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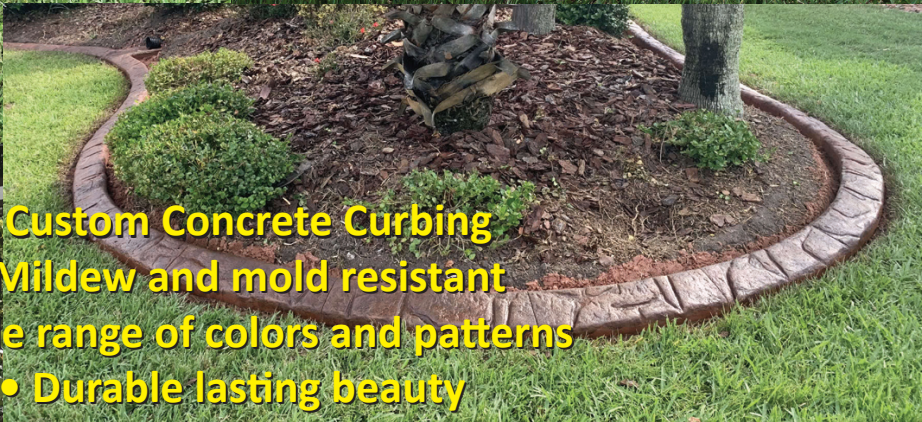
ISSUE #33

APRIL 2024

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ARCTIC BREEZE

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Welcome to our third annual Garden Club Festival issue which has details about the club Garden Club at Palm Coast itself as well as its 11th festival happening on April 6 at Flagler Palm Coast High School. So please take a look and if you need plants of any kind see the club ladies at the festival as they are the experts. And this month we are officially selling annual subscriptions for home delivery. We've mentioned our subscription sales effort in issues past, which will offer yearly subscriptions to the magazine for the low price of \$39.95 (12 issues). We're now selling them through our website at www.palmcoastmag.com. It's up and running now and you can check it for articles from the magazine, past issues for PDF downloads or buying a subscription to the print edition. So please pick up your copies at your regular spot as you normally do or subscribe and have Palm Coast delivered to your door. And, as always, if you have any feedback or questions then please use the email address to the left. Thanks for reading.

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— Tom Aikins,
Publisher, Palm Coast magazine.

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News Of The Palm Coast World



Denise Bevan and Mayor David Alfin in a 2021 photo.

Palm Coast City Manager Denise Bevan Fired At Mayor David Alfin's Urging

The Palm Coast City Council on Tuesday voted 3-2 to fire City Manager Denise Bevan, a massive change in city leadership that came with little buildup. The motion to do so was made by Mayor David Alfin, with a majority formed by Vice Mayor Ed Danko and Councilwoman Cathy Heigher. Councilman Nick Klufas and Councilwoman Thersa Carli Pontieri dissented. No firm cause was spoken to the public in the decision, other than an assertion of the city charter's provision that the city manager serves at the pleasure of the council.

Bevan was hired as City Manager in February 2022, having previously been appointed interim City Manager following the resignation of Matt Morton in June 2021. Her selection was popular across the board, and her pick was supported by three of the five current City Council members (Heigher and Pontieri were not elected yet). There

was no watershed moment in Bevan's tenure in which her goodwill from the Council eroded, and yet nevertheless the Council found itself with a majority to ax her.

Mayor Alfin passed the gavel to Vice Mayor Danko to make the motion for Bevan's firing, a procedural necessity in the uncommon instances in which motions arise from mayors. A few members of the public spoke, notably Steve Carr, a resident of Florida Park Drive who's been lobbying for traffic-reduction measures almost unceasingly for several years. He accused the city government of inaction, something which Councilman Klufas pushed back on sharply and speculated affected Bevan's firing.

The fiercest defender of Bevan on Tuesday was Councilwoman Pontieri, who took three separate chances to speak against her firing. She contested that two if not three of the sitting Coun-

cil will no longer be there at year's end, and so the decision shouldn't be made until their seats turn over. Danko and Klufas are term-limited out of office in November, and Alfin is up for re-election. "I find it to be inappropriate to remove our city manager at this time, knowing that you all will not be working with whoever we choose in the future," Pontieri said. "You all are basically going to be voting on behalf of an entire city that you may not be representing in eight months."

Additionally, Pontieri attempted to shoulder the blame for perceived inaction and for the stresses of high-density development on the Council, and not on the city staff who work under Bevan's leadership. Her point did not land with her colleagues.

"This city needs strong management, someone who is going to manage the job and be a leader," added Councilwoman Heigher. "I think Denise has done a well job but I do feel we're moving into a different area in this city, we're a rapidly growing city, and we do need strong management, we do need someone who'll address issues." She was complimentary of Bevan overall and voice no ill will, but seemed to imply she did not consider Bevan to be the type of strong leader the city needs.

"My biggest qualm is this is going to leave so much turmoil for all the directors sitting in the back of our audience right now, and all the employees underneath them," added Councilman Klufas. The last time the city was without a permanent City Manager, it was also without a mayor for a spell; the resignations of Matt Morton and ex-Mayor Milissa Holland left Palm Coast in a leadership

vacuum that tenured staff still have not forgotten. To Pontieri's point, city staff may still be working under an interim when a new mayor is possibly sworn in at the end of the year. Alfin has four challengers for his job.

"Change sometimes is inevitable and necessary to provide new perspectives and successfully navigate new challenges," Alfin added in a genteel if sterile explanation of his stance. "While I compliment staff on their hard work and effort, I believe the time is now for a change in leadership to move our city forward while protecting our residents' quality of life."

The last words Denise heard as she walked away from her seat on the dais was, "thank you for everything Denise," a defeated consolation from Klufas. Alfin moments earlier had directed her to meet with the human resources department. A couple members of the public applauded before being joined by Klufas and Pontieri who stood in solidarity, a rare move in which Council members join in with extra-curricular audience participation. Alfin, Danko, and Heigher waited silently.

The firing of Bevan marks the second time in just over a year that a Flagler County city has terminated its city manager. Flagler Beach did so last February with William Whitson. The difference in that process was that his firing was evident a mile away; city commissioners had alluded to that possibility for months. Whitson had clear and evident infractions against the city commission. None such are present with Bevan, who was dismissed seemingly more out of a general sentiment of wrongdoing or a general desire for change.

—Chris Gollon, askflagler.com

The Promenade at Town Center Approved by City Council

The Palm Coast City Council voted on March 19 to approve 'The Promenade at Town Center,' a technical site plan proposed by PC Town Center Development II, LLC, a division of Persimmon Capital Partners Group, LLC. It will be the first mixed-use construction project to be built in Town Center. The scale and scope of the project mirrors that of the original 2003 plan for the estimated 1,600 acres of Town Center, being comprised of both residential and private business, creating a "downtown" atmosphere that is walkable and pedestrian friendly for both visitors and residents.

The building will be located on 17.35 acres on what is considered the urban core of Town Center development, the southwest corner of Central Ave at Bulldog Dr. It will include a total of 237,142 sq ft,



with 56,793 sq ft of commercial space on the first floor, and 204 residential units on floors 2-4 of the 4-story structure. It will include 521 designated parking spaces, 15 of which will be ADA compliant, as well as 26 spaces designated for bicycles. Upper floors 2-4 will feature 6 individual building areas, which will be accessible via walkways on those floors. Total maximum height of the building will be 50 ft.

Residential spaces will include studio, 1BR and 2BR units, which will range from 655 sq ft. to 1,163 sq ft. The building will also feature an amenities center for residents, which will include a swimming pool, pickleball court, and other facilities. While no individual vendors have been confirmed at this time, a traffic study projects that an estimated 5,961 daily trips will be generated because of the project upon

completion.

Prior to the City Council meeting vote, the project was approved by the Planning and Land Development Regulation Board. The motion to approve the building was passed unanimously in a 4-0 vote by Palm Coast City Council. City staff are currently reviewing building permits. Construction commencement is yet to be determined at this time.

— City of Palm Coast

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Changes in the Real Estate Commission Structure

In the realm of real estate, where transactions involve substantial financial stakes and intricate negotiations, the commission structure has always played a pivotal role. It has long been a standard practice for real estate agents to earn a percentage-based commission on the sale or purchase of a property.

Traditionally, a six percent commission was charged on all transactions which was typically split if two agents were involved, one representing the seller and one the buyer. This is the structure we've all known for decades.

This structure was basically enforced by the National Association of Realtors. The NAR maintains the national multiple listing service (MLS) and if you were an agent and wanted access to this network, which is incredibly valuable to have, then you had to be an NAR member and you had to abide by the six percent commission structure.

A lawsuit that was settled recently in Missouri has changed all of that with the commission structure now open to change. We were trying, with this article, to provide information on what may now transpire in the industry with this new reality in place.

