prudence is semi-autobiographical. Susan is not the exception to the regular struggles artists experience. There is always the financial blow of leaving an office job to pursue the arts. Teaching classes helps fund her painting, this passion that keeps her brain active.

Every so often, though, she finds those high points that make it all worth it. The exhibits, the shows, all the places that host her paintings. One can only imagine the feeling of seeing this passion hanging up and admired by others. The pieces are meant to be to spark conversation. She can walk past the onlookers and hear their creativity coming alive from her work.

Susan moved to Palm Coast a year ago. For a similar reason I have heard many people claim when moving here: Just wanting a change. And she has already hit the ground running. During this past September, her art was displayed in Expressions Art Gallery on Colbert Street with fellow artist Sheryl Fletcher Coon.

Sitting with Susan and listening to her talk about art, there is no doubt her mind is a creative labyrinth of ideas waiting to come out. She loves to discuss all creative topics, a constant student of art, be it old masters or new trends. Though she is new to the area, once upon a time we all were, and I hope the community welcomes her and her vision.

Susan's work can be viewed on her website at [www.susan-hanssen.com](http://www.susan-hanssen.com) or her Instagram @susanfrosthanssen.



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# Events, Meetings, Classes, etc.

## Events

**Palm Coast Farmer's Market**  
**November, 5, 12, 19, 26 @12-4 PM**, European Village, 101 Palm Harbor Pkwy, Vendors include sellers of seafood, meats, dairy products, nut butters, many varieties of crafts and a lot more every Sunday.  
**First Saturday Creative Bazaar Arts & Crafts Market**  
**November 4, 1500 Central Avenue, Town Center.** Produced by The Palm Coast Arts Foundation, this is a bazaar

and flea market featuring arts and crafts every first Saturday of the month.

**Book Club**  
**November 3, 10:30-11:30 AM, first Friday of the month**, Palm Coast Community Center, free. Do you love to read? Each month will have a designated genre. You select and read a book that falls within the monthly category. Book suggestions are available on our website if you need a little help. That month we will meet to share our impressions, reactions, and

feelings. June: Reader's Choice. Go to [www.parksandrec.fun/](http://www.parksandrec.fun/) adults to sign up.

**Texas Roadhouse Events**  
**October 9-10** AdventHealth Breast Cancer Awareness Fundraiser from 2-8 PM at Texas Roadhouse Palm Coast, mention the fundraiser to your server to donate 10% of your check back to a fantastic cause.

**October 16** Flagler Titans Fundraiser from 2-8 PM, mention the fundraiser to your server to donate 10% of your check back to Flagler Titans!

**October 20** Garden Club of Palm Coast Fundraiser from 2-8 PM, mention the fundraiser to your server to donate 10% of your check back to the Garden Club!

**October 31** Rymfire Elementary School Fundraiser from 2-8 PM, mention the fundraiser to

your server to donate 10% of your check back to RES!

## Meetings

**New Jersey Social Club**  
 Social club for former New Jersey residents with a monthly meeting on the fourth Wednesday of each month. For more information, contact membership chair Penni Knapp at 386-931-5976.

**Italian American Club Bingo**  
**Mondays & Tuesdays, 45 Old Kings Road**, doors open at 3 PM on Monday with free dinner served. Tuesdays, doors open at 10 AM and free lunch is served. Call 386-445-1893 for more information.

**Nara-Anon Group**  
**Monday nights at 6 PM, St. Marks By The Sea Lutheran Church, 303 Palm Coast Pkwy NE, Palm Coast.** Nara-Anon

## Marine Corps Detachment 876 Flagler County

Meetings are the 3rd Tuesday of each month.

