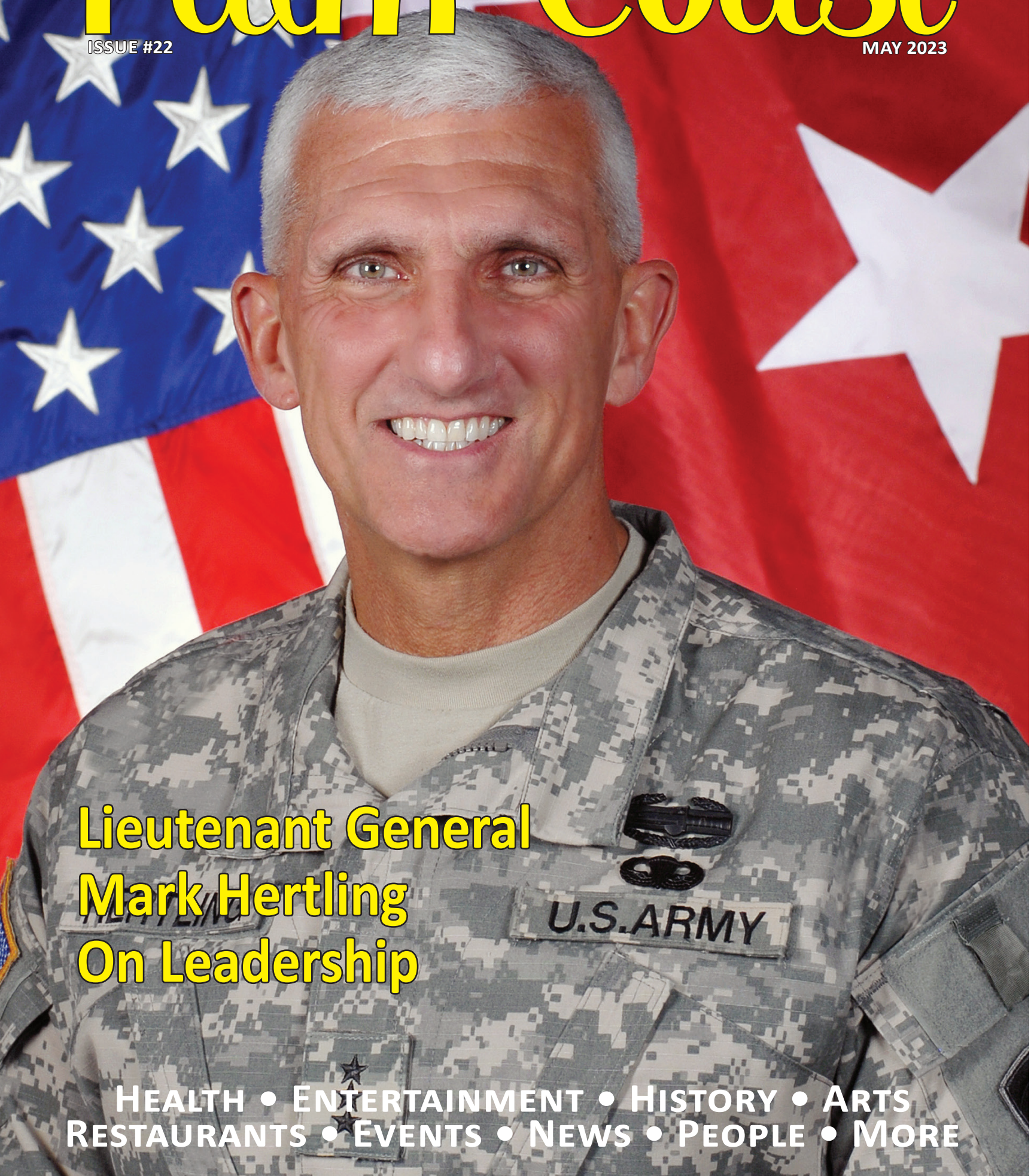


# Palm Coast

ISSUE #22

MAY 2023



## Lieutenant General Mark Hertling On Leadership

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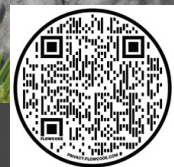


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# ARCTIC BREEZE

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Our cover story this month features retired Lt. General Mark Hertling, a distinguished officer in the U.S. Army who served with distinction for 38 years and is now a resident of Flagler Beach. Since retiring, the general, who prefers to be called Mark in his post-military days (which was very difficult for an ex-enlisted man to get used to), has been working in the medical industry creating programs (and writing a book) on leadership which are being used to help physicians become better leaders in their jobs. He spoke on April 15 at a University Women of Flagler County event and his views on leadership and what makes a leader transcended his military background and offered some interesting lessons and viewpoints on leadership and how it can affect everyone's lives. Because of this we decided to feature Mark on the cover of the magazine and publicize his efforts since retiring from the army. We hope you enjoy the article and take something away from it that may affect your life in a positive way.

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— Tom Aikins, Publisher, Palm Coast magazine

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# News Of The Palm Coast World



*The fire department's second pumper purchased in 1978, a 1959 American LaFrance engine.*

## Palm Coast Fire Department Celebrates 50th Anniversary

The Palm Coast Fire Department marked its 50th anniversary with a special kick-off celebration event at Fire Station 21 on Saturday, April 22. The event was attended by community members, elected officials, and department members, both past and present who gathered to celebrate this significant milestone.

The Palm Coast Fire Depart-

ment was founded on April 3, 1973, when thirty-six volunteers decided that they would answer the call to respond to fire and emergency medical calls. They initially responded from the cart barn at the Palm Harbor Golf Club and responded to two calls for service the first year. The total county population was 4,454.

Today the department is a

combination department that responded to over 13,444 calls for service in 2022 from five fire stations.

State Representative and Speaker of the House Paul Renner offered introductory remarks in which he thanked the service of the Palm Coast Fire Department. "We know that you always have our back; at the legislature, we always have yours," stated Speaker Renner.

Mayor David Alfin expressed his admiration for the Palm Coast Fire Department for their brave deeds, noble qualities, courage, and heroism as they perform under the most intense stressful conditions. "In times of crisis, the Palm Coast Fire Department has always been there to step up and provide critical support," stated Mayor Alfin. "Whether responding to hurricanes, tornadoes, wildfires, or other major disasters, the department has played a critical role in emergency response and recovery efforts, helping to keep our community safe and resilient."

There were several special presentations, including the dedication of the fire department's second pumper purchased in 1978, a 1959 American LaFrance engine. The fire engine was returned to the Palm Coast Fire Department after nearly three decades of service to neighboring departments and communities. The American LaFrance is planned to be restored so that it will be used for community events, fire prevention, and fallen firefighter funerals.

Additionally, Kathy Reichard-ellavsky, president of the Palm Coast Historical Society, presented a Garfield fire-fighter poster signed by the cartoonist Jim Davis commemorating the bravery and dedication of the volunteers of the Palm Coast Volunteer Fire Department who fought the 1985 wildfires.

This poster will be proudly on display at the Palm Coast Community Center for the community to enjoy and a plethora of PCFD history is on display at the Palm Coast Historical Society.

## Belle Terre Walkway To Be Finished Soon

Since March of last year, the City of Palm Coast has been working to complete renovations and upgrades on a busy stretch of a walkway along Belle Terre Parkway that extends from Pritchard Drive to Buddy Taylor Middle School after the previous iteration was deemed compromised.

The walkway, which serves as a daily travel route for many students of Buddy Taylor Middle School and Wadsworth Elementary, had been marred with structural damage in recent years, all which stemmed from an unstable foundation beneath the walkway. In order to provide a long-term solution that would also be traffic-friendly during construc-

tion, crews needed to remove the walkway entirely and provide stabilization to the pipes below. In doing this, it was discovered that the scope of the project would need to expand, since new headwall design and a significant amount of additional grout would be required for proper stabilization of the road and pipes near the walkway. This factor, coupled with complications from structure and storm pipe damage sustained from Hurricane's Ian and Nicole, meant even more delays for the project.

Despite these unforeseen setbacks, Project Manager Carmelo Morales understands external factors as being part of the process and is confident

that the project will be completed in the coming months.

"This project is one of those unique situations where we discovered additional needs during the construction process and while that news almost always means there will be a delay, we want to make

sure that the project is seen through correctly for long-term sustainability," Morales said. "The fact that we also had two storms impact this project was another unfortunate factor that we had to endure but we are confident in getting this project done this summer."



# Produce Sellers Expand In Bunnell

Offering up the freshest, locally grown fruits and vegetables at his homegrown honor stand farmer's market on County Road 305 in the western part of Flagler County, Greg Sims wants to ensure everyone has access to locally grown, high quality nutrition, while supporting the farming families putting their time in the soil.

In early March he and wife Betty hosted a soft opening for their newest location of Sims Homestead Produce on US 1, and to say shoppers were hungry for the farmer's market goods, would be an understatement.

"People are so unattached to their food source and where it comes from. Everything is seasonal. Most of the stuff we get is from the smaller farms that don't have contracts with Wal-Mart and the big grocery

stores. If I can get good deals on things, I can pass them on to people," he said.

Stocked with produce from across Florida, he's helping solve a problem shoppers have with wanting to support local farmers. The Sims family has even struck up a relationship with the Amish community and have their fresh, homemade goods for shoppers to enjoy.

"We offer state and local produce. We try to source everything locally that we can and within the state of Florida. We also have a connection with Troyer's which are Mennonites that source Amish goods from all over the United States and bring them to Florida," shared Sims.

"They have been gracious about working with us, they've private labeled all the canned goods that come from Amish farmhouse kitchens and we're

going to try to bring things that are in season when the prices are lower and in bulk that people can come and get. We're going to be offering more Amish goods. We just got our feet wet with what we have now."

While it hasn't always been easy, Greg is persistent and

knows his family in on the right path to success with the addition of a second location.

"We've been looking for a year, looking for a location. We've been wanting to do this for a long time," he said. "With land values in Florida it's very difficult to find anywhere to do anything like this."



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# Avelo Airlines Coming to Daytona Int'l Airport

The Daytona Beach International Airport will be gaining a new airline on June 22nd in the form of the Houston-based Avelo Airlines. The line will provide twice-weekly flights between Daytona and New Haven, Connecticut.

