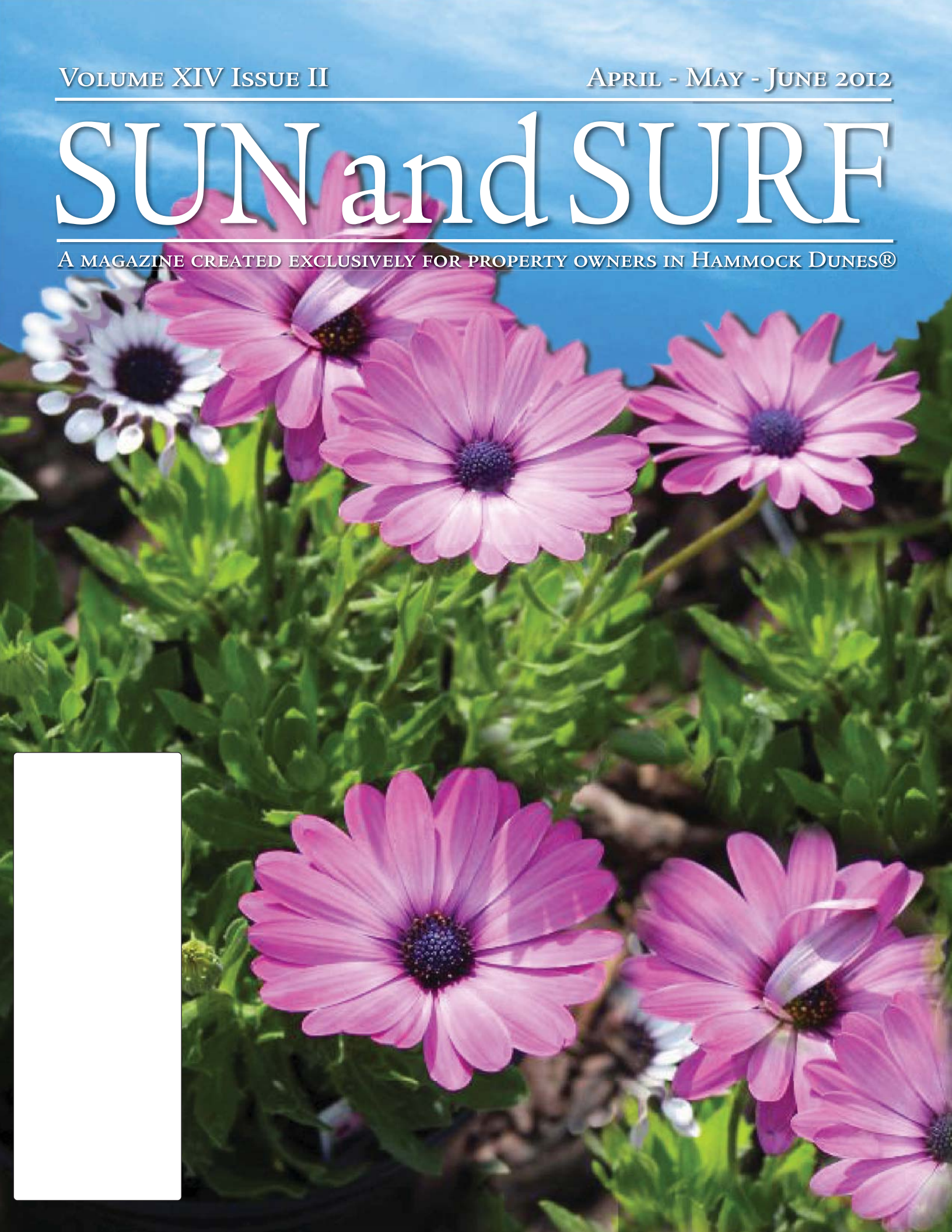


VOLUME XIV ISSUE II

APRIL - MAY - JUNE 2012

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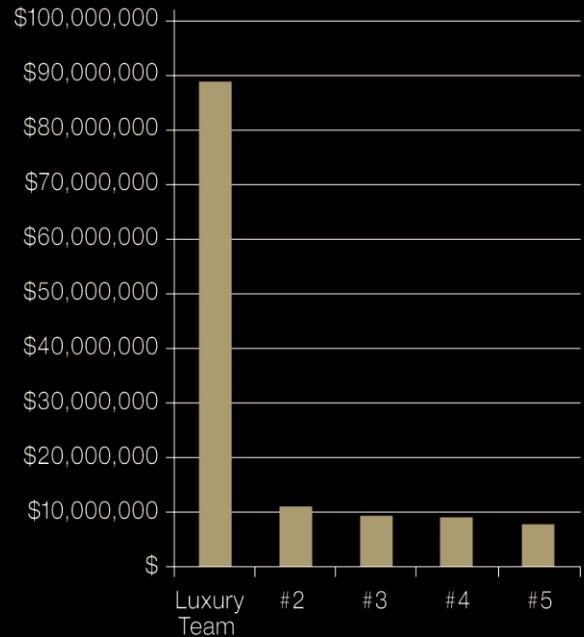
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Dear Neighbors,

We want to thank all of our friends and neighbors in Hammock Dunes for their overwhelming support and encouragement with SUN and SURF Magazine. Gail Albert started this magazine 13 years ago. She had the foresight to know what our community was looking for and filled that void. Since then, other magazines and newsletters have come and gone, but SUN and SURF Magazine has stayed the course and been a consistent source of information to our readers. Our goal is to build upon what Gail has so beautifully created and continue to publish a quality magazine. In the near future, we plan to increase our circulation to more communities; both in and outside of the Hammock.

As we did in the first issue, we have added more content for your reading pleasure. In addition, we created a website www.sunnsurfmagazine.com where you can read our magazine, contact us and link directly to our advertiser's webpages. We welcome your feedback and suggestions.

