



News For And About Residents Of The Palencia Community

Daylight Savings Time Begins At
2 a.m. Sunday, March 13th



Palencia

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PRESS

MARCH 2022

Showing School Spirit At Palencia Elementary Pirate 5K Run



The 7th Annual Pirate 5K and Lil' Matey Race hosted by the Palencia Elementary School Parent Teacher Organization (PTO) was an exciting fundraiser and community event taking place on January 29th at the Palencia Club. It was a chilly but festive morning with music and cheering as racers set their marks, followed by a beautiful run through the tree-canopied Palencia neighborhood.

At left, Craig Dewhurst with daughters Kenzie and Zoe and Palencia Elementary School Principal Catherine Goodrich. The Craig Dewhurst State Farm Insurance office was a Platinum Sponsor of the Run. "Every dollar raised goes directly to support Palencia Elementary, which in turn, improves our entire community" said Dewhurst, also a Palencia resident.

Palencia Classic Car Show Is Saturday, March 26th



Last year's Classic Car Show on Market Street brought enthusiasts from all walks of life to see automotive excellence, from muscle cars to masterpieces.

The Palencia Classic Car Show returns to Market Street on Saturday morning, March 26th from 9:00 a.m. to 11:30 a.m. Enjoy classic cars, young and old and vintage motorcycles along with vendors, live music and food trucks. If you are interested in participating, please contact Erin Gunia at Erin.Gunia@fsresidential.com.

Palencia Tennis/Pickleball Social Helps To Collect Nearly 300 lbs. For Food Pantry



The Palencia Tennis Center's recent "Social With A Twist" event helped to collect three car loads of food items to support the St. Johns Ecumenical Food Pantry. Attending this year's social, left to right, Jueyang Wei, Coach Jeff Golden, Lizett Oosthuizen, Missy Nevin, Charles Patterson, Chase Evans, Lisa Davies, John Evans, Kathy Moss, Evan Tanner, Tennis Director Tom Salmon, Coach Scott Lefteris, Frank Nelson, Lotes Nelson, Andy Hall, Hector Hurtado, Theresa Blanton, Jo Blanton, Susan McCarthy, Michelle Devlin, Frank Devlin, Donna Whitehead, Molly Moseley, Lillian Wilson and Caroline Maxwell...Full Article on Page 3.

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Thoughts For The Day

"It's said that hard work never killed anyone, but I say why take the chance?"
- Ronald Reagan

"Behind every great man is a woman rolling her eyes." - Jim Carrey

Words Of Wisdom

But when you give to the needy, do not let your left hand know what your right hand is doing, so that your giving may be in secret. Then your Father, who sees what is done in secret, will reward you.
-Matthew 6:3-4

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Tennis/Pickleball Social Contributes To St. Johns Ecumenical Food Pantry

The Palencia Tennis Center's recent "Social With A Twist" event helped to collect three car loads of food items to support the St. Johns Ecumenical Food Pantry.

More than 25 residents came out on a cold, rainy evening to join in the tennis/pickleball social and play for two hours, socializing in-between games, according to Palencia Tennis Director Tom Salmon. Participants enjoyed great food, drinks, fun and competitive play all while helping to support those in need.

"This is our 5th year of donating to St. Johns Ecumenical Food Pantry," said Salmon. "Nearly 300 pounds of food including rice, cereal, canned fruit and vegetables, peanut butter, canned meat, powdered milk, pastas, plus toothbrushes, deodorant and paper products were collected and donated." Salmon added. "Other members gave monetary donations. It's a great way for the tennis community to give back."

The event was designed to raise funds and collect food donations during a time of the year, just after the holidays, when the Food Bank's supplies and dona-



tions tend to slow down. The Food Pantry provides emergency food assistance to St. Johns County residents in need.

To find out more about how you can help with donations, visit stjohnsfoodpantry.org or call (904) 824-2070.



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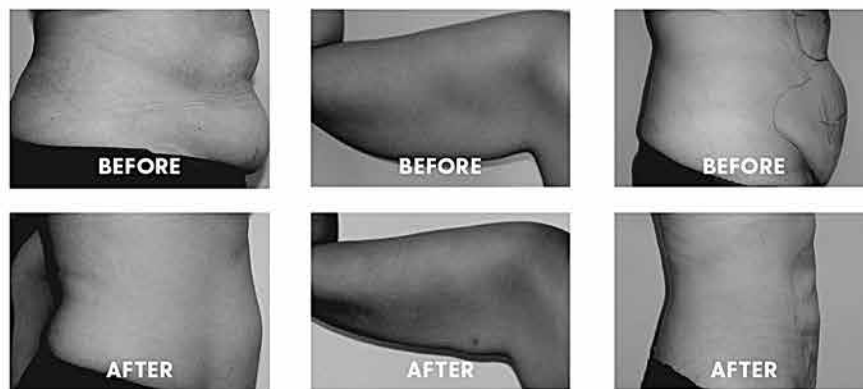
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Considering Running For The PPOA Board?

By Marc Sierra, Secretary of the Palencia Property Owners Association



Marc Sierra

Below, in a Q&A format, are some factors that may help you decide.

How many Board seats are there? There are five total seats on the PPOA Board of

Directors. Officers of the Association include a President, Vice President, Treasurer and Secretary plus one additional Board member. The terms of three of the current five Board seats are expiring in April 2022.

How are the Officer positions on the Board determined? The Officers of the Association are elected by the Board at the annual meeting of the Board which is held immediately following the annual meeting of the Association.

Can expiring board seats be automatically renewed? No. When board seats reach their full term, the board member must declare they will run for another term or elect to step down.

How long is the term for a PPOA Board member? The normal term to serve on the board is two years. There can be circumstances where a Board seat term will last only one year. For example, if all five current Board member terms expire on the same date, a shorter term could be accepted to ensure that two or three Board seats expire every year. Another example would be if a Board member wishes to resign before his/her term expires, in which case the open Director seat will be filled by the Board. A Director appointed to fill a vacancy will be appointed for the unexpired term of their predecessor.

Do Officer Positions on the Board have the same 2-year term? No. Officers hold their office for 1-year terms, meaning Board members can have different Officer positions during their 2-year Board member terms.

How can I declare that I want to run for a board seat? 60 days before the scheduled election the Association will announce the date of the upcoming

election and the number of Board seats that will be expiring. Any Resident may nominate himself/herself as a candidate by completing a **Notice of Intent to Run** form and returning it to the Association not less than forty days before the scheduled election. Candidates will also be asked to submit a brief biography known as a **Candidate Information Sheet** highlighting any unique qualifications or comments about their candidacy. This year the due date for submission is March 18th for the notice of intent to run and March 23 for the candidate information sheet.