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**Legend 2 Legend Show:**  
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Nov. 24, 2023 - 7:00 PM



**One Christmas Night  
in Memphis**  
Dec. 7, 2023 - 7:00 PM



**The Silhouettes:**  
*The Light of Christmas*  
Dec. 15, 2023 - 7:00 PM



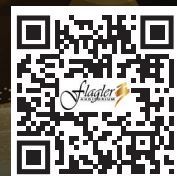
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Events, Meetings, Classes, etc. from page 40

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**Activities**

**Aqua Zumba**  
**Mon-Wed Aug. 14-Dec. 20,**  
**Tue-Thu Aug. 15-Dec. 21,**  
**5:30-6:30 PM, 9-10 AM, Palm**  
**Coast Aquatics Center.** Aqua Zumba blends the Zumba philosophy with water resis-

The activities that we have listed here that are presented by the city's park and Recreation Department are only a fraction of the total activities that occur on a regular basis. There is a truly impressive variety of activities, classes and other events that this department produces — their catalog is 38 pages. So go to <https://www.palmcoast.gov/parks-and-recreation> or scan the QR code to see a lot more.



Dwight Yoakam has sold more than 25 million albums worldwide, and he is a 21-time nominated, multiple GRAMMY® Award winner. He has 12 gold albums and 9 platinum or multi-platinum albums, with five of those albums topping Billboard's Country Albums chart and another 14 landing in the Top 10. Nearly 40 of Yoakam's singles have charted on Billboard, with 14 peaking in the Top 10. He'll be performing at The Amp in St. Augustine on November 17.

tance for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class, so you can really let loose. 13+ years, Fee: \$8/class

**Water Aerobics**  
**Mondays-Wednesdays, Aug. 14-Dec. 20, 9-10 AM, Palm Coast Aquatics Center.** Combine aerobics with strength training in our Water Aerobics class! Moving your body through the water creates a resistance that will activate muscle groups without impacting your joints. Ages: 13+, Fee: \$8/class

**Beginner's Pickleball**  
**Tuesdays, Fridays, Aug. 15-Dec. 29, 8-10:30 AM, Holland Park Courts.** If you want to learn how to play in a fun and friendly atmosphere, try out our Beginner's Pickleball. Registration is not required. Paddles, balls, and nets are available for use. Ages: 18+, Free

**Women's Self Defense**

**Mondays, Oct. 9, 16, 23, 6-8 PM, Palm Coast Community Center.** Learn effective methods to ward off attackers in this three-day class. Commander Michael Lutz from the Flagler County Sheriff's Office will teach you skills to make you more aware of your surroundings, methods to protect yourself, and critical safety tips. Pre-registration is required at least 48 hours in advance; participants must attend all three classes. Free

**Learn Computer Basics**  
**Tuesdays, Nov. 21, Dec. 19 10-11:30 AM, Palm COAST Community Center.** Want to learn more about your computer? These classes teach you basic care of your computer, different programs you may need to use, and the importance of internet security. Ages: 18+ years, Fee: Free

**Intro To Sculpture**  
**Thursdays, Nov. 9-Dec. 14, 4-5:30 PM, Palm Coast Community Center.** Come

## QR Code Use Rapidly Growing in Popularity

You've undoubtedly seen QR codes all over the place in your everyday life and you maybe a regular user of them. If you are, you may not need to read this article. If you're not that familiar with them and aren't sure of what they do, then please read on.

In either case, QR codes are here to stay and are gaining in popularity and usage. We have been using them in this magazine for over a year now and they have been steadily producing more and more scans each issue. In the last 90 days, for example, the number of scans made from QR codes in our pages has gone up 174% in the last 90 days.

How do you scan a QR code? Now you can simply point most phones at a code such as the one at right and the phone will display a URL. When you touch that URL you are taken to a web page. When I first started using QR codes I downloaded a QR code reader from the Google Play Store. iPhone users that have an iPhone 11 or later can automatically scan codes without a QR reader. My current Samsung phone, an A13, also automatically scans QR codes so I don't have to use the QR reader software that I downloaded for free over a year ago. So if your phone doesn't scan codes automatically just download one of the free apps and you'll be all set.


If you want to see if your phone can scan codes then try scanning the code on this page. If it works you'll be taken to our web page where you can download any of our back issues. And if you have any questions for any reason just do a Google search and you'll find lots of information to help you. In the meantime, please keep reading... and scanning.



