

## **VAST JULY 9, 2025 GENERAL MEETING @ 6:00 P.M.**

### **BOARD MEMBERS IN ATTENDANCE**

Ruth Johnson, President  
Trice Hurr, President Elect  
Bill Russ, Treasurer  
Gail Grossman, Secretary  
Michelle Bekoff, Member-At-Large

### **MEMBERS PRESENT WERE:**

24 People Total

19 Members  
5 Board Members

### **CALL TO ORDER**

The meeting was called to Order at 6:04 P.M.

### **JUNE MINUTES TO APPROVE WERE ATTACHED TO THE EMAIL SENT OUT**

The Minutes for June 2025 were sent out by Trice's Email on Sunday, July 6, 2025. Since there were no objections to the Minutes, the Minutes from the June meeting were accepted as written.

### **JUNE'S TREASURER'S REPORT**

The balance in our Treasury as of July 9, 2025, is:  
\$ 7,195.91

## **COACH'S CORNER – TODD**

Todd was not present but Ruth advised that the Coaches will be on vacation from July 28, 2025 – August 16, 2025, and there will be no coaching during that time. Swimmers can download the workouts from the VAST website.

## **NEW MEMBER**

Beth Everett is our new Member. Welcome Beth.

## **SWIM MEETS UPCOMING**

The Gainesville Senior Games Swim Meet is at the University of Florida Varsity Pool this on September 14, 2025. Bob Lyons suggested that everyone go to the meet because it is in a great venue.

## **VAST WEBSITE**

The VAST Website has some updated items. Trice worked with Jane to change and update the Website. The workouts will be separated on the website and have their own tab. The VAST records will be posted for Short Course Yards, Short Course Meters, and Long Course Meters.

There will be photos on the website so if anyone has photos to share please send the photos to Trice Hirr and Jane Shen, our website person.

## **ROHAN POOL CLARITY – TRICE & RUTH**

Today was a bad day at Rohan Sports Pool. Herschel S. Wiley Jr., Assistant Director of Facilities Management (who oversees the pools) and John Rohan were supposed to come to the pool today, July 9, 2025, to look at the clarity of the water. John was not there, only Herschel and someone from Pool

Control, the pool maintenance company. Herschel told Michelle that there is nothing wrong with the pool and there was nothing they would do to fix the clarity.

She was told they had shocked the pool 3 times that week and they could not do it again. Once again no one entered the pool and went underwater as we had requested.

There was a Rohan meeting to set up the Winter schedule on July 8, 2025, that Ruth & Trice attended. Representatives from the different groups regarding the Rohan Pool were there. Ruth and Trice told John Rohan that they wanted 3 hours of pool time at either Rohan or another pool. Trice wrote a handout about water shoes in the pool and the sunscreen used in the pool which causes problems at Rohan causing the water to be cloudy. Trice gave the groups that attended and the Rec Department people the handouts about sunscreen used, this was very well received.

Brenda Cartwright broke out with a rash from the Rohan Pool. Brenda is allergic to the chemicals in the sunscreens that are in the pool.

Per Brenda's allergist the sunscreen worn should be **REEF SAFE sunscreen ONLY. Please refer to Trice's email about Sunscreens that she emailed out on July 6, 2025, regarding which Sunscreens are REEF SAFE and the best for our pools.**

## **GUIDELINES UPDATED**

**The VAST Guidelines were updated by the Board of Director (new version has been put out on the website) to the following:**

1. The word Head Coach was removed since there is no Head Coach
2. The Waiting List was removed since there is no waiting list.
3. The portion of the guidelines giving a 50% discount as of July for membership dues was removed. Dues will be \$ 55.00 whether a full

year membership or a ½ year membership. There will be no discount for ½ year membership.