Are there any special qualifications for becoming a board member? No. Candidates must be in good standing with the Association, meaning they cannot be delinquent in the payment of any monetary obligation due to the Association, nor can they be a convicted felon. Once elected to the Board, all members must complete a virtual Board Certification Course which takes about two hours and is hosted by either a Property Management Company or a Law Firm specializing in Real Estate practice.

What is the responsibility of a PPOA Board member? Some of the primary responsibilities of the Board and its members include: establishing and approving an annual operating budget which then sets the annual assessment amount for residents; appoint committees and adopt and publish rules and regulations governing matters of common interests to the residents; set fees for building Modification ARB (Architectural Review Board) review and approval; and maintain the financial records of the Association in accordance with State law (audited annually by an independent CPA).

How much time would I need to devote toward being a board member? It varies. The President and the Treasurer can put in as much as 20 hours a month, but other positions may only involve attending regular Board meetings which typically last around 45 minutes every other month, and in the Secretary's case, writing summaries of the meetings to distribute to residents may require an additional two to four hours of time after each meeting.

Looking For Interesting Conversation?

The Avila Condominium holds a "conversation group" meet every Thursday afternoon at 2:00 p.m. near the condo pool area. If you are a Palencia resident and want some lively conversation, the group welcomes you.



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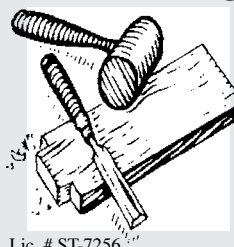
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Spotlight On Palencia People



Above, left to right, Rose and Larry with their daughter, Alexandra, three granddaughters, Stefania 11, Isabel 15, Elizabeth 10, Larry, and their second daughter Tam.

At right, Rose and Larry live in the Avila Condos at Palencia



Rose Tiet and Larry Nguyen's Incredible Journey To America

Editor's Note: The following information was provided by Palencia resident Theresa Merritt who wanted to share her neighbor's amazing story about their journey to America which they recently told at a Palencia Conversation Group meeting.

For Palencia residents Rose Tiet and Larry Nguyen, becoming American citizens was a long struggle that included imprisonment and a dangerous journey escaping their native South Vietnam.

Rose, who was born in Travin, South Vietnam, met Larry when he stayed at her family's B&B and were married in May of 1971. A little less than four years later, their lives would change drastically as the U.S. began to pull out of Vietnam. After North Vietnam invaded the South, Larry, who was a captain in the army, was separated from Rose for a year of training and eventually taken into the North where he was jailed in the jungle from 1976 until July of 1982. The couple had been separated for six years except for a brief visit in March of 1980 when Rose was allowed to see Larry.

In May of 1980, Rose was able to escape Vietnam and after a seven day boat journey that included surviving the cold and a severe storm where she had to cling to a water tank on the boat for protection, she arrived in Malaysia. Through the help of the United Nations, and paperwork she had from working at a bank in Vietnam, Rose ap-

plied to come to America and arrived in New York in November of 1980. Out of Rose's family of 10 siblings, four could not escape, five made it to America and one made it to Germany.

Larry was released after eight years in prison, a sentence which included sleeping in handcuffs, forced labor and lack of food. He immediately began to plan his escape from Vietnam and returned to Rose's hometown where her parents were still living and taking care of Rose and Larry's daughter Alexandra. Larry remembers that he had to report to the local police station every day but had to travel 35 miles to get to the shore where fisherman could help he and Alexandra escape. When the escape fell through, he had to travel back to report to the station the next morning. Their second escape attempt thankfully was successful and Larry and Alexandra landed in Indonesia on the island of Galang in June of 1984. They were reunited with Rose, who had been living in Connecticut, in August of that year.

Rose and Larry would welcome another daughter, Tam, to the family and with their both speaking English, were able to adapt to American life easily including both enjoying careers at Hartford National Bank.

The couple shared that America has been very kind to them and their family and that they are thankful for this country's work in trying to get people out of Vietnam and save lives.

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Ladies Braced The Cold To Have A Lot Of Fun

By Earline Barnes, President
and Laura Mayo, Vice President
Women's Golf Association Of Palencia

The Palencia ladies showed their perseverance and crazy passion for their love of golf by layering up and playing

tournament. The one day tournament is scheduled to be held on Thursday, March 24th. A shotgun start at 8:30 a.m.

hard in the annual Solheim Cup competition. Starting with the pairing party where the two captains showed their competitive spirit as players were selected for each team, to the Ladies bundling up for the cold weather to battle hard to go for the win... in the end, the teams ended in a tie. The Red Team will be keeping the trophy until next year when the Blue Team will work hard to win it back. It was a fun day of competition and everyone enjoyed watching the postings and team scores while drinking cocktails and having warm soup and chili.

Now that the cold snap of ugly weather has left us, Pam Ashburn is helping us enjoy welcoming in the warm spring weather by planning our Annual Schooner Member/Member



Red Team: Barb Jacobi (Red Team Captain), Diane DiMartini, Peggy Lamneck, Stephanie Kinsey, Faye Peludat, Debra Bienert, Sue Kansteiner, Chris McCoy, Deidre Wray, Judy Guarino, Peg Larson and Earline Barnes.



Blue team: Left to right, Maria Cavanaugh, Sandy Brandenburg, Tricia Luciano (Blue Team Captain), Marge Stancil, Lisa Procter, Deidre Wray, Laura Mayo, Rosetta Smith, Pat Rose, Cathy French, Maggie Butler and Maria Nilsson.

Continued On Page 7



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Palencia Women's Golf Association

Continued From Page 6

will start the day off, followed by a get-together in the Grille Room for lunch. Winners will be announced and prizes will be awarded at the luncheon. All Palencia ladies are encouraged to find a partner and sign up online. We would love to see a great turnout for our first spring event. As you all know, Pam's had a lot of experience in planning golf events, and a real pro at putting together a fun event that will not disappoint.

Moving on into April, Deidre Wray is chairing our next major spring event, our "WGA Invitational." Members will be asked to solicit their friends to join in a very exciting team event. So, mark your calendars now for the one day event on Monday, April 11th and start talking to your friends in other golf clubs to join in and play our challenging course. A team competition is always a lot of fun and Deidre has some tricks up her sleeve to make this event one to remember.