A special thanks to the following people for their contributions in this issue: Sandi Heber, Hammock Dunes Cycling Group; Marge Rooyackers, Audubon Trails; Greg Rose, Cruising Tips; Tony Papandrea, FHF Foundation; John Patrick, The Internet; Ruth Aiello, A Glimpse of Europe; Melissa Kafel, Washington Oaks Gardens; Cathy Coates, Hospice Fundraiser; John Piretti, Clickaboo Educational Toys; Bill Desimini, A Slice of Life; and Maureen Delk, Recipe. You will also find reoccurring articles - Golf Lesson by Dan Pontes and Tasty Tips by Chefs Jason, Ricco and Vinnie.

Palm Coast City Officials announced a new business and tourism promotion: "Palm Coast: Find Your Florida". It's a music and YouTube video promoting Palm Coast. The crux

of the song is that our city is full of Floridian wonders. Check it out at discoverpalmcoast.com.

Palm Coast Parkway is scheduled to be widened from two to three lanes in both directions between Florida Park Drive and Cypress Point Parkway. The I-95 overpass will get sidewalks on both sides. Per City Manager Jim London, work will not start until next year.

Word is Daytona Beach Airport officials are talking to JET BLUE Airlines about flying from Daytona Beach to New York. With Delta and US Airways the only airlines currently flying in and out of Daytona Beach, JET BLUE would be a welcome addition.

Scenic A1A Pride's Membership Campaign is underway. Friends of A1A is focusing on the next generation to educate them in all the valuable assets of the A1A corridor. Memberships are \$25 for individuals, \$50 for families and \$75 for businesses - and include a free DVD. Friends of A1A is a 501© 3 charitable organization.

Looking for a fun outside activity? Try Palm Coast's "Movies in the Park" in Central Park at Town Center. Movies under the stars are scheduled for April 13, May 11 and June 8, starting at dusk. Bring your own blankets and chairs. For titles call 386-986-2323.

On Saturday April 14, the Annual Rock N Rib Fest is 12noon-10pm in Central Park at Town Center. Lots of great bar-b-que, live music, kids carnival and vendor booths. Call 386-986-2341 for information.

The Friends of the Library of Flagler County invite you to their next book sale Saturday, April 14, from 9am-2pm.

Washington Oaks Gardens State Park announced these upcoming events: April 14, May 12 and June 9: Second

continued on page 4



For advertising contact:
SUN and SURF Magazine

John and Mary Heise
Phone: 203.451.5080
jheise3@aol.com

Saturday Plant Sale 10am-2pm; April 21-22: Earth Day 10am-2pm both days; April 25-29: Florida's Birding and Photofest (with programs at Washington Oaks); June 2: National Trails Day Hike.

Commissioner Melissa Holland is the Guest Speaker at 12noon April 20 for "Lunch in the Park" at James F. Holland Memorial Park at 18 Florida Park Drive. Contact Linda Russell 386-313-4093 for details.

On April 20, BRUCE IN THE USA: A Tribute to "The Boss" Bruce Springsteen and the E Street Band is at the Flagler Auditorium. Call 386-437-7547 or visit www.flaglerauditorium.com.

If you want to see the world's best professional golfers up close and personal, go to The Players Tournament May 7-13 in Ponte Vedra Beach, Florida. The PGA Championship Course at Sawgrass is a great venue to watch all the action. Visit www.pgatour/tournaments for details.

Saturday May 5, is the Annual Arbor Day Event/5K Root Run/One Mile Flutter Fun Run - Central Park at Town Center. Runs begin at 8am, followed by the Arbor Day event; including free tree exchange for a canned good item, crafts, green booths, music, kids interactive activities and the butterfly release, beginning at 11am. Admission is free.

Caregiving Crossroads next free lecture "Cooking Under Pressure" is 530pm-7pm May 10 at the Hilton Garden Inn. RSVP to 386-986-1931.

On Saturday May 12, Palm Coast Parks & Recreation offers a bus excursion to see "The Lion King" on stage in Orlando. Round trip bus transportation is from the Palm Coast Community Center, 305 Palm Coast Parkway NE. Call 386-986-2323 for ticket information.

The Piccolo Spoleto Festival in Charleston, SC runs May 25 - June 10. In the past, many from Hammock Dunes have attended this wonderful event. For information call 843-722-2764 or visit spoletousa.org.

On page 32, there is a wonderful story about a new product developed by a Hammock Dunes resident. Lorraine Pirretti has come up with an "activity blanket" for toddlers called, CLICKABOO®. This blanket makes a terrific gift for children and grand children.

Florida Hospital Flagler's new Parkway Medical Plaza located near Cobblestone Village and Walmart off Palm Coast Parkway and I-95, is scheduled to open in July. This

new facility will be a big boost to our community with physician offices, an imaging center, laboratory services, a women's center and rehabilitation services.

As we announced in our January 2012 issue, Hammock Dunes Club is hosting the First Annual Hammock Dunes Pro-Am Invitational Golf Tournament December 1-4, 2012. Twenty four teams consisting of club pros and amateurs will compete for cash and prizes worth \$30,000. This event is part of the Club's overall marketing plan. The Organizing Committee, headed by Andy Cunningham, has already secured two major sponsors for the event: Prudential Warren Real Estate and Callaway. In the coming issues, you will hear more about this event, including volunteer sign up for the tournament. Visit www.hammockdunespro-am.com for more details.



Please email us if you have a change of address or want your copy of SUN and SURF Magazine sent to another address. Send changes to: jheise3@aol.com

With this second quarter issue, we are pleased to have so many of our advertisers with us again and welcome some new ones as well. When you contact these advertisers and/or do business with them, please mention you saw their ad in SUN and SURF Magazine.

Cover photo courtesy of Susan Hellmann.