Avelo is a smaller airline, with only fifteen Boeing 737s in its fleet as of now. It already serves several other airports in Florida: Fort Lauderdale, Fort Myers, Orlando, Sarasota, Tampa, and West Palm Beach.

There was a degree of intrigue as to which airline would be joining the ranks at the Daytona Airport. The item was on the agenda at the Volusia Coun-

ty Council's April 4th agenda, but with no specific airline named. When the item came up for discussion hours into the meeting, it was ultimately given approval on a 4-2 vote. City Commissioners Jeff Brower, Troy Kent, Matt Reinhart, and David Santiago voted in favor, with Don Dempsey and Danny Robins against. Councilman Jake Johansson was not present at the meeting. With the four-vote majority, a minimum revenue guarantee fund of \$1 million will go toward Avelo's integration.

They'll offer an extremely low air fare for passengers flying to New Haven, with prices starting as low as \$49. For Communications Manager Courtney Goff, Daytona was a natural fit for the company's newest expansion. "We're so excited to be the newest carrier here in Daytona Beach, as well as the first low-fare carrier here, bringing great low fares and nonstop routes to New Haven, Connecticut," she said. "That'll be our very first route out of Daytona Beach. Fun fact, whenever we post anything on social media or I check my inbox for people wanting new routes, it is always Daytona



Beach. The move also made sense to give passengers a more easy route to some of Daytona's most popular destinations. This airport operates on basically a lot of the standards that Avelo operates on," Goff continued. "It's easy, convenient and it's going to make getting in and out and getting to the beach or to the convention center or to whatever brings you to Daytona quick, easy and simple, and that's how we operate."

Avelo Airlines is only two years old as of April, having begun with a sole route from Burbank to Sonoma in California. Their flights have now surpassed the two million-passenger mark according to more recent data, with over 15,000 flights on the books.

The Commissioners were told that the addition of Avelo could offer an additional \$11 million to the local economy, per a study brought forth by the airport. Volusia Aviation Director Cyrus Callum said that more airlines may well soon follow.

— Chris Gollon



# QR Code Use Growing in Popularity

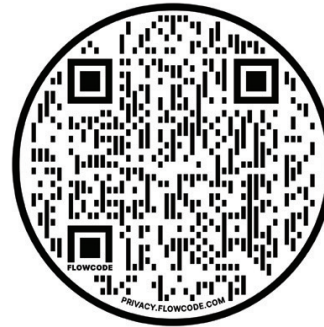
You've undoubtedly seen QR codes all over the place in your everyday life and you maybe a regular user of them. If you are, you may not need to read this article. If you're not that familiar with them and aren't sure of what they do, then please read on.

In either case, QR codes are here to stay and are gaining in popularity and usage. We have been using them in this magazine for over a year now and they have been steadily producing more and more scans each issue. In the last 90 days,

for example, the number of scans made from QR codes in our pages has gone up 174% in the last 90 days.

How do you scan a QR code. Now you can simply point most phones at a code such as the one at left and the phone will display a URL. When you touch that URL you are taken to a web page. When I first started using QR codes I downloaded a QR code reader from the Google Play Store. iPhone users that have an iPhone 11 or later can automatically scan codes without a QR reader. My current

Samsung phone, an A13, also automatically scans QR codes so I don't have to use the QR reader software that I downloaded for free over a year ago. So if your phone doesn't scan



codes automatically just download one of the free apps and you'll be all set.

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## WHY BUY LOCAL?

There are many reasons to support local merchants whenever possible. It can be difficult sometimes, for a number of reasons, but putting money back into your local community will also pay dividends that you might not think about.

**For example:**

How much money do companies not located in Palm Coast contribute to local charities and other non-profit organizations the way local businesses do? The answer is none.

What about the advertising that local businesses buy to support kids' sports or other school activities like bands and choruses? The answer is again none.

These are only two examples but there are many more benefits that local communities receive from their local businesses. So please do what you can to support the local businesses you see in the pages of this magazine and any other local businesses that contribute so much to our life here in Palm Coast. Thanks.

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# Local Happenings



*Palm Coast master stylist Rebecca Howell (center), owner of Atmosphere Salon welcomed friends and clients recently to her City Marketplace salon to celebrate her 10-year anniversary. This is only of several salons that Rebecca has owned since she was 19.*



*Knights of Columbus Notre Dame Council 10514 and Corpus Christi Assembly 2810 recently awarded scholarships to four young adults. The scholarship awardees received their checks at the March Santa Maria del Mar Parish Breakfast.*



*Recently the TD Charitable Foundation added \$50,000 to the African American Entrepreneurs Association's Business Relief Program, created after 2022's Hurricane Ian heavily impacted small business owners across Florida's east coast.*



*Rotarians and dignitaries cheer in front of the new emergency response trailer prior to a Rotary Club of Flagler Beach meeting in April in Flagler Beach. The trailer was purchased by the Rotarians for the city.*



*The Hammock Dunes Club recently donated \$100,000 to the Flagler Sheriff's Police Athletic League (FSPAL) following their signature fundraising event, The RALLY, which is held the first quarter of every year. The event features a slew of activities the*



*Boss Ladies Community International-Flagler County held their April Spring Flowers & Social Media Savvy Skills event recently and raised over \$1,100 for the Saving Missing Animals Response Team of Flagler County.*



*The Volusia Young Marines held their 2nd Recruit Graduation on April 22 at VFW Post 3282 in Port Orange. Guest Speaker was Mel Rollins, USMC retired, of Deland. Graduating were Recruits Pvt. Brendan Decker, Pvt. Brayden Hopson and PFC. Liam Meredith.*



*Hosting a variety of local vendors and live music in the park, it was a full day of fun dedicated to celebrating Earth Day on Saturday at Washington Oaks Gardens State Park. Several hundred people attended the event, put on by the Friends of Washington Oaks.*



The Professional Women of Flagler County met April 19 at Tomahawk Tavern for their monthly evening out. The group meets the third Wednesday every month for a night of socializing and networking. See their Facebook page for more information.



Sheriff Staly and the Sheriff's P.A.L. honored a young local hero recently for his brave effort to protect his fellow classmates from a potentially dangerous situation. Sheriff Staly and Deputy Erlandson presented Karter Consolazio with a certificate for a scholarship to attend the FCSO Crime Scene Investigation (CSI) Academy this summer.



The Flagler County Rotary Club recently recognized the new officers of FPCHS Interact Club for the 2023-2024 school year. They are President Mara Rush, Vice-president Angelina Manjarres, Secretary Benjamin Cazzaniga, and Historian Hannah Zublionis. They were installed by Rotary District 6970 Governor Jeffrey Michelman. The Interact teacher advisor is Pamela Vandercook. To celebrate their successes during the 2022-23 school year and to prepare for the year ahead, the meeting was held on April 18 at FPC Bistro.

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# Palm Coast People

*Greg Blose advocates for business and community, by Rachel Dolezal*

Thanks to the efforts of Greg Blose II, Flagler County's business community has a local voice advocating for its interests. Blose has been building the Palm Coast-Flagler Regional Chamber of Commerce from the ground up since 2020 when the previous chamber of commerce dissolved during the COVID-19 pandemic.

After the former chamber's dissolution, local business leaders contacted Blose about forming a new organization. Relying on his eight years of experience working for Florida Chamber of Commerce in Tallahassee, Blose started a new chamber from scratch.

Blose noted that it is a common misconception that a chamber of commerce is part of the government. The

chamber is actually a private organization that exists to advocate, educate and connect local businesses and government entities. They act as a community steward and liaison with local government officials. "Everything in the community is affected by government in some way," said Blose.

The chamber provides economic analysis, strategic partnerships and government partnerships. The chamber also provides analysis and insight on data and metrics that measure community health. "We have the 360-degree view of Flagler County," said Blose.

The chamber offers members education, mentorship and opportunities to connect with consumers. The often host guest speakers who dis-

cuss topics such as managing a team, human resource issues and generational differences in the workplace.

Recently, the chamber held a small business expo in Palm Coast's Central Park. The expo featured approximately 150 small businesses and was fund-

*"We need a better understanding of where we are going as a community and how that affects both business and residents."*

ed by a partnership with career source and a grant administered through the chamber.

The chamber has formed a Junior Chamber of Commerce,

which operates as a separate non-profit organization. Through the Junior Chamber of Commerce, students are partnered with business professionals in various industries. Sometimes it can lead to an internship or apprenticeship.

"Why not engage high school students in a conversation about their future," Blose said. "Are we exposing students to enough information to make an educated decision before they spend tens of thousands of dollars on college."

The Junior Chamber also offers financial literacy workshops through a partnership with Trustco Bank and Intra-coastal Bank. The workshops provide teens with information on banking basics, credit and long-term savings/retirement.

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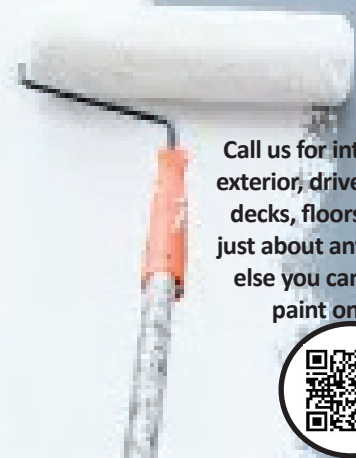
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Raised in a military family, Blose spent much of his youth in different parts of the country. He moved to Palm Coast in 2000 to pursue a career in broadcasting. He attended ACI Broadcasting school in Daytona Beach. After graduation, he worked in various roles in the radio industry. He left radio to work with the Volusia Building Industry Association. After the real estate collapse, he went back into broadcasting.



**Chamber President  
Greg Blose**

In 2013, Blose joined the Florida Chamber of Commerce in Tallahassee as a director of grassroots development and engagement. In 2017, he became the Board of Governors Program Director there. He earned his MBA from University of Phoenix in business management/administration. He currently lives in Palm Coast

with his wife and two children. Palm-Coast Flagler County Regional Chamber of Commerce is looking to the future. They're looking at data and trends to predict issues that could impact local businesses and the whole community.

"As a community, we need to start thinking at a bigger level," Blose said. "We need a better understanding of where we are going as a community and how that affects both business and residents."