The women and men of the Palencia golf leagues have decided to jointly host a very special Memorial Golf tournament for Monday, April 25th to honor both Susan Agee and Sue Patalano. A shot gun start with tributes to both ladies will begin at 8:30 a.m., followed by a get-together in the Palencia Grille. Donations will be collected and given to the two family's selected charities. We hope to have a big turnout to honor these two wonderful ladies and share some great stories about them with their families.

We would like to welcome Diane Holland to the Palencia women's Golf Association.

If you want to learn more about the Palencia Women's Golf Association, please go to membershipWGA@gmail.com. Make sure you sign up soon for our spring events. You don't want to miss the great events that are scheduled.



Captains thawing out in the Palencia Grille after a great day of team golf. Captains Barb Jacobi and Tricia Luciano having some fun after a crazy day of cold weather golf.



While the weather in Palencia has been unusually cold, our own Peg Larson was able to capture the beauty of the Florida winter wonderland with one of her pictures of the frost on local plants on hole #10.

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Deepening Community Spirit

By Tiffany Trivedi, Palencia Resident
Palencia Elementary PTO



As many are aware, our Palencia Elementary School PTO works tirelessly to raise funds for initiatives and items that help enhance the educational environment and make the lives of students and teachers exceptional. It is the ultimate collaboration of parents and school administration coming together to determine the best utilization of those funds to strengthen the school. However, what some may not realize, is that fundraising is not the sole purpose of the PTO. Just as importantly, the PTO sponsors and organizes school events which help deepen community and school spirit.

Some events, such as Family Bingo Night and Family Movie Night are provided free of charge for any student's family each year. Family Movie Night is usually hosted at the beginning of the year and a family friendly movie is selected and projected on a large screen. Everyone is encouraged to bring picnics, chairs and blankets. Food trucks and treats are always available for purchase as well. Family Bingo Night is another fun event where the entire family can play Bingo for prizes while munching on delicious treats. Both events are meant to provide safe, fun activities and also get the chance to meet fellow classmates, parents and school administration. This community involvement can help provide children a sense of belonging and also help parents feel they are not alone in their parenting journey.

Other events specifically target building connections between generations. The Daddy/Daughter Dance and Mother/Son Night both share the pur-



Meridith Strout and son Justin at the PES Mother/Son Glow Night. The décor was over the top and the DJ had everyone dancing.

pose of strengthening the relationships of parents (or other role models) and children. They are both filled with activities such a dancing, eating, games, contests and photo booths, all focused on having that "special moment" with your child.

PTO member and PES parent, Meridith Strout, shared that "We are so thankful the PTO put on such a fun Mother/Son Glow Night. They thought of everything. The décor was over the top, the DJ had everyone dancing all night long and the games and candy bar made the night unforgettable! We are grateful for all the memories that were

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Palencia Elementary School

Continued From Page 8

made that night as I know this is something that my son will remember for a lifetime."

The PTO also hosts a Grandparent's Day to encourage children to learn, grow and show appreciation towards their grandparents. In years past, grandparents have come on-site to have lunch and see their grandchild's classroom. However, the past few years the PTO has created a "Covid safe" way of sharing messages through shared letters and pictures. These events are not fundraising events yet add a tremendous value to the student's overall elementary school experience.

By focusing on family involvement rather than fundraising, the school can actually have much better fundraising results in the long run. People who feel connected to the school will be more likely to support it. People that feel a sense a community, will utilize that community for help when they need

it. The PTO has so many opportunities to aid families if they ever feel they need support. This includes Blessings in a Backpack (which provides meals for children), The PES Clothing Closet (which provides clothes and shoes for children), and the PES Giving Tree (which provides gifts to children over the holiday season).

PES Principal, Catherine Goodrich, adds that "I routinely sign my newsletter with the closing: 'Together in Education.' Having worked in the field for over three decades, it is a phrase I whole-heartedly believe. The students with the greatest successes come from

families that partner with and support the school team. Palencia Elementary is a special place to grow and learn. The warmth, joy and excitement in this school community are evident both



Family Bingo Night with Principal Catherine Goodrich is a fun event where the entire family can play Bingo for exciting prizes. The PTO sponsors and organizes school events which help deepen community and school spirit.

within the school and at each PTO family event."

The PTO has many opportunities for all to get involved and has a flexible level of commitment, so we encourage all to help with events when they are able to. If you want to join the PTO, we are always looking for members to join chairs they are interested in, even if you cannot attend monthly meetings due to work or other commitments. If you are interested in joining the PTO, please reach out at PES.PTOpresident@gmail.com. You can also learn about the PTO and all the hosted events at palenciairatespto.com.

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Palencia Residents Star In Nease High “Mamma Mia” Play

Nease Theatre Department is proud to present *Mamma Mia!* April 7-9 at 6:30 p.m. (Saturday 2:00 p.m. and 6:30 p.m.) in the Performing Arts Center at Nease High School.

On a small mythical Greek island, Sophie dreams of a perfect wedding, including her father walking her down the aisle. The problem is, Sophie doesn't know him! Her mother Donna, the former lead singer of the 1970s pop group Donna and the Dynamos, refuses to talk about the past, so Sophie decides to secretly invite all 3 possible fathers: Sam, Bill, and Harry to the wedding after reading about them in Donna's diary. Featuring legendary music of ABBA, *Mamma Mia!* has become a worldwide sensation that has audiences everywhere dancing.

Christina Santos, Assistant Director and Choreographer at Nease High School is in her 5th year with the Theatre Department. She says, “We are over the moon in anticipation of *Mamma Mia!* With nearly seventy students from freshman to senior represented, this is *the* musical event to see. A live band will perform during intermission, we plan to have concessions and a true ‘party’ atmosphere for attendees!”

Hannah Pockett is again leading stage management with Aidan Long, Grace MacEwan, Lily Downie, Samantha Brooks, and Jake, Jaclyn and Claire Madson as well as many other Palencia residents cast as stars of this wonderful jukebox musical.

“It is an especially happy event for the Madson family, as they have all three children performing for the first time together in a theatrical feature,” Santos added.

Whether you remember ABBA from back in the day, or just want some good, family fun, come support local high school arts. Tickets available online via schoolpay <https://www-nhs.st-johns.k12.fl.us/> beginning March 20 or cash at the door \$12.

At right, Assistant Director and Choreographer for the play is Christina Santos, Palencia resident.



Cast members Aidan Long, Brooks Utter and Lily Downie. Aidan and Lily are Palencia Residents.



Cast members Jake Madson, center, with sisters Claire and Jaclyn, all Palencia residents.