However, we were able to get very little information from local agents probably due to the fact that no one really knows what's going to happen and no one wants to say anything until they know more.

Our prediction: since this is a free market economy, the market will eventually assert itself and change will come. Almost certainly commissions are going to come down. They have already been companies over the last few decades that experimented with lower com-

missions but none of them have been very successful for a number of reasons.

Having been in sales for decades, I have seen a lot of sales situations and strategies in different areas of business. If I am not mistaken, what will start to happen is a gradual lowering of commissions as some agents decide to drop their rate to attract more business. Other people will follow suit gradually and in a certain period of time everyone will be competing for business by doing the same thing.

If we were in a robust market that may happen more slowly but we're not. We're in a market where a lot of agents have been selling less properties and making less money because of the high interest rates primarily. What are these agents going to do to get more business?

In any situation a lower price makes it easier for a customer to buy so that's what will happen. Commission rates will go down as agents figure it would be better to make a little less on each sale but have more of a volume of sales.

It's what I would do if I were selling real estate right now and I'm pretty sure that's what will happen with real estate now.

But who's going to be the first to start aggressively marketing lower commission rates to their customers. I think there will be a wait-and-see period where no one will want to be the first to lower their rates but it will inevitably happen and then the floodgates will be open.

I think this is the reason no local agents wanted to talk about what's going on. Plus, they're still trying to figure out what their strategy will be. It will be interesting times moving forward in any case.

— *John Williams*

City Council Hires New Law Firm For City Work

Its 17-year relationship with the same law firm ending, not of its own choice, the Palm Coast City Council on Tuesday unanimously opted to negotiate a contract with the Douglas Law Firm of St. Augustine, a 12-attorney firm established 10 years ago, with offices in several northeast Florida counties but just now expanding to Flagler Beach.

The firm was among four that responded to a request for proposal. The others were Vose Law Firm, GrayRobinson and Fishback Dominick Attor-

ney. Fishback dropped out before the council's decision on Tuesday, a decision the three remaining firms' free structure made for the council: Douglas is proposing a \$30,000-a-month fee, or 120 hours of work at \$250 an hour. Extra hours are billed additionally. GrayRobinson was proposing a \$58,000 fixed monthly retainer, while Vose was proposing \$75,000.

board wants to avoid such ties, seeing them as another potential conflict. The city council's choice of Douglas for representation may push the school board further away from that choice for that reason, as the city and the school board's interests occasionally intersect. Duffy was among the three attorneys who pitched the firm's proposal to the city in a special workshop in February. "I did move here before the freshman year of high school. I graduated from FPC and I met my wife here," Duffy told the



John Preston Steinmetz, Jeremiah Blocker, Marcus Duffy

neys. Fishback dropped out before the council's decision on Tuesday, a decision the three remaining firms' free structure made for the council: Douglas is proposing a \$30,000-a-month fee, or 120 hours of work at \$250 an hour. Extra hours are billed additionally. GrayRobinson was proposing a \$58,000 fixed monthly retainer, while Vose was proposing \$75,000.

Douglas Law Firm and GrayRobinson were the only two firms that responded to the Flagler County School Board's request for proposals as that board is also in the process of replacing its attorney of 17 years, after firing her. But three was reluctance among some school board members to go with Douglas because one of its attorneys, Marcus Duffy, has close ties to Flagler County. The

council, referring to Palm Coast. "So this is kind of a very passionate thing for me. My kids still call Palm Coast home because this is where they would visit their grandparents when I was in the Air Force. So this is also a service to my community, if given the opportunity."

Duffy presented alongside fellow-attorney John Steinmetz and Jeremiah Blocker, the managing partner. Blocker served on the St. Johns County Commission for a four-year term that ended in 2022, including as chairman, an experience he cited as giving him "familiarity with that on both sides of that, having been an elected official, and also being a legal adviser," he told the council, "really trying to put ourselves in your shoes and make sure that we're available and accessible."

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Local Happenings



The Grand Reserve Ladies 19 Hole Golf Association recently held a Cancer Awareness event to benefit the Flagler/Palm Coast Advent Health Cancer Center. The event raised \$1075 to help fund mammograms and other related cancer care services for women in need.



The Professional Women of Flagler County met for their February Business For Breakfast event on February 2 in the #MIP space in Bunnell. A presentation on heart health was featured by Advent-Health. See the group's Facebook page for more details.



The Boss Lady Ladder meeting was held in March at the regular meeting place, the Brown Dog in Palm Coast. For more information you see the club's Facebook page or email Nina Guiglotto at ninaguiglotto@gmail.com



The Flagler County Detachment #876 Marine Corps League received its new charter renaming the Detachment 1st Sgt. Burdett W. Loucks, Jr. Detachment 876 Marine Corps League on January 16, 2024. Wally was a Silver Star Recipient from Vietnam.



The Lions Club held their monthly meeting in March 12 at Watson Realty Corp. They are always welcoming new members and visitors. The group helps the visually impaired, hearing impaired and provides diabetic screenings. Meetings are the second Tuesday of each month at 5:30 PM



The Professional Women of Flagler County family enjoyed a fantastic After Hours picnic in the park on March 20! The kids had a blast playing, the grills were sizzling with delicious food, and the women made valuable connections while networking.



On March 20, 2024 the University Women of Flagler presented Flagler Habitat for Humanity with their Non-Traditional Student Grant of \$1,000. These funds will be used by one or more of their homeowner women in Flagler County for training and education.



Mayor David Alfin (left) read a proclamation at the SMART — Saving Missing Animals Response Team event in Bunnell, stating that March 23 is the official day for Voiced For The Voiceless in the City of Palm Coast.

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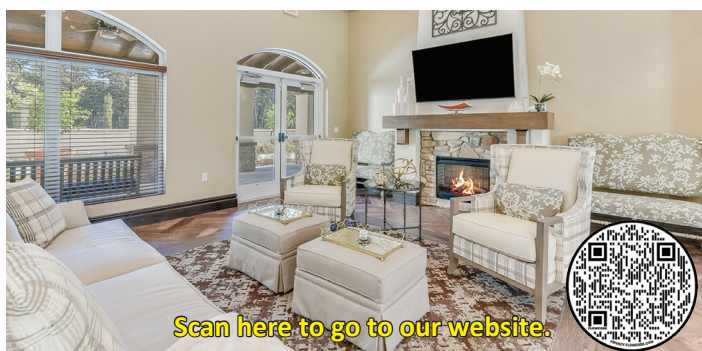


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Palm Coast People

Rabbi Merrill Shapiro can't say no to people in need, by James Moore

Rabbi Merrill Shapiro describes his family as entrepreneurial. His grandfather hung wallpaper for a living so Merrill's father could manufacture and distribute wallpaper. Each generation built off the success of the previous. That is the principle Merrill has taken with him throughout his life.

Born and raised in a traditional Jewish household in Bloomfield, New Jersey, Merrill's journey to becoming a spiritual leader was deeply influenced by his upbringing. From a young age, he showed a keen interest in Jewish scripture and traditions, which eventually led him to pursue a career in the rabbinate.

At his father's insistence, he initially studied electrical engineering but the spiritual call

was too great. Merrill was happier in the religious community. "I like to take small, learned communities, and grow them, expand their depth," he says.

This would be part of his life's mission, starting during his rabbinical studies. While studying at the Jewish Theological Seminary of America, he and several other rabbinical students were asked to go to Columbus, Ohio, where they actively contributed to the formation of the Melton Center for Jewish studies.

This was the first center for Jewish studies at an American public university. There he met his wife and stayed to continue his studies for the next 13 years. Merrill received a graduate level fellowship to study in Israel for a year, during which he achieved ordination as a

rabbi.

Merrill would later spend 15 years as a rabbi in the Orlando area, as well as Director of Education for Temple Israel of Orlando, and raised his family. When both daughters moved out, he and his wife moved to Richmond for a few years. But they were called back to Florida when they became grandparents.

Whereas most Flagler transplants retire when they move here, Merrill is not the type. "I am a failure at retirement," he says with a laugh. He admits, "If someone asks me for help, I am incapable of saying no." Being a lifelong educator, he often fills in to teach in Jacksonville and

Ormond, and for other rabbis across Central Florida.

He was instrumental in the founding of the St. Augustine

Jewish Historical Society, a non-profit organization dedicated to promoting greater knowledge and understanding of the Jewish experience since the city's founding in 1565 to the present. Despite this impressive resume, Merrill enjoys offering walking tours through St. Augustine, recounting all he and this organization have learned. He has neglected to gain a tour guide license, he says, because he prefers to give the tours for free. The lifelong educator, keeping himself active by building communities in ways too few can.