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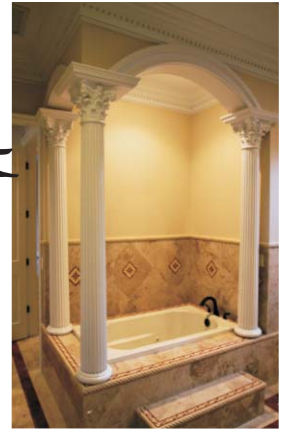
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Hammock Dunes Cycling Group

By Sandi Heber

The Hammock Dunes Cycling Group was started some three years ago under the stewardship of Sandi Heber and Roger Leverton. Since those early days the group has grown in numbers and widened its range of runs.

Every Sunday morning, at 8 o'clock prompt, a group of ten or more cyclists meet at the back gates of Hammock Dunes and sets out to enjoy some of the 100 miles of cycling trails that traverse Flagler County. Typical runs are 25/30 miles and vary from cycling to Marineland / Matanzas Outlet in the north, to taking the Highbridge Loop in the south. Recent additions have been the opening up of the Graham Swamp and Lehigh Trails between Colbert Road and US 1. Once over the Intracoastal Bridges, the cycling is on safe, flat pathways; often passing through beautifully wooded, sheltered, conservation areas or running alongside the Intracoastal Waterway.

Towards the end of each run, breakfast is enjoyed at one of the many good eateries found in the Flagler Beach/Palm Coast area.

Carol Hasan, a long- time member of the group, says "I really look forward to my cycle ride each Sunday. I enjoy both the exercise and great camaraderie of the group".

Want to join the Cycling Group? Meet us at the back gate on Sunday at 8:00am or contact Sandi Heber / Roger Leverton for more information.

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Attendees George De Govanni, Cosmo DiPerna and Phil Henderson

Audubon Corner
By: Marge Rooyakkers

A wonderful new feature has been added to Hammock Dunes....Audubon Trails to Fitness. The dedication ceremony for the Audubon Trails to Fitness took place on Monday, January 23rd at the community crossover comfort station. The Hammock Dunes Home Owners Association Board, Hammock Dunes residents and Florida Hospital Flagler were represented at the ceremony. Kudos to the HOA for financing and supporting this project, Kelli Jebbia - ATtF Chairperson and her committee; (Wanda Furia, Linda Minger, and Marge Rooyakkers) for all their hard work. Thanks to Travis Hauk for all his help and also to Florida Hospital Flagler Board Member, Tony Papandrea, who gave out wellness bags.

There are 5 colored trails that wind throughout our community. A complete map can be found on the side of the comfort station at the community beach crossover on Calle del Sur or you can download your own map at www.hammockdunesoa.com. You will note that each trail has the distance designated, one mile to over 5 miles, which you can walk, run or bike. Each trail is marked in its specific color on the sidewalk or on the road bull nose. At times there will be more than one color marked as the trails merge or cross. Along the way you will find benches, 8 in total, where you can sit, relax, mediate or just take a break. Nearby there are plaques with information about wildlife that can be seen in that area. This is a real treat....you can work out, get educated and relax in a beautiful atmosphere.

Again thanks to the HOA.

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TASTY TIPS



Chef's Ricco and Vinnie

Can you grill frozen lamb chops?

Rico: Ideally defrost the lamb chops overnight in the refrigerator. Pat dry with paper towels before cooking. Grilling frozen lamb chops will take longer and the meat might be tough compared to defrosted chops.

What is BHT or Butylated hydroxytoluene?

Vinnie: BHT is an antioxidant food additive used to prevent change of color or taste and to help extend the shelf life of foods. It has been known to cause abdominal pain and interfere with liver function. It is best to avoid foods that contain BHT.

What are the different methods of ripening tomatoes?

Rico: There are a few ways to speed the ripening process of tomatoes. You can place one large banana in a wide mouth mason jar. Add up to four medium or six small green tomatoes in the jar. Bananas

speedup the ripening process of the tomato. Make sure the lid is on tight. Place the jar on the counter top near the stove. Check once or twice a day to make sure the banana has not turned rotten. If this happens, replace the banana with a fresh one until the tomatoes have ripened. Another method to get good ripened tomatoes is take a medium size cardboard box and line it with newspaper. Place the green tomatoes in a layers on the bottom of the box. If you have more tomatoes that need to be ripened, you can add layers in the cardboard box. Make sure you place newspaper between the layers. Store in a cool place until ripened. Plastic bags can be used in the same way as the cardboard box, however, it is necessary to put holes in the bag for air circulation. It is important that you do not put too many tomatoes in the bag; three or four at the most. A paper bag is a great way to ripen tomatoes when you only have a few tomatoes. Place tomatoes in a paper bag with a banana. Keep the bag open and store in a warm place.



Chef Jason

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The Links Course; est. 1989...A Fazio Gem

By Dan Pontes and John Heise



Hole #2

Decisions... decisions. Choosing which golf course to play at the Hammock Dunes Club can be tough because both the Links and the Creek Courses are outstanding tracks. Before the Creek Course was built, golfers at Hammock Dunes only had one option, the Links Course. But what a course! I was reminded of how terrific the Links Course is last summer when the Creek Course was closed for three months. Teeing it up at the Links numerous times a week was a real treat; and thanks to its wonderful design and the constantly changing winds, never boring. I started wondering about the course architect and what his thought process was in laying out the course. Dan Pontes, our Hammock Dunes Club Head Professional, dug up an old Links Course guide and yardage book that included some interesting information.

Designed by Tom Fazio, the Links Course opened for play in 1989. It has stood the test of time and after 23 years, remains one of the best courses in the state. Fazio's oceanside layout meanders through the Hammock Dunes community. The landscaping and attention to detail make the course routing feel like a series of beautiful postcards. With several holes overlooking the majestic Atlantic Ocean, the property is without question, breathtaking. The windswept layout offers exceptional playability, matched only by the scenery. This environment lends itself to play for all levels of players and provides for a pleasant and challenging round on this gem of a course.