Right, back row: Troy Leatherman, Genevieve Bahr, Grace MacEwan, Kayla Cashen, Dineen Liriano, Brooks Utter, Kylee Frye, Rylee Moore, Aidan Long, Mikayla Polito, Jacob Guillory, Evan Rozman, Brent Hunsinger (Theatre Director). Front row: Micah Vosburg, Blythe Goukur, Meghan Bush, Ethan Diachun, Brysen Bryant, Hannah Pockett and Riley Chance.

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Meet Misty Beasley, Wedding And Special Events Manager At The Palencia Club

Originally from Canton, Ohio, Misty Beasley has been in the hospitality industry for more than 20 years. Prior to coming to The Palencia Club, Misty was with Marriott International, representing the Sawgrass Marriott and The Renaissance at World Golf Village.

Married to her husband of 26 years, Misty and their two teenage daughters are avid Cleveland Browns fans.

"I absolutely love hosting parties, weddings and events," said Misty. Here at the Palencia Club we have many, many events for our members and also we host events for non-members. I started here in March of 2021 and am so very glad I did! It feels like family amongst our staff and the members."

On an additional note, one of Misty's other talents is floral design. "The Palencia Club allows me to create beautiful floral pieces for some of our parties and weddings. I've been doing this on the side since 2005."

Planning a party or event for that special occasion? Contact Misty Beasley, Wedding and Special Events Manager, at 904-599-9040 extension 3135.



Misty Beasley

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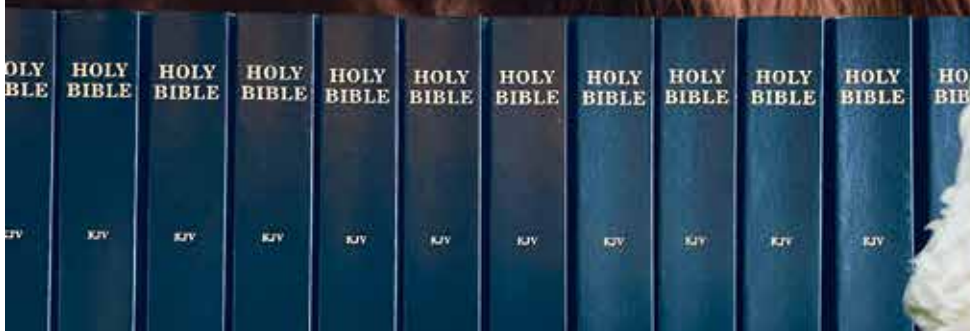
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Calling All Students, Faculty & Volunteers Nease Night With The Jacksonville Icemen

By Dr. Matthew Ohlson, Palencia Resident



Nease High School has partnered with the Taylor Leadership Institute at the University of North Florida to participate in the "Leadership Night" at the Jacksonville Icemen Game on March 25th at 7 p.m. This will be an exciting evening for Nease students, staff and families with Zamboni rides for coaches and faculty and recognition of the Nease football team and their head coach, Collin Drafts, for their team's best performance in more than 15 years.

In addition, Nease cheer and band will be welcoming Icemen fans as they enter the arena and Nease Coaches and Administration will be competing against UNF Coaches in a competitive game of "Ice Broom Ball." Everyone is excited to see Principal Kunze, Men's Basketball Coach, Josh Bailen and Athletic Director, Charles Gomes square off against



Nease Graduate and UNF Athletic Director, Nick Morrow and UNF Men's Basketball Coach, Matthew Driscoll.

Please use (and share) the link below or scan the QR code to purchase your tickets where 25% of all ticket sales will support Nease High School.

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6 -Dance NDA Nationals	7 -Girls Lac @ Bucholz	8 -Softball vs. Palakita -Baseball vs. Fernandina Beach	9 -B & G Tennis vs. Fernandina -Boys Weightlifting vs. Bartram & PV -Boys Lac vs. Oak Hill -Softball vs. Nease	10 -Boys Volleyball vs. PV -Baseball @ St Aug	11 -Track @ Crosslake/UNF -Boys Lac @ Jagger -Girls Lac @ Crosslake -Softball @ Orange Park	12 -Boys Lac @ American Heritage Del Ray
13 -Baseball @ Ocala Forest	14 -Baseball @ North Marion	15 -Baseball @ North Marion	16 -Baseball vs. Mosley @ UNF/JU	17	18	19
20 -Boys Volleyball vs. Bartram	21 -Boys Volleyball vs. Crosslake -Softball vs. Handren -Boys Lac @ PV	22 -B&G Tennis vs. Bartram -B Weightlifting vs. Crosslake -Girls Lac vs. Fletcher -Baseball vs. PV	23 -Girls Lac @ Episcopal -Softball @ St Aug -Baseball vs. Crosslake -Boys Lac vs. St Aug @ Bolles	24 -Track @ FSU -Softball @ Bartram -Boys Lac vs. Erie	25 -Track @ FSU	26 -Track @ Bartram
27 -Girls Lac vs. Wolfson	28 -B & G Lac vs. Handren -Softball vs. First Coast -Volleyball @ St Aug -Baseball @ Fletcher	29 -B&G Tennis vs. Flagler Palm Coast -Girls Lac vs. Bolles	30 -Softball @ Bolles -Baseball vs. Atlantic Coast	31		

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R. Gregory Smith, MD is the director of Ponte Vedra and Palencia Cosmetic Surgery and has been performing Cosmetic Surgical procedures in the Ponte Vedra area since 1991.

Dr. Smith received his Cosmetic Plastic Surgery training in Paris from the world renowned Plastic Surgeon Dr. Paul Tessler. Recently, Dr. Smith moved his practice to The Palencia Community to better serve the areas of Nocatee, World Golf Village and St. Augustine as well as the southward expansion of Jacksonville and Ponte Vedra.

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Ask A Certified Master Gardener Plant Options For Palencia

By Norie Flowers, Palencia Resident
norie.flowers@outlook.com

In Palencia, we have two significant natural preserves on which our homes are located: wooded areas and the marsh. Each of these areas is comprised of different soil pH types which translates into very different growing environments. This article will focus on some helpful information to then choose the right plants for these conditions and ahead of your spring planting.

To the frustration of many gardeners, Florida's "soil" is essentially sand and thus requires ongoing amendments.

Our Florida sandy soil is called Myakka, (pronounced My-yakah), an Indian word for "big waters." Only found in the state of Florida, Myakka covers the majority of the state - more than 1½ million acres - and is our official state soil signed into law by Governor Bob Martinez in 1989.

