

## ISLAND TIMES December 2021



## THANKSGIVING POT LUCK DINNER

by Gerry Marcus

A big THANK YOU to everyone who helped plan, cook and serve the Thanksgiving Dinner at the



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OR clubhouse and pavilion. The dinner was attended by approximately 60 people with turkeys furnished by the Activities Committee, and loads of different, delicious foods brought by the attendees. The Activities Committee also provided all of the paper goods, the roasting pans and the tablecloths.

Special thanks to organizers Gerry Marcus, Cathy Moon and Pam Reyer, meat-carvers Paul Antonovich and Jim Jolly, kitchen manager Marie LeClair, 'strong-men' Dean Rayle and Gary Reyer, and dishwasher Jim Carlson.

Photos by Kathy Antonovich



Of course, we also want to thank our employees Donna, Luann, Maria, Scott and Ralph for their behind-the-scenes support.



#### Hello Shareholders,

Welcome home to all of you who have made your way back to Beautiful South Florida. Many of you have not been here in over a year and a half we are so happy to have everyone back again. I just want to share a few things with you.

Volunteers are needed for trash pick-up. We are looking for anyone who is willing to hop in the back of the truck and help pick up the trash and recycling. Please call the office or get with Joe Harding if you are interested in helping out. Recycling has been moved back to Bi-Weekly as of November 30. We are collecting less than 800 pounds of recycling a week and it is not cost effective to pick up recycling weekly. There are calendars at the Post Office with the dates of pick-up. I would like to thank all of the volunteers that help in Ocean Resorts day in and day out; you surely make it a great place to live and work.

Pets - please remember dogs must be on a leash at all times. We continue to have a problem with owners not picking up after their pets. There are dog waste stations located throughout the Co-Op, please do your part and make sure you clean up after your pets.

We recently had a Shareholders vote on amending our By-Laws. The items voted on were restricting rentals to a 30 day minimum and establishing a dog run. Both items passed with an affirmative vote by the Shareholders. The Board will need to vote on these items at the next Board of Directors Meeting.

The office will be closed on Friday December 24 and Monday the 27<sup>th</sup> for Christmas. Trash will be picked up as usual. The staff wishes all a Merry Christmas and a prosperous New Year.

Donna Perez Ocean Resorts, Manager

#### PRESIDENT'S REPORT by Jim Buysse

Welcome back to all that have recently returned to your winter paradise. I hope you all returned to find your paradise in good shape. The staff has worked hard to make the park as great as it is.

Our pool has 4 new heaters and they seem to be doing an excellent job keeping our pool at a perfect temperature. We also placed some umbrella's in the pool area for some shade. If you use them, please put them back down after using. The pool area also has some new tables and chairs to be enjoyed by all.

The shuffleboard court has been resurfaced and now can be used for several different functions. We have purchased two corn hole games and a third one is coming soon. We also have a new generator coming to keep power to our lift station.

By the time this newsletter comes out, we will know the results of the vote on our by-law changes. Thank you to all who voted!!

Hopefully some of our activities can resume and we are always looking for new volunteers.

A reminder that you still have time to put your name in the hat for the election of new board members. There are three (3) openings and you need to put your name in by December 27, 2021.





**Photo** - Front row - Sheila Delson Back row - L to R - David Almeida, Fred Venman, John Provance, Joe May

Members not in photo - Bob Fusco, Maureen Gill, John Hudspeth, JB Kavanaugh, Jack Maggion, Ray Oliver and Board Liaison Jim Connors

**Photo by Nancy Provance** 

## Land Asset Committee by John Provance

The Land Asset Committee team members wish all Staff and residents of Ocean Resorts a very Merry Christmas and a prosperous New Year. This past year has proved to be a very challenging one for everyone. Lets hope that 2022 brings us all some degree of new found comfort.

Our committee is planning to create some FUN special events that will showcase our Indian River Lagoon islands. We plan to have some island excursions to our property along with guided tours of the Indian River estuary.

## Beautification Committee by\_Mary Dombro



After a one day weather delay, Light-Up Night took place on Monday, December 6th. A small, but joyful crowd attended to listen to Christmas music, guess answers to Christmas trivia questions, and enjoy the refreshments sponsored by the Activities Committee. Everyone

took pleasure in the homemade cookies and brownies. Raffle tickets were given to those individuals who correctly answered trivia questions, with a possible chance to win a holiday poinsettia.

