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Serving Barefoot Bay, Micco and Southern-most Brevard County Monthly

May 2023

Tornado Hits River Grove

Rob Allan



Photocredit : Mark Beatty

It took just a few seconds for a tornado to make a mess of River Grove Mobile Home Village on April 16. A late afternoon thunderstorm produced a small tornado, an EF0 (winds of 65-75 mph), that damaged approximately 30 homes in the area. Gratefully, no one was injured. The tornado started just west of the railroad tracks behind Bottom's Up bar on US1 and then jumped to the east side of the tracks where it blew through River Grove, taking down fences, flipping cars, and damaging roofs. The tornado then proceeded across US1 and damaged boats at Sebastian Marina & Boatyard before it ended its 500 yard sprint, as a waterspout, in the Indian River. Total damage estimates are unknown but are not expected to exceed the limit required for federal or state assistance.

Florida tornadoes are less severe than those in the midwest, where storm shelters offer the best protection from extremely large and powerful tornadoes. Flying debris, even from a weak tornado, can reach lethal velocity and can fall far from a tornado's center. You must remain in your home, even a manufactured home, during a tornado warning. Do not go outside during a tornado warning for any reason. You may not be able to save your home from damage, but saving your life during a tornado is all about protecting your head. In the event of a tornado warning, you need to know the sturdiest part of your home, often an interior closet or bathroom, and seek shelter there immediately. Bring a pillow, cushion or even a bicycle helmet to protect your head. If nothing else, get low and protect your head with your arms, like you would in the event of an airplane crash. Don't go outside until the storm has safely passed.

As we head into the stormy season, the Micco tornado is a great reminder that not every thunderstorm will produce a tornado, but once a tornado is actually heading your direction, you have very little time to make a decision. You should have a plan of action in place before a tornado warning is announced. It's especially important to actually hear the announcements that, at best, can give you 10-15 minutes advance warning of an

approaching tornado. Don't depend on your cell phone alone for these emergency warnings. A weather radio, purposely, obnoxiously loud, assures you hear the severe weather announcements, even if you're sleeping. Those few extra seconds can make a difference when your life is at risk.

Barefoot Bay Needs YOU!

With the recent resignation of Lynn Tummolo from the Board of Directors (BOT) for Barefoot Bay Recreation District (BBRD), we are reminded that this community does not run by itself. We need Barefoot Bay residents to run for the BOT every year. This is a volunteer position that requires Trustees to attend two BOT meetings per month, other meetings and workshops as needed throughout the year, and to have a general familiarization with the workings of BBRD and our annual budget. The only legal requirements are that Trustees be residents of Barefoot Bay and are registered to vote here. We require five Trustees for a full quorum and at least one seat on the BOT comes up for election every year. The deadline for qualifying to run for BBRD Trustee is August 28-Sept 1, 2023 and we need individuals in our community to step up and run for this position.

Those interested in becoming a Trustee should attend a few Board meetings (they use Robert's Rules of Order) and a budget workshop, if possible. Talk to current Trustees now, since those conversations must stop once you've been elected to the BOT, due to Florida's Sunshine Laws. Talk to your friends and neighbors, after all, you will need their votes. It's not impossible to work a fulltime job and still be a Trustee, but it can be time consuming, a significant issue if you don't have a very congenial employer. It doesn't hurt if you are the boss and can get away when needed. Most Trustees are retired, still active and want what's best for Barefoot Bay. That's important, since you don't get paid, except in appreciation from your community.

One final note. It's imperative that we avoid candidates that are "one issue" candidates. We have seen those come and go many times, often leaving disappointed. These candidates burnout quickly when they realize their wishlist can't be fulfilled, or worse, get their agenda item passed and then no longer care about serving the rest of their term, let alone the community. It's important to note that Trustees do not "run" Barefoot Bay. They are elected to review and sign off on our annual budget and contracts as well as other matters that come before the BOT, with the singular goal of maintaining and improving our community's assets and amenities.

Do you have what it takes to be a Trustee? If so, Barefoot Bay needs YOU!

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A Word From Your Recreation District Chair

Happenings at the BOT meetings—

A budget workshop was held in the evening of March 21st. Many items were discussed. It was a 3-hour meeting. Please refer to the minutes on the bbrd.org website or watch the recorded video. The bottom line is prices and fees have to increase more than we would like, mainly because fees have not changed for a very long time but costs have been rising every year. We are way behind the curve in assessment fee increases, due to the CPI restriction placed on the previous boards, and this one, by the County Commissioners.

During the regular Tuesday meeting held on 3/28/2023, there was a presentation made by our auditing firm and the BBRD passed with flying colors. Also there was the announcement of a settlement on a lawsuit that has been around for a while. All settlement funds will be paid by the District's insurance company; there will be no impact to the budget.

The 19th Hole kitchen is back and had a grand opening on Thursday, 4/13. Many different samples of food were passed out and tasted great! A good crowd showed up and a great time was had by all.

The cabana bar is mostly finished and looks great. By the time this is published, there will be a new maintenance company, BrightView, on our suffering golf course. We are putting a heavy load on their shoulders but by all indications they can handle it and deliver a quality playing surface.

Pool 1 construction is to start soon and may have already started by publication. Things are starting to wind down as we are nearing the end of our "season." I hope everyone had a great winter and arrives back "Up North" safely.

One last important item: Lynn Tomollo announced her resignation from the BOT, effective the end of April. I, for one, am sorry to see her go. The request for anyone interested in fulfilling the remainder of her term (20 months), was printed in the April 3rd "Peek of the Week." The Trustees are evaluating the letters of intent/resumes and may request an interview with the candidates. The appointment will be placed on a future BOT agenda for consideration by the Trustees.

If you have something to say about Barefoot Bay please come to a meeting and say it. Every meeting has an agenda item called "Audience Participation." Each person who wishes to speak is allowed to speak for three minutes on whatever topic they want to bring up.

Barefoot Bay Residents,
I often get approached by residents with different questions about the Bay. Some are easy to explain but many are more complex. For example, I was asked just the other day, "What do the trustees do besides sit in the manager's office?"

I wanted to share with you a few of the projects we as trustees have been working on in 2022/23. The list is far greater from the six mentioned below, but these have been the most time consuming:

The 19th Hole Kitchen and Walk-in Cooler Project—The Grand Opening was April 13th. I truly hope you all enjoyed the walk-through and will enjoy the new kitchen for years to come.

Lounge Outside Bar—Expected completion 2023.
Barefoot Bay Beach Restrooms—Project is now in the construction permitting phase. Expected completion 2023.

Pool #1 Pit and Heater Reconstruction—Project is now in the permitting phase. Expected completion is summer 2023.

Golf Course Irrigation Pump House Foundation Repair—Project is now in the permitting phase. Expected completion is 2023.

Pool Resurfacing—Pool contractor has been selected, construction contract under development and negotiation. Expected completion is summer 2023.

Each trustee puts in long hours to make sure we consider every different proposal. We are never right 100% of the time but we do try our best.

Thank you,
Hurrol Brinker

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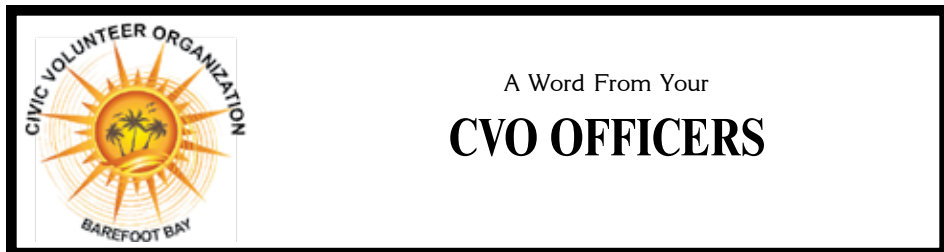


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A Word From Your
CVO OFFICERS

Recently we have had requests to do an educational program on services and resources that are available to our community here in Barefoot Bay. So our board member Betsy Clark has put together a Senior Forum for Tuesday, May 9th in Building A, from 9 a.m. until 1 p.m. The event will be hosted by the CVO and Simplifying Senior Living. There will be booths of information, speakers, and time for questions. Mark your calendars for Tuesday, May 9th!

I also have been made aware that many people do not know who and what the Civic Volunteer Organization (CVO) is. Lizzann Taylor, our Executive Board Vice President wrote an easy to understand article for the Peek at the Week. I am going to replicate that article here in the Tattler so that we get a broader audience.

What is the CVO? The CVO is a community-based group of volunteers whose mission is to enhance the Barefoot Bay experience through service, education, and social events. What services are provided by the CVO?