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## Local Group Upholds U.S. Military Values

Never stop serving. Those are words to live by for the Flagler County Chapter of Military Officers Association of America, Chapter 41. It's their motto, and they strive to uphold military values and serve the community as if they still wore the uniform today.

"We are loyal, and we have honor about what we did and who we are," said Peggy Hengeveld, Flagler MOAA Chapter president, a retired colonel who served as an army nurse.

The Flagler County MOAA Chapter is an organization of current, former and retired military leaders dedicated to promoting military values, traditions, issues and leadership in the community and the nation. Chapter 41 was formed 1986 and has nearly 100 members.

Locally, the group is seeking

new members. All current or former military officers and/or warrant officers are welcome, along with spouses and surviving spouses.

Each month, the chapter meets for a meal and hosts guest speakers. The speakers vary between military personnel and local government officials.

Keeping true to their motto, the chapter serves the Palm Coast community through service projects and charitable contributions.

Each May, they award a scholarship to one graduating senior from each of the two Palm Coast high schools. Recipients are selected based on academic achievement.

"We are a smaller organization, but we want to give as much as we can within our budgetary restraints," said Peggy.

## Having A Bad Day?



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The MOAA board of directors.

The chapter also awards a MOAA medal each year to one cadet in the Junior Reserve Officers' Training Corps program at the each of Palm Coast high schools.

Through their "Veterans in the Classroom" project, the chapter educates local students about the military and what it means to be a veteran. A veteran himself, Cecil Hengeveld, travels to local classrooms to speak with students. Cecil was a helicopter pilot during the Viet Nam war.

"Today, I'm pleasantly surprised by how much support we have by the young kids and teachers," said Cecil.

On Memorial Day, the chapter honors families of fallen soldiers.

"Without the families who

supported the military all those years, we could not go on and do what we do as the military," Peggy said.

This Memorial Day, Peggy will speak at the Flagler County Memorial Day Ceremony at the Government Services Building in Bunnell.

"As a female and a veteran, I am very honored to do that," Peggy said. "We need to get the message out that the military has great offerings for both genders."

"It's just a great organization. I just hope we continue on. There are 42 chapters here in Florida.

"We are so proud to be part of the Flagler chapter," said Peggy. — Rachel Dolezal

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— Brad W.

# May Is National Preservation Month

May is National Preservation Month and that holds a certain amount of significance for Palm Coast residents even though the city is only about 23 years old. That's because our Historical Society has done a good job of accumulating and cataloging historical photos, documents and other information that traces back to the city's origins in 1969.

The first National Preserva-

tion Week was suggested by Donald T. Sheehan, a member of the National Trust for Historical Preservation. It was first celebrated in 1973, from May 6 to May 12. In 2005 it was extended to a month to promote historic places and heritage tourism. Since then, communities across the nation celebrate the past by preserving it for the future.

tion Week was suggested by Donald T. Sheehan, a member of the National Trust for Historical Preservation. It was first celebrated in 1973, from May 6 to May 12. In 2005 it was extended to a month to promote historic places and heritage tourism. Since then, communities across the nation celebrate the past by preserving it for the future.



This year the theme for the National Trust for Historical Preservation is "People Saving Places." In Florida you can get involved with a different theme. As part of this year's "Caring for Historic Cemeteries" theme, the Division of Historical Resources (DHR) is partnering with the Florida Public Archaeology Network (FPAN) to encourage Floridians to help locate and document historic cemeteries across the state. The goal of this initiative is to

gather and maintain the most comprehensive information about historic cemeteries in Florida. Currently, more than 237,000 cultural and historical sites are recorded in the Florida Master Site File, but only about 1,700 are cemeteries. Conservative estimates indicate that there are 5,000 to 7,000 historic cemeteries in the state that are over 50 years of age. This means that approximately three-quarters of the historic cemeteries in Florida have not been recorded. You can go to this website and learn more about how to participate.



By the 1960s, archaeologists estimated that in many parts of the country up to 90% of the prehistoric sites had been destroyed by development. In Palm Coast we are about to make it 100% if we lose sight of how important history is to our sense of community.

The City of Palm Coast is 23 years old, but the buildings first constructed in early 1970 would have met historic register criteria if they were still standing. There is one building left in the entire city. The remaining building, Firehouse #22, is in a familiar historic position. Soon a new fire station will be built, and the old fire house, where our first volunteer fire fighters ran when the alarm sounded, may be no more than a parking lot. The City Council has not yet decided to save it or condemn it. We say save it! In a few years

the building will achieve the 50-year milestone for official historic criteria. Preserving history, customs, and the identity of our city is important.

And financially it makes sense. Over 88 million people visit historic sites each year. Heritage tourism is one of the fastest growing segments in the nation's 350-billion-dollar tourism industry. Visiting heritage sites is ranked among the top 2 or 3 reasons people take vacations. There *are* preserved sites in Flagler County. Visit them (see pictures) and our museums in Bunnell, Flagler Beach and Palm Coast this month to learn more about who came before us and enjoy our wonderful history and legacy.





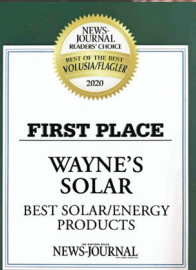
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# Health & Wellness

*An introduction to basic yoga, by James Moore*



Once a month, the Flagler County Public Library hosts a yoga class with Kari Craig as the instructor. The classes are open to anyone, and accessible through a sign-in sheet at the front desk. They last one hour in a dimly lit room at the front of the library, with soothing music and softly spoken, easy to follow instructions by Kari.

Speaking with Kari one on one, she reveals coming into yoga later in life than other instructors, but also embracing it much quicker and more thoroughly than most. Her journey started five years ago, and she has earned two different teaching certifications, requiring a collective 500 hours of study. Taking part in multiple seminars across several studios (including one in India), she wants to extend her love of yoga to as many people as possible.

To the average person, yoga is yoga. The different titles and phrases appear confusing and convoluted, or it did for me. Prior to any research, I was at a loss what yoga was which. There are as many brands of yoga as there are neighborhood sections in Palm Coast.

Each brand is based on the instructor. Kari advises everyone to try yoga, and if you do not enjoy it, find another teacher or studio. The brand that studio focuses on might

not be conducive with you. But the next one might.

Some classes include meditative music. Others are silent. One studio might demand perfecting one pose before moving onto the next while others will touch on several. Hot yoga is popular because the added heat makes the body more pliable during the poses. It can offer resilience for the student as well, though that is not the original intent.

Groups ranging from the National Institute of Health to the US Military are studying the benefits of this exercise regimen.

AARP released an article in November 2016 listing the benefits and suggested poses for people in their 50s, a separate list of benefits and poses for those in their 60s, as well as 70s. All of them are what others have said before. Reduced

anxiety, strengthening joints, improving balance, and boosting a person's mood.

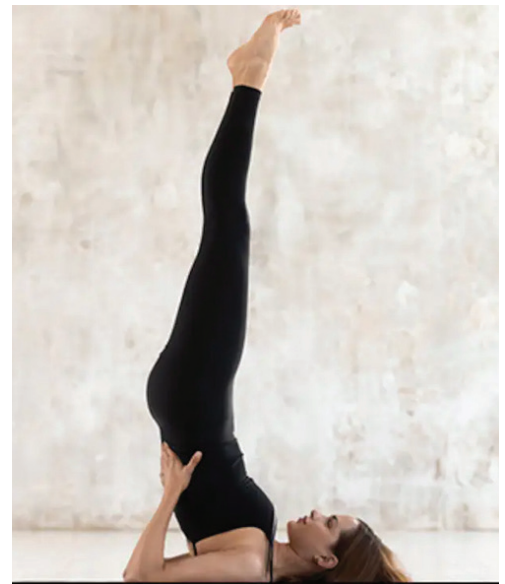
I am a disabled veteran and have been active in weightlifting since my teens. For years, people have suggested I take a yoga class, and Kari's was my first. The stereotype of it being extreme stretching is not unfounded, and not a bad thing. My physical disabilities include my ankles, knees, and back. Spending an hour in different poses and positions provided relief in those areas. The next day, I noticed a calm in my mind and mild soreness in my body.

Yoga is so varied and vast, there is something for everyone. There is no age limit. In fact, Palm Coast is host to studios and classes for children ages five to twelve.

Another physical benefit includes breath control and meditation. For adults, this calming effect achieved in the classes can blend into the day-to-day. Where one might indulge in road rage and scream at the one who cut them off

on i-95, they are more likely to catch themselves and breathe through the encounter. Children and teens experience every manner of hormones during their development and giving them an outlet to better understand and process these emotions could benefit them for years to come.

By the end of a class, nearly all muscles are engaged, and joints are relaxed. I, as well as classmates in Kari's class, report sounder sleep that night, and the sort of euphoric air-



ness the next day. The feeling is best described as weight being lifted off you.

Not that yoga is a snake oil that will remedy all problems. No yoga instructor will suggest to a student not to listen to their doctor or not take their medication. Yoga is a coping tool. A way to gently push boundaries further and establish a calm in one's mind. It is meditative without requiring spiritual obligations. It does not challenge the student's religious beliefs, but offers an additional link between mind and soul if that is what you are looking for.

# Can You Help Us On Our Journey?

The Flagler County Education Foundation's mission is to engage the community to support public education and enhance the academic opportunities and resources available to our students.