"Much of what I do is to help end the isolation of modern life in general. We go to work, go home, and we don't engage with other people. The lack of connectiveness creates more

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divisiveness,” he says. Using the self-described entrepreneurial spirit of his father, he aims to inspire everyone he meets to be more engaged with each other.

“People are more fascinating than we realize if we just talk. It makes for a cold reality when we should be working together to create a better community.”

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Flagler Cares Offers Wide Range of Services for the County

Flagler Cares is a community-focused initiative that aims to address various social issues and improve the overall well-being of individuals in Flagler County, Florida. This multifaceted program encompasses a range of services and activities geared towards fostering a stronger, healthier community. Their mission statement being the driving force behind bold innovations and community improvement, creating a coordinated safety net of health and social care services.

This group started as an informal coalition of professionals from health and human services professions in 2013. Originally meant as a networking program, two years later they installed their first Board of Directors and became a nonprofit organization.

One key aspect of Flagler Cares is its commitment to sup-

porting vulnerable populations. The initiative recognizes the importance of addressing the needs of individuals and families facing economic challenges, health disparities, and other hardships. Through strategic partnerships with local nonprofits, government agencies, and businesses, Flagler Cares fosters the “No Wrong Door” approach. They work to provide essential resources, including food assistance, housing support, and healthcare services.

The initiative places a strong emphasis on promoting health and wellness within the community. Flagler Cares organizes various health-related events, workshops, and awareness campaigns to educate residents about preventive care, healthy lifestyles, and mental well-being. By engaging with healthcare professionals and community leaders, Flagler Cares strives to

create an environment that prioritizes the overall health of its residents.

Furthermore, Flagler Cares is actively involved in community-building initiatives, like the Flagler Catalyst Fund in 2022.

motes a positive and inclusive atmosphere. This nonprofit stands as a beacon of community support, addressing the diverse needs of Flagler County residents through a comprehensive and collaborative approach.



This bold new initiative is a grant making program that has an investment of \$1 million annually to address pressing social services needs in the community. Be they through single year capacity building grants or larger, multi-year projects, Flagler Cares aims to create more “Yes Options” for residents. Flagler Cares strengthens the social fabric of the county and pro-

By focusing on social issues, health and wellness, education, community-building, and volunteerism, Flagler Cares actively works towards creating a resilient and thriving community for all. Through its dedication to fostering positive change, Flagler Cares serves as a model for community-driven initiatives that prioritize the well-being and success of every individual.

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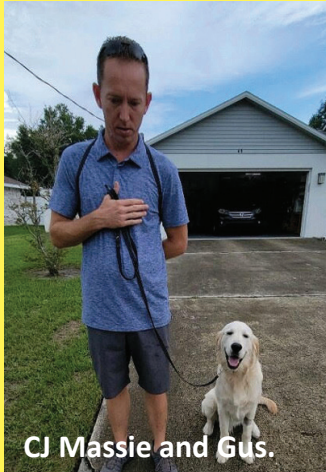
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“Being Green” was Palm Coast’s Goal From The Beginning

news topics

VOLUME G-1

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growth

ITT SCIENTIST TO BUILD “UTOPIAN” CITY IN FLORIDA

REPRINTED FROM THE CLEVELAND PRESS, DECEMBER 6, 1971

With a lifetime devoted to ecological problems, community development and planning, Dr. Norman Young, a behavioral scientist, now has the opportunity to translate dreams into reality.

As president of ITT Community Development Corp., a subsidiary of International Telephone & Telegraph, he is developing an entire community from scratch.

He is planning a city twice the size of Cleveland that eventually will contain 750,000 population.

Today no one lives on the 100,000 acres. Two hundred homes are now being built. They will be ready early next year.

Dr. Young's dream city, Palm Coast, is between Daytona Beach and St. Augustine on Florida's East Coast.

IT HAS SIX MILES of ocean frontage and extends for 20 miles along the Inter-coastal Waterway. Canals are being dug to provide additional isolated homes.



Coast? "Even if it were possible to clean up all the pollution in older cities, you still couldn't change the density," Young said.

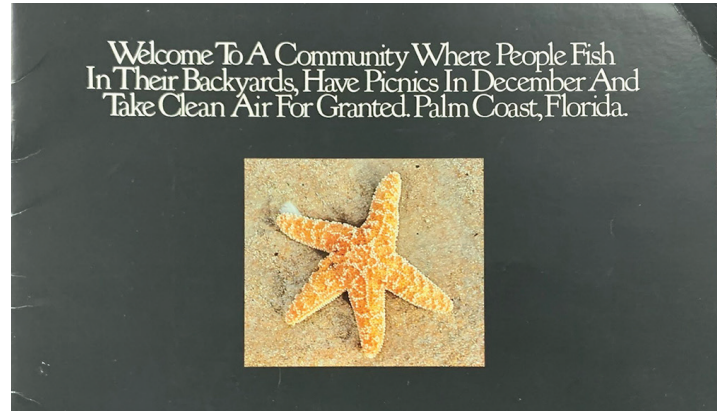
He refers to high density, with its accompanying friction and tensions among residents, as a "psycho-social pollution." The density factor will be controlled in his newly created Florida city with a limit of 2.7 dwelling units per acre.

"WE WON'T MAKE the mistake that Miami and other communities have made by blocking out the ocean from view with high-rises and condominiums. Our beaches will remain public," Young said.

Light industry eventually will be permitted to provide employment for the residents, but there will be strict controls over pollution.

Water and sewage treatment plants for the community will represent the latest in scientific advancement, he said. Even automobiles will be discouraged within the area. Bicycling and electric mini-buses will be substituted.

"There will be controls over the type of fertilizers used in the community to pre-



Palm Coast has always been “Green.” International Telephone and Telegraph stated its commitment to protecting the environment in its earliest planning documents. Dr. Norman Young, the first President of ITT’s Community Development Corporation included an Environmental Statement in the corporation’s promotional materials in the early 1970’s.

He stated, “We will have what is best for man in his environment... including abundant recreation for the full leisure life...The only restriction within this community will be those placed on pollutive elements... We don’t want to impress you with its enormous size but fulfill you with its promise, stimulate you with its content and nurture your inner well-being with its clean air, pure water, soothing sounds and aesthetic

beauty.”

A headline in The Cleveland Press in December 1971, where Young had traveled to open its 13th land sales office, went as far as declaring that ITT had plans to build a “Utopian” City in Florida. Despite population projections as high as 750,000 Young ironically warned against the dangers of high density, declaring its accompanying friction and tensions among residents as a “psycho-social pollution.” He stated that “automobiles will be discouraged within the area” and projected that “bicycling and electric mini-buses will be substituted.”

The City of Palm Coast, incorporated December 31, 1999, began celebrating “Being Green” with an Arbor Day event in 2006. This year the day long festival will be held on Saturday, May 4 from 9 AM — 1 PM in Town Center. Admission is Free and includes a tree-give-away, butterfly release, live en-

tainment, petting zoo and numerous other activities. For details visit www.palmcoast.gov. For more information on Palm Coast history and PCHS events go to www.palmcoast-history.org.

A place where there are palm trees—whole forests of them and pine, palmetto and hibiscus.



By Palm Coast Historical Society President, Kathy M. Reichard-Ellavsky.



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Homeowners Corner

The reasons people use granite for kitchen countertops

Granite counter tops have become a staple in modern kitchens, and for good reason. Not only do they offer a timeless and elegant aesthetic, but they also provide a range of practical benefits that make them a top choice for homeowners and designers alike. These are the top reasons why you might want to consider using granite the next time you

everyday use, including heat, scratches, and stains. Properly sealed, granite counter tops can last a lifetime.

Variety

With its unique veining and diverse color palette, granite offers endless design possibilities. Whether you prefer a classic, subdued look or a more vibrant and modern style, there's

to prevent staining, day-to-day maintenance is relatively straightforward. Routine cleaning with mild soap and water is usually all that's required to keep them looking their best.

Heat Resistance

Granite is heat-resistant, which means you can place hot pots and pans directly onto the surface without worrying

While granite is a natural resource, it's considered an eco-friendly choice because it doesn't emit harmful chemicals or gases. Plus, its durability means it won't need to be replaced as often as other materials, reducing waste.

Versatility

Granite counter tops can be custom-cut to fit any kitchen



want to update your kitchen.

Durability

Granite is one of the hardest and most durable natural stones available, making it an ideal material for high-traffic areas like the kitchen. It can withstand the wear and tear of

If you would like more information on granite countertops you can contact Architectural Granite at 13 Hargrove Grade, 386-260-0041. Sebastian and his staff can help you out no matter what you need.

a granite counter top to suit your taste.

Increased Home Value

Granite counter tops are a sought-after feature in homes, and installing them can increase the resale value of your property. Potential buyers often view granite as a premium material, which can make your home more attractive and competitive on the market.

