



Ocean Resorts Island Times Newsletter

November 2023

Photo by Jim/Carmel Jolly

**HALLOWEEN
HAPPY HOUR
FUN!!**

**SPONSORED BY
THE SOCIAL
COMMITTEE**

Photos by Cibby Gardiner



The next Happy Hour will be Thursday, December 21st. Hope to see you there!!

BOARD OF DIRECTORS' PRESIDENT'S REPORT by Jim Buysse

Welcome back to all of us Northern Snowbirds. It's nice to be back in the Paradise of Ocean Resorts. To all who haven't made it back yet, safe travels.

As you get back to Ocean Resorts, you will notice the staff has been busy this summer. The inside of the Club House was painted, the Office exterior was painted, Comfort Station #2 was finally repaired and painted, Pickle Ball now has permanent lines on the courts, and a new fence was erected around the pavilion area. Great job staff!

The Board of Directors and Attorney have been working on Ocean Resorts By-Laws for some time. They are completed and are being sent out to shareholders. Changes are shown by

applying a strike-through to text being removed/deleted and by underlining text being added. Many inconsistencies have been corrected and updated to reflect current times. Please use your Shareholders rights and VOTE! It is very important to the Ocean Resorts Co-Op.

Other projects the Board is working on is the electrical and water infrastructures. The electrical lines continue to have burn outs and have been costly to repair. We have been trying to work with FPL (Florida Power and Light) to see if we can arrange a permanent fix. The water infrastructure is not far behind. The water meters are in desperate need of replacement as they are 30+ years old. We are currently working with a water company to fix the water problems. It just takes time.

As always take care of yourself and each other.

REMEMBER TO VOTE !!!

A meeting of the shareholders is scheduled to be held on **Tuesday, December 5, 2023 at 11:00am at the Clubhouse Pavilion**. Your Board of Directors will be holding this Meeting of the Shareholders to vote on a proposed comprehensive amendment to the Bylaws of Ocean Resorts Co-Op, Inc.



WESTERN DANCE

Saturday, January 27th
4-8pm

Menu: Beef Hot Dogs,
Baked Beans, Coleslaw
& Sauerkraut, desserts

Returning will be
Whiskey Six, a great
band!!

Time to look for boots, cowboy hats and
other western attire!!

Put this on your calendar; it is a great event!!

Sponsored by the Social Committee

How Green is Your OR Garden? - by Linda Smolarek

This is a picture of Gerry Marcus and her window box of beautiful striped petunias - it doesn't have to be elaborate! A simple pot or window box of flowers brightens the day. 🌹🌺🌻.

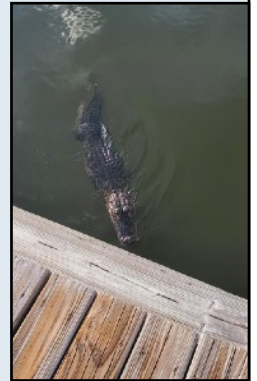


Welcome back to the OR Marina!!



The Marina Committee will have its season-opener meeting sometime in December and anyone is welcome to join our nautical, fun-loving fishing and boating group.

If you want a boat slip, please remember to get new slip clearance from the OR Office before contacting the Dockmaster for assignment. During the off-season, the Marina had the wood dock pilings poly-wrapped to protect the piles from wood destroying organisms. Seven additional slip ladders were acquired by the Marina Committee and will be installed. The green underwater fish light expired after 3 years and a new one is being installed.

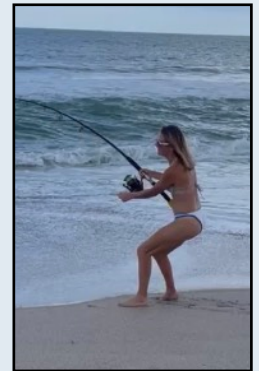


You may notice the Beware of Alligator sign posted at the marina. We had a 5 ft alligator in our marina for a few months this summer.

During the summer a few boats were broken into, so the Marina Committee purchased a security camera system and posted notice signs. A big thank you goes out to Robin Lovelock for installing the 24 hour camera system that now monitors the marina.



Fishing has been both good and bad at times. The river has plenty of mullet, pilchards and glass minnows that will hold the jacks, ladyfish, snook, trout, snapper and grouper. The beach fishing was exciting for the few weeks of the mullet run in late September with tarpon, sharks and snook caught but was otherwise slow. There are a few sand flea pods around in the surf, so maybe it will be a good pompano year.



**See you on the water,
Andy Stanish
Dockmaster**

AROUND THE PARK - Photos by Elizabeth Flaherty



Halloween Fun!!



Ray's Garden - Beautiful!!



