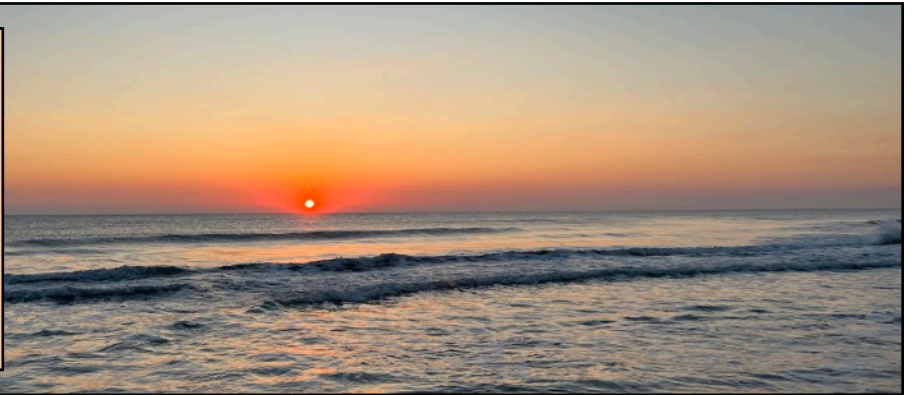


OCEAN RESORTS ISLAND TIMES

MARCH 2023



MANAGER'S REPORT Donna Perez

Turtle season has begun and runs through October. Please be diligent when using umbrellas and shovels. We are one of the few beaches that allow leashed pets on the beach; please do not let your pets dig or disturb any nests. Nests no longer get roped off by the county due to poachers.

With winter coming to an end and many of you getting ready to pack up and head elsewhere for the summer, I would remind anyone leaving for the season to properly secure any loose outside items that can be blown around by high winds and for items too big to secure indoors remember to properly anchor them down. For all of you who will be leaving soon,

the staff and I wish you safe travels to your destination. We hope you all have a great summer.

A few mail reminders if you are leaving to go home for the season: please ensure you change your address with us at the office as well as fill out a mail forward order with the Postal Service. Anytime you get a key in your mailbox for one of the larger parcel lockers, please ensure you leave the key in the locker when retrieving the package. Our mail lady has reported that a few keys have gone missing.

It truly has been a great and busy season here at Ocean Resorts. We look forward to seeing all you snowbirds again next winter. And for our full time residents we look forward to a calm, storm-free summer with you.

OCEAN RESORTS' BOARD OF DIRECTORS

President	Jim Buysse
V. President	Luxy LeClair
Secretary	Sheila Delson
Treasurer	Dan Luce
Director	Gary Reyer
Director	Sam Bouchlas
Director	John Vollmer

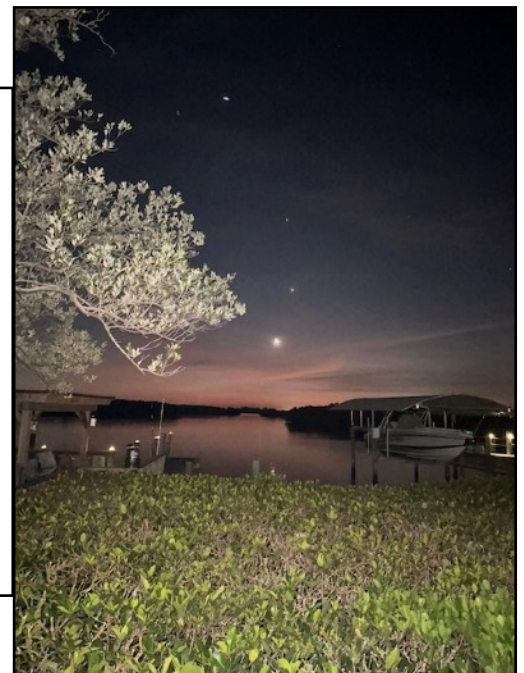


John Vollmer:

Appointed to the board to fill the vacancy.

Photo by Bill Howe

Alignment of Jupiter, Venus and the moon from Sheila Delson's back porch on the river.