Easy Maintenance

While it's essential to seal granite counter tops regularly

about damage. This makes it a practical choice for avid cooks who need a counter top that can withstand the demands of a busy kitchen.

Hygienic

Granite is non-porous when properly sealed, which means it's resistant to bacteria and other pathogens. This makes it a hygienic choice for food preparation areas, helping to keep your kitchen clean and safe.

Environmentally Friendly

layout, including islands, corner counter tops, and more. This makes them a versatile choice for kitchens of all shapes and sizes.

In conclusion, granite counter tops offer a winning combination of durability, beauty, and practicality. Whether you're remodeling your kitchen or building a new home, consider the advantages of granite when selecting your

. They're an investment that can enhance the functionality

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2. Brown Pelican: This one has a band on its left leg. Still no luck reading the numbers but once I do, I'll report my sighting to: <https://fl.audubon.org/birds/banded-birds>

3. Green Heron: Often confused with the Little Blue Heron, the difference is this heron has green legs.

4. Little Blue Heron: A symbol of calm, uniqueness, presence and balance.



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

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Garden Club At Palm Coast Spring Festival 2024 Preview

The Garden Club at Palm Coast is anticipating a big centennial anniversary this month: its 11th Annual Spring Festival & Plant Sale is taking place Saturday, April 6th. The event is being held at Flagler Palm Coast High School, from 9:00 AM to 4:00 PM. Many of the club's nearly 200 members will be in attendance, as well as scores of locals looking to see what all the fun is about.

Organizers are excited to present the biggest plant sale event in Palm Coast, as well as a number of other attractions such as arts and crafts, informative and educational exhibits, food, live music, raffles, and specialty plant growers. There will even be a selection of activities for kids to enjoy while their parents take in the festival.

"Our festival has been going on now for 11 years," said Garden Club President Denise Garcia. "I've been running it nine-years with my team. We keep growing every year." Beyond just joining in for a day of community



For the seasoned gardener and the interested amateur alike, these fine creations can serve as a springboard into gardening as a full lifestyle. Those looking to get

connected with The Garden Club at Palm Coast are encouraged to do so through the club's website, <https://gardenclubatpalmcoast.org>.

unity, the festival will serve as a fundraiser for students to go to summer camps and college programs which will immerse them further into the world of gardening and the outdoors.

On these next pages you can take in a sampling of some of the gorgeous work of Garden Club members here in town, helping to beautify and enhance the city we call home.

Here you can find some of the club's recent events, some upcoming festivities, and a meet-and-greet with the men and women who keep the club fresh. — *Chris Gollon*



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Flagler County Schools do not specifically endorse or support the program or individuals involved in "The Garden Club at Palm Coast's Annual Spring Festival & Plant Sale".

Proceeds benefit The Garden Club's Scholarship Program

About The Garden Club At Palm Coast

The Garden Club at Palm Coast, established in 1975, was one of the first organizations in Palm Coast. It is a non-profit organization which promotes the love of gardening, floral and landscape design and aims to educate members and those in the community to participate in environmental affairs. There are 2 Guilds within the club. The Arrangers' Guild which holds design workshops featuring unique styles of floral design, and the Propagation Guild which focuses on sharing knowledge of propagation techniques. Many of the plants offered at the plant sale at the Spring Festival are propagated by club members. The club recently established a Jr. Garden Club at Belle Terre and Rymfire Elementary schools to teach children the fundamentals of gardening.

Some other programs include the Selection of the Month which designates a residential home in Flagler County with outstanding landscaping; the Scholarship Program which awards scholarships to Flagler County high school seniors who pursue a career in agriculture, horticulture or environmental sciences and summer scholarships to Flagler County Youth to attend the Florida Federation of Garden Clubs' Camp Wekiva; and Plants for Pleasure which provides festively wrapped potted plants to those in nursing homes, hospice and shut-ins in the community.

See more about the history of the club on page 24 and 25.

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1975 Twelve residents got together and established the Garden Club for the purpose of exchanging information about gardening, according to the earliest available record.

1976 The first recorded meeting was held on June 28 at the Valencia House (an ITT model home) with 24 members on the roster. Dues: \$2.00 per year

1977 Membership: 47. The first project was started and was called the "House Beautiful" Award

1978 First Annual Plant Sale was held at Village Greenery.

1979 The first Bylaws were adopted in the Fall. Meetings were held from September to June. The first In Club Flower Show was held in the May meeting at the Y.M.C.A.

1980 Membership totaled 76. The Plant Exchange Project was introduced.

1982 Membership: 120. The first annual Spring Plant Sale took place in March.

1984 Membership: 100. The Garden Club was Incorporated as "The Garden Club at Palm Coast, Inc."

1986 Membership: 124. The Community Gardens at the Community Center were officially named the Dick Wareham Community Gardens in honor to him and his wife.

1987 Members: 159. The fifteenth Community Garden was planted on September. The Arrangers' Guild a group within the Garden Club was formed and began meetings on the first Wednesday of the month.

1990 Membership: over 200. The Horticultural Guild was established to provide direction for the Wareham Gardens.

1993 Membership: Individual 96, Couples 43, and Honorary 5. The club undertook a standard Flower Show bi-annually and in April was the 6th show.

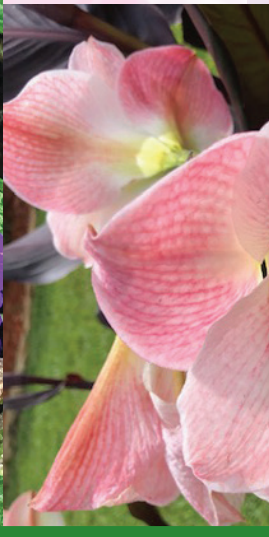
1997 Membership: Individual 68, Couples 26, and Honorary 7. Dues: Increased to \$15 for individual and \$25 for couple.

1998 Membership: Individual 74, Couples 24, and Honorary 8. The Garden Club conducted the first Community Garden Tour of 11 homes and the park gardens.

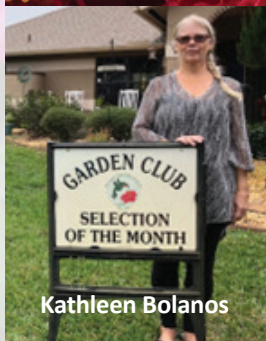
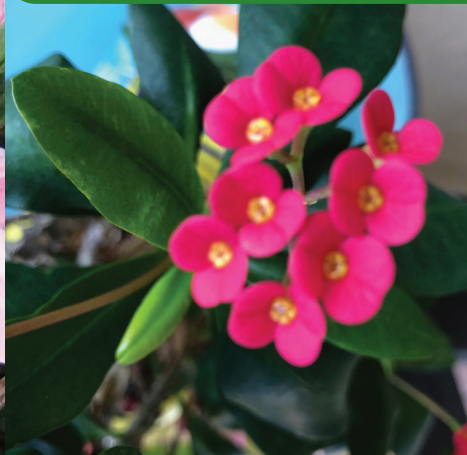
1999 The Scholarship Fund was established to support local high school students residing in Flagler County who wanted to continue their education in agriculture, horticulture and environmental sciences.

2000 Membership: Individual 64, Couples 23, Honorary 8, Life 2. The 25th Birthday of the Garden Club was celebrated with a luncheon at Hammock Dunes, chaired by Arlene Tobia.

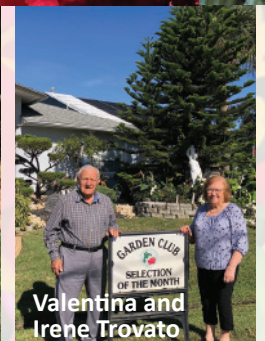
2001 Membership: Individual-78,



All of the flowers on this page were grown by the members. All gardens were all featured at some point in a Selection of the Month.



Kathleen Bolanos



Valentina and Irene Trovato



Michael Racano and Charles LaFlamme



Deborah and John Sewell



Some members of the Garden Club you see below whose Selection of the Month feature in the magazine.



Patty and Dan Murphy

Luisa and Faustino Rosas

Michael Murphy

Jerry and Donna Bird

Couples-25, Honorary-7, Life-2. Plant sales of members' propagated plants were decided to be held at various monthly meetings.

2002 Membership: Individual-64, Couple-22, Distinguish-2, Honorary-5, Life-2. Community Flower Show: The Arrangers' Guild held its 10th Biennial Community Flower Show on May at the Daytona Community College, Flagler/Palm Coast Campus.

2004 Membership: Individual-86, Couples-31, Distinguished-6, Honorary-5, Life-2. The 11th Biennial Community Flower Show took place on Saturday and Sunday, May 1-2, at Daytona Beach CC.