Helping Hands helps residents who need assistance with projects on the outside of their homes to comply with DOR and for safety issues. We are always looking for residents who have carpentry skills. They can join our list of "Hammer Heads."

Barefoot by the Lake Music and Art Festival is co-chaired and worked by the CVO along with BBRD.

House numbers are provided and installed in conjunction with the COP program. Smoke alarms are installed on the first Saturday of each month working with the American Red Cross.

Van service is provided Monday through Friday to the Micco Senior Center for lunch and for shopping on Thursday afternoons and supported by Brevard County

Safe at Home calls seniors once a day to check on their well being.

Deck the Halls installs and maintains festive decorations during the holiday season, as well as assists during the annual Christmas Parade and Bazaar. The CVO shares the expense of the Christmas Band.

Educational and information programs held throughout the year on topics of interest to the community. The next session will be May 9th from 9 am to 1 pm regarding services available to seniors in Barefoot Bay.

Copy and FAX services are available free of charge. However, a donation would always be appreciated.

Donations are made in support of a variety of local non-profit organizations.

What events are hosted to raise money for CVO services and projects?

Bingo is hosted on the first Wednesday of the month.

Annual Walk to Crush Cancer is held Under the Oaks.

Comedy and Musical entertainment programs are scheduled throughout the year.

Annual Golf Tournament is held in March.

Car Shows are held Under the Oaks twice a year, in January and June.

Annual Thanksgiving Dinner and New Year's Eve is hosted by CVO.

CVO solicits sponsors, vendors, volunteers and contributes dollars for Barefoot By The Lake Festival.

For more information, to sign up for any of our programs, or to volunteer with the CVO, just call 772-663-0633 or stop by our office at 935 Barefoot Boulevard, Unit 6, Monday through Friday, between 10 a.m. and 2 p.m.

UPCOMING EVENTS:

Barefoot By The Lake Summer Car Show—Sunday, June 25th from 11 a.m. to 3 p.m. Car enthusiasts can pick up applications (\$20) in the CVO Office, 935 Barefoot Boulevard, Suite 6, or call 772-663-0633. Also looking for vendors for the car show. A booth application for vendors cost \$25.

A Night of Dueling Pianos—Saturday, July 8th at 7 p.m. in Building A. \$15 tickets available in CVO office. Bring your own appetizers. Cash bar opens at 6 p.m.

CVO Schedules Senior Forum for May 9th

Attention all Seniors—save the date! The CVO, along with Simplifying Senior Living, is presenting a Senior Forum in Building A at 9:30 a.m. on May 9. Come and hear about all the resources available to you in Brevard County, as well as right here in Barefoot Bay. There will be several speakers, time for questions, and lots of surprises in store. Be sure to put it on your calendar now.

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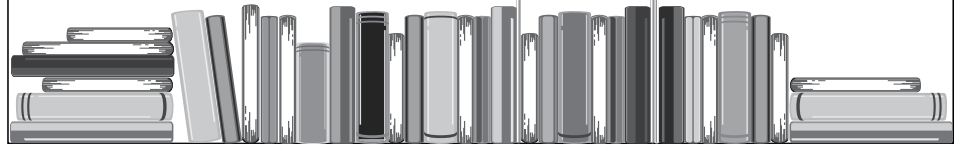
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SCHEDULE OF SERVICES

Sunday Bible Study.....10:00 A.M.
Sunday Morning Worship.....11:00 A.M.
Wednesday Bible Study.....7:00 P.M.

LIBRARY HAPPENINGS



South Mainland Public Library

Movies at the Library—Thursday, May 4th at 1 p.m. *The Fabelmans* is based on Steven Spielberg’s early life, when young Sammy Fabelman falls in love with movies after his parents take him to see *The Greatest Show on Earth*. Armed with a camera, Sammy starts to make his own films at home, much to the delight of his mother. Stars Michele Williams and Gabriel LaBelle. Running time: 2 hrs. 31 mins.

Mystery Book Club—Tuesday, May 9th. Discussion for the May meeting will be on *Her Royal Spyness* by Rhys Bowen. Copies are available back in the Reference area of the Library. This group meets every 2nd Tuesday of the month at 2:00 PM.

Third Thursday @ Three Book Club—Thursday, May 18th. Group members meet the third Thursday of each month at 3 p.m. The title to be discussed for May is *A Woman of No Importance: The Untold Story of the American Spy Who Helped Win WWII* by Sonia Purnell.

Weekly:

Gentle Yoga with Judy—Stretch out with some relaxing Yoga poses. \$5 per class. Every Tuesday afternoon from 12:30 p.m. to 1:45 p.m. and every Friday morning from 9:30 a.m. to 11 a.m..

Quilters—Every Thursday at 6 p.m. Join us for a casual quilting group that enjoys the Fiber Arts. This is not a “how-to” class.

FREE - Health Care Access/Literacy—Thursdays 12 p.m. to 3 p.m. United Way of Brevard navigator, Sharon Hall, assists consumers looking for health coverage with the online Health Insurance Marketplace. Call 772-664-4066 to schedule an appointment. Walk-ins are accepted if available. Meets in Study Room 1.

South Mainland Public Library May 2023 Youth Programs

Storytime—Tuesdays at 2 p.m. in the Children’s Room.

Science, Technology, Engineering, Art, and Math—Fridays at 3 p.m. Experiment, Explore, and Engage with some fun projects!

South Mainland Library Information

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First Annual Barefoot Bay Easter Egg Hunt a Success!



The First Annual Barefoot Bay Easter Egg Hunt was a great success, with over 100 children in attendance. This event was put together by Jack Hansen, Becky Culp, and Debbi Allen Brown. We in turn quickly gathered 30-plus volunteers in the community who wanted to help. We collected eggs, candy, decorations, cash donations, and then came music and photography and many residents volunteering to help.

What started as a "is anyone doing an egg hunt for the kids?" turned into over 2,500 easter eggs purchased and donated, filled with candy and toys for the children of Barefoot Bay. We want to thank everyone who helped make this First Annual Easter Egg Hunt such a great success.

We plan to put this event on next year as we had such great community support. Many donations of Easter eggs for next year have been donated already. We welcome more donations of cash or Easter eggs. Please contact any of us on the Facebook page Barefoot Bay Speaks Out II. The community of Barefoot Bay really came out for the kids and showed what can be done when we all get together and support our little slice of paradise in Barefoot Bay.

Thank you so much to our volunteers who made this event a success: Gary Schub, Tina Stocking, Tina Bowers, Bob Onofrio, Nicole Bartolomew, and Sean, Terri Chorma N, Rhonda Brees, Pete and Karen Anderla, Debbie Doka, Christine and Louis Bartolomew, Kathleen Mitchell Fortier and Peter Carey, Shellee Garhan, Rhea and Robert Kennelly, Deborah Zglobis, Carol Greene, Christine Fletcher, Dottie Rhea, Franko and Jo Solar, Russell A. Gagner Jr., Bonnie Armstrong, Linda Wagner Watson, Wendy Hughes, Carli Sarty, Susan Proper, American Legion Auxiliary, Jill Daly, Kathie McGill, Kathleen Burnside, Carolyn Britton, Lorri Cook, Heather Copit.

We so hope we didn't miss anyone. We know there were anonymous donations also. Please know we thank you so much.

See you next year at the Second Annual Barefoot Bay Easter Egg Hunt! Thank you all!

Becky Culp
Debbi Brown
Jack Hansen

Brevard County Increasing Lifeguards to Decrease Beach Problems

Brevard County's beaches are one of the many reasons why a multitude of tourists come to visit the Space Coast each year. However, since December of 2022 there have been over 400 water rescues, and 10 drownings. Contributing to this uptick is an increase in tourism (24 percent increase in tourism this year over last), and also an increase in unsafe beach conditions, such as rip currents.

In response to these tragic events, I am making it a top priority to find the funds in order to make our beaches safer for the tourists and residents who work and play along our coast. Currently, Brevard has 25 lifeguard tower locations, and employs 17 full-time and 47 seasonal lifeguards. The County is putting forth an enormous effort into recruiting and training new lifeguards to increase this number.

Brevard County has also approved the extension of our seasonal lifeguards, implemented roving patrols, and are working with state agencies, organizations, and municipalities to increase the education of rip current dangers through social media, alerts, and mobile messaging boards.

Meanwhile, Brevard County Fire Rescue is developing a report with the purpose of defining the core of lifeguard services across the County. This report would also consider lifeguard tower locations which would be based on beach usage, population, access, and parking areas.

As always, the County Commission will continue to work hard to keep our residents and visitors safe. For more information on safety resources, or details for lifeguard tryouts, please visit Brevard County Ocean Rescue webpage: <http://www.brevardfl.gov/FireRescue/OceanRescueServices>.