BEAUTIFICATION COMMITTEE by Lisa Karasack

November—What a wonderful time of year to reflect upon and to be thankful for our Ocean Resorts! While we are blessed with the beauty of Mother Nature's beach and the

breathtaking sunsets over the river, we are also surrounded by our friendships and lovely OR park. How lucky are we?!?!)

To kick off the start of the '23/'24 'season', the Beautification Committee will be decorating the

park for the holidays on Saturday, November 25. Many hands make light work, so please consider working with fellow neighbors and friends to make our common areas festive! Then, on Sunday, December 3, plan to take in the beauty and fun of Light-up Night festivities beginning at 6:00.

In addition to our common areas, it is always great fun to see the holiday decorations at and around the OR homes! Get your creative juices flowing, and get ready to DECORATE!! Residents will have the opportunity to vote for their favorite home/yard. Winners will be announced after the December 21 Holiday Parade.

Reminders and additional information will be posted on the bulletin board at the Post Office and comfort stations throughout the park.

ACTIVITIES COMMITTEE by Sue Ertel

The "Snow Birds" are packing their cars and heading back to OR where we will begin a new season of fun in our Paradise! The Activities Committee met on Tuesday, Nov. 7 to start planning our November and December holiday events. We are always looking for new members (owners and renters) so please join us at our future meetings.

Our first event will be the Thanksgiving Potluck Dinner on Thursday, Nov. 23. A sign-up sheet can be found in the Post Office. The Committee will be donating the turkeys and anyone who is attending can volunteer to bring a dish-to-pass.

The Ladies Holiday Luncheon will be held on Thursday, Dec 14; the annual Meet and Greet with Santa will be held on Thursday, Dec. 21 and the Christmas Pot-Luck Brunch will be held on Monday, Dec. 25. Keep checking the bulletin boards in the Post Office for sign-up sheets for all of these events.

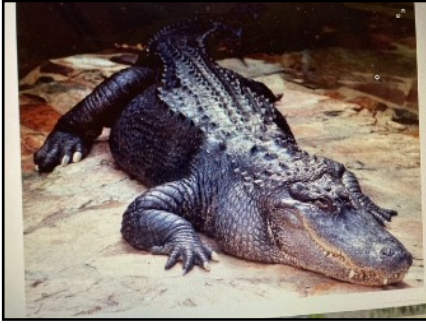
Our annual Craft and Flea Market will be held on Wednesday, Jan. 17 in conjunction with the January Hot Dog/Hamburger Roast. We will be selling tables for \$5.00 to all residents and Committees. A rental table will be provided. Residents and Committees will be responsible for organizing their tables, collecting their own money and removing all items that didn't get sold. Watch for more information regarding this event in a few weeks.

Bingo will start back up on Tuesdays after the New Year. We are looking for volunteers to help with this event. Bingo is very well-attended. Please step up and volunteer so we can keep this very popular event going strong. I hope you are as excited as I am to be back in OR.



LET THE FUN BEGIN!

NATURE AT OR - ALLIGATORS by Linda Smolarek



They lumber up on our docks to sunbathe, float along in the river and word has it that one actually washed up on a near-by beach this spring. Alligators are native and can be found throughout Florida, where they were once nearly extinct. They prefer freshwater environments or a slightly brackish marsh or mangrove but can't survive in salt water. Alligators don't have the glands to excrete salt from their bodies. They will hunt near saltwater and after hurricanes and severe weather disturbance ending up in places not normally their home.

If you see tracks on the beaches with alternating clawed footprints aside a wavy tail-drag mark... run!! They run fast but tire quickly reaching speeds of up to 35 mph on land and 20 mph in the water, which is faster than a bottlenose dolphin.

Alligators are usually docile but dangerous if surprised or closely approached, especially near a nest. A baby alligator's sex is determined by temperature; if the temperature in the nest is warm, males are born. If the temperature is cool, the babies are females. When the eggs are ready to hatch, the baby alligators use an "egg tooth" on top of their snouts to break the shell. For about two years, the female mamas look after their babies. Though they are ferocious predators, they are known to be nurturing toward their offspring.

Adult males do a bellowing roar. Both males and females emit loud roars when they're mating. They give alligators the title of "loudest reptiles in the world". Males roar not just to attract mates but to scare off potential predators.