Some of our many programs: Take Stock In Children, Connect Bus, STUFF Bus, Josh Crews Writing Project, Career Coaching, Teacher Grants, Classroom to Career Flagships



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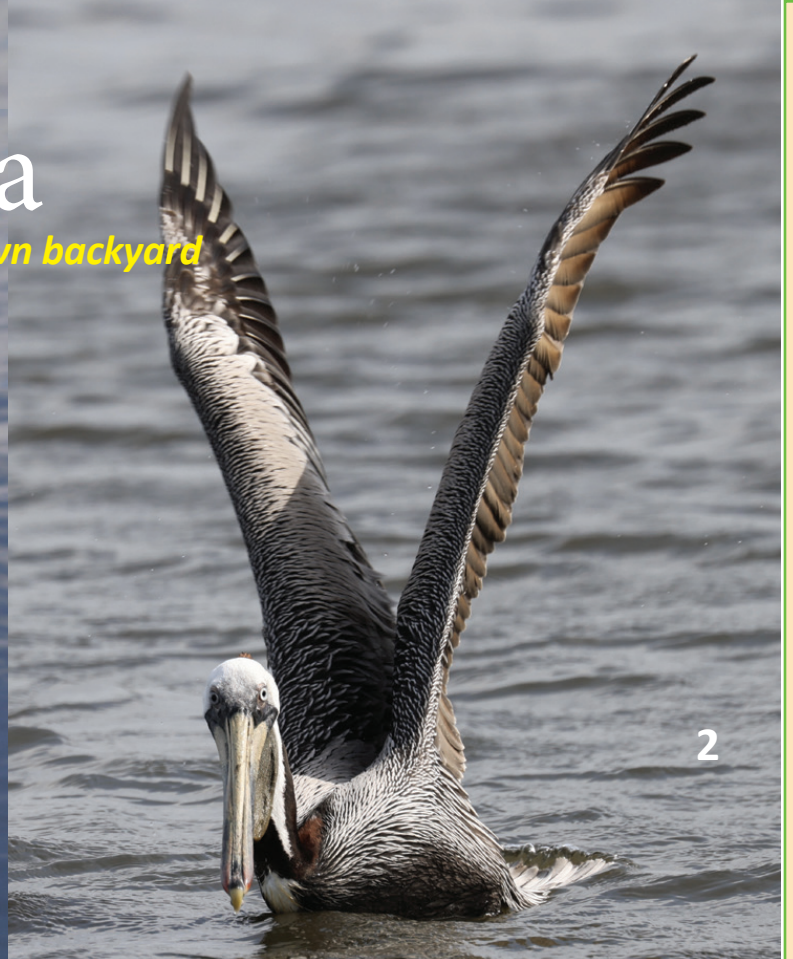
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Flagler County  
Education Foundation

# Flora and Fauna

*Check out some of nature's beauty in our own backyard*



1. *Little Blue Heron heading to its nest with building materials.*  
2. *Brown Pelican beginning lift-off.*  
3. *Juvenile Ibis enjoying the sun.*  
4. *Great Blue Heron scanning water for a meal.*  
5. *Red Shouldered Hawk eyeing some squirrels.*  
6. *Snowy Egret on a very windy day. Remember to look around and see what's out there.*



*Photos provided by Kim Zechmowitz, an ardent local amateur photographer who has been shooting birds and other nature subjects for many years.*

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# Some Old Soldiers Never Stop Leading

BY CHRIS GOLLON

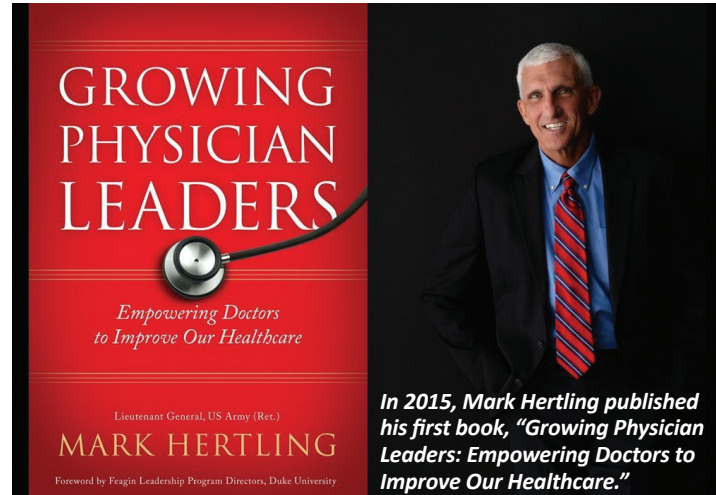
*“The research shows leadership is built on four things. A person’s attributes, their behaviors, their methods of influencing others, and the context in which they’re leading.”*

General Mark Hertling doesn’t want you to refer to him as ‘the General’. He made that clear when he spoke at the Hilton Garden Inn in Palm Coast last month in front of the University Women of Flagler. It’s not because that title invokes a certain car insurance company. It’s not because he likes the meter of his own name. It’s because, despite a career in the United States military spanning decades, he doesn’t believe his profession defines him. While “General Mark Hertling” might be the politically correct way to address him, Hertling just wants to be called Mark.

It’s both an understandable and baffling self-assessment. One would think, given the relatively small number of those in the armed services who ascend to the rank of general, that Mark would want to let everyone know about it.

After all, it’s how President Barack Obama probably addressed him when he served on the President’s Council on Sports, Fitness, and Nutrition. Most of us would tell our friends, our friends of friends, our ophthalmologist, our valet, the guy who does our taxes if we were generals. It’s easy to envision the reverence inherent to the title being hard to resist. But in listening to Mark speak at the Hilton, and then joining him for a 20-minute chat after he concluded, it’s plain to see it’s a vice he suffers not.

One reason for this preference is because Mark’s career is genuinely impressive even beyond his military service. Immediately upon his military re-



*In 2015, Mark Hertling published his first book, “Growing Physician Leaders: Empowering Doctors to Improve Our Healthcare.”*

tirement in 2013, Hertling was recruited by AdventHealth. The company’s CEO approached him, he said, and asked him to help in developing a program that could instill leadership qualities in healthcare providers.

After beginning to roll up his sleeves on the project, Hertling concluded that the most effective way to create successful teams was to integrate professionals from each of the

diverse job types commonly found in a hospital. “What they really needed was a mix of physicians, nurses, and administrators,” Hertling said. He likened the present relationship between physicians and administrators in some cases to that of a dog and a fire hydrant, highlighting the need to establish a trust between the two that might not yet exist.

The first major tenet of a successful leader touched upon



*Mark Hertling shares his passion about discovering the key elements of effective leadership on May 11, 2017 at Patrick Air Force Base, Fla.*

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## Cover story continued from page 22

by Hertling was, put simply, plasticity. The active effort to continue absorbing new information and use it to fuel personal improvement is vital, he

and it became ingrained as one of Hertling's most vital traits.

The same principle applies to his leadership in the healthcare field. When he was first approached, Hertling entered the industry in what one might call 'peacetime'. It would stay that way for several more years, as he evolved from a military man entering healthcare to a healthcare professional with military background. Come March 2020, the entire field was changed irreversibly. The COVID-19 pandemic demanded not just valor and bravery in America's frontline healthcare workers, but a steady guiding hand from those in administrative and leadership roles. It's easy to speculate that for those in the field at the time, the feeling was not dissimilar to entering a direct armed conflict with an enemy nation.

All that to say, nothing was the same in healthcare as it was before. It still isn't. It required adaptability to a radical degree. And beyond that, it demanded well-trained reinforcements from incoming professionals. Multi-million dollar grant programs to this day are being deployed in Florida to replenish the workforce lost during the pandemic. All that to address one hard truth: our nation's guard against an invisible pathogenic enemy are depleted.

Among the most sizable financial responses to the healthcare worker shortage has been a \$3.8 million commitment to Daytona State College's nursing program, with half coming from the state and another half from Advent-Health and Halifax Health.

The purpose of the grant will be to help nursing students reach the finish line in their degrees. While Hertling himself isn't part of the decision to issue such grants at Advent-Health, it is in line with a princi-

ple he believes in strongly: the value of higher education. "The important part [of college] is the engagement with others," Hertling said after his speech. "The understanding of how to think versus what to think, and the ability to get other people's perspective." He went on to address a growing number of students skipping higher education to enter the workforce directly, identifying flaws in both the students who skip college and in the schools for how they're presenting what they have to offer.

As students complete their higher education, Hertling contests, they learn to care not only about themselves but about the people they work with in their jobs day-to-day. It's a principle he applies both to military service and to the healthcare field. And it's also a crucial step in growing from a professional to a leader.

One common misstep in the efforts of healthcare companies to train up leaders within their ranks has been a misidentification of what skills need to be honed. "What they're really teaching is just management skills," Hertling said. After helping conduct a series monthly of seminars over eight months, he said he began to observe a change in the culture. One where authentic leadership was being more commonly reflected.

So what made it apparent that those who went through the seminars were developing as leaders? "The research shows leadership is built on four things," Hertling said. "A person's attributes, their behaviors, their methods of influencing others, and the context in which they're leading." Attributes, he went on to say, are made up of personality, experiences, and values. Behaviors, he said, are what someone's presence is like, and how it relates to the qualities they profess to have. He defined



*Hertling commanded the U.S. Army's European forces from March 2011 to November 2012.*

*"If you stop learning and growing, you might as well just give up everything else."*

argued. "If you stop learning and growing, you might as well just give up everything else."

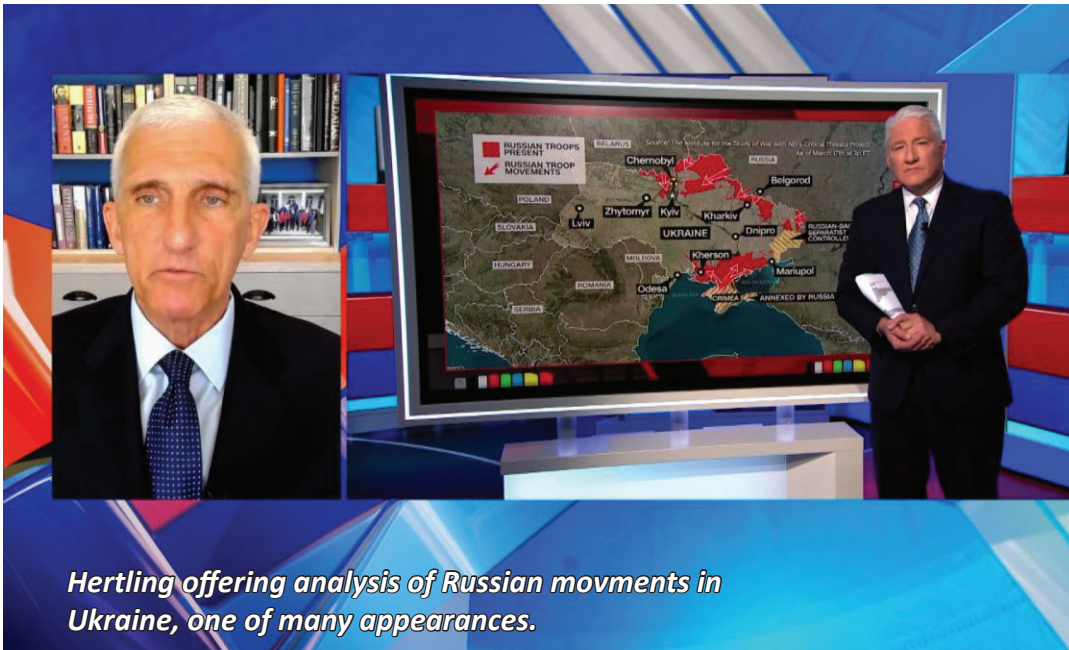
For someone with as lengthy a career in the same sector as Hertling had, the importance of adaptation is self-explanatory. When his time in the military began, the United States was barely removed from the Vietnam War. He'd go on to experience service during the Gulf War, the Iraq War, and the War in Afghanistan, all inherently



*Hertling's military career spanned almost forty years, under seven Commanders-in-Chief.*

unique conflicts demanding different qualities in its soldiers and leaders. A lack of adaptability was fatal to a career in military leadership in that era,





*Hertling offering analysis of Russian movements in Ukraine, one of many appearances.*

influence as emotional intelligence and dealing with others, and context of leadership as identifying differences in situations and in people requiring different methods for maximum effectiveness.

