

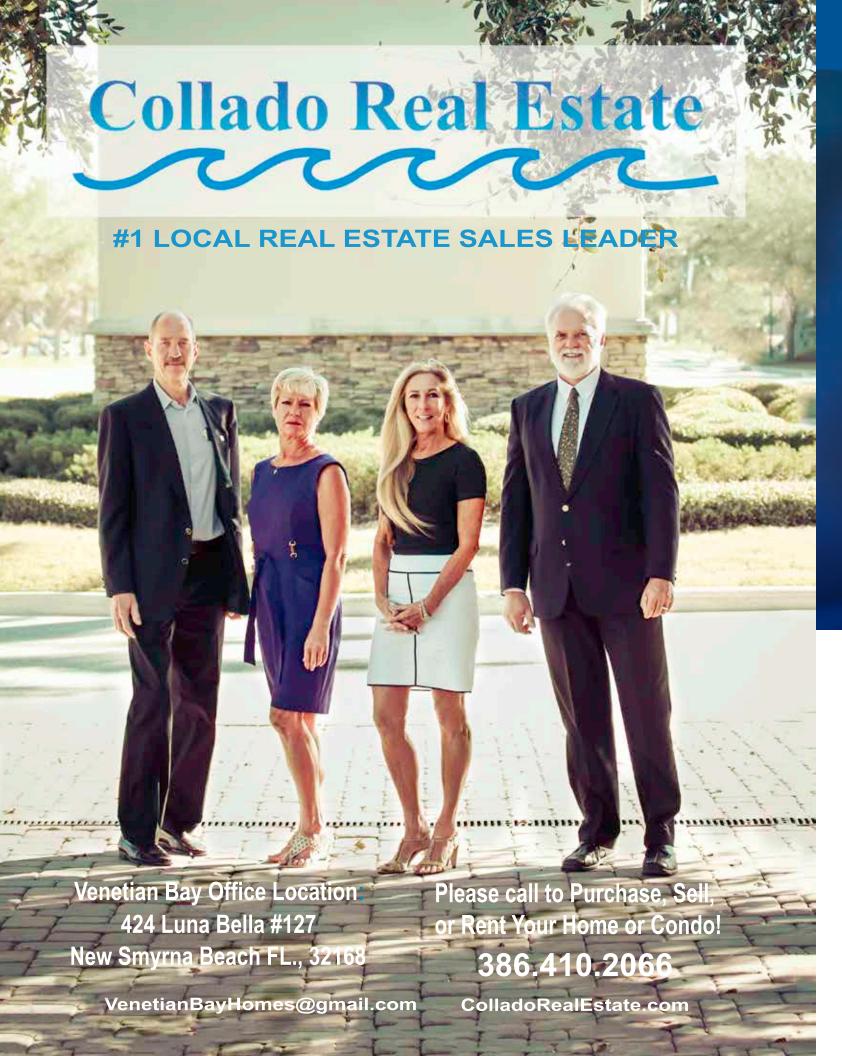
**APRIL 2017** 

A Social Newsletter Exclusively for Venetian Bay Residents

Meet Ursula & Coco

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### POINTS OF INTEREST

### Area Information & Points of Interest

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### editor's note

Back when I was in the Air Force, I had deployed to Udon Thani, Thailand, for an exercise. I was a C-130 aircraft mechanic, rendered useless shortly after arriving due to a severe muscle spasm in my back. I had gone to see the flight doctor for some relief and medication but I received neither. He instead recommended I go back to the hotel and order a massage. Reluctantly, I followed his instructions and waited for the masseuse to arrive at my door. A petite, Thai woman soon arrived and got to work immediately. For 45 minutes, she bent things the wrong way, pushing and yanking on my hips and legs and contorting my body to the point of torture. As she finished, my relief-and bewilderment of how a woman so small could hurt me so much-was interrupted by the realization that my muscle spasm was gone. There is obviously much more to massage than pleasurable pampering-it is therapeutic. This month, our sponsor spotlight reinforces this truth with a look at Abundant Health Day Spa, owned and operated by Cindi Flanagan. Read about her inspiration and passion for the wellness industry, and take the time to think about the signals our bodies and the universe send to both warn us and guide us toward wellness. Additionally, with the end of winter comes new life in spring. We take a look at the artistry of Keith Carroll, who transforms dead and/or damaged trees of Volusia Memorial Park into exquisite works of art by carving them into animal sculptures. Finally, meet Coco, the Scarlett Macaw who is precious enough to warrant a sculpture of his own! So please read on, and let the first issue of the spring add a little sunshine to your life!