CANADIAN POT LUCK DINNER by Barb Harding

A wonderful evening was had on March 1st at the 2023 Canada Dinner at the Clubhouse. Approximately 35 Canadians and Americans joined in the fun with games, prizes and lots of good food. Bear Brown won the grand prize for matching the most unusual names of towns in Canada with the correct Provinces. Al Parna won the prize for matching the most flags with the correct Provinces.



Thanks to everyone for bringing delicious food to share. Once again there was the perfect mix of appetizer, salads, entrees and desserts. Thanks also to the volunteers who ensured a successful event. Barb Harding was the overall coordinator, Lynne Dagg was our MC, Al Parna organized the National Anthems, and Cindy Cross and Yvonne Heaman were our greeters and name tag presenters. Everyone joined in at the end of the evening cleaning and putting away all the decorations, tables and chairs.



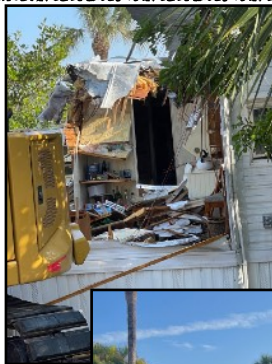
Photos by Barb Harding



Cheers!!



Photos by Elizabeth Flaherty

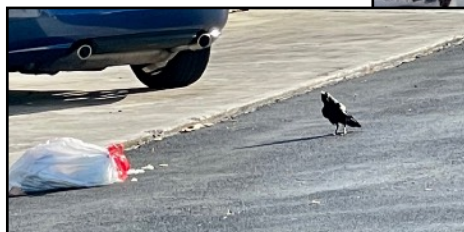


BEFORE....

.... AFTER



The Budweiser Clydesdales in Vero Beach!



COME AND GET IT!!
(Please put garbage in containers!).

PANCAKE BREAKFAST

by Donna Comolli

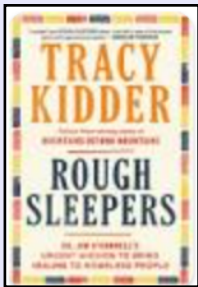
The Courts committee hosted another great pancake breakfast!! People started their day with light and fluffy pancakes cooked to perfection by the men, along with tasty sausage, orange juice and coffee!!



Thanks to all who came!
Photos by Bill Howe

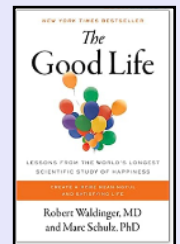


THE JOY OF READING by Nancy Wilder



This month I'm deep into non-fiction. I started with ***Rough Sleepers*** (its an old term for sleeping in the streets) by Tracy Kidder, a prize winning journalist. The book chronicles the work of Dr. Jim O'Connell with the homeless community in Boston. Dr. Jim has been on the job for over forty years, riding the van through Boston, stocked with medical supplies, warm clothes and compassion. Dr. Jim recounts his encounters with the people on park benches, next to dumpsters and in the clinics. Jim's philosophy is to listen to the patient, develop trust and be kind. This is a riveting book about vulnerability, dignity and hands on work. I gained insight into a big problem in our country.

And then I moved on to ***The Good Life***, lessons from the world's longest scientific study by R Waldinger MD and M Schulz PHD. A Harvard study followed the lives of two generations of individuals from the same family for eighty years. They met with the families separately and together and asked questions about their satisfaction with life, their feelings of connection, their happiness. The stories are gripping and the authors' observations are accurate and thought provoking.



I'm still reading, but it it seems that having good relationships keep us happy and healthy. The book is interesting. Perhaps we should all ponder what makes a good life and why.

ACTIVITIES COMMITTEE

by Sue Ertel



Photos by Barb Harding and Sue Ertel



You may have noticed some new card tables and kitchen items in the clubhouse. These were donated to Ocean Resorts by the Activities Committee. The Committee is always looking for ways to better our community.

“I ❤️ Ocean Resorts Week” began with the annual Ice Cream Social on 2/11. Delicious ice cream sundaes were sold along with many different choices of toppings. Thank you to Elizabeth Flaherty for chairing this event.