The reception for Hertling's message at the Hilton event reflected the sheer amount of wisdom he imparted: with few in the world able to relate a comparable life experience, all in attendance hung on his every word. Perhaps the loftiest

goal of his speech was one he accomplished almost immediately: disarming the awe and



*Hertling's April speaking arrangement was among the most anticipated yet for the University Women of Flagler.*

reverence attendees had for his statuesque career and re-

sume. Hertling made it readily apparent he could've filled several more hours with the lessons he'd learned in his career, but in doing so never made himself out to be a legend of his craft. Andrew Carnegie once said, "no man will make a great leader who wants to do it all himself, or to get all the credit for doing it."

That's why Mark Hertling doesn't want you to call him 'the General.' It's why he's just Mark.

*"The important part [of college] is the engagement with others. The understanding of how to think versus what to think, and the ability to get other peoples' perspective."*



*Hertling is shown here with First Lady Michelle Obama in 2011.*

# Parks And Recreation In The City

The city of Palm Coast has no shortage of green spaces and recreation areas as you will find with a little exploring. We decided to make it a little easier to find a place that's perfect for your recreation, reflection and relaxation needs. The following list shows the major playground spots as well as parks, sports facilities and nature preserves. We visited each of these places and found them all to be well-maintained and easily accessible so don't hesitate to avail yourself of the amenities they offer.

## **Belle Terre Park • 339 Parkview Dr.**

This park, located behind Wadsworth Elementary and Buddy Taylor Middle Schools, offers soccer fields, tennis and racquetball courts. Due to its proximity to the two schools, students often benefit from the park's recreational opportunities.

**Parking • Pickleball • Picnic Shelter • Playground • Raquetball Restrooms • Soccer • Tennis**



## **Bird of Paradise Nature Reserve • 179 Bird of Paradise Drive**

A passive park providing the Indian Trails neighborhood residents a place to relax and enjoy the beauty of nature. This quiet spot is peaceful and it's also popular with fishermen.

**Fishing**



## **Central Park in Town Center • 975 Central Avenue**

Drawing inspiration from towns and suburbs built in the early 20th century, this nine-acre urban park is situated in the heart of Town Center, Palm Coast's downtown area.

**Geocaching • Parking • Restrooms • Walking**



## **Children's Memorial Garden • 150 Waterfront Park Road**

Nestled in the shade of old oak hammocks along the Intracoastal Waterway scenic trail just north of Waterfront Park, this special place serves as a peaceful sanctuary for all to rest, reflect and recall.

**Parking**



## **Community Center & Park • 2860 Palm Coast Parkway**

The Palm Coast Community Center is the home for the Parks and Recreation administrative offices. It also serves as the host location for the Palm Coast City Council Business Meetings, advisory committee meetings, recreation programs and activities.

**Basketball • Parking • Playground • Restrooms**



## **Heroes Memorial Park • 5455 Belle Terre Parkway**

Those in the military and law enforcement who have served and sacrificed for our country now have a place to be honored. Each Memorial Day, Veteran's Day and Fourth of July memorial services are held in this park to recognize those who have given their lives in the line of duty. Branches of the military are honored with engraved granite monuments of these names, along with a Purple Heart Memorial.

**Geocaching • Parking**



## **Indian Trails Sports Complex • 5455 Belle Terre Parkway**

Host site of local, regional and state Lacrosse and Soccer Tournaments, the ITSC/ITMS site provides visitors with exceptional athletic facilities conveniently located off major transportation routes.

**Baseball • Lacrosse • Parking • Picnic Shelter • Playground Restrooms • Snack Bar • Soccer**



**James F. Holland Memorial Park • 18 Florida Park Drive N**

Holland Park is an important recreational and social hub in the community. Dog park and bocce ball courts attract residents to this most popular destination in the Palm Coast community.

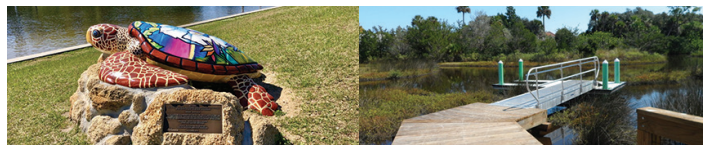
**Baseball • Basketball • Bocce Ball • Dog Park • Lacrosse • Parking • Pickleball • Picnic Shelter • Playground • Restrooms Shuffleboard • Soccer • Tennis • Volleyball • Walking**



**Long Creek Nature Preserve • 1050 Palm Harbor Parkway**

Long Creek Nature Preserve is the newest jewel in the City of Palm Coast's park system.

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**Palm Coast Aquatics Center • 339 Parkview Drive**

Heated pool with lanes available for lap swimming. There are plenty of lessons offered here for everyone from kids learning to swim to senior citizens doing aquatic exercise classes. Check out their schedule on the city's website.

**Parking • Picnic Shelter • Restrooms • Swimming**



**Palm Coast Tennis Center • 1290 Belle Terre Pkwy**

The Palm Coast Tennis Center, a 2010 USTA Facility of the Year Award Winner, offers 10 Hydro-grid clay tennis courts lighted to tournament standards. Leagues, lessons, events, tournaments and programs for players of all ages and abilities are offered.

**Parking • Restrooms • Tennis**



**Ralph Carter Park • 1385 Rymfire Drive**

Ralph Carter Park, adjacent to Rymfire Elementary School extends across 13.1 acres of land. It offers visitors lighted multi-sports fields, a mini skate park, a lighted basketball court, walking trail, playground, bar-b-que grills and restroom facility.

**Basketball • Parking • Picnic Shelter • Restrooms Skateboarding • Soccer**



**Seminole Woods Neighborhood Park • 350 Sesame Boulevard**

Seminole Woods Neighborhood Park creates an active, social environment for our visitors. The variety of recreational opportunities appeals to children, adults and seniors, making it a favorite family destination.

**Geocaching • Parking • Picnic Shelter • Playground • Restrooms Soccer • Tennis**



**St. Joe Walkway/Palm Coast Linear Park • 31 Greenway Court**

Nestled between the eastbound and westbound lanes of Palm Coast Parkway, Linear Park's 57-acre jewel features many amenities for all to enjoy, including a playground, picnic pavilions, hiking and biking trails and bird watching.

**Biking • Bocce Ball • Geocaching • Hiking • Parking • Picnic Shelter • Playground • Restrooms • Shuffleboard • Walking Wildlife Viewing**



**Waterfront Park/Intracoastal Waterway • 150 Waterfront Park Rd**

Waterfront Park is the only city-owned waterfront property along the Intracoastal Waterway. This large waterside park never seems to be crowded and offers a variety of activities for nature lovers.

**Biking • Fishing • Geocaching • Parking • Picnic Shelter Playground • Restrooms • Walking • Wildlife Viewing**



# Selection Of The Month

*The Garden Club Of Palm Coast's monthly garden by Nancy Landoli*



Michael Racano and Charles LaFlamme of Arrowhead Drive have been recognized as the May 2023 Selection of the Month, by The Garden Club of Palm Coast.

They moved from Rhode Island to Palm Coast in 2013 when they retired. Michael was a caterer and made floral arrangements and Charles was a Director of Nurses. Michael is always working in the yard, and he propagates his own plants. He likes to buy reduced plants at Walmart and brings them back to life. Charles also likes to spend his free time working in the garden and watering. They like to make their own fertilizer by blending vegetables and fruit peels, and they use coffee grinds and eggshells on the lawn.

This curb appeal landscape was discovered at the end of March, and we were amazed by the abundance of colorful flowers and the diversity of plants. The front bed has many zinnias, bush daisy, firecracker,

phlox, roses, amaryllis, lantana, dusty miller, pansies, coleus, potato vines, and milkweed.

They recently added 60 Asiatic lilies, 60 gladiolas, multiple color sunflowers, white casablanca and red stargazer lilies.

The top of the garage has climbing red bougainvillea, and yellow mandevilla surround above the front door area. On the left side they have cleome, calla lilies, mums, bleeding hearts, foxglove, climbing ligustrum and bamboo.

Over time they have created and recently expanded their backyard with leftover pavers and other materials left by contractors. They have two gorgeous red and pink bougainvillea in pots, drift roses, dianthus, and red calibrachoa parviflora. They have a pagoda with several hanging pots. They even have an orange flowering nasturtium in which they make pesto with the leaves and use the blossoms in salads. Nothing goes to waste in their gardens.



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# Homeowner's Corner

## *How do you help prevent pests from getting into your house?*

Since we're here in Florida there are more opportunities to encounter insects of all types than in many other areas. There's not much you can do about insects when they're outside and obviously that's where we want them to stay. So what can you do to help keep bugs out of the house? Here are some common sense tips from a local pest control company that should help.