John Tobia, Brevard County Commissioner

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Joe Steckler



Should I Admit Defeat?

In researching this article, I came up with some grim answers on Section 8 and Section 202 affordable housing. We need a heck of a lot more work to make the system user-friendly. More importantly, it is way past time for the County and cities to work together with nonprofits to address the issue.

Section 202 housing, sometimes called subsidized housing for the elderly, applies to seniors 62 years or older. There are only six locations in Brevard designated as Section 202 housing and all have waiting lists of two, three, or even four years. The Section 8 housing voucher program in Brevard is currently closed, and you cannot get on a waiting list. In some cases, there is no Section 8 housing available to those who already have their housing voucher. Section 8 housing is becoming less available due to this type of housing being renovated, with higher rents forcing out tenants. Landlords and Brevard County need to work together to increase the availability of Section 8 housing.

While there are many hoops to jump through, HUD money could be used to renovate property for affordable housing and that money would never have to be returned if the housing projects are used 40 years for the purpose intended. Do you wonder why Brevard's Housing and Human Services Department has not sought out HUD sources for construction of affordable housing?

The homeless population in Brevard will continue to grow while we address the Lagoon, high speed trains, gun rights, and other hot potato issues. Those up for election never mention affordable housing and other issues affecting seniors that we continue to attract to Brevard County. If we ignore the housing problem, we will admit defeat, when victory could be achieved.

Joe Steckler
 President

Helping Seniors of Brevard

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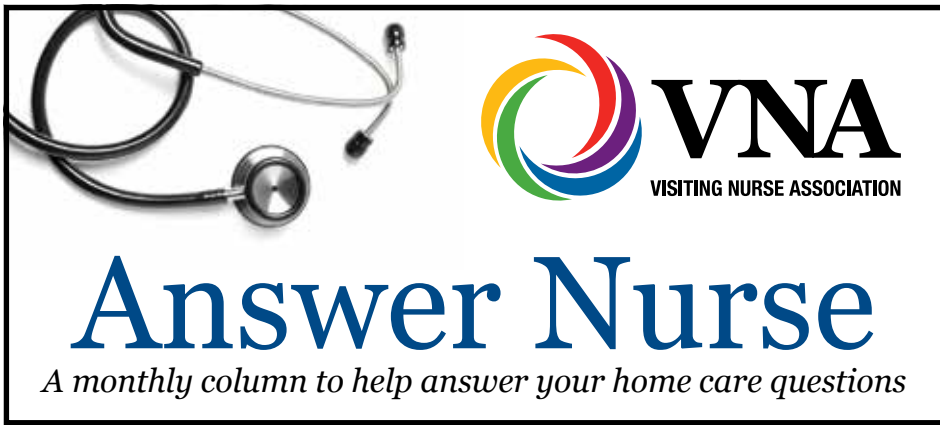

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Take Care of Yourself, Including Your Mental Health

Millions of people in the U.S. suffer from mental health issues, and if you are one of them, it's nothing to be ashamed of. Talking about mental health can reduce the stigma and encourage those who are suffering to seek help. Modern day heroes like Olympian Michael Phelps have struggled with depression and anxiety, so remember – you're not alone. In recognition of Mental Health Awareness Month, we've answered some questions here and hope if you, or someone you know, are experiencing signs of mental health issues you will seek the help you need.

Q: My entire life my father has been the most positive person I know, but since he turned 80, I've noticed a shift; he's become, well, the best word is glum. I asked him what's bothering him, and he just says, "getting old." Is this typical of seniors?

A: According to the National Institute on Aging, depression in older adults is a common phenomenon. One of the most common reasons is that as people age, they tend to spend more time alone, and social isolation and loneliness are associated with higher rates of depression.

Q: My son has always been moody, but since he hit his teenage years, he seems more blue than ever. Is this depression or normal teenage stuff?

A: Seeking the help of a professional is the best way to find the answer to that. But generally speaking, according to the Diagnostic and Statistical Manual of Mental Disorders (DSM), published by the American Psychiatric Association, there are a few different types of depression. These include:

Major Depressive Disorder: This includes symptoms lasting at least two weeks that interfere with a person's ability to perform daily tasks. These symptoms include, but are not limited to, diminished interest in all, or nearly all, activities; depressed mood most days; fatigue; sleep disturbance; feelings of worthlessness.

Persistent Depressive Disorder (Dysthymia) – a depressed mood that lasts more than two years, but the person may still be able to perform daily tasks, unlike someone with Major Depressive Disorder.

Substance/Medication-Induced Depressive Disorder – depression related to the use of substances, like alcohol or pain medication.

There are other types of depression in addition to the three mentioned above. For more information, consult a professional. You can also visit the National Institute of Mental Health's website for additional information: <https://nimh.nih.gov>

Q: Are there any local resources for people who feel depressed or anxious?

A: Yes, in Brevard County these include:
 Brevard Crisis Information: Dial 211 or 321-632-6688
 Suicide & Crisis Lifeline: Dial 988
 Suicide Hotline 1-800-273-TALK (8255)
 National Alliance on Mental Illness (NAMI) Crisis Information: visit: <https://nami-florida.org/crisis-info/>

Circles of Care comprehensive behavioral services (offers several different kinds of care, including inpatient and outpatient services), 400 East Sheridan Road, Melbourne, FL, 321-722-5200.

Coastal Psychiatric Urgent Care walk-in clinic (no appointment necessary) at 1335 Valentine Street, Melbourne, FL, 321-586-5444 (telehealth available).

Legacy Behavioral Health Center (outpatient) at 1924 Dairy Road, West Melbourne, FL, 888-975-3422 or 321-256-8000.

Palm Point Behavioral Health inpatient and outpatient services for children and adults. 2355 Truman Scarborough Way, Titusville, FL, 321-603-6550.

Brevard County, Cedar Village Rockledge Assisted Living Facility (for people with severe mental health issues who require a long-term residential facility). Call (321) 890-1555 for more information.

A few steps that you can take immediately to try and lessen your anxiety and/or depression, include:

- Talk to a good listener/Call a professional (review the above list)
- Go outside and take a walk
- Perform a random act of kindness
- Listen to your favorite music
- Write down your feelings

We hope you'll take advantage of this information. And if you ever find yourself considering suicide, you can seek help immediately by dialing 988 on your phone – from anywhere in the U.S. Stay safe, and remember, don't be shy about getting the help you need.


This information is for educational purposes. Please consult your physician for any medical issues. The Visiting Nurse Association (VNA) is committed to bringing trusted and quality home health and private care to Brevard County patients. For more information about VNA services, call 321-752-7550 or visit www.vnatc.com.

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Lagoon Artisans Artist of the Month



Sherrel Galeotti, LABB artist of the month, displays several of her creations at Lagoon Artisans of Barefoot Bay's Spring Fling Art Show. Her art interests include painting with acrylics and driftwood, employing texture and sculpting, often using other natural products. Sherrel was inspired to paint by a friend, got her AA at Verona School at Sacramento State College in California, and took various art classes after college. She enjoys painting outdoor themes including landscapes and beaches, as well as teaching emerging artists. Sherrel says that her art "keeps me in touch with the spiritual world and mother nature through almost religious experiences."


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Line Dance on Mondays—from 9 a.m. to 11 a.m. in Building A. There is a \$5 donation, with proceeds going to helping Veterans. Your instructor is a Vietnam Veteran and a Line Dance instructor. This event is a lot of fun! Everyone is raving about Line Dance Mondays. And the numbers show this is very true. Thank you, Barefoot Bay Residents, for your participation in this event. It is helping us come into the Service Office for information on the Buddy Check program: The Service Office and the Service writers have all the information and sign up forms. Get a call to see how you are.

WARNING Predatory Law Firms Scam for Benefits—Have you recently been aggressively contacted by a company or law firm regarding legal representation to file your PACT Act or Camp Lejeune presumptive VA claims? Dishonest attorneys are messaging Veterans with offers of assistance but charge inflated fees. VA will help gather the necessary evidence to support it. There are no costs or hidden fees to apply. Apply directly to VA securely online or in person at any regional office. Or at the Veterans Service Office.

Request a VA Home Loan Certificate of Eligibility—If you're interested in a VA direct or VA-backed home loan, the first step is to access a Certificate of Eligibility (COE). VA home loans help Veterans, active-duty service members, and eligible survivors to buy, build, improve, or refinance a home with little or no down payment. Request your COE online with a new user-friendly portal on VA.gov.

Adapt Your Car with VA—If you have a service-related disability that prevents you from driving, VA can help you buy a specially adapted vehicle or adapt an existing vehicle.