The Valentines Lunch became a Brunch this year held on 2/13 at Cobbs Landing in Ft. Pierce. The Brunch was held in a beautiful room surrounded by windows looking out onto the marina. The attendees enjoyed a variety of delicious brunch items along with a fun trivia game and prizes. Thank you to Barb Harding for chairing this event.



On 2/15 we ended the week with our monthly Hot Dog/Hamburger Roast. As usual, it was very well attended. Thank you to all our volunteers who helped to make this a success.



MORE Activities Committee News: Bingo has had about 40 people attending each week, playing with up to 10 cards! The Pickle Jar was won on a Coverall board with a total of \$140.00; somebody went home happy! Thank you to Barb Connors for chairing. The last Bingo night will be on April 4th.

Future events are as follows: The annual Chili Bowl and Corn Hole Tournament on 3/15, a Wine Pairing on 3/23, and the annual Easter Egg Hunt on 4/8. Watch the bulletin board for information and ticket sales dates.



**EVERYONE LOVES
THE HOT DOG AND
HAMBURGER
ROASTS!!**



Meditation by Nancy Wilder: Time has gone so quickly this season. I want to be mindful, but I keep thinking about being in mid-March already. I have to catch myself or I'll be planning the trip north and losing sight of the fact that I am in sunny Florida, surrounded by sea and sand.

I think it is common in people to pre-plan at the expense of losing where we are in the present moment. Remember the story of the tired old man, carrying heavy bags, one with regrets from the past, the other was full of anxieties about the future. He came upon a wise woman, who told him to put down his bags. There was no changing the past and we do not know the future. She told him to focus on today, on now, and enjoy the moment.

My children are adults, and so are my grandchildren. They call often and sometimes share things that upset them. I listen, try to say

encouraging things and send them love. But when I hang up, I worry. I persevere over the conversation, what will they do? I think up plans and alternatives. Its painful to think of them as stressed. The next time we talk, I eagerly ask them how things are going. Often they just brush it off and say "Oh that was nothing, I had forgotten all about it".

Lesson to me, don't pick up that bag of anxiety about the future. Your bag or someone else's. We don't know, we have no control (especially with others). Stay in the moment. In reflection, I was pleased that I was supportive in the initial call, but I lost it in the aftermath. And to no benefit. I just stressed myself out.

Today is Thursday, It's sunny and the temperature is comfortable. I am healthy and safe. I'm sticking with that for now.

Hello from the Marina,

The Ocean Resorts Fishing Tournament Awards Ceremony and hotdog roast was a great success and fun for everyone. Each winner was able to tell the tale of their winning fish. I may have been long winded on my Snook win story and I became a little choked up telling my Blacktip Shark story fishing with my Dad...

The fish stories flowed like the free beer and the hotdogs were delicious. We would like to thank Peter Hartl for organizing this tournament and event for many years. Peter is now passing the rod over to Greg Finkel for next year.

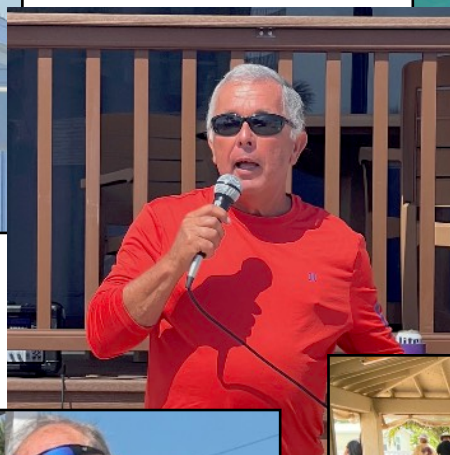
The Marina Committee will have a meeting towards the end of March and anyone interested in helping to maintain the marina, and who enjoys the boating and fishing lifestyle are encouraged to join.