A Special Place in So Many Ways

Wildlife is in abundance at the Links Course and the Club takes great pride in preserving and protecting it. Thanks to Bob Haley, back in 2001, Audubon International designated the Links Course as a Certified Audubon Cooperative Sanctuary. Hammock Dunes Club is one of less than a dozen communities throughout the nation to have two or more Audubon certified golf courses.

Another reason the Links Course is so special is how different it plays from each of the four sets of tees. The ladies really enjoy the layout from the Red



Hole #6

continued on page 26

Cruising Tips

By Greg Rose



*MS Oceania Regatta and MS Royal Star Clipper
Ravello, Italy*

Over the last years, my wife Pat and I have taken the opportunity to do a lot of cruising! We have been on the well known larger lines like Royal Caribbean and Carnival as well as the smaller and more luxurious lines such as Oceania and Regent Seven Seas. If you have an interest in taking a cruise, hopefully this article can steer you in the right direction.

First off, there are cruise ports in Port Canaveral, Fort Lauderdale and Miami that will allow you to drive to your cruise. Very helpful if you want to take the kitchen sink as well as your entire closet. Carnival, Royal Caribbean and Celebrity offer short cruises (5 -12 days) all year. The smaller, more expensive lines generally have “drive to” cruises that can range from 7 days to 2 months- usually in the late fall to mid spring. Caribbean cruising is a great way to get warm in the winter. Generally the ports visited aren’t show stoppers, but some of the smaller lines get into out of the way anchorages in the Virgin Islands that are fabulous. The longer cruises available in state will take you to the southern Caribbean and also through the Panama Canal (extremely interesting) on their way to either South America or the Mexican western coast and California. If you are willing to fly to your cruise, then you can take advantage of perhaps the easiest way to tour a number of cities and countries without packing and unpacking your bags! Your hotel takes you there and, oh by the way, feeds you too. And it’s paid for in advance. In my opinion, the best way to see Europe.



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The choice of cruise lines can get complicated. Generally, the larger ships (2,000+ passengers) offer more onboard activities such as rock climbing walls and ice rinks and more elaborate nightly entertainment at a lower price. Great if you’re taking the grandkids along.

However, the drawbacks include having to pay for shore excursions as well as alcoholic beverages. Most of the large ships have “reservation only” dining venues where the quality of food and service is better but there is always a \$30-50 up charge per person.

The smaller, more upscale cruise lines all have very good food and service. They are not “adults only” but you do not see many children - they would get bored! As you would expect, there are differences. Regent Seven Seas includes just about everything in their cruise fares including most excursions. But the per night / per person charge is on the high side. Seabourne includes everything except excursions while Azamara and Oceania charge you for alcoholic beverages. Oceania also does not include gratuities. A word about ship excursions. They are an easy and convenient way to see the sights. However, they are expensive (usually twice what you can arrange on

continued on page 15

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cruise continued from page 13

your own) and you generally can see more in a shorter time on your own.

To give you an idea on fares, I have listed below cruises on a number of lines that sail in August and visit the Baltic; all with multiple nights in St Petersburg, Russia. The numbers do not include airfare and come from a popular online travel company. The cost number is per person / per night. These numbers can obviously be different depending on travel agent or type of booking but are a good starting point.

CruiseLine	Ship	Length	Daily Cost/Person
Regent	Voyager	10	\$800
Seabourne	Sojourn	17	\$635
Oceania	Marina	10	\$400
Azamara	Quest	11	\$380
R Caribbean	Jewel of the Sea	12	\$250
Celebrity	Eclipse	14	\$245

In closing, I would like to mention that, although I have my favorites as far as best food, best accommodations, etc; other cruisers have theirs as well. If you are thinking of booking, ask your friends. They will be more than happy to fill you in!



Pat Rose with Mont St. Michel in the background

Greg Rose is a former Test Pilot for the US Navy and Northrop. He and his wife Pat are cruise veterans having been on 19 cruises with Carnival, Royal Caribbean, Windstar, Azamara, Oceania, Seabourne, Celebrity and Regent Seven Seas.



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The Future of the Internet

by John R. Patrick



The future of the Internet in our lives is very positive but we are only about 10% of the way there. Of all the things that could be done online that would save us time and simplify our lives, only 10% of them are there. Travel and banking web sites are getting better, but we are still at the early stages of what is possible. Consider retail e-commerce. Although there has been continuous and steady growth of retail e-commerce, it still represents just 5% of the total retail sales. Why isn't it 25%, or more? The short answer is that there are still a lot of lame web sites. "Click here for the location of our newest dealer where you can visit" or "call to get a price on the product you just found" or "click here to download this form, fill it out, and fax it to us". One company out of 4 million retailers, Amazon, got more than a quarter of all the sales in the fourth quarter of 2011. Most of the rest of the e-businesses in the world have a long way to go. And in the physical world, there are the ubiquitous clipboards at doctor offices where we take a pen and provide a lot of information that they already have.

Major changes in Internet technology are unfolding that will change the way we will engage in communications, collaboration, education, entertainment, shopping, and management of our health. iPhones, iPads, Androids, Facebook, Twitter, Big Data, Analytics, and electronic medical records are changing every aspect of our business and personal lives. For the past fifteen years, I have been writing about the evolution of the Internet by describing developments in seven key areas: Fast, Always On, Everywhere, Natural, Intelligent, Easy, and Trusted. In The Future of the Internet, I will discuss the highlights of some of the more important trends and developments. You can read the story at <http://patrickweb.com/sunsurf>.

John R. Patrick (john@patrickweb.com) is president of Attitude LLC and former vice president of Internet Technology at IBM. Mr. Patrick was a founding member of the World Wide Web Consortium at MIT in 1994 and of the Global Internet Project. He is a Director of Knovel Corp., WebMediaBrands, Inc. and Western Connecticut Health Network. He is the author of "Net Attitude: What It Is, How to Get it, and Why Your Company Can't Survive Without It".