First, keep branches from shrubs trimmed off your house. Branches serve as a bridge for pests to get around pest treatments and gain entry into your home. Also if shrubs grow heavily into your house it prevents proper air flow between the shrubs and your house. This creates moisture under the overgrown area. Ants, termites and roaches will love this area because of the moisture.

---

*Brad Ward is co-owner of Eagle Pest Solutions, a Palm Coast-based, veteran-owned company. You can reach him at 386-283-0955 if you have any questions about pest control.*

Keep trees trimmed off of the house. Both off the house and the branches as far away as possible. Roof rats are great jumpers and can gain entry from these trees. Rats can squeeze through any opening as small as their head. Make sure all eaves, soffits and vents are secured to prevent entry.

Pests and termites love moisture. Rain gutters with proper downspouts running two feet from the house will help keep moisture away from you foundation.

Wood mulch is wood and holds moisture really well. Termites and other pests love wood mulch. It is highly recommended removing wood mulch and replacing with rock, stone or rubber mulch.

AC drip lines equal moisture. Run AC drip lines 2 feet from your foundation. If the AC drip is right by the foundation the possibility of pest and termite issues increase.

Wood stumps are an attraction for termites, yellow jackets, carpenter ants and other pests. We highly recommend

hiring a tree company to grind away the stumps.

Do not connect wood fences to your house. Termites feed on the cellulose in wood. Connecting a wood fence to the house can provide an entry point for termites directly into your house. The connection makes the soil treatment useless in this situation.

Do not store fire wood, left-over fence wood or any other wood against your foundation. Termites, carpenter ants and roaches will be attracted to it. Then they may find entry into your home.

Keep exterior lights off at night. These lights attract all kinds of pests. Highly recommended are motion detection lights.

Boxes delivered by Amazon, UPS, etc., may contain German Roaches, German roach eggs, silverfish or other pests. Recommend getting your delivery out of the box immediately and remove the box to your sealed trash can right away. Many pests are brought into the home by this method, grocer-



ies or family or friends visiting.

Also highly recommended is keeping dog food, cat food and all pantry food in sealed containers.

Many pantry pests including weevils are transferred to the house from your grocery shopping trip.

Check your roof, plumbing pipes, windows, doors and dry-wall regularly for water leaks. Moisture equals pests and termites. If termites have a moisture source they never have to leave your house for moisture. This means damage can happen much quicker.

Water leaks under cabinets are often not seen for months. Check the bottom framing of your cabinets regularly for water damage and mold. Roaches and termites will find this moisture before you do and create a major issue.

These are our recommendations to help you based on our decades of experience in the pest and termite control business.

Staying vigilant with these issues combined with using a solid, local pest and termite company will greatly improve the quality of your life and protect the investment in your home.

— By Brad Ward

May 2023



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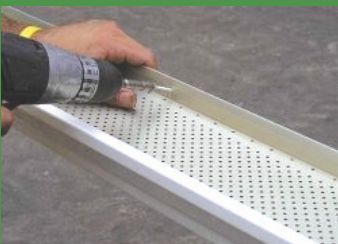


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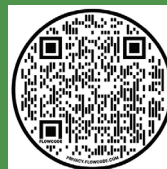
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# Gardening Tips

*The good, the bad and the ugly insects, by Master Gardener Judy Jean*

Weeds are a common problem for gardeners. These unwanted plants can quickly take over a garden, stealing valuable nutrients, water, and sunlight from your desirable plants. Fortunately, there are several strategies you can use to control weeds and keep your garden healthy.

## Identifying Common Garden Weeds

Before you can effectively control weeds, it's important to be able to identify them. Assessing weeds is an important part of any gardening practice, as it helps determine the best approach to weed management. To assess weeds, one should start by identifying the types of weeds present in the area. This can be done by examining the plant's leaves, stems, and flowers, and comparing them to identification guides or consulting with a local expert. Once the types of weeds are identified, the next

step is to determine the severity of the weed infestation. This can be done by estimating the percentage of the area covered by weeds or the number of weeds per unit area. Finally, it is important to consider the potential impact of the weeds on the crop or garden. Weeds can compete with crops for resources such as water and nutrients, and some weeds may even release chemicals that inhibit crop growth. By assessing the type, severity, and impact of weeds, farmers and gardeners can develop an effective weed management plan that minimizes the negative impact of weeds on their crops.

Here are some of the most common garden weeds:

1. Crabgrass and Signalweed: This annual weed is often found in lawns and gardens. It spreads quickly, forming large patches that can crowd out other plants.

2. Dollarweed: This is a warm-season perennial weed that prefers wet conditions. You will notice them more in overwater or naturally wet places.

3. Artilleryweed: This weed has small succulent leaves and explosive seed

pods that can shoot their seeds several feet away when disturbed.

4. Spanish Needles: Has small yellow flowers and hooked seeds that can cling to clothing or animal fur.

## Controlling Weeds in Your Garden

Once you've identified the weeds in your garden, it's time to start controlling them. Here are some strategies you can use:

1. Mulch: Adding a layer of mulch to your garden can help suppress weeds by blocking out sunlight. Organic mulches like straw, shredded leaves, or wood chips can also im-

prove soil health.

2. Hand-pulling: For small gardens or individual weeds, hand-pulling can be an effective control method. Be sure to remove the entire plant, including the roots, to prevent regrowth.

3. Herbicides: Chemical herbicides can be effective in controlling weeds, but they should be used with caution. Be sure to read the label carefully and follow all instructions to avoid harming desirable plants.

4. Crop rotation: Rotating your crops can help prevent weed growth by disrupting their life cycle.

Be sure to avoid planting crops from the same family in the same spot year after year.

## Preventing Weeds in Your Garden

Prevention is the best strategy when it comes to controlling





weeds. Here are some tips for preventing weeds in your garden:

1. Keep your garden clean: Remove any plant debris or weeds as soon as you see them.

2. Plant densely: Planting your garden densely can help shade out weeds and prevent their growth.

3. Use weed-free soil: Make sure any soil or compost you add to your garden is free of weed seeds.

4. Use weed barriers: Landscape fabric or cardboard can be used as a weed barrier in your garden.

Weeds can be a nuisance in any garden, but with the right strategies, they can be effectively controlled. Identify the weeds in your garden, choose the right control method, and focus on prevention to keep your garden healthy and weed-free. With a little effort and attention, you can enjoy a beautiful, thriving garden all season long.

### What's New Happening at the Extension Office?

If you're a gardening enthusiast, you may want to keep an eye out for Flagler County Master Gardener Plant Sale fundraiser on June 17, 2023. Flagler County Master Gardener program is a volunteer organization that promotes gardening education and community outreach. At these sales, you'll find a wide variety of plants, including annuals, perennials, fruit trees, and natives, all grown and cared for by knowledgeable volunteers. Not only will you be able to purchase some unique and healthy plants for your garden, but you'll also be supporting a good cause and learning from experienced gardeners in the process. Please follow us on Facebook at Flagler County Master Gardeners for more information or email at [mgardener@flagler-county.gov](mailto:mgardener@flagler-county.gov)!



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# Red Koi Offers A Bit Of Visual Flair Along With Its Tasty, Stylized Food

It's no surprise that a cuisine as stylized and even somewhat

cooked versions of Japanese cuisine on their menu which have impressed us the most so far.

We say "so far"

considering how tasty and tender the beef is in these hibachi dinners. The other factor that would impact our attempt to try everything on the menu is the sheer size of it. There are

combinations that are offered. Our favorite might be the seafood deluxe which adds shrimp, scallops and lobster to the tenderloin and is on the menu for \$34. The hibachi dinners start at \$15 (and include fried rice which is quite good, soup and vegetables) for tofu and work their way up through chicken, shrimp, salmon or scallops to the combination plates which include tenderloin.

All of the ingredients, even the scallops, which are by necessity frozen, are high quality and the side dishes that accompany the entree are tasty and complete a filling meal.

There's also a lunch menu served from Friday to Sunday that offers scaled-down versions of the hibachi dinners and some



decorative would come from Japan considering the nature of their artwork and other visual objects. From calligraphy to woodcuts the nature of Japanese artwork is usually detailed and precise.

The precise nature of sushi, especially, with its carefully constructed pieces that resemble little sculptures of food, is a form of cuisine that's almost as much a visual experience as well as a savory one.

Red Koi in European Village is a place we have visited on a number of occasions, usually with favorable results (except for maybe the Philly cheese steak egg roll, and we should have known better but our curiosity got the better of us).

And although we've had sushi and some sashimi that we've enjoyed here it's the



because we certainly haven't tried all of the various types of raw offerings here and there's a chance that one of the more exotic creations we've seen here (like the Dragons Eggs above) could supplant the hibachi dinners we've come to favor until now.

It seems unlikely, however,

many, many variations of sushi and sashimi here and trying them all would take some time. For example, there are sections of vegetable sushi rolls, cooked sushi rolls, raw sushi rolls, special cooked rolls and special raw rolls and each category has a list of items included. You can also get ala carte sashimi or nigiri pieces as well as a number of appetizers that are based on sushi.

In other words, as mentioned, it would take a while to navigate this part of the menu. However, we got hooked on the hibachi dinners with their com-



drinks specials on Mondays that may interest people as well. But we'll continue to go there for the beef, the atmosphere and the tasty Japanese beer that perfectly complements the food. — Tom Aikins

**Red Koi, European Village, 386-585-4088.**



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# Live Music On Stage

*Lots of gigs are going on in May at multiple locations*



**Billy Buchanan Band**



**Too Proud To Beg Band**

Connoisseurs of live music in Flagler County have several options for the coming month. Several of those can be found at Club 51 of Palm Coast, who host live music and entertainment every night they're open. On Saturday, May 6th, Trish and the Party Train will take the stage, building off a solid run of performances across Flagler and Volusia counties. Saturday the 13th will feature Billy Buchanan on the Club 51 stage, throwing listeners back to the sounds of their childhoods. Proclaimed by himself as the 'Ambassador of Rock n' Soul, Buchanan is a surefire ticket to a mellow ride on an eclectic sonic palette.

On Saturday the 20th, 'Vintage Now' will take the stage, their very name seeming to

suggest an exciting trip down memory lane. Then on the 27th, the Daytona-based B Naturals will capitalize on their growing star power on the local scene to get all in attendance at Club 51 in the right groove to kick off their weekend.