Free Career Guidance from America's Top Companies—The average starting annual salary for Veterans who use American Corporate Partners (ACP) make up to \$93,000. Affordable Connectivity Program, Federal Government ACP.

SGLI Coverage Increase—Servicemembers' Group Life Insurance (SGLI) maximum coverage has increased to \$500,000. The cost of a maximum-coverage policy will continue to be low, and the increase provides greater financial security for military families in the event of a death. VA life insurance benefits can help pay off debts, provide living expenses, and any medical or final costs surviving family members may face. Learn what this update may mean for you.

200 Remote Jobs from Veteran-friendly Employers—The opportunity to work from home offers excellent flexibility for Veterans who—whether due to family matters, disabilities or other issues—lack the luxury of commuting to the office every day. Check out this list of 200 remote jobs from Veteran-friendly employers.

New Law Helps Survivors Get VA Benefits—A new law Pact Act makes it easier for survivors of Veterans exposed to toxic material, including burn pits, to receive Dependency and Indemnity Compensation (DIC), tax-free benefit payments available for certain surviving spouses, children, or parents. Finally, after 50 years we are getting help.

American Legion Auxiliary—had partnered with the VA to help Veterans. Way to go, Ladies! Thank you for your support of Vets.

Hosts and Hostesses Needed— Still looking for Hosts and Hostesses for "The Veterans Meeting Center." You can also email us at: veteranscouncil32976@gmail.com. Our area in the building is like a day room where all can gather, talk, play cards, play games, or read. We have a library for you to look at and people you can talk to.

Heroes Sail Free—Margaritaville at Sea is inviting all active and veteran military, First responders, law enforcement officers and educators to sail free on a 3-day, 2-night cruise to Grand Bahama Island. Type into a google search "Heroes Sail Free Margaritaville at Sea." You can read for yourself, or type in this string of letters and numbers: https://margaritavilleatsea.com/offers/heroessailfree/?gclid=Cj0KCCQjw4omaBhDqARIsADXULuXiB6kD0UuXUgfiAqs91K7mOsB64jE99xx4aLrsB5xBlnzV7PkNTQaApgQEALw_wcB

Veterans Council Office is at: 931 Barefoot Blvd #1. Phone: 772-663-0645. If you need a ride to the Viera VA Clinic, contact us Monday, Wednesday, or Friday from 9 a.m. to noon and from 1 p.m. to 4 p.m.

We Served and Now We Serve! Hope we see you at "The Veterans Meeting Center."
Renee Chevalier

Getting Ready for Medicare? Here are a few helpful hints:

Request your Part B of Original Medicare about two months before you plan to use it.

Ask for a start date that coincides with the first day of the month that you plan to, or will be, qualified to use Medicare.

If you haven't received a copy of "Medicare and You," call Medicare and request one. The number is 1-800-MEDICARE.

Find a Medicare agent to help you. Remember, you do not pay anything for the professional assistance. The company you sign with will pay the agent.

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Good Oral Hygiene Keeps the Dentist Away!

Adrienne Marquart



I have been a practice dental hygienist for 45 years. I recently retired. When I was working, I loved explaining to my patients the how and why of taking care of their teeth. I have had several people ask me to put it in writing. So here goes!

Everyone forms plaque in their mouths. Plaque is an accumulation of the bacteria that is naturally found in the mouth. It takes about 24 hours for the plaque to form a biofilm (another word for plaque). Plaque is a soft sticky film of bacteria that can be removed with a brush, floss, soft pick, waterpik, and other dental tools. Once the plaque has formed, anytime someone eats a food with a sugar or a carbohydrate, the bacteria in the plaque metabolize the sugars and carbohydrates and produces a byproduct, which is an acid. I tell the kids that the plaque eats the sugar and goes pee pee all over their teeth. The acid by-product will then soften the teeth and irritate the gums.

Underneath the tongue is one of the main saliva ducts into the mouth. While saliva is very important and people who don't make enough get more cavities, saliva also has minerals which harden the plaque into the tartar. A side effect of most medications is decreased saliva flow. So, people with dry mouth need to drink more water. Sucking on sugar-free candies helps. I always recommend candies and gums sweetened with xylitol. This is a natural sweetener which is bacteriostatic, which means the bacteria can't digest it.

If the plaque is allowed to remain in the mouth it eventually hardens and becomes tartar. I always compare it to the algae on a boat growing into barnacles. Once it is in the tartar stage, it damages the gum and the bone. The body sees the tartar as a foreign object just like it would a splinter. If you left a splinter in your finger, your finger would become puffy and inflamed around the splinter, because the body sends white blood cells to fight it. Same with the tartar—the body sends white blood cells to where the tartar is, causing the gums to be red and puffy around the tartar. Then the body tries to protect itself by pulling away from the tartar. It does this in two ways—by recession or by pocketing. Recession is when the gum moves down the tooth exposing the root. Or the fibers that attach the tooth and the gum break down, causing a deeper space between the tooth and the gums. This is what the hygienist is looking for when she does the measurements in millimeters. One through three are healthy, fours are borderline, and anything five or deeper is considered a pocket.

Everyone should have their gums measured annually. Whether one is losing gum attachment from recession or pocketing, they are also losing bone, which is right under the gum. If the gum attachment goes down, the bone dissolves away with it. You need a good amount of bone around each tooth to keep it stable. Too much bone loss leads to loose teeth. I compare it to not having enough dirt around a fence post, which leads to a wobbly post. This is why teeth cleanings are important, at least twice a year, though some people need more frequent due to heavy build-up or a history of gum disease. Sometimes if the gums are not healthy, or it's been a while since the last cleaning and there is heavy build-up of tartar, we recommend deep cleanings. This is done with some numbing and usually half of the mouth is done at a time.

Some of the other things I like to talk to my patients about are other sources of acid that will damage the teeth. Neutral pH is 7. Once the pH of the mouth drops to 5.5 or lower, it starts pulling the calcium and phosphate out of the teeth, which weakens the enamel. Stomach acid can lower the pH of the mouth, as well as acidic foods in our diet. Many people with acid reflux can have tooth damage. This can be combated with baking soda. Baking soda is alkaline which can neutralize the acid. You can swish with a baking soda/water solution. You can even drink this solution if you are having a burning in the esophagus. However, it tastes nasty and will make you burp. You can also brush with a baking soda solution. Fluoride will also help harden up the enamel. I recommend using a fluoride rinse at bedtime. However, fluoride cannot penetrate plaque, so clean your teeth first.

An acidic diet will also cause decay. Soda beverages usually have a pH of around 3. Anything carbonated has a low pH. Most fruit juices have a low pH, also coffee, tea, wine and beer. I recommend swishing with water anytime you eat or drink anything. However, some bottled water can be acidic. Spring water will always have a higher pH, which is good. Tap water is neutral, but purified waters usually have a lower pH, because of the way they are filtered.

I personally brush my teeth five times a day, first thing in the morning, after breakfast, after lunch, after dinner, and bed time. The most important time to brush is bed time. We say we brush at night for ourselves. We brush in the mornings for our friends. Flossing should be done at least once a day. I am a big believer in Waterpiks. Waterpiks will blow out the food and plaque when set at the higher settings. The water beating against the gums strengthens the gums. A waterpik can get up to 6 mm below the gum line which is good for people with pockets. The waterpik introduces oxygen under the gum line which eliminates the anaerobic bacteria (bacteria that can not live in the presence of oxygen). I prefer an electric toothbrush as it will do a much better cleaning than a manual. The Oral B toothbrush does 55,000 cycles a minute. The best someone brushing by hand can do is about 300 strokes a minute. I also am a big pusher of soft picks. These are plastic tooth picks coated in rubber that massage the gums as well as removes interdental plaque and food. I always told my patients that my motto was "You work hard so I don't have to."

Hopefully you have learned something new here. I try to leave my patients better educated than when they started with me.

19th Hole Kitchen Project Completed.

The 19th Hole kitchen remodeling project is finally complete. The Grand Opening was on April 13 and a large crowd gathered for a tour of the new kitchen and the ceremonial ribbon cutting. The 19th Hole will soon be returning to the full menu and they'll have the summer to work out the kinks before the larger crowds return this fall. We appreciate the time and effort made by the Barefoot Bay Recreation District (and their contractors) and the patience of the residents and golfers, while the 19th hole offered nothing but hot dogs, candy bars and alcohol after a long, hot day on the golf course.



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AMERICAN LEGION AUXILIARY #366

Goodbye to our snowbirds. Enjoy your summer up north. See you again later this year.

Our Legion's Auxiliary is busy planning our Hawaiian Luau on April 29th in Building A. Tickets are \$20 each, and dinner and a show is provided. Tickets can be purchased from Moira Serpa at Paradise Planners, at 311 Barefoot Boulevard, 772-663-9914.