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Outdoors, the wonderful heated pool, spa and Oceanside croquet courts provide refreshing relaxation with active member participation in all areas. Tennis and bocce are an enjoyable respite when played in the club's secluded wooded enclave. All of these amenities have active programming to meet any member's needs and a welcoming membership that only enhances the new member experience.

Through golf, new members have a perfect opportunity to meet other members, regardless of their playing ability, while playing the finest maintained golf courses in North Florida. Throughout the year, the Club coordinates Twilight Mixers and Weekly and Monthly Tournaments, not to mention the numerous other year round group play days that cater to your schedule, taste and abilities.

Whether you are a full-time, part-time or seasonal member, you'll want to enjoy the lifestyle that membership in Hammock Dunes Club provides. You deserve it!

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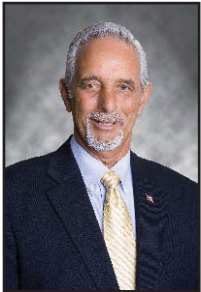




FLORIDA HOSPITAL FLAGLER

Foundation

by Tony Papandrea



Tony Papandrea

Welcome to another edition of a Florida Hospital / Foundation update. I hope that you have noticed a few local changes recently. One is the weather - Spring is here and along with it the new Parkway Medical Plaza office building on Palm Coast Parkway. The facility will be easily accessible to those of us who live north of our SR 100 Hospital Campus and will house several doctors' offices from Family Practice to Interventional Cardiology. There will be a modern Imaging Center as well as Rehab Facilities - including the Freytag Children's Rehab Center. Grand opening is set for July of this year.

In January, the H/D Learning Institute hosted Hospital Administrators David Ottati and John Subers and three of our newest doctors at a luncheon/seminar. The feedback has been more than positive and plans are to continue the series.

The Hospital/HospiceCare Foundations have just completed hosting the Third Annual Moonlit Gala. Thanks to all of the sponsors and supporters who enjoyed and evening with "Tim Rippey and Friends". It was the most successful Gala yet and the funds generated will go to help extend the healing Ministry of Christ and bring world-class healthcare to Flagler County.

On that note, your hospital has become the largest employer in Flagler County. That not only means quality jobs, but is also an indication that we are investing in your future and your healthcare needs. I personally would recommend that when the need arises, you check out our hospital first. I know you will be pleased with your choice. Call me, I'll be happy to arrange a tour.

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If you would like to find out more or arrange for a personalized tour, contact John Subers at The Florida Hospital Foundation office: 386.586.4216.

Tony Papandrea is Chairman of the Florida Hospital Flagler Foundation and can be reached at 386.446.0724.

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**Approaching Tough Conversations
With Information and Support**

by Kathleen Moore



Sometimes the most difficult conversations are the most important ones to have with our loved ones. As society ages and health care technology and resources change, each of us may find ourselves needing to address difficult medical decisions with loved ones, including end-of-life care planning.

Kathleen Moore A ready source of guidance and support for such conversations is Florida Hospital HospiceCare which has been providing services since 1996. Their skilled and compassionate staff and volunteers walk this journey daily with their patients and caregivers.

Advance or end-of-life care planning is often ignored until a time of crisis. A telling 70 percent of Americans do not have a living will. Many are reluctant to have these conversations with their family and health care providers.

Common concerns may be:

“If I bring this up, will my loved one feel angry or frightened?”

“If I bring this up, will my loved one think I’ve given up?”

“If I talk to my physician, will she answer honestly? Will she have time to talk to me?”

“Talking about it makes death happen sooner.”

Suggestions to start discussions with family members include locating an appropriate quiet, private setting, remembering that you are there to listen with respect and care, and sometimes including a professional advisor. While advance care planning can elicit strong, sometimes fearful emotions in all of us, the team at Florida Hospital HospiceCare has repeatedly seen the relief families experience once critical decisions have been made.

“Conversations that are difficult to initiate often result in great relief, and even bring family members closer together,” said social worker Harry Humphrey. The specialized training of the Florida Hospital Hospital HospiceCare team allows them to listen without judgement, advise on best ways to approach family conversations and act as advocates for patients and caregivers with other health care providers.

To speak with a team member at Florida Hospital HospiceCare who can assist with your advanced care planning, call 800-404-1133.

To learn more about the life affirming care offered by Florida Hospital HospiceCare, visit www.FHHospicecare.org.

Kathleen Moore is a Licensed Clinical Social Worker and Assistant Director of Operations for Florida Hospital HospiceCare

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- **Rehabilitation Services** - increase services to our community by adding new equipment and special rehab rooms.
- **Walk-In Clinic**
- **Physician Offices** - addition of 9 physician offices will allow many of our residents to see their doctor closer to home. Patients will have access to support services such as imaging, lab and centralized scheduling for the hospital all in the same building.



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We continue our Tauck Riverboat trip down the Blue Danube from Prague, Czech Republic to Germany to Budapest, Hungary.

Cruising the river during the daylight means passengers can watch the process of going through the locks. Bruce took a tour of the helm and was apprised of the details of the ship and its engines and equipment. This lock on the Austrian/German border has the water level changed by thirty three feet.

Coins were tossed at a sailors' siren to ward off evil and to bring us good luck. We docked in Linz. Today we chose to go to the hometown of Wolfgang Amadeus Mozart. This will be a motor coach ride into town. We saw the allee of trees where Julie Andrews skipped in the Sound of Music movie. We saw both his birthplace as well as the home where Mozart lived. We visited the Marabelle Gardens, the Old Town, the Open Air Market and St Peter's Monastery.