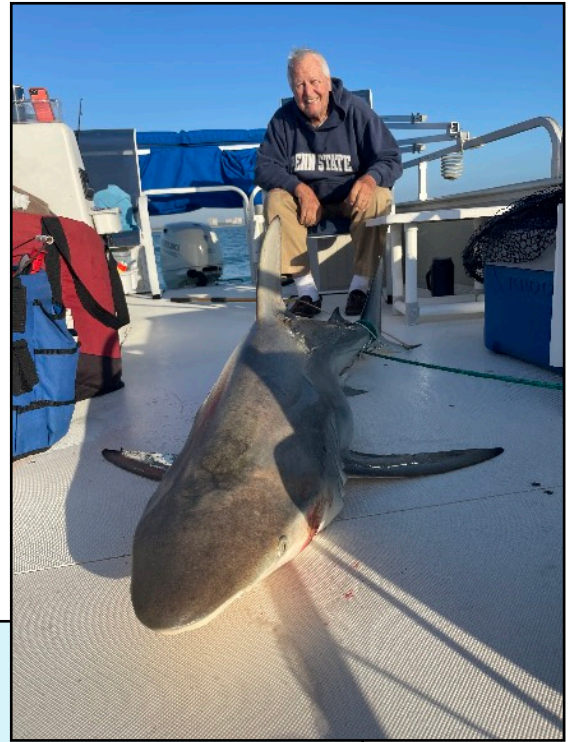
See you on the water.

Andy Stanish
Dockmaster



Photos by Andy Stanish
and Barb Goodman





OCEAN RESORTS 2023 Fishing Tournament Winners

DOLFIN
WHITING
PERMIT
POMPANO
SNOOK
REDFISH
SHEEPSHEAD
BLACK DRUM
BLUE FISH
SEA TROUT
KING MACKEREL
SPANISH MACKEREL
SNAPPER

ANY OTHER FISH

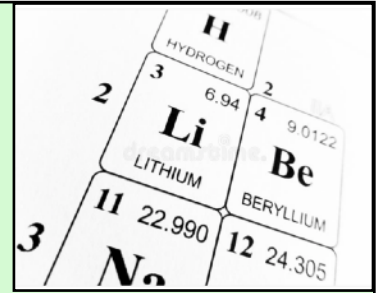
ALEX CROSS 8.20 LBS
NO WINNER NC
NONE CAUGHT
DENNY POGUE 1.95 LBS
ANDY STANISH 10.50 LBS
NOT ELIGBLE
PETE FELICE 3.85 LBS
NONE CAUGHT
BAISE McMURTRAY 2.10 LBS
JIM ERTL 4.50 LBS
LUXY LECLAIR 10.0 LBS
GRIZ 4.15 LBS
AL PARNA 9.10 lbs
RICH SHAKESPEARE 4.0 LBS. (local)
ANDY STANISH 68.5 LBS (Black tip shark)



FIRE RISK and SAFETY of “LITHIUM- BATTERIES”

ARTICLE BY JIM THORPE

I have noticed more lithium-battery powered bicycles appearing in Ocean Resorts. I thought it might be time to share some very important safety information on the lithium-batteries that some people may be storing in their homes. Remember that our homes are very close to one another, so please use extreme caution on storing these bicycles.



As we move forward with the advancement of lithium-batteries for the future, we need to look at the risk and safety of them:

RISK – At this time fires are rare but becoming more common as the use of lithium batteries become more common. As a matter of fact, the device you are using to read this article is more than likely using a lithium battery (unless you are reading a paper copy!). When the batteries do catch fire, the consequences can be serious. Once they catch on fire, thermal runaway occurs and the fire spreads quickly. The common fire suppressants don't work for extinguishing these kind of fires. A specialized fire extinguisher has been developed but is not deemed safe to use yet.



SAFETY - Be careful with handling lithium batteries; don't abuse them to cause damage to them. Once fully charged, shut the charging system off or unplug it if possible. Even though most of the charging systems and batteries have built-in safety features, there is a chance that the feature could fault as well. Also, there are batteries being sold on the market without safety features because, as of now, there is no law governing that they have safety features built-in.

For more information on this subject go to: COSMOMAGAZINE.COM/technology/battery-fire-lithium-ion/

YOGA by Nancy Wilder

I was limping this season when I arrived. Bone spurs on my femur, I was told. That was the culprit. And guess what? Yoga was the answer. The stretches, those awful little leg lifts, the squats, it all helped!