Our meetings are held every third Tuesday of the month in Building E, next to the golf course, from October through May at 1 p.m. Guests are always welcome and refreshments are served.

**For God and Country,
Sue Reddy
1st Vice President**

AMERICAN LEGION POST #366

Barefoot Bay American Legion Post 366 continues its regular meetings. We meet on the third Tuesday of each month at 1 p.m. in Building D. The next meeting is on May 16. At this meeting there will be final election (or consensus approval) of post officers for 2023-24. This will be the last meeting until September.

Please note the LEGION Act was passed by Congress and signed, removing the "date gaps" in order to join the American Legion. Any member of the military that has served honorably since Pearl Harbor Day (1941) is now eligible to join.

Post 366 would like to thank Paul and Donna Silver for providing the Country Line Dancing class from November to April. We'll see you in November.

Memorial Day services will be on Monday, May 29, outside, "under the oaks" just east of the administrative building. The traditional golf cart parade will step off from the tennis courts at 10:45 a.m. and proceed to the natural amphitheater east of the Admin Building.

**Jeff Grunow
Commander**

AQUA ZUMBA CLUB



It was "Top of the Morning" in March and the Aqua Zumba Club welcomed many new residents and guests to classes. For several weeks, members worked at perfecting an Irish Jig as we danced and splashed to several Irish songs. "Dance Above the Rainbow" was an Irish song that class members easily learned and requested we keep year-round. The variety of songs used to exercise, stretch and dance include Rock 'n' Roll, Salsa, Merengue, Pop, Christian, Line Dance, Doo Wop, Country, Indian Fusion, and Holiday-themed songs (Valentines, St. Patrick's Day, Easter, Mother's and Father's Day, July 4th, Veteran's Day, Halloween, and Christmas).

During the month of April, we followed the holidays theme of Easter. Many of us were challenged to come up with the most Beautiful, Unique, and Decorative Easter Bonnet. Over 30 residents and guests attended our photoshoot and the bonnets

were amazing. I must say it was not easy finding fun Easter songs to exercise too but we did include The Bunny Hop and Easter Parade. Easter brings many families and friends together to celebrate a Blessed Holiday, which was honored by stretching to "The Old Rugged Cross" and "Glorious Day."

During our time of socializing before class, members discussed making a charitable donation to Barefoot Bay Administration, to go toward a bench in honor of one of our most beloved members, Margaret Bowen, who passed away and is dearly missed. Margaret had an infectious laugh and a love of music. She was fondly known as "Fireball" because she said that was her theme song. Each day she was attending our Aqua Zumba Class, I tried to include it in the playlist. Our club rallied together to contribute \$605 toward the purchase of a park bench that will memorialize our "Fireball." Along with other Barefoot Bay donations, The BFB Administration indicated enough money was raised to purchase the bench.

The passion we share for this community is reflected in the support of new members attending classes, and the return of our Snowbirds. The classes are held at Pool 3 starting at 2 p.m. on Tuesdays, Wednesdays, and Thursdays. If you are interested in exercise that is no-impact, bring your towel, and join us to experience the happy dance!

**Dawn Forsman
President and Certified Aqua Zumba
Instructor**

ART GUILD

Hello from the Barefoot Bay Art Guild. We all hope everyone had a delightful Easter. It was great weather for the occasion.

Did you know that the Barefoot Bay Art Guild is a year-round art club? Even though some activities in the Bay will slow down for the summer months, we have many exciting workshops during the summer that members volunteer for and show different mediums in art. The 1st, 2nd and 3rd Friday are available for some exciting workshops.

At our last Art Guild meeting, we presented a gift card to Marilyn O'Keefe as a token of appreciation for all of her hard work in the group and reporting in the Tattler about the Art Guild events, and for all the years she has been with us. We had a little snack after the meeting. We will certainly miss her.

We will be inducting the new board members at our ice cream social which will be held on April 21st. New board members are looking onward to making the Art Guild a great group. We also discussed the new Bylaws, along with modified Art Show Rules, and passed a copy to each member.

Maureen also read a thank you letter from the Community Fund Group about our donation that we provided to them from the proceeds of our Art Show in February.

Maureen Fitzgerald won 1st prize for a painting she had on display in the Environmental Learning Center, "Spring Fling." We congratulated her for her accomplishment.

Summer will be arriving soon and the

See Club News Page 13

Club News from Page 12

Snowbirds are departing to their northern homes. The Art Guild will continue during the summer and we asked the members for any suggestions for workshop ideas. There will be no Art Guild meetings during the summer and the next meeting will be October 20th.

Keep up with any news that we may have on Facebook and we would love to receive any comments. The Facebook page is "Barefoot Bay Art Guild 2022."

Have an amazing summer, stay safe, and stay cool. See you all in the fall.

Bonnie J. Murphy

BIRDING CLUB



The Barefoot Bay Birding Club has had some outstanding outings this year and our excursion to Turkey Creek was no different. Several Warbler species were spotted. Prairie, Black-and-White, Palm and Pine Warblers were sighted or heard along with a few Northern Parula. The highlight was surely a Short-Tailed Hawk and several Swallow-tailed Kites.

Interested in joining us or just following our adventures? Contact us at cdollar1@nycap.rr.com or friend us on our Facebook page.

The Bird of the Month is the elusive Purple Gallinule, found almost exclusively on the lily pads of ponds and canals. They possess extremely large yellow feet for walking on the lily pads. Most of the body and feathers range from turquoise to dark blue to almost purple. The bill is red with a yellow tip that resembles candy corn and their forehead separates them from the common Gallinule with a light blue cap. They smile and laugh a lot and dance like no one is watching.

BOAT AND FISHING CLUB

The regular monthly meeting of the Barefoot Bay Boat and Fishing Club was called to order by Mary McGrath, Rear Admiral, on Friday, April 14 at Building D&E. She announced the upcoming club luncheon at Marsh Landing in Fellsmere. Pattie Andryshak and Linda Nelson are finalizing plans for the Wednesday, April 19 event, with members signing up and indicating their preference from menu items.

This luncheon traditionally ends club activities until members return in the fall. Yeoman Nan Griffin read the minutes of the March meeting and reported that meetings and activities will resume in October with the monthly meeting and October Fest event. She also reported the club currently has 91 members, with two new applications in the process.

Plans are also underway for the December 9 Christmas luncheon and gathering. Steve and Pat Dylnicki will host the holiday event this year. Pat Dylnicki also reported on the recent March event, Cheeseburgers in Paradise, that she hosted with Pam Williams. Paul Levesque gave the Purser's report, which was approved by voice vote. Jane Jones reported on the Sunshine activities, noting members who have health and personal issues.

Members discussed the pending purchase of folding tables for event use. The purchase was tabled until members return in fall. The next regular meeting of the Boat and Fishing Club is set for Friday, October 13. The meeting was adjourned following the drawing of 50/50 prizes.

Watch for club updates and news throughout the summer.

Jim Hale
Public Relations
618-314 3542

BRITISH HERITAGE CLUB



The British Club had their annual picnic on March 23rd. The ribs, cole slaw, baked beans provided by our own Barefoot Bay Food and Beverage were delicious! As always there were many, yummy desserts donated from our members. Entertainment was provided by Dougie.

April's dinner celebrated The British Heritage Club being part of Barefoot Bay for 33 years! The food was provided by BB Food and Beverage and was delicious roast pork with all the fixings. The dessert was an anniversary cake provided by the British Heritage Club. Entertainment was provided by Sax on the Beach, which was amazing! Along with dance music Dave gave us outstanding music on the Sax which had most of us singing along. He also took us on a great trip down memory lane with his choice of songs. It was a great night!

Summer Fun Nights start on Tuesday May 2nd in Building D/E. Tickets are \$12 per person and the bar opens at 5 p.m. with dinner at 6:15 p.m. Our first meal will be build your own Philly Cheese Steak with peppers, onions, mushrooms, and cheese all separate along, with French Fries and a brownie for dessert. Join a game table or bring your own games. These nights are always a great time to build friendships or to meet new friends.

Starting in June the Summer Fun nights will be on the second Tuesday of the month. Please note that you do not have to be a British Club member to attend so bring a friend or two. For tickets, please contact Liz at 321-750-3119 by the Thursday before the dinner. Please provide exact cash or a check. We will not be able to provide change.

More to come on our fall schedule in future articles. Cheers,

Cyndie Bourassa

CHRISTIAN WOMEN'S CLUB



Barefoot Bay Christian Women's Club held its April luncheon on the 6th. It was a delightful meeting, with 60+ women showing up. We served a traditional Easter dinner and everything was delicious, especially the wonderful pies, made by one of our new cooks, Kay Landis. They were delicious! We have another new cook, Louella Kendrick, who made the beautiful colored deviled eggs. Thanks, ladies!!