### Flagler County Orchid Society

Monthly Meeting • November 30 at 7 PM  
 Trinity Presbyterian Church • 156 Florida Park Dr  
 Orchid species and care are discussed and guests are always welcome.

**Contact: Jeanne Long**  
**386-931-3156**



Scan here for info.

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## Events, Meetings, Classes, etc. from page 43



Multi-platinum global entertainer Chris Young has accumulated an impressive list of accomplishments, including membership in the iconic Grand Ole Opry, over 5 Billion on-demand streams, 13 career No. 1 singles, 24 R.I.A.A. certified projects and numerous ACM, AMA, CMA and Grammy nominations. He'll be performing at The Amp in St. Augustine on November 9.

challenge yourself, bring your imagination, and use your creativity in six fun sculpture classes. Get a good foundation in hand-building applications with a nontoxic clay that hardens without firing. Taught by certified art instructor Kristy Craige. Ages: 18+ years, Fee: \$65/session

**BAM! Balance & Motion**  
**Mondays, Thursdays, Aug. 14-Dec. 28, 12-12:45 PM, Palm Coast Community Center.** Presented in partnership with Florida Health Care Plans (FHCP). Get moving and join senior fitness specialist Artie G. for BAM! Balance and Motion. Develop balance, coordination, core strength, flexibility, and range of motion. This class is gentle, upbeat, and supportive

of all fitness levels. Fee: Free

**Gentle Yoga**  
**Tuesdays, Nov 7-Dec. 12 10:30-11:30 AM, Palm Coast Community Center.**

Start experiencing the many benefits of yoga through this safe and gentle modified chair version. Yoga work is done either standing or in a chair.

This class includes low-impact stretching and strengthening, as well as breathing routines. Led by certified instructor Michele Cotto. No floor work. Please bring your own mat and towel. Fee: \$8/class

**Senior Social Corner**  
**Tuesdays, Aug. 15-Dec. 19, 12:30-4 PM, Palm Coast Community Center.** Looking to get out of the house? Come out and make new friends or

## Applications Open for Flagler County Master Gardener Volunteers

Flagler County University of Florida IFAS Extension office will be accepting applications from Sept. 1 through Oct. 31 for new Flagler County Master Gardener Volunteers. Training will be held Jan. 11 through April 18, 2024. Florida Master Gardener volunteers help people find practical gardening and landscape solutions to problems specific to living in Flagler County Florida. Training consists of classes held Thursdays from 9 a.m. - 3 p.m. with topics spanning plant propagation, hydroponics, soil science, fruit crops and many more. The classroom time will be held at the Flagler County extension office at 150 Sawgrass Road in Bunnell. You can apply at <https://tinyurl.com/FlaglerCountyMGV>. Contact Judy Jean at [jean.cjudy@ufl.edu](mailto:jean.cjudy@ufl.edu) with questions.

catch up with old ones! This is a great opportunity to sit, visit, and play games with other seniors. Fee: Free

## Classes

### Art Classes

All classes at Sherry's Art Studio, City Marketplace, 2nd floor, 160 Cypress Point Pkwy. Call 732-997-9516 for more information or see the website for a complete list at [www.sherrysartstudio.info](http://www.sherrysartstudio.info)

**Sat Nov 4 11 AM**, "Dec 26th" 14" Oval Wood Sign, \$65.00

**Sat Nov 18 11 AM**, Mermaid Porthole, \$195.00

**Sun Nov 26 11 AM**, 3rd in the Rusty Sandpiper Design, \$75.00

**Sun Nov 5 11 AM**, Personalized Octopus Buoy, \$95.00

**Sun Nov 19 11 AM**, 2nd Trinity "Rusty Sandpiper" 12x24 Acrylics, \$75.00

**Sun Nov 12 11 AM**, The Rusty Sandpiper 12x24 Canvas 1st in a Trilogy, \$75.00

**ANNUAL THANKSGIVING DAY**

**WORKSHOP 11 AM**, Coastal Rudolph Ornament, \$22.00

**ANNUAL THANKSGIVING DAY WORKSHOP 11 AM**, Lg Wood Coastal Wreath, \$95.00

**ANNUAL THANKSGIVING DAY WORKSHOP 11 AM**, Sand Dollar Santa Sign/Door Hanger, \$75.00

## Business Functions

### Palm Coast Business

**Professionals Network Meeting November 2, 9, 16, 23, 30 @ 7:30 AM**, Coldwell Banker, St. Joe's Village, Weekly networking meeting of local business owners. Call Brad at 386-283-0955 for info.