So for you all out there: Are you feeling like the tin man, all stiff and rusty? Come to yoga. And for all those who have poor balance, come to yoga. Part of our practice is working on balance and you can hold on to a wall, if need be. To all of you who want to feel limber and strong, come to yoga.

We only have a few weeks left of classes. Lets return to our northern homes in the spring in great health. Yoga meets on Tues. and Thursdays. at 10 am.

Support for Ukraine Photo from Nancy Provance



JACK



RESCUE IN THE PARK by Bill Howe

If you want to see a woman at Ocean Resorts with passion, talk to Nancy White about her love for her volunteer services with a local dog rescue group. Three years ago, Nancy talked to OR Resident Nancy Wilder who had taken in a rescue dog from “Shauna Baur Rescue” in Fort Pierce. Nancy Wilder took care of a small canine adoptee and named her Dixie Rose. After a period of training and rehabilitation, Nancy adopted Dixie Rose for her own pet. Talking to Nancy Wilder, Nancy White quickly decided she wanted to foster rescued dogs and prepare them for adoption once they were healthy and family friendly. Nancy did not wish to make a commitment at that time to a permanent family pet but did agree to care for and take in one dog at a time that was abused, abandoned, about to be euthanized or simply unwanted with little chance of ever being adopted as a family pet.

Currently, Nancy prefers to board, train and rehabilitate the animals on a temporary basis. Her work with the dogs includes nutrition, basic obedience training such as to sit, stay and heel. She also attends to the dog’s medical needs, grooming, house breaking, leash training and bark control. Nancy will typically rehabilitate 5 or 6 dogs over a years’ time. However, this year

she has worked with 4 dogs that have been placed into a permanent home. Having raised 7 Scottie dogs over 50 years, Nancy will eventually adopt one of her rescues but she currently enjoys travel which makes having a permanent fur buddy difficult for both her and the dog.

TEDDY



CHA CHA

Temporary homes are needed for a variety of breeds and sizes. Most expenses that are incurred are paid for by Shauna Baur. If anyone is interested in taking care of and rehabilitating a dog, Nancy strongly urges them to contact Shauna Baur at (772) 633-6931.

THE TWINS



Know the dog you're getting
7726336931

BEAUTIFICATION COMMITTEE by Mary Dombro

In my opinion, there is only one word to describe our annual chicken barbecue, and that is, "SPECTACULAR!" To see so much community involvement, made this committee's efforts worthwhile. I wish I could personally thank each volunteer who saw a need and acted upon it to make our event very successful.



Our fabulous cooks were headed by Ray Zwart, and included, Rhys Blain, Bob Feehan, Joe Goodman, Michel Rouleau, and Steve Wilson. These gentlemen worked hours, in the hot sun, cooking and checking the temperature of each chicken before taking them off the grill. They have this routine down to a science!

Andy Taylor entertained us with his musical talents and had many people dancing under the pavilion. He enjoyed his visit here as much as we enjoyed his performance. When asked, he told me that he would be willing to return.



Photos by Barb Goodman



Last, but not least, I would like to thank my committee members for their dedication. They are Julie Best, Donna Comolli, Debbie Feehan, Lisa Karasack, Tanya McKewon, Marilyn Terlikowski, Mary Wilson and Shelia Delson, our Board Liaison. What a great group of gals!



LET'S EAT OUT by Sharon English

SOMETHING OLD, SOMETHING NEW Restaurant Review!

LITTLE JIM BAIT & TACKLE

601 N Causeway, Fort Pierce, FL 34949
772-468-2503 www:littlejimbaitandtackle.com
Hours: Monday-Friday 7am - 7pm, Sat.-Sun. 6am-7pm

Little Jim Bait and Tackle is 75 years old! It has a long history as a bait shack, navy supply shack and now a waterfront restaurant. Please read their website for an interesting look into the history of old Fort Pierce, the draw bridge and our island.