We had great music by our music committee, Susan Davis and Joyce Sweeney, joined by Jeannie Trembley. Gets better every month! The tables were decorated by Linda Collins and her helpers. The speaker was Geri Reinle, who shared her testimony,

See Club News Page 14



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Club News from Page 13

along with many scriptures for us to read and help us learn about the Lord. She was delightful.

Next month, we will be having a Mother's Day Tea. We have another new cook, Barbara Applegate, who, along with Dottie and I, are busy planning lots of goodies to serve. It will also be our one-year celebration! We are so thankful to the Lord for all he has done for this club.

Don't forget to call Donna at 321-501-8501 for reservations. The last day to make reservations is April 28. Call me at 772-202-4214 for any information. Looking forward to seeing you there!

DEMOCRATIC WOMEN'S CLUB

Dear friends, recent Florida legislation impacts our ability to vote. Our Democracy is founded on three documents which have inspired the world: The Declaration of Independence, the U.S. Constitution, and the Bill of Rights. These are meaningless unless every qualified citizen has the right to vote!

Florida legislative districts were gerrymandered to nullify votes of minority citizens: 20 of 28 U.S. congressmen are Republican (36.7% of Florida's active registered voters were Republican on 03/31/23). The 2018 Proposition passed by voters to restore the voting rights of certain convicted felons, who have served their time, has been negated. An "election force" created to investigate non-existent voter fraud and harass Florida citizens has an estimated budget of \$3.7 million of our tax money. These actions have not only assaulted the rights of Florida citizens to vote, but they have also assaulted democracy itself. The next General Election is 558 days away and may be one of the most important in U.S. history. There is no time to waste!

The Voting-by-Mail ballot process has been very simple in the past. Now citizens have to file a new request since 01/01/2023 for the 2023-2024 election cycle (and repeat new requests every two years). Check www.votebrevard.gov to update requests.

If you want to help make a change in Florida's voting system, please bring your energy and ideas to the DWCBBay meetings. To contact us, leave a voice or text message at our new phone number 772-252-9679 or email requests to dwcbbay@gmail.com. Democrats registered in any state may join.

We meet monthly on the 3rd Thursday at 3:30 p.m. in Building D next to 19th Hole Restaurant. Please bring non-perishables to the meeting for our local food drive.

GREAT LAKES STATES CLUB

Hi, Club Members! The "ho-hum" days of summer are here. Maybe winds and rain will be a relief from the heat.

As part of April's agenda, Richard LaPage announced Carol Donahue's Memorial Service at Concordia Church for Wednesday, April 12th.

Our April's potluck spread had plenty of delicious meals, and a few desserts went fast. The \$5.00 cost for the meat helps the club's expenses for the next season. Everyone was in favor of this.

We had 41 members attend a Deck of Cards Bingo. The 25 winners received \$2 lottery tickets. Richard and Teri conducted the game, with help from Gary Bacon passing out the tickets. There was an on-going joke as to whether to have a picture of Richard or to get the lottery ticket. It went well with many oohs and aahs. The 50/50 drawing brought in \$30 for the club. There were three winners.

For the meeting scheduled for Tuesday, November 14, Richard and Rose LaPage will be the Host Committee Coordinators, and the Task Team has been set up. The meat entree will be baked / fried chicken from Winn Dixie. The cost will be \$5. The entertainment will be Music Bingo, with lot-

tery ticket winners. Again those tasty side dishes and desserts are appreciated.

Teri Gilmore, our treasurer, announced that a table will be set up at the front entrance to Building A, where Carol Spink will collect the annual dues of \$3 for the coming new season (November/December 2023 through April 2024). Please wear your badge to receive the new sticker.

Until then, Northerners, have a safe journey, be comfortable in the summer heat and stay well. As for you Floridians, enjoy the comfort of the AC and stay well, too! We hope to see everyone back healthy and "perky" for the November 14th meeting. Best wishes to all.

Daphnia Missad
Secretary

GREEN THUMB GARDENING CLUB

Our last meeting of the season was our Garden Party that was held on April 1st. We had a great turnout. Thanks for all the great potluck dishes and fun games. See you all in October.

Our Facebook page is: Barefoot Bay Green Thumb Gardening Club.

Val Abbate
President

ITALIAN AMERICAN CLUB

A very sincere thank you to all my Executive Board members and regular members who have stepped up this past season and helped to make the club a huge success. This is the plan for the rest of the year: We will be gathering in the lounge by Pool #1 on the fourth Thursday of May, June, July, August, and September at 5 p.m. for pizza and fellowship. We did this last year and everyone had a great time. There is no cost to you. Just come and enjoy fun with the other members.

October is our first meeting of the season and we will be welcoming back all the birds. The meal will be a potluck dinner. So, please bring your favorite homemade covered dish to share with the membership. Tickets will be just \$5 to cover the entertainment. Call Joan Ferri for tickets at 772-663-3229.

At the March meeting we had the Melbourne Jazz Band. They had a great time and so did all the members of the club. I walked around with a basket for donations and the membership gave generously. The band really appreciated our support. We will be having them again in March of 2024.

All you snow birds have safe travels and hurry back.

Ron Fashano
President

LAGOON ARTISANS

Lagoon Artisans wrapped their show season with a successful Spring Fling Show April 1st. When not showing their art, members are busy creating new works and displaying in other venues. The summer is a good time to replenish our collections for the coming season. Highlights of summer activities will appear in future notes.

Four shows are planned for next season in Building A: November 25; January 21 along with the classic car show; March 16; and April 20. Themes and show details will be announced prior to the shows.

LABB's mission is to support each other as fine artists while having fun and creating opportunities to show and sell our work. Many members belong to other art associations and galleries to gain the widest exposure to their art. Creating it is one aspect, selling it is another that takes much effort.

The final meeting of the season was held on April 12 with a luncheon following at Captain Hiram's Blackfins Restaurant. Monthly meetings will resume October 11 at Building D/E from 10 p.m. to noon, and every second Wednesday through April.

Local artists interested in exploring

See Club News Page 15

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opportunities are encouraged to call President Georgene Granholm at 908-337-9400 or me and plan to attend a meeting or show. We enjoy sharing and learning with each other; however, we create on our own time.

The featured artist this month is Sherrel Galeotti who uses acrylics, driftwood, and other natural elements to create her art.

Text me an email address if you wish to join our contact list and keep up-to-date with club events. LABB also has volunteer opportunities at our shows for folks who would like to engage in the art community. Learn with us, create with us, and add a little color to your life with us.

Dan Martin
Assistant Secretary
609-432-1059

ORGAN, KEYBOARD AND PIANO CLUB

Once more, our monthly musical programs will soon come to an end. On Wednesday, April 26th at 1 p.m. in Building A, a final performance of springtime selections will be played for listening enjoyment.

As our summer members leave for various destinations, our wishes go with you for a safe trip and an enjoyable few months wherever life takes you. Until next October, we also wish you all many hours of good music.

For further information, please call our president, Rollin Rice, at 802-299-9230.

Barbara Applegate
Secretary

PINOCHLE CLUB

The Pinochle Club meets every Friday night, even during the summer months! It is single deck pinochle. Come by yourself or with others. Play begins at 6:30 p.m. in Building C, which is next to Building A. Please come a little ahead of time to get set up. Questions? Call Lois at 772-664-1199.

RINGER CLUB

The big season for the Ringers Club has come to a close. The winners of our annual 10-week tournament for 2023 are Mike Coats, First Place Champion; second place winner is Ken Sabol and third place winner is Carl Fuller.

On a rather sad note, we are all losers. We lost our own Lou Abraham. He could throw ringers like no one else and had the voice of an angel. Frank Sinatra would be proud because he did it "My Way."

Since many of us are snowbirds, including me, this will be the last article until October. The players will still be out there on Tuesdays, Thursdays, and Saturdays between 7 a.m. and 9 am. It's a good time to practice your skills and get ready for our next 10 week tournament.

I'll be back in October. Have a great summer.

Louise Knight

SENIOR SOFTBALL LEAGUE



Barefoot Bay Senior Softball League Continues to make a difference on and off the field, according to Pete Bonell, League President. "We are proud of the great work our softball family does for so many organizations and events in Barefoot Bay. Our players not only focus on hits and homeruns but on giving back to our com-

munity. The ladies of our softball family are the driving force behind several fundraisers held throughout the season."