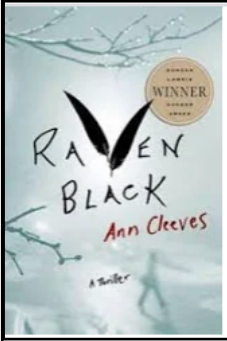
Because alligators are cold-blooded, having a body temperature that varies with the environment, they go through a dormancy period during colder weather. Before going dormant, they use their feet and snouts to dig out what's known as a 'gator hole', a depression or tunnel. During the brumation period, heart rate and metabolism slows. They continue to breathe through their snouts, which they stick slightly out of the water. In warm weather, alligators can be seen with their heads out of the water, mouths open, teeth showing. They do this to cool down as they sweat through their mouths. They have 75 teeth in their mouths and the force of an alligator bite is one of the strongest on the planet. They have been known to sleep submerged, holding their breath for up to 20 minutes. And because of the position of their eyes on top of their heads, they have excellent vision and eyes that glow red in the dark.

Alligators and crocodiles are different. Crocodiles live in warm, salty water and alligators live in fresh water. American crocodiles are federally listed as an Endangered Species. Cape Sable is the only remaining beach where crocodiles nest and bask. Due to commercial hunting, alligators were close to extinction in 1950's but federal protection allowed them to come back. The species was declared recovered in 1987 and is a prominent example of conservation success.



**"Esmiralda", OR Marina's resident alligator
- photo by Lindy Michael**

THE JOY OF READING by Nancy Wilder



**“A reader lives a thousand lives before he dies,
the man who never reads, lives one.”**

I have had the good fortune to find yet another author I enjoy. Ann Cleeves is the prolific writer of the Shetland series. If I like a book, it's a comfort to know there's more of them. The Shetlands, located one hundred miles out to sea, from Scotland and one hundred and forty miles from Norway are remote, picturesque islands, populated with tightly knit fishing villages. The population retains a Norse heritage with its folklore and holiday celebrations.

Detective investigator, Jimmy Perez, an island native, has returned home to work. There's always a murder. The crimes are complicated and well planned out. The characters, from work associates to town people are intriguing. I started with the first book, *Raven Black*, and eventually finished the other seven books. They are stand alone books, so you can start with any one. But there's even more! Shetland is a TV series on PBS and BBC. I usually don't like to watch “the movie of the book”, but this series is so well done, it adds another dimension to the books. Additionally, Cleeves also wrote the Vera book series. Also seen on PBS and BBC.

Check our library and the Fort Pierce Library. These are not new books and are usually available. Enjoy.

ART IN THE PARK - 2024 by Kathy Jankovic

Art in the Park is a crafting and artistic group that meets in the clubhouse on Mondays from 10:30 am-12:30 pm. If you are new to Ocean Resorts, this is a good way to meet others and have fun learning a new skill. You do not need to be crafty or artistic to attend.

Our schedule starts in January and concludes at the end of March. Supplies are usually provided. Most projects are free and no project costs over \$5.00. Our March craft show raffle funds the cost of supplies.

Projects are varied. They include jewelry making, painting, card making, ornaments, culinary arts, easy sewing projects, decoupage, holiday crafts and many more. This year's schedule is still being formulated. We are looking for session leaders who are willing to share their talents with fellow

residents. If you would like to lead a session contact Allison Alvandian at 1-203-887-0290 or seabluffmanor@sbcglobal.net.

Once the schedule is completed it will be posted outside the post office. To attend a session you will need to sign up inside the post office on the clipboard located on the back, right (north) side of the building. We ask that you sign up so there are enough supplies for all participants. Some sessions may have a limited session capacity.

Co-coordinators Allison Alvandian and Kathy Jankovic look forward to a fantastic, artistic and creative 2024.



LET'S EAT OUT by Karen Wroblewski SACRED GROUNDS

Our friend, John Beckett, kept asking us if we've gone to dinner at the old Dino's Restaurant yet. We kept telling him that he had to go first and tell us about it. Well, long story short, we broke down and went to Sacred Grounds. This long time favorite spot that Dino owned, and then was taken over by his daughter, Darlene, closed last year after 39 years in business.

The place looks the same, clean and tidy. They have added a display case where diners can pick out a pastry or morning cinnamon roll. They are open for breakfast, lunch and dinner. They still serve beer and wine, but we have to tell you about the food.....

We decided to share the scallop dinner. We do this a lot as I can never eat a whole meal. I truly did not know what to expect, but I have to tell you that we were overwhelmed by this delicious meal. It truly is gourmet cooking. The scallops were large and cooked perfectly; we had some delicious rice, broccoli, and a lemon butter sauce for dipping the scallops.

I have to tell you that we were in shock! Dino's was home cooking. Sacred Grounds is definitely GOURMET for dinner. It was not cheap, but definitely worth what we paid.