Vineyards of Durnstein

A Glimpse of Europe by Ruth Aiello

Lunch was had on a plaza where the potato soup and weiner schnitzel and beer seemed perfect. We rode the funicular to the top of the fortress where we walked about. The view from this location was quite spectacular. Later that evening after happy hour and dinner (translate lots of wine), we closed the bar after a few dances with spouses.

The next day of cruising through the Wachau Valley on our way to Durnstein was lovely with views of the vineyards, castles and ancient monasteries. The typical wines of this area are the Riesling and Gruner Veltliner wines. This is a UNESCO World Heritage site for well preserved medieval landscapes.

Durnstein dates back to the year 1000. Richard the Lionheart was imprisoned for ransom in 1192. The castle ruins and the stunning white and blue baroque tower monastery dominated the view. The monastery was completed in 1725 and funded in great part by wine revenue.



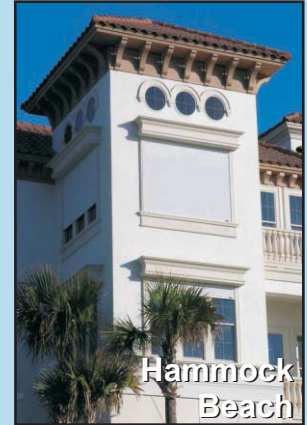
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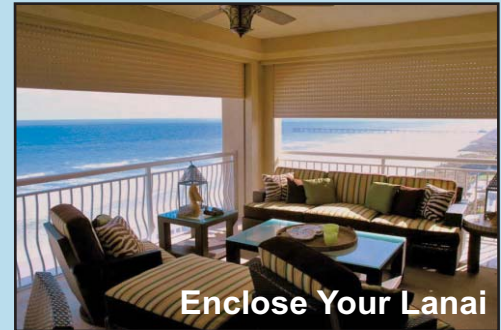
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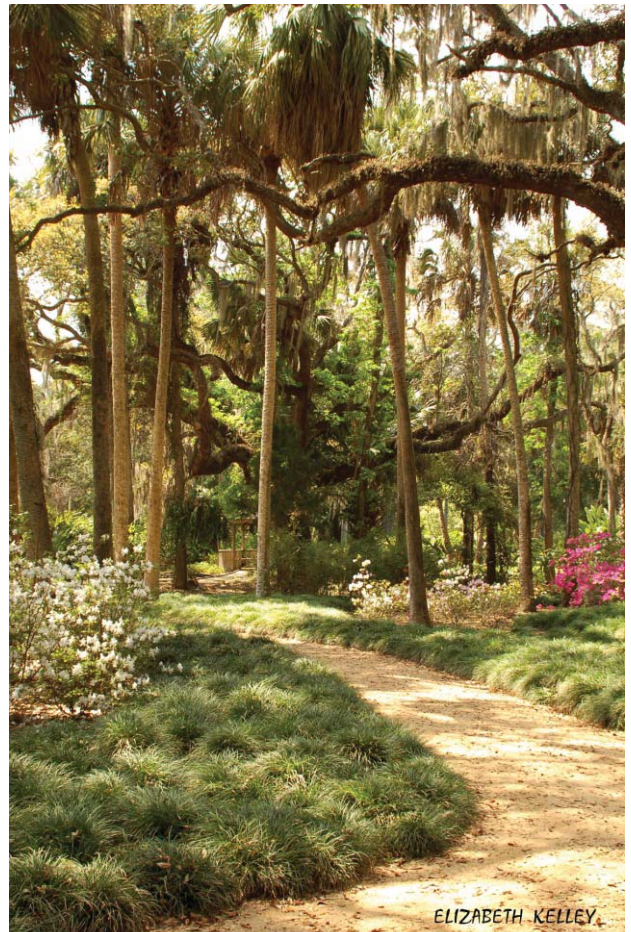
First Blush of the Year at Washington Oaks

by Melissa Kafel and Joe Woodbury

We invite you to come and take a stroll along the secluded pathways at Washington Oaks Gardens State Park to view the luxuriant flora growing all around. A new discovery greets you around each corner: majestic live oak trees, colorful Koi reflection ponds, and pristine river views. The unique blend of native habitat surrounding ornamental plantings makes this 20 acres garden a must see!

The park is especially beautiful to visit during April with its freshly blooming flowers. Spring is the time of new beginnings in the gardens; many of our subtropical plantings have a tough time surviving during the chilly winters, but with the seasonal change the plants are born anew with fresh vibrant colors.

The roses are the highlight bloom of the spring. Each rose bush goes through a severe but necessary pruning in February of each year. The April blooms on the roses are the first blush of the year and are not to be missed. At the park you can enjoy 10 different varieties of roses and over 150 plants with fragrances ranging from sweet and



ELIZABETH KELLEY

continued on page 25

continued from page 24
delicate to strong and spicy.

During spring, the gardenia bush blossom fills the air with one of the most delicious scents of the season. One specialty plant that this garden has to offer, that flowers in the spring, is the Pagoda Plant. This is a tall growing majestic plant with broad leaves and red tubular flowers which is loved by butterflies and hummingbirds. Other ornamental blooms to keep an eye out for are the Daisy Bush, the Cherokee Rose, the Sky Vine, and the many varieties of Hibiscus. Some Florida Native blooms to be found in the garden are Salvia, Firebush, Dune Daisies, Indian Blanket and Morning Glory.

To check out all the blossoms for yourself come visit Washington Oaks Gardens State Park. We are open 365 days a year from 8am until sundown and entrance costs \$5 per vehicle. Make sure to check out our upcoming events lists to take a garden tour with one of our rangers. We promise you will not be disappointed and will be greeted with a smile!



Melissa Kafel and Joe Woodbury are Park Services Specialists

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Links Course continued from page 12

Tees. The men have three sets of tees to choose from - all presenting different challenges. But beware! If you venture back to the Gold Tees, Fazio has you playing a 6,757 yard par 72 links with a 73.7 course rating and a slope of 141. One only has to look at the four Par 3 holes that average more than 200 yards to know the degree of difficulty is on the high side. Now add in mother nature and the Links Course is a true test for even the best of golfers.