The League's most recent donation of \$250 was presented to Tom O'Donnell, Treasurer of the CVO and member of the Senior Softball League. The donation was presented by Nancy Hurlburt, Karen Paul, and Ann Hurst, all members of the Canadian/USA Game luncheon committee. These funds will be used to support homeowners in the community through the Helping Hands Program.

Bonell said, "We look forward to continuing our commitment to the community for many years to come."



TENNIS CLUB

Women's Doubles at Barefoot Bay Court results: Barefoot Bay team had two wins; Sebastian Friendly team had one win. Congratulations to the women's team. The event was a great example of fun, excitement and sportsmanship. More home and away matches will be scheduled in the future.

The Bob Lewis plaque was mounted and presented by the club with an unveiling before an audience. Brief comments and special stories were shared by all.

Don't forget: Mondays, Wednesdays, and Fridays at 9 a.m. are open play days. Join in, and get on the playlist by calling the number below. Also, tennis lessons are available to help sharpen your skills or to get you started.

And finally, according to the Florida division of the U.S. Tennis Association, "Tennis is that rare sport that delivers at whatever age you start playing and gives different generations the opportunity to play together. The goal is to get everyone on the court—mom, dad, children, grandparents, and have fun playing!"

If you have interest or questions, call 321-419-8597.

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Psalm 30—"Sing the praises of the Lord, you faithful people, praise His Holy Name."
Easter Sunday Sunrise Service started as a cloudy, cool morning at 7 a.m., but people gathered in our parking lot and the Lord sent the sun to say welcome to His followers. What a joy to know that our Savior lives!

Inside, at our traditional service, we shouted our response to "He is Risen" by answering, "He is risen, indeed!" There are so many different ways to say, "I Love You, Lord."

The big holidays are basically over for now, but worship is a continuous process. Our normal activities are all in place and going strong. WELCA (our women's group) is working to help others and often holds special events to raise funds for local projects. Bible study groups meet regularly to study the word and worship services are held every Sunday at 10:30 a.m. Feel free to join us in one or all of these events. We are always happy to see and welcome newcomers to join us. As the saying goes, "A stranger is just someone we haven't met yet."

May 14th is a day to remember and honor our Mothers and those women who have helped us in our lives. If your special someone is still here on earth, don't bother with gifts or candy, just tell her that she is loved, appreciated and needed in your life.

As always, God loves us all and you can show you love Him in your worship and in your daily life. We look forward to seeing you any Sunday at 10:30 a.m.

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THE EASTER QUESTION

When Jesus said, "I am the resurrection and the life," he continues saying, "if a man believes in me, yet though he dies, he will live again." Then he asks, "Do you believe this?" That is the Easter question. It is a question that rings out beyond Easter day itself.

Paul Azinger, a famous golfer, faced that question Jesus posed, "He who trusts me will live again. Do you believe this?" He was 33 years old when he got cancer. He said, "A genuine feeling of fear came over me that I could die of cancer. But then another reality hit me even harder. I am going to die anyway from cancer or something else. It is just a matter of when. With that realization everything I had accomplished in golf became meaningless. All I wanted to do was live."

Then, a fellow golfer and Christian, Larry Moody, said to him, "Zinger, we're not in the land of the living going to the land of the dying. We're in the land of the dying going to the land of the living."

By receiving the power of Jesus, Azinger became a person not going from the land of the living to the dying but from the dying to the living. Azinger later said, "I've won a lot of tournaments. But that happens and is always temporary. The only way to have true contentment is in a relationship to Jesus Christ. I'm not saying that nothing ever bothers me or that I don't have problems. But I have found the answer to the six foot hole—if a man dies, can he live again? Yes, Jesus proved it."

"Do you believe this?" And that's the Easter question he asks you. Do you believe Jesus rose from the dead and can raise you? Don't answer it by wishful thinking but by thinking. A thinking belief makes a difference for you and the world.

Rev. Jeff Wood

National Day of Prayer

National Day of Prayer May 4th

On Thursday, May 4th, we will meet under the oaks (west of the Administration Building) at 12 noon to pray for our nation and our federal, state and local leaders. This nation needs much prayer. Please join us.

Lynne Kahl

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Max Mendes calmly walked over the rainbow bridge. Joey and I loved him so much. He was ready. We can't thank Lap for Love enough for their caring and compassionate approach in our home to make the end of Max's journey a peaceful one.

Kathy Mendes

Obituary

Barbara Janice Neilson



Barbara Janice Neilson passed away peacefully in her sleep on Thursday, March 30 at her home in Barefoot Bay, Florida. She was born in Jacksonville, Florida on March 10, 1938, and was the only daughter of the late George and Laura Litzenberg. Barbara graduated from Andrew Jackson High School in 1956 and later became a stewardess for American Airlines based out of New York. That is where she met the late Dr. Edwin Willard Neilson whom she married in 1960. They lived together in Long Island, NY; Davenport, IA; Sarasota, FL; Morristown, TN; and Barefoot Bay, FL.

Barbara was very athletic in her youth and enjoyed running and was quite a bowler. Later in life she found her passion in poetry and drafted numerous poems for friends, family, and special occasions. One of her favorite pastimes was chronicling her life and times, preserving memories for her future family generations. Additionally, she enjoyed listening to music, dancing, and spending time with her friends, family, and the many dogs she owned throughout her life. Barbara was also an amateur ornithologist and devoted University of Tennessee football fan (Go Vols!).

Barbara was preceded in death by her son Dr. Gregory Neilson and his daughter, Kayleigh Neilson. She is survived by

her daughter Janice Lewis of Knoxville, TN; her son Matthew (Tish) Neilson of Knoxville, TN; and her daughter-in-law Marjorie Neilson of Morristown, TN. She is also survived by five grandchildren: Tristan, Jessica, Ian, Jackson, and Phia.

A memorial service will be held in Morristown, TN in the coming weeks with a graveside family service to follow at Jefferson Memorial Gardens Cemetery.

In lieu of flowers, the family is requesting that donations be made to your local Humane Society.

Anyone wishing to send the family a message or share a story is asked to visit Barbara's memorial page at www.seawindsfh.com.

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1st - Louise Mulvihill	
Brenda Maslanka	-2
2nd - Judy Farrell	
Judy Gagnon	Even
3rd - Raylene McSally	
Sue Stevens	+3
4th - Jean Lontine	
Sharlene Coates	+4

Flight 2

1st - Maureen Rooney	
Sandra Rooney	-6
2nd - Julia Strom	
Joan Clement	Even
3rd - Cammi Provencher	
Tish Garrett	Even
4th Debra Linstrum	
Gert Finnegan	+1

CTP #2 Gert Finnegan
CTP #11 Brenda Maslanka

April 4, 2023 - S & T HOLES

Flight 1

1st - Doris McClintock	-1
2nd - Brenda Duke	Even
3rd - Louise Mulvihill	+1
4th - Judy Farrell	+1

Flight 2

1st - Faith Porter	-3
2nd - Jane Cypher	-3
3rd - Judy Gagnon	-1
4th - Kathy Duquett	Even

Flight 3

1st - Betty Greco	-6
2nd - Betty Healy	-1
3rd - Ruthann Funari	+2
4th - Maureen Rooney	+2

Flight 4

1st - Janet Jackson	-2
2nd - Tricia Farrell	-2
3rd - Mary Kaszanek	-2
4th - Mary Landenberger	-1

CTP #2 Roberta Kessler
CTP #13 Janet Jackson

March 7th - Low Putts

Flight 1

1st - Janet Rafferty	15
2nd - Sheryl Morehouse	16
3rd - Debra Corkins	17

Flight 2

1st - Mary Draper	12
2nd - Elaine Armstrong	14
3rd - Tina Husty	17

Flight 3

1st - Bonnie Lynds	14
2nd - Pat Pudimat	17
3rd - Linda Doran	18

Flight 4

1st - Terri Murphy	16
2nd - Sheila Johnson	18

CTG Hole 7 Sheryl Morehouse 23'

March 28th - Total 12, 13, 14

Flight 1

1st - Lisa Drake	14
1st - Penny Zeilman	14
2nd - Barbara Minklein	16
2nd - Suzanne Peterson	16
2nd - Janet Rafferty	16

Flight 2

1st - Rosemary McCloskey	16
2nd - Mary Draper	17
2nd - Cathy Duggan	17

Flight 3

1st - Barbara Martin	16
1st - Pam Rice	16
2nd - JoAnn Leary	17

Flight 4

1st - Sheila Johnson	17
1st - Barbara Simone	17
2nd - Maureen Stoll	18

CTP Hole 11 Heidi Kamman 26' 4 1/2"
CLT Hole 15 Debbie Perguson 19'10"