Kudos goes to Donna Comolli and the many volunteers who helped her decorate the park for the Christmas season. Your time and effort is greatly appreciated.



### IT'S BEGINNING TO LOOK A LOT LIKE CHRISTMAS!!

#### **CHRISTMAS DECORATING**

by Donna Comolli, Beautification Committee Member

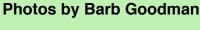
I would like to thank all the little elves that helped put up lights, wreaths, ribbons and bows !! Without all of your help and dedication to detail, the park wouldn't look as sparkly!! Special thanks to the men who put the lights up high on the palms. (I'm somewhat vertically challenged!) Another special thanks to Lisa Karasack on Compass Cove, who donated the red ribbon and bows to dress up our island light poles; she is the daughter of Linda Hulse, who was the chair of the Beautification Committee for many years!! We did add a cow to the nativity set; if anyone finds more figures like wise men or shepherds, please let me know.

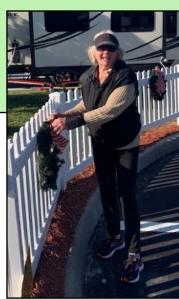




























#### CHRISTMAS POT LUCK BRUNCH

Saturday, December 25 at the Pavilion 1 1:00 am to 1:00 pm

Please sign up on the sheet in the Post Office.

To volunteer, contact Gerry Marcus, Cathy Moon, or Nancy Wilder.

See fliers for more information.

## POOL NEWS - MAKING A SPASH by Kathy Jankovic

New pool heaters are now working well and keeping the pool at consistent, comfortable temperatures. The liquid pool cover hasn't been needed as of yet so the new equipment is doing it's job. If you have concerns about the pool temperature, please let the office know.



Wind breaks were installed at the pool on Friday, November 26. Nancy and John Provance



showed Gloria A., Tassy D., Elizabeth F., Bob O., Ed S., Pat T., Judy S., and Kathy J., the best ways to secure the wind break material to the fencing.

New chairs, tables and umbrellas are in place. Please do your part to keep them in good condition.

Lap swim is scheduled daily from 8:00-9:00 a.m. Water exercise class is scheduled daily from 9:00-10:00, weather permitting. All are welcome to participate.

#### S.O.S.D.D. - Same Old Stuff, Different Day

- Keep the jets where the pool expert sets them. This ensures chemicals circulate correctly. This keeps the pool water healthy and clean. PLEASE LEAVE JETS ALONE. The pool serviceman needs to reset or replace these on a weekly basis.
- Sunscreen is most effective when it's applied at least 15 minutes before you're in the sun. Get in the habit of applying it before you come to the pool. It protects your skin better that way.
- 3. Don't forget, get wet BEFORE you enter the water.

If you have been laying in the sun for ANY length of time, you must shower before entering the pool. Sweat is as bad for the water as is urinating in the pool. So please shower before you cool off in the pool. Getting wet before entering the pool also helps your skin stay younger and supple. Wet skin doesn't absorb chlorine as easily as dry skin. Showering is a win-win idea for lots of reasons.

**Photos by Barb Goodman** 



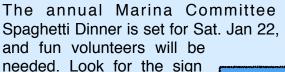
#### Hello O.R from the Marina,

The boating season is here and the Marina is almost full. Anyone wishing to get a boat slip or kayak rack slip at the Marina must be cleared by the Office prior to any slip assignments. It is imperative that every boat operator be fully competent in their docking ability and

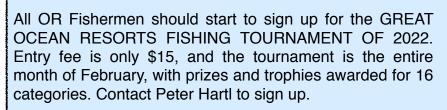
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proper tie-up procedures. Please be courteous and only park one Golf Cart at the marina for your entire boating party. If you have a boat slip or enjoy the marina, the Marina Committee is asking for your help and to volunteer for the upcoming events.

Some new aluminum grab poles and ladders are being installed to help in getting on and off the boats.



up sheet in the post office.



Fishing is getting better in the river with the baitfish staying around. The usual Jacks and Ladyfish are here, along with some Trout, Sheepshead and Snapper being caught. The beach fishing has been slow due to the wind and rough surf. The Pompano Patrol has just started fishing and Luxy LeClair caught this season's first Pompano along with Jacks and a nice Bluefish, very few sand fleas are in the surf. Offshore should get better with the calmer conditions,

and the Spanish Mackerel are starting to show up within a mile of shore. The Spinner

Sharks are around and are always a wonder to watch. Email me your recent catch pictures and they might show up in the next OR Newsletter. Email the pics to <a href="mailto:astanish@gmail.com">astanish@gmail.com</a> with your names and date caught.