The fine Myakka "sugar sand" we have here doesn't hold water or nutrients well. In addition, many new homes are built on additional fill soil that has been compacted by construction - not a good beginning for plants of any kind as this compaction makes it difficult for plant roots to grow and take up water and nutrients. It can also lead to unnecessary storm-water runoff.

As mentioned in a number of previous articles, an important factor before making plant choices is understanding your soil pH, the measure of the acidity or alkalinity. A pH value of 7 is neutral, less than 7 indicates acidic soil, and a pH greater than 7 is alkaline. Sometimes you may see soil referred to as "sour" (meaning acidic) or "sweet" (meaning alkaline). Soil pH directly affects the growth and quality of landscape plants by influencing the chemical elements in the soil which then affects the microbial process.

The soil pH on the marsh is generally more acidic and can be as low as 4.0, while pH in the areas adjacent to the woods is closer to neutral, generally around 6.5. It is important to have your landscape soil pH tested at least once to determine what level you have and lawn care companies or the St. Johns County Extension Center can perform this test.

Landscape plants in the wrong pH soil may develop nutrient deficiency and/or toxicity. When soils are acidic, the availability of plant nutrients like potassium (K), calcium (Ca), and magnesium (Mg) are reduced. Acidic soils also have increased susceptibility to toxic elements like aluminum (Al), iron (Fe), and zinc (Zn). High alkaline soils can be a result of construction materials left in the soil and may prevent the uptake of essential plant nutrients.

Because the marsh areas require more careful plant selection, here is a brief list of some options that grow well in acidic

conditions. Also listed are some plant options that fair well near any water's edge and lastly plants that are salt tolerant:

- Acidic Soil: Gardenias, Azaleas, Hydrangeas, Hibiscus (slightly acidic), Camellias, Daffodils, Nasturtiums, Magnolias, Dogwoods, Hollies, Blueberry, Lemon grass, Rosemary and Thyme.

- Water's edge: Blue flag iris, Duck potato, Fragrant water lily, Arrowhead, Golden canna, Pickerelweed, Sand cord grass, Spikerush, and Swamp lily.

- Salt Tolerant: Agaves, Beach Sunflower, Black-Eyed Susan, Bottlebrush, Bougainvillea, Coontie, Creeping Fig, Crown of Thorns, Indian Hawthorn, Fatsia Japonica, Firebush, Gaillardia, Junipers, Joewood, Ixora, Muhly Grass, Marsh Grass, Sweet-flag Grass, Oleander,

- Pineapple Guava, Plumeria, Prickly Pear, Pond apple, Saltbush, Seagrape, Sea Lavender, Scouring Horsetail, Spanish Bayonet, Star Jasmine, Swamp Sunflower, Wax Myrtle and Yucca.

For homes on wooded preserves, and with the exception the very acid-loving plants listed above, you have a wide array of options, including carefree drought resistant succulents like ice plants and crown of thorns. Before you purchase any plant, be sure to read the planting labels and plant requirements; they are important.

Our North Florida hardiness zone 9b can be challenging for even the most experienced gardeners. My best advice to you is to simply choose plants on the basis of what you really like. If a given plant doesn't make it through dormant season, begin again the next spring. Our landscape is our own outdoor canvas and as is well recognized, landscape paintings are among the most expensive in the world. You can create your own Monet, Cezanne, or a Van Gogh in your landscape canvas.

Lastly, please keep in mind ahead of your spring planting that we all moved here to be on a beautiful preserve, and in a park setting. It is paramount, therefore, that we not alter and/or otherwise disturb these fragile biotic areas in any way, which includes maintaining the 10 foot buffer zones on the marsh and other waterfront areas. Palencia's preserve is here for us now and needs our protection to remain that way for future residents to enjoy. Happy Spring planting!

Do you have landscape and/or gardening questions on which you would like help? I live in Palencia, so please email me at norie.flowers@outlook.com and I will answer you immediately. If you would like an in-depth article written on a topic you feel would be of interest to all Palencia residents, please let me know. The advice in this article is based on research from the University of Florida Institute for Food and Agricultural Sciences (IFAS).



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Nease NJROTC Qualifies For Air Rifle National Championships

Nease NJROTC's Air Rifle Team receives their 2nd place trophy at the Area-12 Championships in Anniston, AL. Pictured left to right, Area-12 Manager Johnathan Shaw, Chloe Westerlind, team captain Hailey Pitches, Gunnery Sergeant Duane Hanson, Gabriel Mitchell and Nicholas Bohanon.



Nease High's powerhouse NJROTC program reached a new level in program history this past weekend as it's Air Rifle team placed second at the NJROTC Area-12 Air Rifle Championships in Anniston, AL where the top two schools move on to national championships.

This achievement marks the first time for the Air Rifle team to make it to the national championships. Nease's vaunted drill team – 3rd at the 2021 national championships, brain brawl team

– 3rd at the 2021 national championships and orienteering team – competing in March at the 2022 national championships, have all qualified multiple times for making it to nationals.

"I could not be more proud of the cadets," said Naval Science Instructor and Air Rifle Coach Gunnery Sergeant Duane Hanson. "This group put the time and effort in beginning in August and stayed the course for the past five months."

The four cadets making up the team are senior Nick Bohanon, sophomores Hailey Pitches (team captain), Gabriel Mitchell and Chloe Westerlind. Westerlind was the team high shooter and placed 6th overall in the championship Sporter Division.

Air Rifle is an authorized NJROTC activity that develops strong discipline, attention to detail and unwavering commitment in cadets. The Area-12 Air Rifle Championship brought together the best teams across the state of Georgia and northern Florida to the competition. During competition, cadets shoot from three positions – standing, kneeling and prone.

Senior Nick Bohanon said, "Qualifying for nationals always seemed out of reach. But the underclassmen delivered big time in the clutch."

Nease will travel to the Civilian Marksmanship Program Headquarters in Alabama, February 9-12 and compete against the top programs from across the country.




Nease cadets Nicholas Bohanon, Gabriel Mitchell, Chloe Westerlind and Hailey Pitches fire downrange from the kneeling position at the Area-12 Air Rifle Championships.



Nease cadets Nicholas Bohanon, Gabriel Mitchell, Chloe Westerlind and Hailey Pitches fire downrange from the prone position at the Area-12 Air Rifle Championships.