2005 Membership: Individual-73, Couple-28, Distinguished-6, Honorary-5, Life-2. Thirtieth anniversary of the club.

2011 Membership: 79 Individual, 16 Couples, 6 Distinguished, 4 Honorary. The Trash to Treasure Sale was held on October 15 at the Palm Coast CC.

2013 Membership: 111 members as of 11/3/13. The 15th Flower Show and Plant Sale was held on April 13-14.

2014 Membership: Individual 80, Couples 15, Distinguished 6, Honorary 4. The second Expo and Plant Sale took place at the Community Center.

2015 Membership: Individual 83, Couples 14, Distinguished 6, Honorary 4. 2015 marks the formal creation of the Propagation Guild as a Standing Committee of the Club. The Annual Picnic was held at Bing's Landing on May 11th.

2017 Membership: Individual 81, Couples 18, Distinguished 6, Honorary 8. The 5th Spring Festival and Plant Sale was held at Palm Coast Town Center.

2018 Membership: Individual 89, Couples 18, Distinguished 9, Honorary 9. The 6th Spring Festival and Plant Sale was held at Central Park in Palm Coast Town Center on April 7.

2019 Membership: Individual 108, Couples 34, Distinguished 10, Honorary 9. The Palm Coast Spring Festival and Plant Sale was held April 13 at Flagler Palm Coast High School. Treasures in the Attic took place at Shepherd of the Coast Lutheran Church on March 9.

2020 (Covid year) Membership: Total membership 155, Individual 111, Couples 22, Distinguished 9, Honorary 6.

2021 Membership: Individual-126, Couples-20, Distinguished-14, Honorary-4, Master Gardeners-6. Palm Coast Annual Spring Festival and Plant Sale was held at Flagler Palm Coast High school on April 17.

2022-2023 Membership: 193. The Junior Garden Club started at Belle Terre Elementary School. The Propagation Guild formed a Creativity Team. The Arranger's Guild planned a November Flower Show.

Garden Club Festival 2023



Garden Club president
Denise Garcia (R) with Elayne Byrd.



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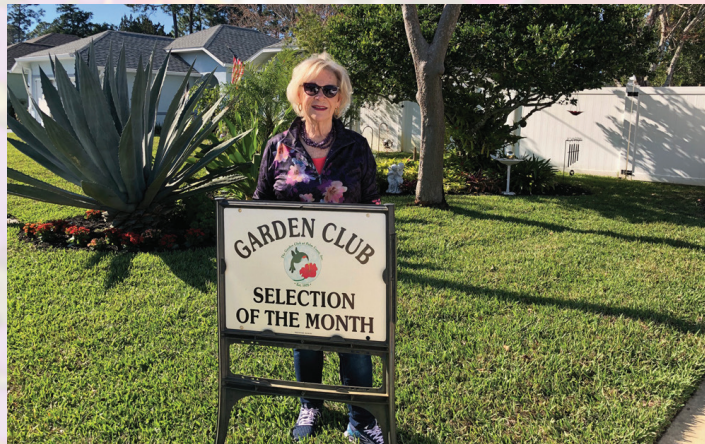


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Selection Of The Month

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



Laura Defranco of Fordney Place, Palm Coast has been recognized as March 2024 Selection of the Month by The Garden Club at Palm Coast.

Laura found her interest in gardening as a young girl following her Italian grandparents around the garden in Connecticut. Laura moved to Palm Coast in 2013.

Laura has an eye for color and her garden beds are a way of expressing herself artistically.

She has over 30 different varieties of plants, bushes, and trees, with a century plant as focal point in her front bed. Her favorites are bromeliads, kalanchoes, and especially the coral-colored geraniums that she was given by a former member of the Garden Club, Marian Handshur. Marian passed away in 2018, but her memory and flowers live on in Laura's yard and flower beds,

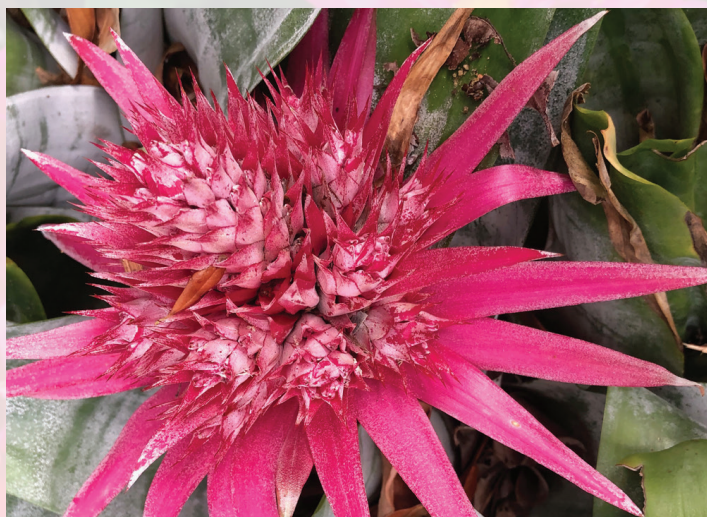
especially these very hardy geraniums, and they seem to bloom almost year-round. Marian had also given her a crinum lily and cardboard palm.

If you walk through the yard heading to the back, you will also see the following: Several types of palm trees, banana trees, crotons, evening jasmine, variegated hibiscus, Crepe myrtles, canna lilies, a giant philodendron, ligustrum, firecracker bush, Hawaiian Ti, staghorn fern and Christmas cactus.

This yard represents a true passion and love for gardening in Florida.

Submitted by Nancy Iandoli
Selection of the Month Committee

The Garden Club meets monthly on the second Monday of the Month at 1:00 p.m. at the 51 Club, 51 Old Kings Rd. No. Palm Coast, Sept. Through May.



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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.



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Gardening Tips

Master Gardener Volunteer Program Celebrates 40 Years of Service

As the vibrant hues of spring painted the landscape, April brought with it a special celebration in Flagler County, Florida. March had been officially proclaimed as Master Gardener Volunteer Month, honoring the remarkable four-decade journey of dedicated service by the Master Gardener Volunteers in this lush community.

Established in 1984, the Master Gardener Volunteer program quickly took root in Flagler County, driven

by a shared passion for gardening and a desire to empower individuals with knowledge and skills to cultivate thriving gardens. Over the past 40 years, these dedicated individuals cultivated a culture of learning, sharing, and

nurturing, enriching the lives of residents and the landscape of Flagler County.

The program's emphasis on education has been a hallmark, with volunteers undergoing rigorous training conducted by horticultural experts. They delved into topics ranging from botany and integrated pest management to Florida-Friendly Landscaping™. Armed with this knowledge, Master Gardener Volunteers served as trusted advisors, providing invaluable guidance to homeowners, schools, and community organizations.

Beyond their advisory role, Master Gardener Volunteers were deeply involved in community outreach and beautification projects. From establishing polli-

nator gardens to leading horticulture workshops, these dedicated individuals were at the forefront of environmental conservation efforts in Flagler County, fostering a sense of community pride and environmental stewardship.

The proclamation of March as Master Gardener Volunteer Month served as a poignant

reminder of Master Gardener Volunteers who helped shape the landscape and nurture a thriving gardening community in Flagler County.

As the community celebrates this milestone anniversary, please take a moment to express gratitude to the Master Gardener Volunteers of Flagler County. Their passion, expertise, and generos-



reminder of the program's enduring legacy and the countless lives it had touched over the past four decades. It was a testament to the hard work, dedication, and unwavering commitment

it enriched lives and surroundings, leaving an indelible mark on the community. Here's to 40 years and many more seasons of growth, beauty, and abundance in Flagler County.

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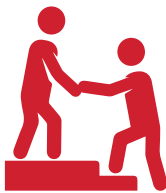
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Health & Wellness

Staying in shape with a basic workout regimen. Part 1, by John Williams

As a follow-up to our column last month we're going to look at some ways to work out at home or in a badly-equipped gym where there's not much in the way of traditional gym equipment. Or if you're traveling and you want to work out and the hotel where you're staying has a terrible gym, which is the norm, here are some ways to work out that will benefit you as much as if you were in a regularly-equipped facility.

I've worked out for just over 47 years in gyms and also spent plenty of time running about 30 years ago or so when I was doing 35 miles a week. And I was always disdainful of workouts I read about that showed people exactly what I'm going to write about here.

I guess I was a gym snob. But now I'm a reformed gym snob and I've been working out in a crappy gym for the last few months in the building I just moved into. I liked everything else about the building except the gym so if I was going to live here I was going to have to come up with a new workout regimen.

Now normally my regimen changes little on an ongoing basis, since I'll get accustomed to using the equipment in whatever gym I'm working out in at the time. I'll make small changes here and there but generally it will be the same.