On May 21st, Finn's Beachside Pub will be hosting 'Touch of Dead' at their ocean deck stage, a must-see musical event for all the town's Deadheads. On May 2nd at Tortuga's Kitchen & Bar, Ben Tadikken

will be performing, followed by an open mic night the following night. Both these events kick off at 6:00 pm.

The Golden Lion Café is also a prime destination for live music in the month of May, with scheduled performers including Happy Hour with Mike Hynes every Monday in May

from 5:00 pm to 8:00 pm, and sets from Walt Kulwicki in the same time slot on the 4th and 25th. On May 6th, the 'Ain't Too Proud to Beg Band' will

play from 6 to 10 PM with an accompanying limbo contest. Luke Winslow-King and Robert Luti will be performing on May 11th as part of their 2023 tour, promoting their new album "If These Walls Could Talk."

Those looking to get out and celebrate on Cinco de Mayo can take in the live performance of Stillwood at SunBros Cafe at 6:30 PM. Moving northward to European Village, the performing duo of Kathryn Karpinski and Mike Hynes are playing live music at European Village's center stage from 6:30 pm to 9:30 pm. Karpinski's band Blackshire has a new single called "Talk to Me" releasing May 19th. Also at European Village coming up are Mike & Vin, performing on May 5th from 6:30 pm to 9:30 pm.



**Robert Luti & Luke Winslow-King**



**B Natural Band**



**Vintage Now**

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# Flagler Artists

*A globe-trotting artist exhibits locally, by James Moore*

Hailing from Morocco, the globe trotting Christine Broussard's first trip to America took her to a Chinese restaurant. At the end of dinner, she opened a fortune cookie that read, "You will become president." To this day, she keeps that fortune with her as motivation and seed for a personal mantra. "It is what you believe that makes you strong and powerful," she says.

Christine started her business Atelier Venus in 2015, with the goal of finding clients to paint for. Atelier is French for "workshop" and Venus is a reference to the Roman goddess

France, and later when attended business school in Paris. Traveling opened new perspectives for Christine that continue to serve as a major inspiration for her pieces.

For ten years, she worked as an airline attendant for United Airlines. Traveling through Asia and through most of Central America, Christine took every chance to walk the local areas. Much of her inspiration came from the awe-inspiring historic sites — such as Machu Picchu — but also from the common and working-class people going about their day. And every-

ing better. It is not enough to breathe the same air and see them. Christine wants to feel what they feel, living this life so different from her own. Through painting her subjects, she learns more about who they are. It is this intentional empathy that brought her first clients.

The requests started small, around 2010. Christine continued this journey, focusing on iconography pieces. It is an art style, stemming from medieval art, she discovered during her travels and found it peaceful and meditative. It showcases subtle layers that bring the subject to life in the manner she is most interested in. With every passing day, she paints and develops her style to be more unique to her.

"Painting is like cooking for some people. I paint every day. When I can paint, I paint. When I do not feel it, I don't paint. I do not paint for money, but for pleasure. Every day for me is a creative day."

As she continues down this path, Christine takes part in classes and exhibits to expand both her artistic skills and social circle. She branches out from iconography to capture landscapes and seascapes, painting whatever comes to mind.

Progressing as an artist also meant Atelier Venus

progressing towards a different purpose. It is less of a business, but more of a gathering of artists as friends. Despite all the travel she has done, and continues to do, she's found a love in the smaller and more dynamic community in Florida. The friendliness and support from her peers here provide inspiration to improve and step out of her comfort zone. This pushes her towards a quiet goal she has for herself: to be as famous as Picasso.

"I am a practical woman. I like something, I do it. I want to continue to inspire others. I paint for me but want to affect other artists."

Christine will host an Expressions Art Gallery on 19 July 2023, at the Grand Living Realty office at 2298 Colbert Lane, Palm Coast.



of beauty. In this title, Christine tries to honor the French side of her family and her father's trade as a mechanic, while also suggesting to the potential customer that her artwork is nothing short of beautiful.

Christine's art journey began when she was very young. Painting was something she shared with her father on his days off. This grew into a calling when she would visit family in

where, she painted them.

"Painting is a way of life, and traveling is how I live that life," she says. Experiencing different cultures, languages, and people is an inspiration for Christine. And inspiration is the primary focus. "There are other people in this world. Other birds, other architecture. I love it. I want to paint it."

Painting is also her way of understanding what she is see-



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# Events, Meetings, Classes, etc.

## Events

**Palm Coast Farmer's Market**  
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 European Village, 101 Palm Harbor Pkwy, Vendors include sellers of seafood, meats, dairy products, nut butters, many varieties of crafts and a lot more every Sunday.

**First Saturday Creative Bazaar Arts & Crafts Market**  
**May 6, 1500 Central Avenue, Town Center.** Produced by The Palm Coast Arts Foundation, this is a bazaar and flea market

featuring arts and crafts every first Saturday of the month.

**Book Club**  
**May 5, 10:30-11:30 AM, first Friday of the month,** Palm Coast Community Center, free. Do you love to read? Each month will have a designated genre. You select and read a book that falls within the monthly category. Book suggestions are available on our website if you need a little help. That month we will meet to share our impressions, reactions, and feelings. June: Reader's Choice.

Go to [www.parksandrec.fun/](http://www.parksandrec.fun/) adults to sign up.

**Flagler County Orchid Society**  
**May 25, 7 PM, Trinity Presbyterian Church, 156 Florida Pk Dr.** Every meeting FCOS features orchid species and care. Anyone can grow orchids. Let us show you how at our next meeting. Dr. Courtney Hackney, orchid specialist will be present. FB/flaglercountyorchidsociety.org

**Kings Road,** doors open at 3 PM on Monday with free dinner served. Tuesdays, doors open at 10 AM and free lunch is served. Call 386-931-5976 for more information.

**Marine Corps Meeting**  
**Tuesday, May 16, 2023 at 6 PM, VFW Post 8696 in Palm Coast.** The Flagler County Detachment 876 Marine Corps League will meet on Members of the League join together in camaraderie and fellowship for the purpose of preserving the traditions, and promoting the interests of the United States Marine Corps. For more information contact Ellen Werner, 386-237-9798.

## Meetings

**New Jersey Social Club**  
 Social club for former New Jersey residents with a monthly meeting on the fourth Wednesday of each month. For more information, contact membership chair Penni Knapp at 386-931-5976.

**Italian American Club Bingo**  
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## Classes

**Art Classes**  
 All classes at Sherry's Art Studio, City Marketplace, 2nd

The activities that we have listed here that are presented by the city's park and Recreation Department are only a fraction of the total activities that occur on a regular basis. There is a truly impressive variety of activities, classes and other events that this department produces — their catalog is 38 pages. So go to <https://www.palmcoast.gov/parks-and-recreation> or scan the QR code to see a lot more.



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Reverse Division

## Events, Meetings, Classes, etc. from page 40

floor, 160 Cypress Point Pkwy.  
Call 732-997-9516 for more information or see the website for a complete list at www.sherrysartstudio.info.

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**Fri May 12 2 PM** "Oh Baby" Sea Turtle on 18" Surfboard, \$75.00

**Fri May 26 11 AM**, 11x14 "Waterboy" The Sea Turtle \$65.00

**Sun May 21 11 AM**, Set of 5 3D Wood Resin Coastal Coasters, \$75.00

**Sun May 21 11 AM** 18" 3D Wood Mermaid, \$75.00

**Sun May 21 11 AM**, 3D Large Wood Sign, \$75.00

**Fri May 19 11 AM**, Diamonds Are A Girls Best Friend Mermaid, \$75.00

**Sun May 28**, 2ft Wood Sea Turtle Surfboard, \$95.00

**Sun May 28 11 AM**, SPECIAL PRICE XL4ft Sea Turtle Surf-

board, \$195.00

**Sat May 20 11 AM**, Kids On The Beach, \$95.00

**MOTHERS DAY Sun May 14**, Set of 2 Ocean Resin Pour Wine Glasses, \$45.00

**MOTHERS DAY CELEBRATION Sun May 14 11 AM**, Ocean Resin Pour 11" Glass Dish, \$95.00

**Friday May 5 11 AM**, "Get Salty" 20" 3D Mermaid Wood Sign, \$75.00

## Activities

### Beginner's Pickleball

Tuesdays and Fridays, Jan. 3-May 30, 8-10:30 AM, Holland Park Tennis Courts.

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DEMOCRATIC WOMEN'S CLUB OF FLAGLER COUNTY, 5.20.23, 9:30A.M., PALM COAST COMMUNITY CENTER, 305 PALM COAST PKY NE

# Make Riding More Fun!



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### HOW FAST?

All Pedego electric bikes are governed at 20 MPH in accordance with federal and state regulations.

### HOW FAR?

Range varies between 15-60 miles depending on the battery, rider weight, terrain, weather, speed and level of pedaling.

### CHARGING TIME?

Our battery takes 2-5 hours to charge from a standard wall outlet. Your pedaling conserves the battery but doesn't charge it.

### EXERCISE?

Pedego owners actually get more exercise because it's so much fun that they ride more than they ever would on a pedal-only bike.