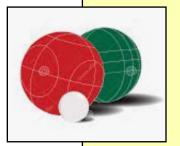
See you on the water, Andy Stanish, Dockmaster

(Thank you to all the Shareholders that voted !!)









## BOCCE by Mary Dombro and Marie LeClair

Sign-up sheets for the 2022 Bocce season will be available inside the Post Office by Monday, December 13<sup>th</sup>. Bocce begins during the week of January 10, 2022 and will continue for nine weeks. Everyone is invited to play.



#### SOCIAL COMMITTEE by Donna Comolli



New Years Eve - We will start with our Happy Hour at the Pavilion at 5:30 pm. Bring what you want to eat and drink. After Happy Hour we will go over for the Bonfire at the Beach!! We will have fireworks too which have been spectacular every year!! Bobby Davenport will head up the Bonfire, and the Social Committee is doing the Happy Hour. We might need a few strong bodies to help dig the fire pit!!

The **Western Dance** is on!! **Saturday, January 15th**, from 3-7pm!! Dig out your cowboy hats, boots and bandanas for this fun event!! It's BYOB and bring appetizers/food. The band, Whiskey Six, will be back!!! They were here two years ago and they were tremendous!!

The Activities committee will talk about the **Poker Run** on Thursday, Jan. 27th. There will be a Happy Hour after the Poker Run. (Social Committee is now doing Happy Hours)



**Luau -** The Luau is planned for **March 26th.** More information to follow later!!

Nov. 18 Happy Hour





The OR Island Times Newsletter is in need of a few new staff members. We could use people taking photos of activities, writing articles about events or people, or creating a new column such as "Around the town....", to keep us abreast of events in our area. We are open to anything (within reason!!).

Please contact Barb Goodman at <u>bgoodman7@me.com</u> if you are interested in helping out!!!



#### NATURE AT OCEAN RESORTS

by Linda Smolarek
Gifts from the Sea - Part Two
Gastropod Seashells

Many of us enjoy walking the beach, scouting for that perfect shell. If you are interested in becoming a conchologist, this is the place to be. Conchology involves the scientific study and collection of seashells. Seashells are not grouped by the outer shells but classified by the animals that live in the shell.

Gastropods and bivalves are the most common kinds of shells you find washed up on beaches. A shell that looks like a snail is a gastropod shell and once was the home of a snail, a type of mollusk. What many don't realize is that the shells were actually first part of the body of the snail. The shell was their exoskeleton, like the

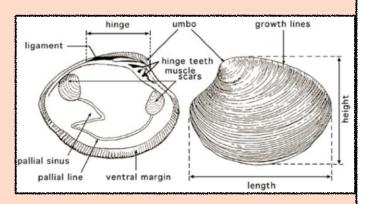


exoskeleton of a beetle. Snails grow the shells throughout their lives. They can hide inside by withdrawing their body. However, some of them can't go in all the way and are left more exposed.

The shell of a gastropod protects them from predators. It also serves as a muscle

attachment, save them from dehydration and stores calcium. The outermost layer, the periostracum, will have the patterns and designs that so many of us love to study on a gastropods shell. The inner layer is sometimes called shell nacre or mother-of-pearl. Many shells have an operculum, a plate that closes the gastropods opening.

Gastropods have a muscular foot used for creeping in most species. In some, the foot is modified for swimming or burrowing. Most gastropods have a well-developed head that



includes eyes at the end of tentacles.

Gastropods are found in fresh water systems, oceans and on land wherever there is sufficient moisture. Gastropods lay eggs. Development of the eggs may be within the body, or may be expelled to develop externally.

They feed on very small things, mostly scraping or brushing particles from surfaces of rocks, seaweeds, or animals that don't move. For feeding, gastropods use a radula, a hard plate that has teeth.

Common gastropods are Cowrie, slipper, conch, murex, tulip, moon and olive shell.





## YOGA by Nancy Wilder

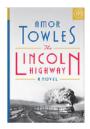
A new year is coming! Although I don't make resolutions, my life is a constant attempt at self improvement. And believe me it's tough, as I am a person who wants to sit on the couch and read. But it's especially important as we age, to develop balance, flexibility and a sense of inner calm. You can read more on the importance of inner calmness in the meditation article. At a

recent doctor's appointment, after being deemed healthy, I was given strong advice - "do not fall!". After a certain time in life a fall can change everything.