4. The Truman Rec Center Replaced the Churchill Rec Center for our VAST General Meetings.

### **SOCIAL ACTIVITIES DISCUSSED FOR VAST**

1. Ice cream social in August. There was a discussion about Ice Cream Social in August and to either have Ollie's Custard or Mystic Ice Cream bring Ice Cream for August. It was suggested that we host the Ice Cream social another time than August since many people are away for the summer.
2. Happy hour with appetizers at a Country Club possibly in September
  - Boozy Bingo at Bonifay
  - Burger Bar at Cane Garden
  - Trivia at Belle Glade and Orange Blossom
3. Ednas on the Green as a Get Together. This coming Saturday, Gilly and the Girl is playing from 4:00 p.m. – 6:00 p.m. at Ednas on the Green. Julie Ash is going and invited any VAST member to join her.
4. Theresa King made a suggestion that we have a social event once a month at different locations for different events, such as Ednas on the Green, or other events. A discussion was had that we should hold events both in the North end and South end of The Villages to include all VAST Members.

## **AUGUST GENERAL MEETING**

THERE IS A GENERAL VAST MEETING ON AUGUST 9, 2025

## **JUNE AND JULY BIRTHDAYS**

6/7 – Bob Lyons

6/8 – Dave Siconolfi & Larry White

6/11 – Kevin Gross

6/14 – Mike Milidonis

6/15 – Heidi Burgess

6/16 – Judy Jansen

6/26 – Margy Medendorp

6/29 – Jim Kelly & Peter Wembacher

6/30 – Laura O'Neill

7/1 – Carol Krouse & Irma Klimach

7/2 – Pam Clark & Gail Kurman

7/5 – Sandy Gleason

7/16 – Laura Landau

7/17 – Debra Slavec

7/18 – Jane Shen

7/19 – Randy Simons & Rae Suttie

7/22 – Steve Jasper

7/24 – Joyce Hutchinson & Kathy tittle

7/25 – Rebecca Christensen

7/30 – Jeanne Hackett & Theresa king

## **ADDITIONAL DISCUSSIONS**

Trice was interested in Things to Do at the Meetings and what ideas and thoughts people have.

Kathy Tittle suggested that we have more of a focus on swimming at our meetings. We used to have outside speakers or members giving lectures on swimming, dry land exercises, nutrition, etc. Kathy would like to see more of that.

Bob Lyons suggested we get someone from United States Masters to come and talk to VAST.

Julie Ash wanted to hear inspirational moments from members at each meeting. She wants to hear stories from members. She suggested that we hear from our 80-year-old plus and 90-year-old members.

Gail Grossman suggested that everyone have their pictures and biographies on the VAST websites so that we can get to know each other better. She also suggested (somewhat in jest) that VAST have rings like we had in college.

Jeannie Hackett liked the idea about hearing about her fellow swimmers on the team whether by online biographies or sharing personal experiences at the meetings.

Trice suggested Ice Breaker questions at each meeting. She suggest that Ice Breaker questions be given to 5 VAST members at random as they walk in the door and have those people talk about themselves at the meeting.

## **RUTH'S STORY**

Ruth Johnson, our President, shared her personal story with the group. She said that at 55 years old she had a bad health scare with bad headaches. It started in 2017. Her inflammation was over 100 and she was supposed to have only a 25 level of inflammation. The doctors told her that she had an autoimmune disease. She went to a dietician, and she totally changed her diet.

Then the doctors told her she had 2-3 autoimmune disorder. She was in huge amount of pain.

She went to a functional medication person who was also chiropractor and nutritionist. He did various tests.

It turned out that Ruth had Mercury Poisoning. She had 5 times the amount of Mercury in her body than the maximum. It took her a year and a half to clear out the Mercury in her body. She had all of her Mercury fillings taken out. Ruth suggested that if you get your Mercury fillings replaced, make sure you get all of the Mercury pulled out and the Mercury is going away from the body and that you are not swallowing the Mercury back into your body.

2017-2021 were bad health years for Ruth.

When she arrived in The Villages, she did not do any exercise and could barely walk. Now she swims vigorously.

### **ADJOURNMENT @ 7:06 p.m.**

Bob Lyons moved to adjourn the meeting

Marica Smith seconded the Motion

The meeting was Adjourned at 7:06 p.m.