*In 2007, Robert Plant and Alison Krauss released Raising Sand, one of the most acclaimed albums of the 21st century. It was an unlikely, mesmerizing pairing of one of rock's greatest frontmen with one of country music's finest and most honored artists. After fourteen years, the two icons return with Raise the Roof. They'll be appearing at The Amp in St. Augustine on May 12.*

**Intermediate Pickleball**  
**Wednesdays, Jan. 4-May 31,**  
**8-10:30 AM, Holland Park**  
**Tennis Courts.** Building upon the skills learned in Beginner's Pickleball, this program is meant to be progressive and

designed for more advanced players that are looking to improve their game. 18+ years, free. Register: parksandrec.fun/athletics  
**Welcome to Tennis**  
**Saturdays, 12-1 PM, Session 3:**

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**Events, Meetings, Classes, etc. from page 43**



*The Killers are a Las Vegas-based band who formed in 2001, featuring the talents of singer/keyboardist Brandon Flowers, drummer Ronnie Vannucci, guitarist Dave Keuning and bassist Mark Stoermer. The band has received countless accolades for their artistic achievement, including multiple Grammy nominations, American Music Award nominations, MTV Video Music Awards, NME Awards and more. They'll be at The Amp in St. Augustine on May 8.*

**Apr. 1-May 6, Session 4: May 13-June 17, Palm Coast Tennis Center. Thursdays, 9:30-10:30 AM, Session 3: Mar. 30-May 4, Session 4: May 11-June 15.** New to tennis? Each week a PCTC certified professional will teach a 60-minute instructional clinic that will focus on the

game's fundamentals. Loaner racquets are available at no additional cost. 18+ years, \$60/session. Register: parksandrec.fun/tennis  
**Round Robin Tennis**  
**Singles Round Robin, Fridays, Jan. 6-May 26, 6-8 PM, Palm Coast Tennis Center. Doubles**

**Round Robin, Sundays and Tuesdays, Jan. 3-May 30, Sundays, 9:30-11 AM, Tuesdays, 7:30-9 PM, Palm Coast Tennis Center.** In round-robin tennis, everyone has a chance to play against each other. It's a great way to experience a variety of games. All ages and abilities are welcome! 18+, \$6/class Register: parksandrec.fun/tennis

**Learn the Basics of Your Computer**  
**Tuesdays, Feb. 21, Mar. 21, Apr. 18, May 16, 10-11:30 AM, Palm Coast Community Center.** Want to learn more about your computer? These classes teach you basic care of your computer, different programs you may need to use, and the importance of internet security. 18+ years, free. Register: parksandrec.fun/adults

**Dance with Me! Ballroom Dancing**  
**Tuesdays, Jan. 3-May 30, 6:30-7:30 PM, Palm Coast Community Center.** Don't just sit and watch Dancing with the

Stars, be a part of the action with instructors, Tom and Jo Sanders. A partner is not required and beginners are welcome. Weekly pre-registration is required to guarantee class each week. \$10/class. Register: parksandrec.fun/adults

**Adult Over 35 Basketball League**  
**Fridays, Mar. 10-May 19, 7-10 PM, Indian Trails Middle School.** Over 35 and looking to play some ball on Fridays? Register as a team for this 5-a-side style play. Two FHSAA certified officials per game. Fee: \$450/team. Register: parksandrec.fun/athletics

**Horticulture Workshop Series with UF/IFAS Agricultural Extension**

**Friday, May 26, 10-11 AM, Palm Coast Community Center.** Join Master Gardeners from the UF/IFAS Agricultural Extension Office for these monthly workshops. May 26 Color in the Garden: This workshop will help you learn how

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to achieve color year-round in your garden.

**Gentle Yoga**

**Tuesdays, Jan. 3-May 23, 10:30-11:30 AM, Palm Coast Community Center** Start experiencing the many benefits of yoga through this safe and gentle modified chair version. Led by certified instructor Michele Cotto. No floor work. Please bring your own mat, towel, and water bottle. \$5/class Register: parksandrec.fun/adults

**Tai Chi**

**Tuesdays and Thursdays, Jan. 3-May 25, 9-10 AM, Palm Coast Community Center.**

Tai Chi is a gentle form of fluid exercise that develops strength, balance, agility, and flexibility. The movements are slow and gentle and easy to perform. Qigong is a mind-body-spirit practice that improves one's mental and physical health. Every class is suitable for beginners. 18+, \$5/class. Register: parksandrec.fun/adults

*Live Happenings*

**Tomahawk Tavern**

**2325 State Street, Bunnell (Rt.1), 386-313-6002**

Thu, 4th — Jordan Pratt, 6-10  
 Fri, 5th — Highway 100  
 Thu, 11th — Jordan Pratt, 6-10  
 Fri, 12th — Etaraxis Experience  
 Sat, 13th — Sandals & Spurs  
 Thu, 18th — Jordan Pratt, 6-10  
 Thu, 25th — Jordan Pratt, 6-10  
 Fri, 26th — Sandals & Spurs  
 Sat, 27th — Etaraxis Experience

**European Village Live Music**

Thu, 4th — "B Side Music Collaboration" w/ Mike Hynes  
 Fri, 5th — Mike & Vin 6:30-9:30  
 Sat, 6th — Ian Opalinski 7-10  
 Thu, 11th — Karaoke at Cork & Pint w/ Thomas Media 7-11  
 Fri, 12th — Mike Hynes 6-10  
 Sat, 13th — Glory Jax Girl Band 7-10  
 Thu, 18th — "B Side Music Collaboration" w/ Chubby McG  
 Fri, 19th — Clayton Sturgeon 7-10  
 Sat, 20th — Just Peachy Duo 6:30-9:30

**PITBULL**



*Pitbull invites disruption on a global scale as a GRAMMY®-winning independent international superstar, education advocate, business entrepreneur and motivational speaker. With countless awards, 25 million album sales, and cumulative video views in excess of 15 billion, he has had one of the most impressive careers in music history. He'll be appearing at The Amp on May 14.*

Thu, 25th — Karaoke at Cork & Pint w/ Thomas Media 7-11  
 Fri, 26th — Kevin Quinn 6-10  
 Sat, 27th — Mike Hynes 6-10

**Concerts**

**St. Augustine Amphitheater, 1340C, A1A S., St. Augustine, 904-209-3746.**  
 May 8 — The Killers

May 12 — Robert Plant & Alison Krauss  
 May 14 — Pitbull  
 May 20 — Yacht Rock Review

*Business Functions*

**Referral Diamond Network Meeting**

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## Events, Meetings, Classes, etc. from page 44

**May 3, 10, 17, 24 @ 8 AM,** Carrabba's Italian Grill, 160 Cypress Park Dr., Weekly networking meeting of local business owners. Call Brad at 386-283-0955 for info.

### **Palm Coast Business Professionals Network Meeting**

**May 4, 11, 18, 25 @ 7:30 AM,** Carrabba's Italian Grill, 160 Cypress Park Dr., Weekly networking meeting of local business owners. Call Brad at 386-283-0955 for info.

### **Professional Women Of Flagler County**

**May 5, 8:30-10 AM, Market Street, 2 Corporate Dr.** Networking breakfast. Call Nina at 845-531-1673 for more information.

### **The Boss Ladies Community International — Flagler County**

**May 16, 5-7 PM, Rodie's Place, 5115 N. Ocenshore Blvd, Palm Coast** Networking event to

benefit Live Like Camieron. See their Facebook page for more information.

### **The Boss Lady Flagler Ladder Group**

**May 15, 5:30 PM, The Brown Dog, Palm Coast.** The group meets monthly to help and empower its members. For more information call Nina at 845-531-1673.

### **Palm Coast Lions Club**

**May 1, 5:30 PM, Lohman's Funeral Home.** The Palm Coast Lions Club meets at 5:30 PM on the second Monday of the month at Lohman's Funeral Home in Palm Coast. Call Nina at 845-531-1673 for more information.

### **BNI**

**May 4, 11, 18, 25, 8 AM, Elks Lodge Palm Coast.** Business referral group that meets weekly to exchange business leads. Call 904-669-2337 for more information.

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**+ \$ 150,000** HECM To Complete Purchase  
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## Just So You Know...

Palm Coast magazine comes out the first of every month and is available at these locations:

- |                               |                               |
|-------------------------------|-------------------------------|
| <b>Carrabba's</b>             | <b>VFW Hall</b>               |
| <b>Community Center</b>       | <b>Palm Harbor Golf Club</b>  |
| <b>Shell Foodmart</b>         | <b>Cut Up &amp; Sew</b>       |
| <b>County Government Bldg</b> | <b>City Hall</b>              |
| <b>Flagler Auditorium</b>     | <b>Wawa, Route 100</b>        |
| <b>Burger Bros</b>            | <b>Fairfield Inn</b>          |
| <b>European Village</b>       | <b>Days Inn</b>               |
| <b>Pine Lakes Golf Club</b>   | <b>Microtel Hotel</b>         |
| <b>African-American</b>       | <b>Red Roof Inn</b>           |
| <b>Cultural Center</b>        | <b>Econolodge</b>             |
| <b>Texas Roadhouse</b>        | <b>Best Western Hotel</b>     |
| <b>Dominic's Deli</b>         | <b>Hampton Inn</b>            |
| <b>Garden Club</b>            | <b>Italian-American Club</b>  |
| <b>Portuguese Club</b>        | <b>Palm Coast Social Club</b> |
| <b>Palm Coast Lanes</b>       | <b>Imaging Center</b>         |
| <b>Elks Lodge</b>             | <b>Hilton Garden Inn</b>      |

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Sherry Waldman is a published international artist bringing over 4 decades of art experience to Palm Coast. Her studio is a place where reality and fantasy meet and greet. 4,000 sqft of unbridled creativity. 3 classrooms, art supplies, murals, custom work, daily workshops and Open Studio.

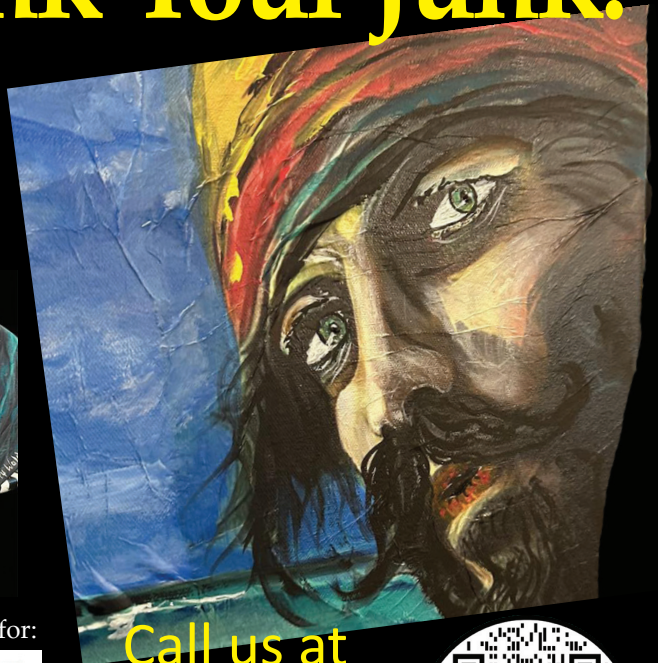


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