However, moving into this building left me with no choice but to completely overhaul my workout. So I went back to the basics and streamlined my workout, at least the lifting and exercise portion. I still do 20 minutes of walking on an inclined treadmill but the first 15 minutes had to be completely changed.

That's right, I said (wrote) 15 minutes. That's all you need to stay in shape, if, and this is a big if, you work out almost every day like I do. I do four days and take a day off and repeat. I'm not a gym rat. I don't love to hang out in gyms. The only reason I go to the gym is to work out, not hang out.

The shorter it takes me to get my workout done, the better off I am. So 35 minutes is all it takes with the first 15 minutes devoted to muscle training and the last 20 for aerobics with a bit of muscle training too that

raised surface with your hands on the floor. And I do 150 leg lifts in three sets of 50 using a weight bench which even a bad gym should have. That's it, and it only takes about 15 minutes at a normal pace.

Having said this, however, there is one caveat. I have been in great shape for a long time so my body doesn't need any major transformation or anything like that. I'm at the point where I just need to maintain the shape I'm in so I may be at a very different point than people who haven't worked out

ter shape you can build back up to the level you want.

And don't feel like the number of reps you do has to be the same as what I do. These are guidelines only. They just happen to work really well for me. And I'm getting a good well-rounded work out.

Pushups work your upper back, shoulders, forearms, abs a bit and also triceps. Squats work your quadriceps (thighs), glutes (butt) and hamstrings. Leg lifts work your abs, both lower and upper. And walking briskly on an inclined treadmill works your quads as well as your calves. And there's also a certain amount of benefit derived for all of your leg muscles and of course your lungs.

As with any workout that you do, make sure that you have no limitations due to any medical conditions. You may even want to check with a health provider if you have any questions about your readiness to engage in strenuous exercise.

Other than that, you should be able to start whenever you want and feel your way along. And listen to your body. Occasionally, very occasionally actually, I don't feel great on a particular day so I won't work out. We're not training for the Olympics or anything so don't push yourself too hard. Slow and steady is always better.

I look at working out as something I do as part of my everyday life and as something I will do forever. So there's no rush to get anywhere or achieve anything other than feeling good and being healthy. Good luck and if you have any questions send them to the email address on page four. And in my next column I'll go into more detail about how to maximize this workout



I'll explain about.

What I did was simplify my workout and limit it to three basic exercises: pushups, leg lifts and deep knee bends as we called them in school or squats as they're more commonly called now.

I hadn't done a pushup since I don't know when and the same thing went for squats. Leglifts I've been doing for a number of years after I stopped doing crunches. Leg lifts are the best for your abs. There are many ways to work your abs but I've found that leg lifts are the best. They're also the hardest, I think, but that's the way it usually goes, isn't it?

I started out doing 100 push ups and squats in four sets of 25. I do declined push ups too which are a bit harder as you put your feet onto a bench or

for a long time — or ever.

The point is, if you're trying to create some major changes to your body this workout may not be enough. And if you're younger you may naturally feel like doing more anyway especially if you have the time. I'm 68 so my needs are different than many people working out.

But if you haven't worked out for a long time then this would be a good introductory regimen to start. It's not too demanding and as with any workout it's easy to adjust the difficulty level up or down as you go. And there are no weights involved, You're just using your body weight so if you do the number of reps I do is a little too difficult at the beginning (or any time really) just cut back some on the number of reps you do. As you get in bet-

New to the Area? New to Medicare? We Can Help!

You're Invited...

We will host a Medicare Seminar at the New Palm Coast Southern Recreation Center on April 16th and 25th from 6pm to 7pm, located at 1290 Belle Terre Parkway in Palm Coast.

We will discuss Medicare, what it means to you, what you need to know to avoid a penalty, the difference between Advantage Plans and Supplements and how to choose a plan. No plan specifics or carrier information will

be discussed, only basic information. This is a Medicare Educational Workshop, free and open to the Public.

Presenter, Ryan Anderson is a licensed Florida Health Insurance Agent for Atlantic Benefit Consultants, LLC.

Atlantic Benefit Consultants, LLC is not affiliated with Medicare or any federal agency and not endorsed by the City of Palm Coast.

Please call or text to RSVP at 386-547-5317.



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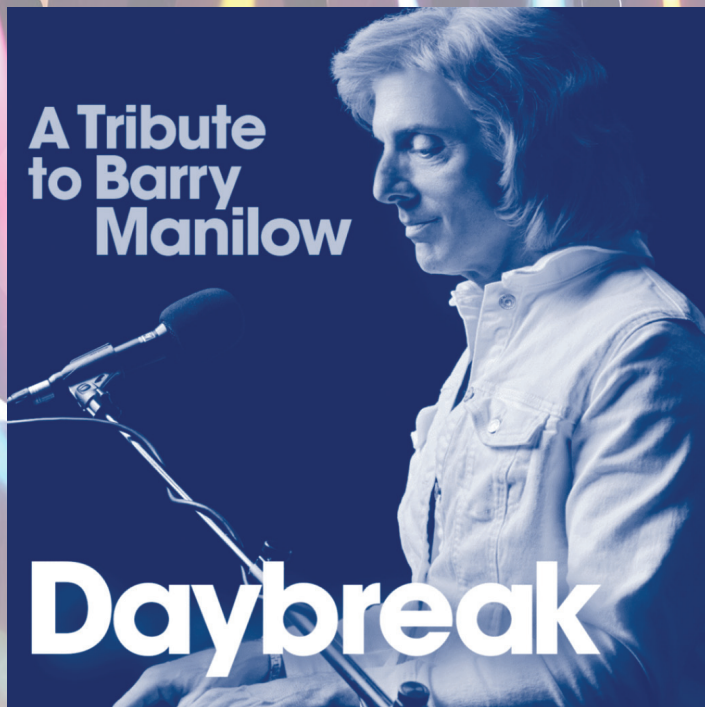
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Entertainment

April acts at the Fitzgerald Performing Arts Center at Flagler Auditorium & The Amp



DAYBREAK: "The Music & Passion of Barry Manilow"
April 13, 2024 at 7:00 PM

Led by veteran musician and accomplished pianist Joe Hite, DAY-BREAK brings to life timeless classics like "Mandy," "Can't Smile Without You," and the foot-stomping rhythm of "Copacabana," just to name a few. You won't believe your eyes or ears as this 8-piece ensemble perfectly presents the Music and Passion of Barry Manilow while keeping the music alive for generations to enjoy.



Puppy Pals
April 3, 2024 at 7:00 PM

Reo Speedwagon with special guests Cheap Trick
April 3, 2024 at 7:00 PM

Formed in 1967, signed in 1971, and fronted by iconic vocalist Kevin Cronin since 1972, REO Speedwagon's unrelenting drive, as well as non-stop touring and recording jump-started the burgeoning rock movement in the Midwest. Platinum albums and radio staples soon followed, setting the stage for the release of the band's explosive Hi Infidelity in 1980, which contained the massive hit singles "Keep On Loving You" and "Take It On the Run." That landmark album spent 15 weeks in the No. 1 slot and has since earned the RIAA's coveted 10X Diamond Award for surpassing sales of 10 million units in the United States.



Brothers Osborne, Might As Well Be Us Tour with special guest The Cadillac Three
April 25, 2024 at 7:00 PM

Following their nomination for Best Country Album and Best Country Duo/Group Performance at the 2024 Grammys, and winning this year's CMA Vocal Duo of the Year, Brothers Osborne announced their 35-date "Might As Well Be Us Tour" with a stop at The St. Augustine Amphitheatre. Recently, Brothers Osborne were nominated for Best Country Album for Brothers Osborne and Best Country Duo/Group Performance for "Nobody's Nobody" at the 66th annual GRAMMY Awards. The siblings took home their first GRAMMY in 2022, winning Best Country Duo/Group Performance for their song "Younger Me." The band also appeared on CBS Mornings, joined by Anthony Mason at their homes in Nashville.

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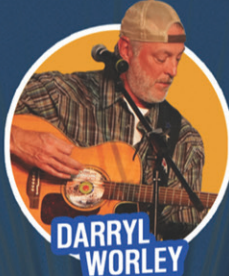
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Flagler Artists

Ron Wallace came to art later in life, by James Moore

Flagler County is becoming a home to many artists, and happily includes Ron Wallace in its ranks. Originally from Bethesda, Maryland, Ron spent a 35 year career running a hair salon with his wife. They spent the first phase of their retirement traveling in a motor home, looking for a new place to plant their roots. An old friend of Ron's had been living in Florida and had suggested a quiet, little place called Palm Coast.

Art was not something new Ron started upon retirement. In his 20s, he had attended a welding class where he learned principles he continues to utilize in his sculpting today. For example, on his website, the piece "First Flight" was made with copper and steel material

to look like the Wright Brothers' biplane.