The good news is that we will start our yoga classes on Tuesday, January 4th, at 10am. Its been awhile since we had yoga at the clubhouse and I look forward to practicing in a safe and monitored environment. The classes are for everyone; coed, young and old, experienced, or a newby. You set your own pace. If you need to work from or with a chair, do it. If you have knee or shoulder issues, Julie will help find suitable stretches for you. We just have to give it a try.

#### Namaste and see you next year!

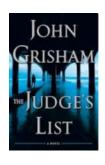
#### THE JOY OF READING by Nancy Wilder



I recently had the pleasure of reading <u>The Lincoln Highway</u> by Amor Towles. This is one of those "read to the end quickly" books (but then you're sad when its over). The main character, Emmett Watson, has just been released from a juvenile detention facility. Set in Nebraska in 1954, we follow Emmett, his very smart eight year old brother, Billy, and two other boys on a ten day cross country road trip as they search for a fresh start. Who doesn't like a road trip? All the characters are unforgettable in their wonder and imperfections. And young Billy may be the one who saves the day. The story has an innocence

about it, a sweetness. There's bad luck, poor choices but there's always hope and caring. You will enjoy the book. Towles also wrote <u>A Gentleman in Moscow</u> and <u>Rules of Civility</u>.

Different, but compelling is John Grisham's <u>The Judge's List</u>. In this legal thriller, Lucy Stoltz's character returns to investigate a serial killer. The murderer is a circuit judge in Pensacola, Florida. As in Grisham's other novels, there are interesting notes on court room procedures and unsolved crimes. And the ending is very unexpected and quite good. I haven't read Grisham in a long time, but I think he writes a fast paced, absorbing story. I'm sure a movie will be made from this book.





Ocean Resorts Golf Outing (Thursday, December 9, 2021). Dave Comolli shot an Eagle (2 under par) on the 6th hole (451 yards) at Fairwinds Golf Course. His foursome that witnessed this extraordinary feat included John Provance (photographer), Ken Clasby and Gary Gardner.



## MEDITATION by Nancy Wilder

Johns Hopkins has posted its tips for destressing during this holiday season. In addition to holiday stress, for OR residents, the snow birds are back! The new arrivals (me especially) are running around, opening up the

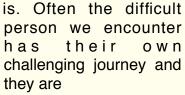
house, decorating, shopping and seeing old friends. There's a lot going on and it often doesn't go smoothly. Several times this week I've had to practice slowly breathing in calm and breathing out stress. I know practicing the following suggestions will be helpful for all of us. Make note the reminders to breathe

deeply. It really changes the chemistry and stress hormones in your body.

- 1. Accept imperfection. Before you start preparing the house or the special dinner, acknowledge that things may not go exactly as planned. Often we set the bar impossibly high for ourselves and then feel disappointed if the holidays don't live up to our expectations.
- 2. Don't lose sight of what really counts. Long lines driving you crazy? Remember, its just a

line, nothing more. Don't let it spoil your day. Take the time to remember the good things that have happened, or what you are grateful for. Try smiling. Take the time for mindful breathing.

3. Respond with kindness. You can't change how others act, but you can change how you respond to situations. That is where your power



suffering. And if you do get tense with someone, take a few deep, slow calming breaths. Those few breaths can shift things and give you a new perspective.

4. Rethink resolutions. Make sure to be kind to

yourself. Break new goals into tiny steps over the course of the year. Let go of that self-critic and negativity. We all lose our way at times and not because of decisions or mistakes. Its about being human. Every minute offers opportunity for change. It's up to us.

5. Remember, you can't stop the waves, but you can learn to surf!

Have a joyous, compassionate and loving season.



## 2022 Art in the Park by Kathy Jankovic

Weather permitting, all activities, unless listed, are held at the Pavilion on Mondays from 10:30-12:30. All are welcome to attend. You don't need to be crafty. It's a good way to meet others and have a little fun.



Before each class the session leader will post a flyer explaining the activity and any supplies or costs. Most activities are free, supplies included, or are under \$5.00 per session. So there are enough materials for everyone, please sign up on the clipboard inside the post office.



#### January

10th - Gratitude and Kindness Initiative

17th - Sheila Delson - Organizational tips and ideas

24th - Kathy Jankovic - Bread in a Bag (clubhouse)

31st - Leader needed

#### **February**

7th - Valentines project: Wine cork or button heart decoration

14th - No meeting - Valentine's Day

21st - Shelia Delson; Part 2 review of project from 1/17 class and update on gratitude/kindness initiatives.