The new owners have spruced the place up with new tables, a covered deck and outdoor seating around the original building. Their previous restaurant expertise, from the old Tiki Bar in Fort Pierce, is showing up at **LITTLE JIM'S**. There is now a kayak and paddle board launch, and a rental kiosk. We have been going to **LITTLE JIM** for 20 years and I'm glad it still has some of its rustic, old Florida look, live local music and LJ (Little Jim the cat).

LITTLE JIM still sells bait but now has a casual menu and a full bar. The bait shop offerings of bags of chips, beef jerky, and a big old crockpot of boiled peanuts has changed to an assortment of sandwiches, tacos, soups, burgers, etc. We shared a big cup of excellent homemade New England clam chowder. I had the Tuna Tacos, big pieces of fresh, perfectly cooked tuna and sauce. Tom's burger was equally good. We haven't been there in a few months and we were pleased with the positive changes. It's only 3.7 miles from Ocean Resorts and easy to get there by car, bicycle or boat. It's a great place, close by for a cold beer or frozen drink, on a beautiful Florida afternoon!

=====

SWIFT GRILL

901 N US Hwy 1, Fort Pierce, FL 34950
772-448-8699 https://the swift grill.com/
Hours: Daily Sunday-Thursday 7AM - 9PM,
Fri. & Sat. 7AM-10PM



SWIFT GRILL is St. Lucie county's oldest restaurant building. Who knew? SWIFT GRILL has a new, bright, clean interior with a modern vibe. The food is Mediterranean style with Gyros, Kebabs, Shawarma, and so much more. We recently enjoyed a meal of lamb kebabs and shawarma. We will definitely go back to try the Gyros. **SWIFT GRILL** recently added breakfast to their offerings. The owner is friendly and helpful with explaining the wonderful cuisine. There is indoor and outdoor seating, cold Romanian beer, wine and a takeout menu. We welcome this new restaurant and owner to our food community.

ART IN THE PARK by Kathy Jankovic

In a session led by Kathy Jankovic, participants learned how to make a loaf of yeast bread by mixing in a bag.



Participants made jeweled plant stakes in a session lead by Christine Unger.



Photos from Kathy Jankovic

We invite everyone to attend our annual **Art in the Park Show and Sale on Sunday March 19** from 12:00-2:00 p.m at the pavilion. Come and see what our talented artisans have created. Prizes for the raffle will include an Ocean Resorts apron, jeweled plant stakes, a set of microwave soup bowl cozies and many more items. Money raised from the raffle keep costs down for our weekly sessions.

Information for those wishing to secure a table is located on the bulletin board inside the post office.

We are always looking for leaders and new ideas for the weekly sessions. Contact Allison Alvandian, 1-203-887-0290 with suggestions or to lead a session for the 2024 season.

OCEAN RESORTS GOLF TOURNAMENT



Photos from Becky Buysse

Winners:

Men's Division
Dave Comolli and
Gary Gardner

Ladies Division
Linda Bergendahl and
Judy Post

Shot of the Day
(Eagle)
Paul Antonovich



Pool News: Making a Splash by Kathy Jankovic

Water exercise and stretch class has been a popular activity this past month. There have been record breaking attendees, with the highest number of 36. A big thanks goes out to Nancy Provance who leads the group and selects great music to keep everyone moving. Kathy Rohe & Christiane Arsenault graciously step in to lead the group when Nancy is unable to keep everyone hopping.

Lap swim is scheduled daily from 8:00-9:00 a.m. The palm-decorated black storage containers near the north shower contain lane lines for your convenience. It's easy to place the lane lines in the pool. The only "rule" for using them is to take them down and return them to the storage bin when you are done. They may be used any time the pool isn't busy. The only exception is from 9:00-10:00 a.m. during exercise class. The depth marker should not be left floating. Place the equipment on the edge of the deck and remember to replace it.