Ron is a mixed media artist, meaning he does not limit himself to one art medium. Shortly after moving to Palm Coast, he attended a painting class with the Flagler County Art League. Some attend the class to learn the art style. Ron attended it to see if he had any talent with it. As it happens, he did, and has spent the last 4 years painting acrylics.

Painting was a perfect companion for another long-time hobby of his: scuba diving. Embracing the freedom of movement below the surface offers Ron the chance to swim alongside the subjects of his paintings. In his piece "Eating Lunch", Ron mixes the various



shades of blue and green one would find when swimming with a turtle and a school of jellyfish under the surface.

As the Flagler Art League continued to offer classes, Ron eagerly attended what he could.

Constant interaction within the community helped guide and develop his personal style. This same style led him to win awards for best in show within the Flagler Art League. It was from this new attention that one of his pieces was bought by the city of Palm Coast. "Gotta Feed the Kids" is a sculpture made from driftwood, rubber, and clay. It is an eagle, perched on a wooden beam, with a snake between its talons. Readers have likely walked past it. It is on display in the city office building, near the licensing and permit office.

"I do it for fun and the relaxation," Ron says. "I think it's interesting to go to shows and sell these pieces." All proceeds go to purchasing more art supplies. "It feeds my supplies and keeps me going."

Ron acquires his material from a myriad of places. He has

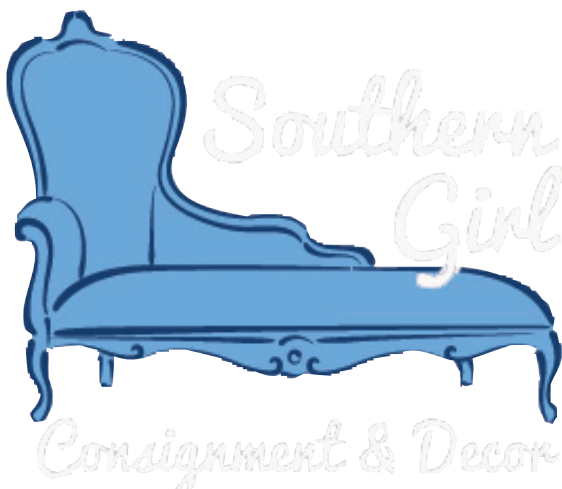
used junk people have thrown away, discarded pieces from auto repair shops, and galvanized steel sheets at hardware stores, to name a few. Anything can inspire an idea, which can grow into something wonderful. Some hotels also display his pieces as garden sculptures.

He remains active with the Flagler Art League. "It's good for the local artist," he says, discussing the classes and opportunities. "I think art can help the community to some degree." Ron's hope is having his eagle at the County Clerk, and other pieces at different hotels in the area, so that artists can get better exposure, and inspire that next generation of artists.

Readers can find Ron's exhibits in various locations. For the last few years, he displayed his work in art shows in St. Augustine and Daytona. Anytime you might visit expos at the Palm Coast Town Center, or Flagler Beach, among the trail of 10x10 tents you will spot Ron there as well smiling and happy to chat. "I hope I make someone's life a little nicer by owning a piece I've made."



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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 • 2860 Palm Coast Parkway NW

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.

Canoeing • Elevated Boardwalk • Fishing • Floating Boat Dock Hiking • Kayaking • Parking • Wildlife Viewing



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.

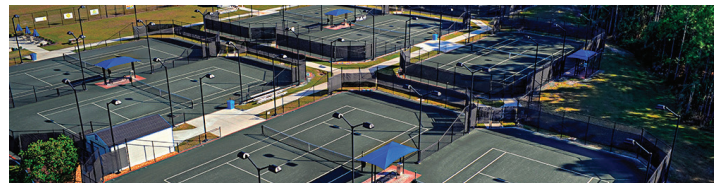
Parking • Picnic Shelter • Restrooms • Swimming



Palm Coast Tennis Center • 1290 Belle Terre Pkwy

The Palm Coast Tennis Center, a 2010 USA 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



Events, Meetings, Classes, etc.

Events

Palm Coast Farmer's Market
April, 7, 14, 21, 28 @12-4 PM,
 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
April 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
April 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 web-

site 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/ adults to sign up.

Texas Roadhouse Events
April 9th Garden Club fundraiser at Texas Roadhouse from 2-8pm. Mention the fundraiser and get 10% of your check donated back to this organization.
April 30th Community Night at Texas Roadhouse from 5-7pm. Come enjoy a beautiful night dedicated to our local non-profits, and small businesses. There will be giveaways, activities, and local goods for sale.
University Women of Flagler's Annual Day of Games
April 5, 9:30-2:30 PM, Palm Coast Community Center. Tickets: \$35, includes breakfast breads, coffee, tea and

a lasagne lunch. Raffles and door prizes. Bring your friends! Reservations: uwflagler.org or email uwflagler@gmail.com. All proceeds will benefit the UWF Scholarship Fund.

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 Mondays & Tuesdays, 45 Old 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 386-445-1893 for more information.
Nara-Anon Group

Marine Corps Detachment 876 Flagler County

Meetings are the 3rd Tuesday of each month.

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Palm Coast, FL 32137

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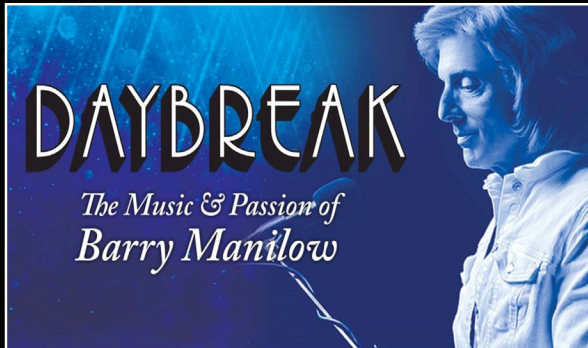


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FLAGLER AUDITORIUM

Join Us for the final shows of the season.



DAYBREAK:
“The Music & Passion of Barry Manilow”
Apr. 13, 2024 - 7:00 PM

Led by veteran musician and accomplished pianist Joe Hite, DAYBREAK brings to life timeless classics like “Mandy,” “Can’t Smile Without You,” and the foot-stomping rhythm of “Copacabana,” just to name a few. You won’t believe your eyes or ears as this 8-piece ensemble perfectly presents the Music and Passion of Barry Manilow while keeping the music alive for generations to enjoy.



**PUPPY PALS
COMEDIC STUNT DOG SHOW**
May 24, 2024 - 7:00 PM - \$10 Adults, **Free For Kids**

Puppy Pals is a family fun action-packed show where adopted and rescued dogs perform spectacular stunts and breathtaking feats. Watch as we lead the puppies and audience through challenging and comical tricks as the pooches show everyone who is really boss! Full of surprises and laugh-out-loud canine comedy this performance appeals to children of all ages.

A Message from the Director...

“As this season draws to a close, I extend heartfelt thanks to each and every one of you for your unwavering support and commitment to Arts in Education and the Fitzgerald Performing Arts Center.

Your generosity, whether through sponsorship, tireless dedication, or enthusiastic attendance, fuels our mission to enrich the lives of students and the community through artistic expression and cultural experiences.

We are currently working on our upcoming season with an electrifying lineup featuring captivating stage productions, soul-stirring music, and live performances that promise to inspire and entertain.

Please visit our website and our social media for updates and news about Arts in Education.”



See you at the Fitz!

Amelia Fulmer



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Events, Meetings, Classes, etc. from page 40

AARP Foundation AARP FOUNDATION TAX AIDE. FLAGLER COUNTY IS RECRUITING NEW VOLUNTEERS DURING THE FALL FOR THE 2024 TAX SEASON

TAX-AIDE

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Monday nights at 6 PM, St. Marks By The Sea Lutheran Church, 303 Palm Coast Pkwy NE, Palm Coast. Nara-Anon Groups are for those of us who are affected by a loved one's addiction. Please enter through the side door next to the playground. We offer our help by sharing our experi-

ence, strength and hope. For more information please call Nancy at 386-569-0417 and leave a message.

Maryland Club of Palm Coast Social club for former Maryland residents. We enjoy monthly luncheon meetings, (second Monday of each month) at the Elks Club on Old Kings Road.

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.



QR Code Use Rapidly 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 right 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.

If you want to see if your phone can scan codes then try scanning the code on this page. If it works you'll be taken to our web page where you can download any of our back issues. And if you have any questions for any reason just do a Google search and you'll find lots of information to help you. In the meantime, please keep reading... and scanning.



For more information contact us at marylandclubpcf@gmail.com.