The Art of Tom Fazio

One of the most highly acclaimed talents in the world of golf design, Tom Fazio, has been creating championship courses for more than four decades.

Over the years his work has earned him countless honors. In one Golf Digest poll, Fazio was hailed as one of the top golf course architects of our time. He has been named Golf Course Architect of the Year five times by readers of Golf Course News. And one year, Fazio designs swept "Best New Course in America" awards in the Private, Resort and Public categories.

A Masterpiece in Watercolor

Renowned for designing courses that reflect the environment's natural beauty, Tom Fazio has created an 18-Hole masterpiece at Hammock Dunes with many moods. In some places it has the feeling of Scottish links, while in others the rolling hills of the heartland. Some holes boast the lush verdure of the Carolinas, others the topical flavor of Florida. Here's what Fazio himself said about the spectacular seaside course:

"When we set out to design the Link Course at Hammock Dunes, we were blessed with a beautiful seaside environment created by nature. From a design standpoint, my number one concern wasn't the wetlands and the natural areas, but the wind. You can't see or

continued on page 27



Hole #16

continued from page 26

touch the sine...it doesn't belong to the terrain of the course, and yet the wind has a lot to do with how the holes were designed and how these holes are played."

"After that, the predominance of the ocean at the site and the sensitive areas of the course-hammocks of oak trees and wetlands - became important factors in placing the golf course in the ground."

"Hammock Dunes is a very special place. The Links is a world class course on a world class piece of land. I hope you enjoy playing it as much as I enjoyed designing it."

Former PGA Tour Professional and current Senior Tour Player, Fred Funk, holds the Links Course record from the Gold Tees. Back in September 1995, Fred shot a 64. Now that is something special to shoot for!



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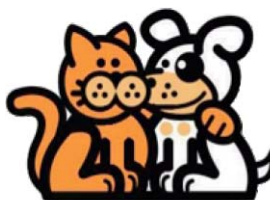


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Other treatment options for skin cancer include cryosurgery (freezing diseased cells), radiation therapy, topical chemotherapy, laser therapy or Mohs surgery, which involves shaving off the affected tissue layer by layer until no abnormal cells remain. These procedures are usually effective in thoroughly removing all traces of skin cancer, but it is important to see your doctor for regular screenings and practice healthy habits in order to prevent recurrence.



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Stuart F. Meyer Hospice House Update

By Cathy Coates



Janine and Michael Fonseca



Susie Hellmann, Tony Papandrea and Nina Ellison

What an amazing community we live in! Again, we saw the generosity of our supporters as they turned out to attend The Fifth Annual Artists at the Gardens event. Our sincerest thanks to Michael and Janine Fonseca of Hammock Gardens Nursery and Landscaping for their continued support! Thanks as well to all the vendors who donated 10% or more of their proceeds from the weekend event to benefit Florida Hospital HospiceCare Stuart F. Meyer Hospice Butterfly Garden. This annual event allows us to maintain a garden, which provides a beautiful place for patients, families and friends to gather for quiet contemplation, conversation and prayer. Proceeds exceeded \$3,500.00, which is quite an accomplishment considering Mother Nature's ire on the original Sunday date and then again on the Sunday rain date!

Thank you to all of the artists who participated in the event, in our raffle, and donated 10% or more of their sales. And to the owners of Surfside Grille, JT'S Seafood Shack, Starbucks Coffee, Kentucky Fried Chicken, Martin's Restaurant, Publix, Sonny's Bar-b-que and Wal-Mart for donating food and supplies for our concession stand where 100% of revenue went to HospiceCare. Special recognition to those who

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donated gift cards to our raffle. JT's, Flagler Fish Co., The Golden Lion and Outback Steakhouse.

It's hard to believe that it has been five whole years since the Stuart F. Meyer Hospice opened. Since then, many patients and families have experienced the special care provided by our staff and volunteers.

Your support makes a difference in the lives of so many in our community. Thanks again to all of you for your support of the work that we do.

If you would like more information about Florida Hospital HospiceCare, please contact Cathy Coates, Community Liaison, at 386-671-04769 or visit our website at www.ffhospicecare.org.





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LOCAL RESIDENT LAUNCHES

“CLICKABOO®”

By John Pirretti

Hammock Dunes resident, Lorraine Pirretti, has developed a fun new child’s educational product called the “CLICKABOO®” Rain Forest Activity Blanket”. How this retired grandmother took a very simple idea and created an entirely new business is an interesting story.

The idea to combine a variety of play activities with educational benefits in a single, easy to carry, product was originally conceived at the Orlando Airport. When Lorraine saw her two adult daughters coming off a plane and struggling to carry their young children with a bag full of toys and other travel necessities, she thought, “There must be a better way”. She came up the idea of an “activity blanket” made with play activities using buckles, buttons and zippers with

continued on page 33



Heather Radloff

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Clickaboo continued from page 32
colorful animals and alphabet letters, all packaged so it can be carried “hands - free” on a parent’s wrist.