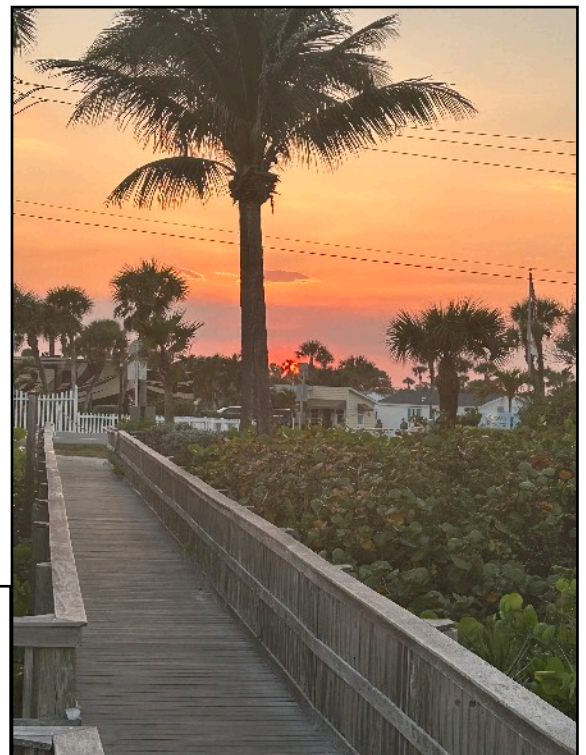
UMBRELLAS - The board of directors has graciously provided us with umbrellas the past

2 years. In the past, if you wanted an umbrella, you needed to bring your own. We kindly ask you to **CLOSE** an umbrella **EACH** and **EVERY TIME** you use one. If it's windy, please keep the umbrellas closed. Wind damage is the # 1 cause for broken umbrellas. The budget \$\$\$\$\$ for umbrellas is limited.

GRUNGE GUCK ON THE BLUE TILE: This disgusting gross residue happens for 2 reasons. The first is applying sunscreen and immediately jumping onto the pool. The second reason is not showering before getting in the water. There will be more visitors this month that forget to shower. It is your responsibility as a resident to remind your guests about showering. Help keep the pool clean.

GENTLE SAFETY and SANITATION REMINDERS:

1. No glass in the pool area.
2. Only commercially bottled water is allowed at the pool ledge (Florida law).
3. Keep the gates closed.
4. Refrain from standing or hanging on the depth line
5. Florida health law: All persons must shower before they use the pool.



Super moon rise and sunset taken on the same evening from the boardwalk.

Photos by Karen Wroblewski



Pam and Gary Reyer preparing the courts for play.

**Men's / Women's
Tennis
Tournament by
Bill Howe**

Photos by Bill Howe

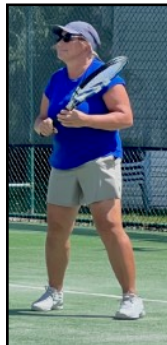


The final tennis tournament of the winter season 2023 was held on Saturday/Sunday March 11-12, 2023 at the OR Courts. Sixteen men on 8 teams and fourteen Women on 7 teams competed in a single elimination tennis tournament under breezy but sunny skies.

Photo by Bob Obidzinski



Sunday afternoon saw the finals in both the Women's Division and the Men's Division played out to a capacity crowd. When the sand on the OR grass courts settled, winners of the Women's Division were Kathy Smolarek and Donna Comolli. The second-place winners were Judy Smith and Tanya McKewon. The winners in the men's division were Ken Clasby and Ebert Eklund. The second-place winners were Delton Jones and Bill Howe.



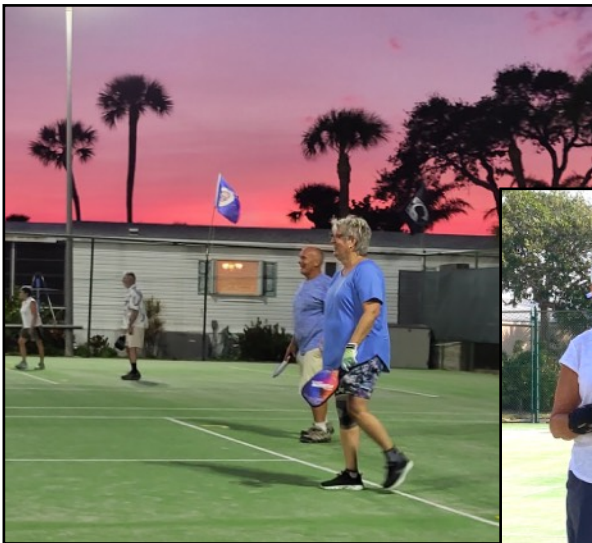
**RED/BLUE TOURNAMENT
Two day winner - Blue Team
Red Team provided Saturday's Meal
Karaoke provided
by Joni and Delton**