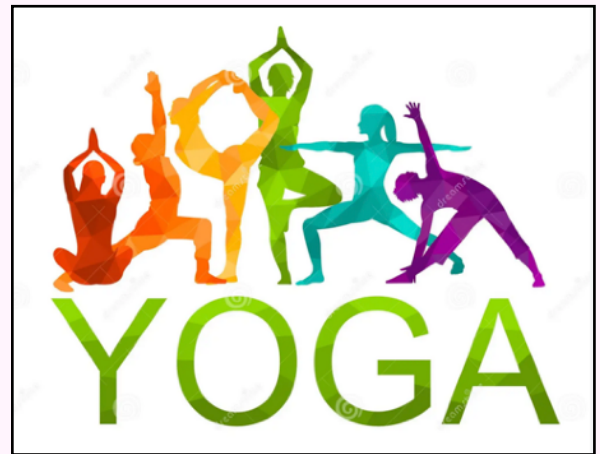
Sacred Grounds

2001 Old US Hwy 1

Fort Pierce, FL. 34946

772-302-3914

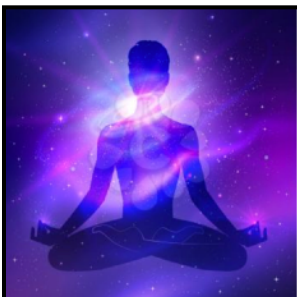
Sun/Mon-Closed; Tues-Sat 7am-9pm



YOGA by Nancy Wilder

Coming soon to Ocean Resorts, Yoga with Jean, each Tuesday and Thursday at 10am, starting in January. But don't wait! Work on your balance as you stand at the sink or stove, stand on one foot (hold on if needed), and rise up and down on your toes. When you are sitting, raise your legs parallel to the floor, hold for a count of ten, repeat. This is working your quadricep muscles, and they are the thigh muscles that you need to rise up from chairs (or toilets) and keep you independent in function. Reach over and touch your toes, or as close as you can. Let your arms dangle as you bend over. Remember, always, to deep breathe. Oxygen for your body is like gas for your car, its necessary to function. Take a deep belly-filling breathe in (make sure your belly is inflated) and let that breathe out slowly and fully. Do this multiple times a day. It recharges the body and gives you a chance to pause before action.

I'm looking forward to seeing all of you in class. Remember, In Jean's classes, all are welcome. Our group has always been coed, experienced and new practitioners. Don't be hesitant; come join us for a healthy, fun experience.



MEDITATION by Nancy Wilder

If stress has you worried and anxious, consider trying meditation. Spending even a few minutes in meditation can help restore your calm and inner peace.

Anyone can practice meditation and you can do it where ever you are, out for a walk, waiting in traffic or in a doctor's office. Don't let the thought of meditating "the right way" cause you more stress.

Here are some ways you can practice on your own:

1. **Breath** deeply. Focus all attention on the breath. Listen and feel as you inhale and exhale through your nose. Breath slowly. When your attention wanders, and it will, bring it back gently to the feel of the breathe.
2. **Scan** your body. Focus attention on your feet to begin. Feel the parts of your foot. Slowly scan along the body, as you continue with your breathing. Practice gratitude for all your body does for you.
3. **Walk**. Go slowly and focus (be mindful) of the feel of your step on the walkway. Match your breathe to your steps. Breath in our wonderful ocean air slowly and deeply.
4. **Pray**. Prayer is the best known and most widely practiced example of meditation.
5. **Focus** on loving kindness. Recite Metta (a prayer of loving kindness. It can be found online.) as you continue deep, focused breathing.

You will find many podcasts and guided meditations on line. Just enter meditation in your search bar or go to youtube.

I hope we all can welcome 2024 with a strong sense of calm and peacefulness.

Namaste

OCEAN RESORTS COMMITTEES 2023-24

COMMITTEE	CHAIRPERSON
ACTIVITIES	Sue Ertel Co-1 Janice Sheehan Co- 2
BEAUTIFICATION	Lisa Karasack
BOCCE	Marie LeClair
BUILDINGS & GROUNDS	Tom McCarthy
COURTS	Pam Reyer
ELECTIONS	Mindy Cline
FINANCE	Dave Comolli
GRIEVANCE	Phil Proctor
HISTORIAN/ WEBMASTER	Barbara Goodman
LAND ASSET	
MARINA/ DOCKMASTER	Andy Stanish
NEWSLETTER	Barbara Goodman
POOL	Kathy Jankovic
SOCIAL EVENTS	Donna Comolli
STORM SURGE MITIGATION	
COORDINATORS	CONTACT
KAYAKS	Gary Smolarek
LIBRARY	Cathy Moon
TRASH	Joe Harding
ART IN THE PARK	Allison Alvandian

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Staff - Elizabeth Flaherty, Bill Howe,
Kathy Jankovic, Lee Koesema,
Linda Smolarek, Nancy Wilder

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