28th - Sharon English Giving Back Day (no-sew blankets)





#### March

7th - Marion Stark and Joan Foley - sister project TBD

14th - Allison Alvandian - project TBD

21st - Susan Ertel - Leis for the Luau

28th -Christine Unger - shell wind chimes

If you have questions or are able to lead a session contact Alison Alvandian at 203-887-0290 or Kathy Jankovic at 312-350-5298 or Jankovickathy@gmail.com.





# NOW?? .... that the Ocean Resorts website contains a lot of information, especially

during season?

The home page contains updated newsletters, sale and rental listings, and information about upcoming activities.

Under the Shareholder Tab, you can find minutes of past Board of Director meeting minutes, a listing of recently deceased shareholders and an archive of Donna's email updates.

**CHECK IT OUT!!!** 

oceanresortsco-opinc.org

#### A Lesson in Faith by Elizabeth Flaherty

A few weeks ago I was in a rush leaving the house with the garbage in one hand and another bag with personal items in another. The friendly garbage guys were going by and offered to take my garbage. I handed it over and was on my way to my son's house. As soon as I got there I realized I had the GARBAGE and had handed over my personal items to the garbage guys! OMG - my brand new iPad was in that other bag!!!

I quickly jumped in the golf cart and ran around trying to find them!! I finally caught up with them and right away I could tell this wasn't going to be a slam dunk! In order to find my bag, I had to follow the truck to the DUMP! Me in a DUMP!

Ralph and Terry were in the truck and I followed. So we get there and the garbage truck begins to empty. (I'm not suggesting you take this trip - oh boy, the great smells)! Before I left, a few people suggested I was wasting my time, that the iPad would be ruined or crushed. I kept saying you have to have faith.

The garbage is dumping out and Ralph is telling me not to look yet because he had an Idea where it would be based on the pickup route! Can you imagine that! Then told me when to start going through bags. Well folks, I went to two bags that looked like mine and I picked one up - there was everything I had thrown out!! All in excellent condition, not a drop or any kind of goo or anything else on the bag; not a scratch or dent on my iPad!! None of us could believe our eyes! So, **Keep the Faith**!! Many thanks to those great guys who drive our truck!!!

#### **TENNIS COMMITTEE 2021 - 22**



TOM SMITH PRESIDENT
JOHN SHEEHAN VICE PRESIDENT
CATHY MOON SECRETARY
GARY GARDINER BOARD LIAISON

MARIE GLOVER (RAYLE) BOB BAXTER
ARLINE EDWARDS JOHN STAMPFLI

#### TENTATIVE SCHEDULE OF EVENTS and ADDITIONAL VOLUNTEER POSITIONS

PANCAKE BREAKFAST (MAR. 1): Donna Comolli

**TOURNAMENTS** 

REFRESHMENTS: Karen and Bill Howe

OFFICIAL: Cathy Moon

JANUARY 22/23 MIXED DOUBLES

FEBRUARY 18/19 Tennis Committee Members
MARCH 12/13 MEN'S/WOMEN'S DOUBLES

TENNIS CLINICS Obi and Company

SCHEDULING: MEN'S A.M: Marie Glover

WOMEN'S A.M: Cathy Moon

TENNIS BALLS: MEN'S A.M: Gerry Marcus

WOMEN'S A.M: Donna Barbaria

TENNIS PLAY SIGN-UP SHEETS: Cathy Moon

COURT MAINTENANCE: O.R. Maintenance Staff

FLAGMASTER: Dean Rayle

WINDSCREENS: John Stampfli and Assistants

YEAR-END PARTY (MARCH 19) Bob and Donna Obidzinski



A beautiful rainbow over Ocean Resort's boardwalk to the ocean....

Darla DePompolo was able to capture this beautiful photo after a recent rainstorm.

Thanks to Darla for sending it to me!!



MAKE SAFETY A PRIORITY Help keep everyone safe at OR by using common sense and following safety guidelines to prevent accidents. As the park gets busier it's more important than ever to follow safety rules.

1.Drive down one-way streets in the correct direction. Walkers and bike riders don't expect to see you coming around corners the wrong way. Is it really worth causing an accident or sending someone to the hospital to save 30-60 seconds to get to your destination?