University Women of Flagler Events April 5, 9:30 AM-2:30 PM, University Women of Flagler's Annual Day of Games at the Palm Coast Community Center. Tickets: \$35 include breakfast breads, coffee, tea and a la-sagne lunch. Raffles and door prizes. Reservations: uwflagler.org or email uwflagler@gmail.com. All proceeds will benefit the UWF Scholarship Fund.

Classes

Art Classes All classes at Sherry's Art Studio, City Marketplace, 2nd floor, 160 Cypress Point Pkwy. Call 732-997-9516 for more information or see the website for a complete list at www.sherrysartstudio.info

Sun April 14 11 AM Resin Sea Glass Wine Glasses and Sea Turtle Bowl, \$95

Mon April 22 11 AM "Reflection" Acrylic Wash Sea Turtle, \$75

Activities

AQUA ZUMBA® Mondays & Wednesdays, March 4-May 29 (No class May 27) 5:30-6:30 PM, Tuesdays & Thursdays Feb. 6-May 30, (No class Feb. 19 & May 27), 9-10 AM, Palm Coast

Aquatics Center. Aqua Zumba® blends the Zumba® philosophy with water resistance for one pool party you shouldn't miss. There is less impact on your joints, so you can really let loose. 13+ years, \$10/class

WATER AEROBICS February-May, Palm Coast

Aquatics Center, Mondays & Wednesdays, Feb. 5-May 29 (No class Feb. 19 & May 27) 9-10 AM. Membership please visit: usms.org. Please call for days, times. and registration, \$30/month or \$4/drop-in. Water Aerobics combines aerobics with strength training, moving your body through the water creates a resistance that will activate muscle groups without impacting your joints. 13+ years, Fee: \$10/class, Register: 386-986-4741

LUCK OF THE PICKLE PICKLE-BALL TOURNAMENT

Friday-Sunday March 8-10, 8 AM-4 PM, Southern Recreation Center. Wear green and stay out of the kitchen for our March Tournament. Play in men's and women's doubles and mixed doubles. For players level 4.0 and under only. First 100 sign-ups receive a t-shirt. 13+ years, \$40/person

OPEN GYM VOLLEYBALL ADVANCED

Mondays, Session 1: Jan. 8-March 13, Session 2: March 25-May 22, 7-9:30 PM, Indian Trails Middle School. This fun, co-ed volleyball program is for advanced players only. 18+ years, \$30/session or \$3/drop-in

OPEN GYM BASKETBALL

Tuesdays & Thursdays, Session 1: Jan. 9-March 14, Session 2: March 26-May 23, 7-9:30 PM, Indian Trails Middle School. Play some hoops with your friends or meet new people. This adult co-ed basketball program is a non-competitive, recreation program. 18+ years, \$30/session or \$3/drop-in

OVER 35 OPEN GYM BASKETBALL

Fridays, Jan. 12-May 24, 7-9:30 PM, Indian Trails

Flagler County Orchid Society

Monthly Meeting • March 28 at 7 PM
Trinity Presbyterian Church • 156 Florida Park Dr.
Orchid species and care are discussed and guests are always welcome.

Contact: Jeanne Long
386-931-3156



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For Some People, We're A Beacon Of Light In The Darkness.

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Dinner will be provided by Carrabba's on Friday, April 12th, and Outback on Saturday, April 13th.

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All money raised will support foster and displaced children in our community.

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Events, Meetings, Classes, etc. from page 43

Middle School. Make some space for the legends of ball! This program is for adults over 35 who want to get out on the court and shoot some hoops. Play a variety of games with new people, 35+ years, \$30/session or \$3/drop-in

WELCOME TO TENNIS
Saturday, 10-11 AM & 11 AM-12 PM, Monday, 10-11 AM, Southern Recreation Center. New to tennis? Learn the game in a instructional clinic that will focus on the game's fundamentals. Loaner racquets are available at no additional cost. 18+ years. Please check the online catalog for session dates and fees

MORNING BLAST
Mondays & Fridays, Jan. 5-May 31, (No clinic Feb. 12 & 16), Clinic 1: 9-10 AM Clinic 2: 10-11 AM, Palm Coast Tennis Center. Tennis meets fitness with high-paced, high-energy drills and point play. Our tennis pros will lead both beginning and advanced players alike through a challenging workout. All skill levels are welcome. \$12/class

DOUBLES ROUND ROBIN
Sundays & Tuesdays, Jan. 2-June 2, (No play Feb. 13 & 18, March 31), Sundays, 9:30-11 AM, Tuesdays, 6-8 PM, Southern Recreation Center. In round-robin tennis, everyone has a chance to play against

each other and experience a variety of games. All ages and abilities are welcome. It's a great way to meet new members of our tennis community. 18+ years, \$7/class

DOUBLES SKILLS TENNIS
Wednesdays Jan. 3-May 29, (No class Feb. 14), 9:30-11 AM, Southern Recreation Center. Build your doubles skills with instructor-led situational drills and games. You don't need to register with a partner and all skill levels are welcome. \$17/class

WOMEN'S DOUBLES HIGH PERFORMANCE
Mondays Jan. 8-May 27, 9-10 AM, Southern Recreation Center. Take your doubles game to the next level with a specialty clinic designed for intermediate level or higher doubles players. Please register in person. 18+ years, \$15/class

LEARN THE BASICS OF YOUR COMPUTER
Tuesdays, Feb. 20, March 19, April 16, May 21 10-11:30 AM, Palm Coast Community Center. Learn more about your computer, like basic care, programs, and the importance of internet security. 18+ years, Free

FLORIDA HEALTH CARE PLANS WELLNESS WORKSHOPS
Thursdays, Feb. 29, March

Artie Gardella, a resident of Palm Coast for multiple decades, has announced the new expansion of his senior fitness program, Synergy Senior Fitness. The change was made as a result of increased demand, according to a press release detailing the change. Those wishing to attend the new class can come to St. Thomas Episcopal Church on Belle Terre Parkway at 10:30 AM on Mondays and Thursdays. The program aims to promote muscle tone, strength, endurance, balance and flexibility. It's covered by most insurance providers. Uninsured participants can join in by paying a donation. Synergy Senior Fitness offers a variety of classes in several locations between Flagler and Volusia counties. According to the program's website, the following locations and time slots are available:

Palm Coast Community Center, 305 Palm Coast Parkway NE
Mon & Thurs, 12:00 PM – Balance and Motion
First Baptist Church, 2301 Commerce Pkwy, Bunnell
Tues, 9:15 AM – Synergy Classic

Tues & Thurs, 9:15 AM – Active Fit
Tues & Thurs, 10:15 AM – Pilates
St. Thomas Episcopal Church, 5400 Belle Terre Pkwy
Mon & Thurs, 10:30 AM – Synergy Classic

28, April 25, May 30, 10:30-11:30 AM, Palm Coast Community Center. Presented in partnership with Florida Health Care Plans. Join the conversation as healthcare professionals discuss a new topic each month that focuses on health and wellness. Check our online catalog for a list of topics. Free.

WOMEN'S SELF-DEFENSE Mondays, Session 1: Feb. 26-March 11, Session 2: April 29-May 13, 6-8 PM, 13+ years, Palm Coast Community Center. Commander Michael Lutz from the Flagler County Sheriff's Office will show you how to protect yourself from attackers and stay safe. Pre-registration is required at least 48 hours in advance; participants must attend all three classes. Free

YOGA FOR ALL Tuesdays & Thursdays, Jan. 2-May 28, 9-10 AM, Palm Coast Community Center. Relax and restore through

stretching, yoga poses, breathing, and relaxation led by certified instructor Michele Cotto. \$8/class or \$6.25/class with the punch pass **ZUMBA®**

Wednesdays Jan. 3-May 29, 9-10 AM, Palm Coast Community Center. Zumba® is a fitness program that combines Latin and international music with dance moves in helping cardiovascular health. \$8/class **LUNCH N' LECTURE** **March 8, May 10, 11 AM-12:30 PM, Palm Coast Community Center**

Presented in partnership with AdventHealth. Join professionals during lunch for discussions on topics that may affect the lives of our adult community. Pre-registration is required on Wednesday the week prior to the program date and while space is available. Free

May 10 - City of Palm Coast, Pump/Lift Station Maintenance

Just So You Know...

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

Carrabba's	VFW Hall
Community Center	Palm Harbor Golf Club
Shell Foodmart	Cut Up & Sew
County Government Bldg	City Hall
Flagler Auditorium	Wawa
Burger Bros	Fairfield Inn
European Village	Days Inn
Pine Lakes Golf Club	Microtel Hotel
African-American CC	Red Roof Inn
Texas Roadhouse	Econolodge
Dominic's Deli	Best Western Hotel
Garden Club	Hampton Inn
Public Library	Italian-American Club
Palm Coast Lanes	Imaging Center
Elks Lodge	Hilton Garden Inn
St. Joe's Tax Office	Good Vibes Nutrition

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