### Professional Women Of Flagler County

**November 3, 8:30-10 AM**, Market Street, 2 Corporate Dr. Networking breakfast. Call Nina at 845-531-1673 for more information.

### Bold Ladies In Business

**Rodie's Place, 5115 N. Ocean-shore Blvd, Palm Coast** Networking event to benefit Live Like Cameron. See their Face-

book page for more information.

### Palm Coast Lions Club

**November 13, 5:30 PM**, Lohman's Funeral Home. The Palm Coast Lions Club meets at 5:30 PM on the second Monday of the month at Lohman's Funeral Home in Palm Coast. Call Nina at 845-531-1673 for info.

### BNI

**November 2, 9, 16, 23, 30, 8 AM**,

**Elks Lodge Palm Coast.** Business referral group that meets weekly to exchange business leads and referrals. Call 904-669-2337 for more information.

### Rotary Club of Flagler County

**November 7, 14, 21, 28 @ noon**, The Pine lakes Restaurant. The club meets every Tuesday at noon. Call 386-585-2198 for more information.

**Artie Gardella**, a resident of Palm Coast for multiple decades, has announced the new expansion of his senior fitness program, Synergy Senior Fitness. The change was made as a result of increased demand, according to a press release detailing the change. Those wishing to attend the new class can come to St. Thomas Episcopal Church on Belle Terre Parkway at 10:30 AM on Mondays and Thursdays. The program aims to promote muscle tone, strength, endurance, balance and flexibility. It's covered by most insurance providers. Uninsured participants can join in by paying a donation. Synergy Senior Fitness offers a variety of classes in several locations between Flagler and Volusia counties. According to the program's website, the following locations and time slots are available:

#### Palm Coast Community Center, 305 Palm Coast Parkway NE

Mon & Thurs, 12:00 PM – Balance and Motion

#### First Baptist Church, 2301 Commerce Pkwy, Bunnell

Tues, 9:15 AM – Synergy Classic

Tues & Thurs, 9:15 AM – Active Fit

Tues & Thurs, 10:15 AM – Pilates

#### St. Thomas Episcopal Church, 5400 Belle Terre Pkwy

  
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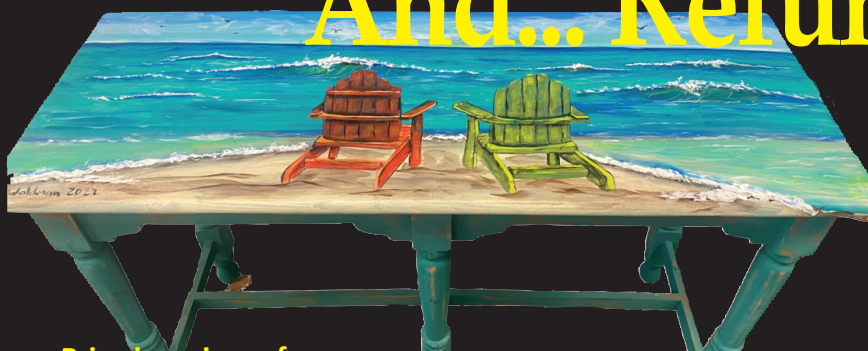
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Sherry Waldman is a published international artist bringing over 4 decades of art experience to Palm Coast. Her studio is a place where reality and fantasy meet and greet. 4,000 sqft of unbridled creativity. 3 classrooms, art supplies, murals, custom work, daily workshops and Open Studio.

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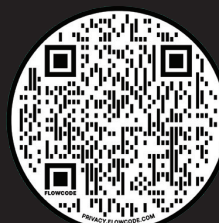


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