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4 Key Positions For Your Best Golf

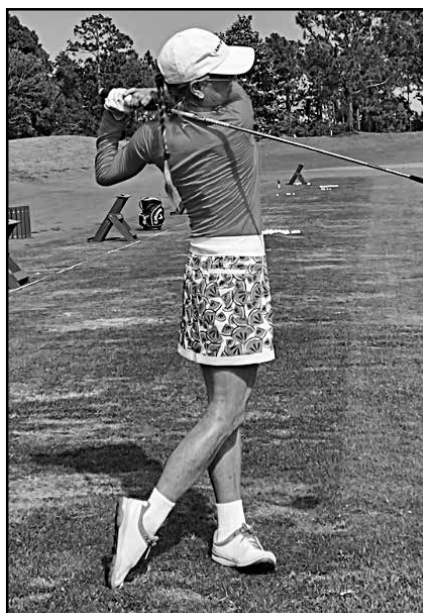
Tips from Laura Baugh
 Certified PGA Teaching Professional
 The Palencia Golf Club
 laura@laurabaughgolf.com.

Hello Fellow Golfers,
 Let's strengthen those four positions, if you have injuries there is more than one way of accomplishing the same goal but these are the basics.

1) Address - you must be able to have the proper posture at address. Arms and knees slightly bent with feet shoulder length apart, in other words an athletic posture.

2. Position At The Top - You must be able to take the club back with a straight left arm all the way to the top it doesn't have to be perfectly straight but the straighter the better. It gives you the width in your backswing which will increase swing speed.

3. Position At Impact - You must be able to hit it as late as possible, which



means the right hand does not take over and the back of the left-hand leads through impact.

4. Follow Through - You must be able to finish the swing and have your chest facing the target... if you were wearing a belt buckle it would be facing the target. By doing that, you have used the power you have built on the backswing.

If you cannot make these four moves and there are no injuries involved, let's strengthen the muscles and the flexibility to enable you to do so. Focus on these four "keys," keeping it very simple will enable you to improve at a consistent and rapid pace!

If you need help building power or flexibility or in attaining these moves,



Embracing The White Stuff

By Wrigley Steck
 A Dog About Town In Palencia's Village

Cold, rainy, windy, in the Land of Sunshine. But the good news is — "no snow," says the bagman. I would take exception to that, having spent time in the snow. Really neat stuff! You can lick it, eat it, roll in it, slide on it, cool off on it, you can even make snow people out of it and forts and stuff!

When they took me to see the little Cheesheads it snowed all the time and we played in their yard and slid down all the hills. Great stuff.

So why all the escapee's? When you take the long ride to the north it seems like a never ending line of four wheelers going south to escape the white stuff. Bunch of pansies. I'd love to spend time up there. I think the big problem is the bagman couldn't find the white balls he whacks in the snow. And the little four wheeler would not be

able to climb the hills. And he would have to wear lots of woolies to stay warm so he couldn't thrash at the balls with his cold handed whackers. I guess you have to get your priorities straight. Too bad. My buddy, Charlie, and I really miss having fun in the snow.



Wrigley and Charlie frolicking in the snow.

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The Art And Science Of Love: A Weekend Workshop For Couples

By Michael Brown, MSC, LMFT
904-289-2954
www.happycoupleshealthycommunities.com

Is your relationship distressed and in need of healing and repair? Or, do you have a strong relationship but are looking to enhance it? Either way, the Art and Science of Love: A Weekend Workshop for Couples might be for you.

The Art and Science of Love is a two-day, highly experiential workshop designed by Drs. John and Julie Gottman to teach you what happy and stable couples do to foster romance and harmony in their marriage and is based on Dr. John Gottman's over four decades of research with over 3,000 couples. This workshop will give you new insights and research-based skills that can dramatically improve the intimacy and friendship in your relationship and help you manage conflict in a healthy, positive way.

The Art and Science of Love is designed to strengthen relationships through engaging presentations and experiential activities. If you have a strong relationship, this workshop will provide you with the insights and tools to foster further closeness, friendship and trust. If your relationship is distressed, this workshop will provide you with a greater understanding of your relationship and a road map for repair.

This workshop has been shown to produce positive results for 94% of those who attended and to achieve results similar to those of six months of marital therapy.

Fortunately, the Art of Science of Love: A Weekend Workshop for Couples is available in Jacksonville. As a Certified Gottman Therapist and a Couples Workshop Leader, I provide the Art and Science of Love at the Comfort Suites Baymeadows in Jacksonville several times a year and have been doing so for the last 4 1/2 years. Dates for this coming year include April 2-3, July 9-10, October 1-2, and November 19-20. More dates may be added depending on demand.

This workshop is designed for ALL couples in a committed relationship of every age, ability, and sexual orientation. There will be a maximum of 7 couples on a workshop weekend. Couples

work privately on exercises designed to address challenges in their relationship. There is no group work, sharing, or public disclosure.

Along with the memory of reconnecting and the knowledge that "we can do this!" couples take home a box of techniques, cards, tools, to support their relationship in their everyday lives. As a result of this workshop, you will learn how to:

- Recognize the Four Horsemen of the Apocalypse and what to do if they are attacking your marriage
- Identify your relationship's strengths and how to build on them
- Understand the effects of physiological flooding and how it may affect conflict resolution
- Take small, easy steps that increase romance in your relationship
- Understand how Love Maps provide a solid foundation for your marital intimacy
- Use the Fondness and Admiration System to renew respect and care for one another
- Create an Emotional Bank Account that you can draw upon in times of stress
- Develop your problem-solving skills, including the six skills for effective conflict resolution
- Find out how you can make your dreams and aspirations come true for yourself, your partner, and your relationship

You can find more information about and register for the Art and Science of Love: A Weekend Workshop for Couples on my website at www.happycoupleshealthycommunities.com.

Michael Brown is a Licensed Marriage and Family Therapist, Certified Gottman Therapist, Couples Workshop Leader, Master Trainer, and Consultant in private practice in Bartram Park. He is currently offering both in-office and secure video appointments. For couples or family therapy or for more information about the Art and Science of Love: A Weekend Workshop for Couples, contact Michael at 904-289-2954 or visit www.happycoupleshealthycommunities.com.



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Michael Brown,
MSC, LMFT

St. Augustine Travel Club Meeting Wednesday, March 9th (Masks recommended)

The Travel Club will present on Germany - Bavaria and Munich on Wednesday March 9th at 3 p.m. at the Southeast Branch Public Library. View the fairy tale atmosphere of the Bavarian Alps, small towns, and a Cinderella-like castle followed by visiting the picturesque Munich and the world's biggest festival, Munich's, featuring plenty of beer and sausage.

For those of you who do not know about the club, it is formatted as an arm-chair travel presentation with a brief lecture and a video highlighting areas around the world. The Travel Club also organizes a cruise in the Caribbean region once a year. If you require any further information, please call Peter Dyttrych at (904) 797-3736.