PICKLEBALL!! Mixed Doubles Tournament



1st Place - Barb Harding and Al Parna
2nd Place - Karen and Bill Howe



Organizers:
Margaret
Ticknor and
Wanda
Kavanaugh



Photos by Lori Briggs
and Barb Goodman



**SEASONAL PREP CHECKLIST:
by Bill Howe**

- ___ Fill out Mail Forward Form (10 days advance).
- ___ Notify OR Office and Post Office worker here you are leaving.
- ___ Take digital photos of valuables (TVs, etc).
- ___ Inspect roof area, gutters, and downspouts.
- ___ Remove vegetation from around house/roof including Palm Fronds overhanging roofline.
- ___ Don't advertise move on social media.
- ___ Make sure office has a key to your house.
- ___ Have someone check inside house monthly
- ___ Leave emergency contact information on counter.
- ___ Remove batteries from clocks, remotes, etc...
- ___ Leave air conditioner ON (85 degrees).
- ___ Leave humidistat set to 65.
- ___ Put stabilizer (i.e. Sta-bil) in any gas powered motors.
- ___ Slightly over-inflate tires on vehicles/carts/trailers left here.
- ___ Open closet and cabinet drawers
- ___ Move furniture away from walls.
- ___ Ant and roach traps are a good idea if you have insects.
- ___ Close/cover drains and cover toilet stools with Saran Wrap.
- ___ Remove candles from windows; store in plastic (prevent damage from melting)
- ___ Secure any outside items (sheds, golf carts...) Both tie down and wrap around.
- ___ Remove all trash/recyclables from home.
- ___ Leave food in glass or insect/rodent proof containers (sugar, flour).
- ___ Unplug refrigerator and secure doors OPEN.
- ___ Turn off and padlock water supply.
- ___ Close all blinds.
- ___ Install hurricane shutters.
- ___ Pest control: schedule or leave ant and roach traps
- ___ Put internet/cable service on vacation mode
- ___ Unplug all unneeded appliances.
- ___ Turn off hot water heater. Drain if possible.
- ___ Leave your house CLEAN with no exposed food/water.
- ___ Arrange for weed control if necessary (especially with pavers)

ATTENTION

All Artisans and Crafters Welcome

Sign-up sheet in the Post Office or contact Allison Alvandian 203-887-0290

ART in the **PARK**

SHOW & SALE

Sunday, March 19th

Noon-2pm

@ the Clubhouse/Pavilion



Wine Pairing with Nancy

Certified Chef and Sommelier

Thursday March 23, 2023 @ 1pm at the Clubhouse

\$15.00 per person (limited seating)

A Pear Caramel Cake with Homemade Limoncello

Minted Peas on Crostini with a Wine Pairing

Tickets on sale at the Post Office Monday 3/13/23, Monday, and Tuesday 3/14/23 from 12pm-2pm

Ocean Resorts
POOLSIDE
Wear your Hawaiian shirts & dresses

LUAU

Saturday, March 25
Dancing to 4:00 - 8:00
The Sophisticats

50/50 Raffle
\$15 available at P.O. start 3/16
Beer & Mai Tais included
Bring your own snacks and other beverages
MENU: Pulled Pork, Mac n cheese, cole slaw applesauce and dessert
NO TICKETS SOLD AT THE DOOR
Hosted by The Social Events Committee

OCEAN RESORTS ISLAND TIMES STAFF
Editor - Barb Goodman
Staff - Sharon English, Elizabeth Flaherty,
Bill Howe, Kathy Jankovic, Lee Koesema,
Linda Smolarek, Jim Thorpe, Nancy Wilder

If you have ideas for articles, please email
bgoodman@me.com