After creating several prototypes, Lorraine hired a graphic designer, located a manufacturer and set up a new business to sell “CLICKABOO®” to parents, grandparents and day care providers. To enhance the educational value of CLICKABOO®, Lorraine also created a series of rain forest learning modules including animal/alphabet flash cards and other spelling, coloring and learning exercises; all available for free on the new www.clickabootoys.com website. Lorraine said, “It was a fun experience creating CLICKABOO® for my grandchildren and then seeing the great reaction from other parents and children we shared it with. I am very excited to introduce CLICKABOO® to all our friends in Hammock Dunes. On our website, you will see pictures and videos of children playing with CLICKABOO® and be able to download all the learning materials. I hope everyone will check it out, especially if they have children or grandchildren ages 1 to 4.”
Visit www.clickabootoys.com




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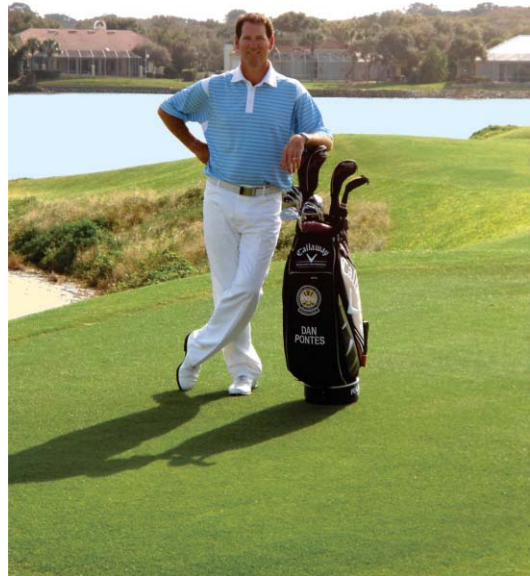
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by Dan Pontes, PGA
Hammock Dunes Club
Head Golf Professional



Stop the Chop!

We have all heard the saying “Drive for Show, Putt for Dough”. While the short game is extremely important to lowering your scores, if you are not driving the ball well, you are setting yourself up to have a long day on the links. Hopefully, the Merry-Go-Round image is starting to take hold from my previous article. Now we want to focus on learning to fly. Picture a plane moving down the runway and taking off. Now imagine the picture of a plane landing. Our driver swing should copy that of plane taking the passengers away from the airport, not returning them back from their trip. To achieve this shallow angle of approach and subsequent ascending position post impact, the club must travel from the inside. You may notice your arms close to your pants pocket as you swing the club on the way down, and then swinging out away from your body toward the ball. Focus on making this move with the arms, not the shoulders or body. The goal is to have your club head path level or slightly ascending as opposed to descending and “chopping” into the ball on a steep angle. Combine a more rounded swing plane, a shallower path and a level strike through the ball and you too will see improved distance and accuracy in your drives!

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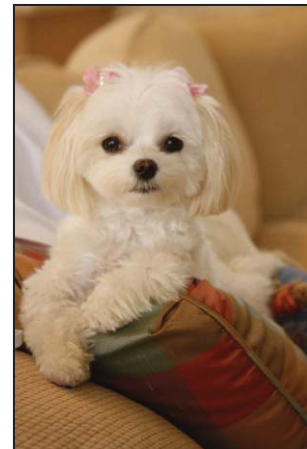


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A Glimpse of Europe continued from page 22

In the morning, we toured the Habsburg Schonbrunn Palace. Then after shopping in Old Town, we returned for a formal dinner at the Palace. The view of the Danube at night was delightful. The next day we were off to Slovakia. We toured Bratislava with a local guide who showed us the main sights. We had a lovely pastry and coffee and went into the Old Town Hall where the movie, THE PEACEMAKER, was filmed starring Nicole Kidman and George Clooney.

The big activity that afternoon heading to Budapest was seeing the largest lock on the Danube...a 65 foot drop! After the Captain gave us a farewell speech, we had dinner which was served in unison for all courses. We arrived in Budapest after midnight. Our last tasks before our transfers were to turn in our Hope and Trust cards and say our goodbyes to our fellow passengers.

Impressions of this Tour Company...what you hear is true. They think of everything. The local guides are proud representatives of their country and their cities. The pacing of the walks, the stops to savor the local delicacies and the sheets with the daily details were all wonderful. The wine was poured freely and the food superb. I have only been on a couple of tours and there is no comparison. This riverboat tour was a great value and truly enjoyed by all of us. Just ask.

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"Grandgirl's" Fresh Apple Cake

By Maureen Delk

Preheat oven to 325 degrees

Cake ingredients:

- 2 cups sugar
- 3 large eggs
- 1 ½ cups vegetable oil
- ¼ cup orange juice (no pulp)
- 3 cups all-purpose flour
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 1 tablespoon cinnamon
- 1 tablespoon vanilla extract
- 3 cups peeled and finely chopped tart apples
- 1 cup shredded coconut
- 1 cup chopped pecans

Generously grease a Bundt pan. Combine cake ingredients in a large bowl in the order given and mix well. Pour batter into the prepared pan and bake for approximately 1 ½ hours. Near the end of the baking time check the cake and do not overcook as it will dry the cake out.

Remove cake from oven and let cool 10 minutes. Remove cake from pan - place on wire rack.

Sauce ingredients:

- ½ cup butter (1 stick)
- 1 cup sugar
- ½ cup buttermilk
- ½ teaspoon baking soda
- 1 tablespoon corn syrup

Makes 16-20 servings

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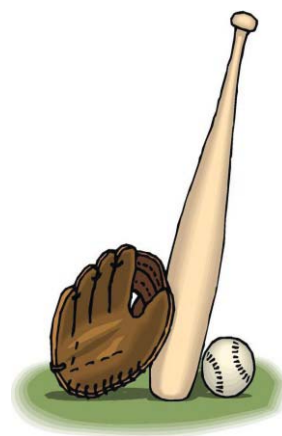
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At one point during the game, the coach called one of his nine-year-old baseball players aside and asked, "Do you understand what cooperation is? What a team is?" The little boy nodded in the affirmative.

"Do you understand that what matters is whether we win or lose together as a team?" The little boy nodded yes, again.

"So," the coach continued, "I'm sure you know, when an out is called, you shouldn't argue, curse, attack the umpire, or call him a knuckle-head. And when I take you out of the game so another boy gets a chance to play, it's not a good sportsmanship to call your coach an idiot, is it?" Again the little boy nodded.

"Good", said the coach. "Now go over there and explain all that to your Grandmother".



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