Attention All Cat Lovers! Cat Seminar - Wednesday, March 2nd At 2 p.m.

Travel Club personnel will host a first of its kind seminar to the public with the objective to inform neighbors about cats whether you own them, or whether you just see them wandering around and don't know what you can do to help.

We will have brief presentations from the various disciplines involved in cat welfare, i.e. a veterinarian, trapper, rescue organization, foster, and cat cafes. The seminar will answer such questions as: How do I keep my cat healthy? What do I do if I see a cat wandering around the neighborhood? What do I do if I see mommy and babies in my yard? How can I help with feral cats and get involved? What is TNVR? If you have any questions, please call Linda Dyttrych at 904 797-3736.

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“I am afraid if I move it will hurt”

By Rob Stanborough
PT, DPT, MHSc, MTC, CMTPT, FAAOMPT
First Coast Rehabilitation
(904) 829-3411

I have recently seen several patients referred to physical therapy because of decreased strength, endurance, loss of balance or pain due to decreased activity during Covid. Many have come in asking, “Is it okay to move when it hurts?” I have to tell them the answer lies in the cause of the pain and whether it is what some call “good pain” or “bad pain.” The follow-up question to that is, Can pain be good? The emotional response is a resounding “NO.” The sensory response is “sometimes.” Herein lies the discussion of this column.

How can pain be good?

It’s certainly not pleasant. In fact the International Association for the Study of Pain defined pain as “an unpleasant sensory and emotional experience associated with actual or potential damage, or described in terms of such damage.”



Simply put it means pain has two components, 1) sensory and 2) emotional, which are triggered by actual or potential damage. Actual damage is hammer + thumb. Potential damage causes one to put hands in the pockets when any hammer is in sight.

So, can pain be good? YES, but keep reading. Pain can protect instantaneously, especially if we touch something hot. It is pain that causes the withdrawal, hopefully minimizing the damage. Pain can protect us over the long haul. If I slip and fall on a wet surface, the pain will cause me to proceed with caution next time as to avoid another painful experience. If swelling is a result of the fall, I will move cautiously so the tissues have a chance to heal, but I should move.

Therefore, is all pain good? The answer is no. Pain can be bad when it is not understood and life changing. By polarizing, I mean it causes one not to move, producing changes in function. In all the examples provided above the cause of the pain is understood and therefore not polarizing. The longer one is in pain or worse, not understood, it becomes “neuropathic.” Neuropathic pain is a result of changes in the nervous system. Neuropathic pain does not require tissue damage and can be quite debilitating.

How can you tell the difference?

Acute pain, that which is a result of a mechanical, chemical or temperature stimulus should be immediate, protective and proportional. It should also be short in duration. Sub-acute pain may last hours to days, is protective and usually resolved with tissue recovery. Chronic or neuropathic pain is persistent and may be experienced in the absence of tissue damage. Because no mechani-

cal explanation can be given, fear of movement becomes a proponent.

The explanation provided is not meant to be exhaustive but may help you better understand your pain. It is always advisable to consult your MD, PT or OT. They can help determine whether the pain experience is “normal,” “neuropathic” or something else. Age is not necessary a cause of pain but we’ll leave



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that for another column.

Rob Stanborough was one of the first PT’s to be permitted to use DN in FL and doing so since 2017. He has trained others in DN since 2010 both nationally and internationally as a Senior Instructor for Myopain Seminars

(www.myopainseminars.com). He is a co-owner of First Coast Rehabilitation, est 2006 (www.firstcoastrehab.com), has presented and published regarding DN and co-authored Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc.




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Dog Anxiety: Prevention

By Dr. Jacob Vencil, Veterinarian
Palencia Pet Clinic
904-824-1622

This is the second article in a three part series about anxiety in dogs. Last month we discussed many of the causes of anxiety in pets. This week we'll touch on some strategies to prevent or decrease anxiety.

It can be difficult to predict which stressors will cause anxiety in your pet, and whether their anxiety will develop into a more significant problem with repeated exposure. However, we should always try to minimize any anxiety in our pets to prevent escalation. There are several ways to help a pet avoid anxiety related problems.

One of the best things that you can do to prevent anxiety is to learn how to read your pet's body language and respond appropriately. Knowing when a pet is scared or uncomfortable in any given situation can help to avoid negative experiences or ideally to use those moments as an opportunity for positive training. This is especially useful if they have a history of aggression-related anxiety so that you can de-escalate the situation.

One of the most important preventative measures for anxiety is to focus on socializing your pets. This ideally occurs during their formative months during their "early socialization period." Even a pet that has not had proper socialization during their early years can still benefit later on in life from being introduced to new people, pets, places and experiences in a controlled and positive environment with incremental increases in intensity.

For dogs, obedience training can also be a very important tool for preventing and managing anxiety. Obedience training establishes a foundation and structure for a healthy relationship and establishes a bond between the pet and the pet owner. A dog who is well-trained is far easier to socialize than a dog who has no training and obedience classes are a great place for dogs to meet other dogs in an environment that is conducive to reducing stress.

A stimulated pet is far less likely to pick up destructive behaviors, so regular exercise and stimulation can be very important for their mental well-being. Establishing a proper feeding regimen and positive reinforcement with treats and food can also improve anxiety so that they do not have food aggression or concerns about their ability to find food.

Lastly, if your pet has anxiety issues and that is unable to be controlled via other means, avoiding or preventing situations that trigger your pets anxiety is an effective short and long-term management strategy. For example, if you know that your dog becomes anxious around large groups of dogs, avoid dog parks or areas where your pet may be triggered. The goal is to reduce stress while you are working through training and other treatment options.

Make sure to discuss your concerns with a certified animal behaviorist and/or your veterinarian for advice specific to your pets situation. Please join us next month, when treatment options are going to be discussed.

St. Patrick Parade Returns To St. Augustine On Saturday, March 12th

This year is the 422nd anniversary of the first St. Patrick Day celebration in America and the first recorded St. Patrick Parade in the world, recognizing St. Augustine as an authentic center of Celtic-American culture to celebrate St. Patrick's Day.

The St. Patrick Parade, produced by Romanza-St. Augustine, Inc., returns on Saturday, March 12 at 10 a.m. starting at

Francis Field and follows a three-mile route through historic downtown and culminates at the Celtic Music & Heritage Festival on Francis Field, 25 West Castillo Drive. The Parade will include numerous live bands, floats, marching units, dancers, horses, carriages, tour trains, trolleys and more that will follow the route through downtown, historic St. Augustine.