March 28, 2023 - LOW NET

Flight 1

1st - Brenda Maslanka	-1
2nd - Carol Mecanko	Even
3rd - Brenda Duke	Even
4th - Doris McClintock	+1

Flight 2

1st - Michele Provencher	+4
2nd - Judy Rice	+6
3rd - Cammi Provencher	+7
4th - Judy Skene	+9

Flight 3

1st - Roberta Kessler	-5
2nd - Ruthann Funari	-4
3rd - Jane Cypher	-1
4th - Ann McDonough	Even

Flight 4

1st - Anastasia Baptiste	-4
2nd - Tricia Farrell	Even
3rd - Betty Greco	Even
4th - Debbie Oldakowski	+3

CTP #7 Brenda Maslanka
CTP #15 Carol Mecanko

April 11, 2023 - SCRAMBLE

1st - Brenda Cali, Elaine Stevenson, Betty Greco, Joanne Plasse	+1
2nd - MaryBeth Sullivan, Kathy Duquette, Elaine Codd, Janet Jackson	+2
3rd - Carol Mecanko, Anna Pettit, Ruthann Funari, Dianne Kallop	+2
4th - Louise Mulvihill, Sharlene Coates, Tricia Farrell, Mary Landenberger	+3

CTP #2 Barbara Smith
CTP #13 Anna Pettit

March 14th - Scramble

1st Place - Janet Rafferty	31
Pam Rice	
Judi Elder	
2nd Place - Toni McEwen	32
Barbara Minklein	
Harriet Heuser	

CTP Hole # 11 Penny Zeilman

March 21 - Mystery Golf Scramble

1st Place - Cathy Duggan	36
Terri Murphy	
Pat Moody	
Lisa Drake	
1st Place - Penny Zeilman	36
Rosemary McCloskey	
Kandi Fallon	
Judi Elder	

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Scramble Flight - 3-22-23

1st - Kris Vasiliu, Don Moilanen, Gary Collins, Mike Lontine -4
 2nd - Mike Coats, Dale Silvester, Glen McClelland -3

Closest to the Pins

Team of Bruce Amoss, Paul Shamansky, Hugh Murphy, Walt Jamison
 Team of Mike Coats, Dale Silvester, Glen McClelland

Cha-Cha-Cha 1-2-3 Best Ball - 3-29-23

Flight 1

1st - Mark Lavaway, Paul Shamansky, Don Hipperrn, Gene Pettit -17
 2nd - Rich Krywe, Mike Coats, Bill Smail, Ed Constantino -16

Flight 2

1st - Charlie Zavesky, Floyd Lynds, Steve Morris, Dennis Doran -22
 2nd - Dale Silvester, Giz Gillen, Joe Cali, Manny Pereira -8

Flight 3

1st - Brad Jackson, Virgil Cypher, Paul March, Brady Mitchell -16
 2nd - Bill Morris, Alan Schnare, Don Oldakowski, Frank Verderese -12

Closest to the Pins

Flight 1

Dave Maslanka

Flight 2

Andre Bourdeau

Flight 3

Glen McClelland

4 Man / 2 Best Ball - 4-05-23

Flight 1

1st - Peter DeGennaro, Paul Steinhauer, Dan Gilbert, Bruce Amoss -13
 2nd - Lenny Leroux, Kris Vasiliu, Paul Shamansky, John Chickadel -13

Flight 2

1st - Dale Fowler, Joe Cali, Floyd Lynds, Jerry Martin -13
 2nd - Dan Strom, Lanse Denny, Tom Felke, Peter Walsh -12

Flight 3

1st - Manny Pereira, Virgil Cypher, Don Oldakowski, Francis McCloskey -14
 2nd - Dennis Bryan, Brad Jackson, Michael Jackson, Frank Verderese -13

Closest to the Pins

Flight 1

Paul Shamansky

Flight 2

Gene Pettit

Flight 3

Carl Fuller

Individual Low Net - 4-12-23

Flight 1

1st - John Chickadel -2
 2nd - Paul Shamansky +1

Flight 2

1st - Joe Cali -1
 2nd - Dan Strom +3

Flight 3

1st - Paul Voit +2
 2nd - Carl Fuller +2

Closest to the Pins

Flight 1

Peter Degennaro

Flight 2

Paul Levesque

Flight 3

Paul March

High scores for the Month of March

High Scratch Single

March 6

Don Clayton & Peter Coffey 192
 Martina Mason 180

March 13

Don Clayton 248
 Debbie Clayton 176

March 20

Ken Sabol 254
 Sue Nichols 183

March 27

Craig Mira 214
 Anna Sabol 202

High Scratch Series

March 6

Don Clayton 523
 Sue Nichols 418

March 13

Don Clayton 619
 Debbie Clayton 428

March 20

Ken Sabol 577
 Anna Sabol 472

March 27

Craig Mira 591
 Anna Sabol 519

Thanks to all for a great season have a wonderful summer. Anyone wanting to bowl this summer come to Shore Lanes by 12:30 p.m. on Mondays. There is no commitment, come when you want. For more information call Irene Lavoie 772-664-6818. Leave a message if no answer.

Senior Softball

Canadian American Game

The Barefoot Bay Senior Softball League held their annual Canadian American Softball Game on Wednesday, February 13, 2023. The American Team won this year with a score of 13-11. A picnic was held afterwards. We had the best crowd ever to attend. The game began with a presentation of a bench to commemorate Jack Buchanan who recently passed away. Jack wrote the articles for the Tattler about our league for many years. The bench was built by Joe Drosey.

Season League Champs

The Barefoot Bay Senior Softball League Champs was won by Affordable Air. Their record was 16-6. Games are played every Tuesday and Thursday. Three games are played beginning at 9 a.m. If you are interested in playing next fall call Pete Bonnell at 772-321-0744.

Tournament Champs

The Barefoot Bay Senior Softball Tournament ended on March 30th with a championship for Sabol Air. They defeated Indian River Fitness, who came in second. The end of the year picnic was held at Building A pool on April 1st, where awards were handed out.

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MAY, 2023
ENTERTAINMENT CALENDAR



May 5 Cinco de Mayo Mexican buffet Lakeside of Lounge from 5-8pm. Tickets in Lounge, 19th, Admin. Allen Wronko 7-8:30pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 MUSIC BINGO BLDG A 5:30-8:30PM	2 Dougie's Karaoke Lake Stage 5-10pm Taco Tuesday 5-8pm	3 TRIVIA LOUNGE 6:30-8:30	4 Steve Cole 19th Hole 4:30-7:30pm Rustic Roast Building A Summer 4-7:00	5 Cinco de Mayo Lakeside Mexican buffet 5-8pm Allen Wronko Lake Stage 7-10:30pm	6 TBD 6-10
7	8 MUSIC BINGO BLDG A 5:30-8:30 P Kitchen Open 4-7 pm	9 DOUGIES KARAOKE LAKE STAGE 5-10 P TACO TUESDAY 5-8 P	10 TRIVIA LOUNGE 6:30-8:30	11 Pushin' Time 19th 4:30-7:30 Rustic Roast Building A Summer 4-7 pm	12 Spot On with Sara from Juiced & Christine from Rocket City Lake Stage 7-10:30	13 Showtime Ent Rob, Beth & Toni Lake Stage E 6-10
14 Mother's Day Buffet Lakeside 10:30-1pm Royal Ink 10:30-12:30 The Kore 2-6pm FOOD TRUCK 11-7 P	15 MUSIC BINGO BLDG A5 :30-8:30 P Kitchen Open 4-7 pm	16 DOUGIES KARAOKE LAKE STAGE 5-10 P TACO TUESDAY 5-8 P	17 TRIVIA LOUNGE 6:30-8:3	18 Kenny Wil- liams-19th 4:30- 7:30 Rustic Roast Building A Summer 4-7 pm	19 Double Standard Lake Stage 7-10:30	20 D.J. Terry Lake Stage 6-10
21	22 MUSIC BINGO BLDG A5:30-8:30 P Kitchen Open 4-7 pm	23 DOUGIES KARAOKE LAKE STAGE 5-10 P TACO TUESDAY 5-8 P	24 TRIVIA LOUNGE 6:30-8:3	25 Shelley Songer 19th 4:30-7:30 Rustic Roast Building A Summer 4-7p	26 Absolut Blue Lake Stage 7-10:30	27 Switch w/Ana Lake Stage 6-10
	29 <u>MEMORIAL DAY</u> NO MUSIC BINGO The Flashbacks Lake Stage 2-6pm FOOD TRUCK 11-7pm	30 DOUGIES KARAOKE LAKE STAGE 5-10 P TACO TUESDAY 5-8 P	31 TRIVIA LOUNGE 6:30-8:3			

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