- 2. Use lights on your golf carts, scooters and bikes at night. Walkers and bikers should wear light or reflective clothing so you can be seen.
- 3. The 10 MPH speed limit is SLOW for a reason. It keeps everyone safe. It's especially important around blind corners. Most of us are retired so what's the hurry anyway?
- 4. Keep your dog on a fixed 6-foot leash. It's easier to control your beloved pet and they like being closer to you.
- 5. As a bike rider or walker, make sure you can hear what's going on around you. If you're listening to music, only wear one earbud. Wear your hearing aids if you have them.

Over the holidays there are more children visiting. Several school-age children live here permanently. Kids don't always watch where they are going. It's our responsibility as adults to watch out for them.

Many residents are hearing impaired so they may not hear a car motor or a bicycle bell. Be kind and courteous. Please follow safely protocols. Avoid being the cause of sending someone to the ER to save a minute or two.



Thanks for your support. Elizabeth 203-685-5068 5283 Keel Way

#### **MAHJONG** by Elizabeth Flaherty

Friends - Let's start Mahjong January 6, 2022

Meet at the club house on Thursday, January 6 at 6:00 pm for our first meeting.

Those who are wanting to learn how to play Mahjong can come on Wednesday, January 12 at 12:00 pm.

We'd love to have you join us!

I am so looking forward to playing and know you must be too!

#### SCHEDULE OF ACTIVITIES 2021/2022 SEASON

(Prepared by Committee Chairpersons)

- NOV. 25 THANKSGIVING POT LUCK DINNER (Activities Committee)
- DEC. 3 CHRISTMAS TREE LIGHTING PROGRAM (Beautification Committee)
- DEC. 16 LADIES CHRISTMAS LUNCHEON (Activities Committee)
- DEC. 20 CHRISTMAS PARADE (Activities Committee)
- DEC. 24 CHILDREN'S CHRISTMAS PARTY (Activities Committee)
- DEC. 25 CHRISTMAS POT LUCK DINNER (Activities Committee)
- JAN. 12 CHILI BOWL (Activities Committee)
- JAN. 15 WESTERN DANCE (Social Committee)
- JAN. 19 FLEA MARKET HOT DOG-HAMBURGER ROAST (Activities Committee)
- JAN. 22 SPAGHETTI DINNER
- JAN. 22 23- TENNIS TOURNAMENT MIXED DOUBLES (Tennis Committee)
- JAN. 27 POKER RUN (Activities Committee)
- FEB. 01 thru FEB. 28 OCEAN RESORTS FISHING TOURNAMENT (Marina Committee)
- FEB. 05- ANNUAL SHAREHOLDERS MEETING & ELECTION
- FEB. 11 & 18 RED & BLUE TEAM TOURNAMENT (Tennis Committee)
- FEB. 13 ICE CREAM SOCIAL (Social Committee)
- FEB. 14 I LOVE OR & VALENTINE'S LUNCHEON (Activities Committee)
- FEB. 16 FLEA MARKET HOT DOG-HAMBURGER ROAST (Activities Committee)
- FEB. 22 CORN HOLE COMPETITION (Activities Committee)
- FEB. 26 CHICKEN BBQ (Beautification Committee)
- MAR. 1 -- PANCAKE BREAKFAST (Tennis Committee)
- MAR. 05- FISHING TOURNAMENT AWARDS CEREMONY & HOT DOG ROAST (Marina Committee)
- MAR. 06 ART SHOW & SALE
- MAR. 9 FLEA MARKET & HOT DOG-HAMBURGER ROAST (Activities Committee)
- MAR. 12 & 13 TENNIS TOURNAMENT MEN'S & WOMEN'S DOUBLES (Tennis Committee)
- MAR. 17 ST. PATRICK'S DAY PARADE & POT LUCK (Cibby Gardner)
- MAR. 22 TBA (Activities Committee)
- MAR. 26 LUAU (Social Events Committee)
- APR. 16 CHILDREN'S EASTER EGG HUNT (Activities Committee)
- APR. 17 EASTER SUNDAY SERVICE ON THE BEACH

## ALL EVENTS, DATES AND LOCATIONS ARE SUBJECT CHANGE

Note: Check posters on bulletin boards for dates and times of all activities and services planned.

11-10-21

#### **Ocean Resorts Island Times Staff**

Editor - Barb Goodman

Staff: Sharon English, Cibby Gardiner, Bill Howe, Lee Koesema, Linda Smolarek, Nancy Wilder **If you have ideas for articles, please email:** bgoodman7@me.com