Mike Weitz

The owner's manual for my new sporty car says to use 93 octane gas. Can I use regular in this car?

Check the fine print in your manual and see if it says "recommends" 93 octane or if the car "requires" 93 octane. The 93 octane is a higher ignition point fuel for high-compression engines. Fuel with higher octane will prevent preignition (pinging) in these engines. If the manual "recommends" 93 octane, you may be able to slip by with cheaper regular (lower octane) gas but your engine will suffer from less power and you'll get slightly less gas mileage. Also, using regular gas could void your car's warranty.

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"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?"
Matthew 6:25, 26



Lent

By Rev. Alan J. Liphart, M.Div.
The Village Church
4229 Pacetti Rd., World Golf Village

The month of March finds us at the beginning of Lent. The traditional purpose of Lent is the preparation of the believer – through prayer, penitence, and self-denial – for the annual commemoration during Holy Week of the Death and Resurrection of Jesus, which recalls the events linked to the Passion of Christ and culminates in Easter, the celebration of the Resurrection of Jesus Christ.

Throughout these next three months we will experience Lent, Easter and Pentecost together. We will move and be moved as we walk the Via Delarosa with Jesus, hear the crowd shout crucify him, hear his anguished prayer in the garden of Gethsemane, listen to his disciples betray and deny him, join in celebration with the women at the empty tomb on Easter morning and celebrate the Birthday of the church. Pentecost is the festival that celebrates the gift of the Holy Spirit, the great comforter, to the Church – The Birthday of the Church.

There may be no other period of time within the church calendar that so pointedly moves us through the ups and downs of our own life experience as well as that of our Savior. One of my favorite songs expresses this so pointedly. The Hymn of Promise, written by Natalie Sleeth; "In the snow and cold of winter there's a spring that waits to be, unrevealed until its season, something

God alone can see."

If you find yourself going through a "snow and cold of winter" time in your life, I have good news, "there's a spring that waits to be."

During this season I pray that you will accept the invitation to God's banquet! God knows who you are and invites you to attend the feast that's been prepared for us all "before the foundation of the world" — a feast featuring those from "every tribe and nation, language and people."

May the words of the Holy Communion liturgy be our prayer;

By your Spirit make us one with Christ,

One with each other,

And one in ministry to all the world,
Until Christ comes in final victory

And we feast at his heavenly banquet.

Through your Son Jesus Christ,
With the Holy Spirit in your holy church,

All honor and glory is yours, Almighty Father,

Now and forever. Amen!

Join us as we take this pilgrimage together. Invite others to join you on the journey or extend an invitation to worship. Our journey of faith is a daily journey. I will see you on the way.

Grace, Peace and Love.

Newcomers of North St. Johns March 29th Luncheon at Alhambra Dinner Theatre

By Michele Oliver

Newcomers of North Saint Johns (NNSJ) invites members and their guests to join the fun at our March luncheon on Tuesday, March 29, beginning at

11:15 am at Alhambra Dinner Theatre, 12000 Beach Boulevard, Jacksonville, Florida. The event features a delicious lunch and entertainment by the Alhambra Theatre Players.

Doors will open at 11:15 am. Cost for the luncheon and program is \$35 for members with guest price of \$40. All reservations must be received by March 18, 2022.

Luncheon includes entrée choices of: BBQ Boneless Beef Short Rib; Pan-Seared Chicken over Linguini Pasta; or a Plant-Based Protein, Wild Rice, Mixed Chopped Vegetables in Peppers with Savory Tomato Sauce and Asiago Cheese. All entrées come with a Rotini Pasta Salad on Field Greens featuring Rotini Pasta, Peppers, Tomatoes, Green Peas, and Cheddar Cheese with drizzled with an Herb Dressing. Dessert is Pine-



apple Upside Down Cake. A Cash Bar is also available.

Since July of 1967, the Alhambra Theatre has been a place where friends and families can come together

to enjoy a Broadway-quality show and a delightful meal. Through the years, the theater has dazzled generations of guests and even a few celebrities! Today, the Alhambra stands proudly as the nation's oldest continuously operating dinner theater.

As always, raffles for gift baskets and a fun 50/50 drawing spice up our NNSJ luncheons. And, perhaps you will win one of our beautiful centerpieces!

If you are interested in a registration form for the luncheon, NNSJ membership information or about upcoming activities, please contact Sue Aird at sjaird@comcast.net. NNSJ offers a wide variety of activities for you to get acquainted and have fun including smaller lunch groups, wine socials, golf, Mah Jongg, holiday parties, day trips and cultural events.

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Pressure Washer Safety Tips

By Craig Dewhurst, State Farm Agent, Palencia Resident

It's almost time for spring cleaning, but before you set the power washer to blast, take time to learn a few tips that might help prevent damage to what you are washing.

Did you know a pressure washer can spray water up to 4,000 pounds per square inch (PSI)? That's 80 times the force of a garden hose. These pressure washer safety tips will help you handle that extra power.

What should I wash with a power washer?

As tempting as it is to pressure wash everything, some surfaces are not able to handle the force. You should avoid pressure washing these surfaces:

- Wooden furniture
- Outdoor fabrics
- Resin or plastic furniture
- Crumbling concrete
- Painted surfaces (unless you want to remove the paint)
- Roof
- Car (if you need to use the pressure washer, set to a lower PSI level)

How should I clean and store my power washer?

Keeping your pressure washer in good condition can help improve safety. Always check it before use and follow these guidelines:

- Make sure your model has been approved by an independent testing organization, such as Underwriters Laboratories.
- Never attempt to repair a damaged

hose. Always replace it.

- Don't clean the machine with its own gun — water can damage the machine and increase risk of electric shock.
- Have a qualified electrician check the unit if it trips a circuit breaker.

How to use your pressure washer safely

Use the tool responsibly by following these important pressure washer safety tips.

- Never operate a gas model indoors.
- Use only extension cords designed for wet conditions, and always plug the unit into a grounded outlet.
- Wear safety glasses, gloves and rubber boots for protection.
- Do not spray others, animals or yourself — power washers can easily penetrate skin.
- Don't let children operate the machine, and keep them a safe distance away when you're using it.
- Use only cleaners approved for your model, and never use chemicals such as pesticides.
- Be cautious around power lines, service feeds and electric meters.
- Stand three to four feet from the surface you are cleaning to prevent harmful ricochet.

Your neighbor, and local State Farm Insurance Agent, Craig Dewhurst, cares about you and what is important to you. Contact Craig at 904-940-9740 to discuss protecting your home, car, life, and more.

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