# Thank You To Our Contributors

Are you a resident business owner? Would you like to display your business card in Venetian Bay Living? Call Kimberly Anderson at (386) 453-1906 for advertising details.



Debbie Amatucci



J.R. Anderson



**David Carson** 



Kelly Desuza



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Faith Stouffer



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### a note from management

# Meet Todd Moseley





TO THE VENETIAN BAY HOA RESIDENTS,

I would like to take a moment and introduce myself. My name is Todd Moseley, and I am the new Community Association Manager for Venetian Bay HOA with Evergreen Lifestyles Management. I have been in the property management business for five years and I look forward to working with your Board of Directors as well as the all of the residents here. I have enjoyed the first few months of 2017 in the community and look forward to the years to come. The experience I have gained in this industry makes Venetian Bay a perfect fit and I am committed to the challenge of the community.

As your Community Association Manager, I want you to know that I am committed to assisting you in any way that I can. I can be reached at **386-410-4417** or by email (tmoseley@evergreen-lm.com) with any questions or concerns. After normal business hours and on weekends, you will be connected to our afterhours emergency answering service and you may call our 24-7 customer service line at **877-221-6919** at any time.

Most of my management activities are and will be coordinated in partnership with your Association's Board of Directors. However, I look forward to taking the time with the residents of VBHOA to help build a stronger sense of community.

Your Board of Directors and Evergreen are committed to serving the best interests of all Venetian Bay Owners and are dedicated to the lifestyle that makes this association stand out from the rest. It will be a pleasure to work with all of you and I look forward to continuing the relationship we have begun.

I am excited to introduce our Lifestyles program from Evergreen for the first time here in Venetian Bay. We will be working together with Geosam, local businesses and the community to host eight family events this year. Our first event was a movie night under the stars and was a huge success with over 100 residents participating. With a St. Patrick's Day party in the park and an Easter Spring Celebration, we look forward to creating a greater sense of community and family in 2017. Keep an eye out for e-blasts, event banners, and posted flyers in the town center announcing up-coming events. You can also visit www.venetianbayhoa.com for further details and information.

Once again, Evergreen Lifestyles Management and I appreciate our continued relationship with Venetian Bay HOA and we look forward to working with you in 2017 and the future.

Sincerely,

TODD MOSELEY, LCAM Evergreen Lifestyles Management





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14 La Bella Vita • April 2017

# Meet Ursula & Coco

### **precious** pets

Submitted By Resident **Donna Ehlers**, Photos By **DAndersonPhotography** 

Family member name: Ursula Yanowitz

**Pets name/breed:** Coco/ Scarlett Macaw

Male or female: Male

Where/why did you get your pet?: I bought him at a bird show. I had a parakeet as a child and that inspired me to buy Coco. When I went to buy him, he stuck his tongue out at me and started swinging in his cage. He had such a great personality, which is why I wanted to buy him.













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**Is there a story behind his name?:** Just thought Coco sounded like a good name for a bird.

**Anything unusual about his talents?:** When the phone rings he says Hello! He laughs and talks like me.

What do you like best about your pet?: His personality!!! He also acts like a two-year-old!

**Funny stories:** He helps me with the wash and is always in the middle of everything. He also opens the cupboard doors!

**How spoiled is your pet?:** Very spoiled! He eats pistachios and drinks champagne!!

What else should we know about your pet: He is like having a child who hasn't grown up. When he sees me dressed to go out, he says, "Bye, Coco."

Would you like to see your precious pet featured in the magazine? Email us at **VenetianBayLiving@n2pub.com** 





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### resident business spotlight

# Volusia Memorial **Tree Carving**

Photos By **DAndersonPhotography** 



Tree carvings started at Volusia Memorial Park about 12 years ago. Volusia Memorial Park is known for its park-like setting with many large trees giving shade to the grounds. Whether it is due to natural processes or storm damage, occasionally the trees need to be removed.

About 12 years ago, Volusia Memorial contracted with Keith Carroll out of Brevard County to carve the trees as a way of extending their lives another way-by becoming a natural display of art. This allowed us to keep our park-like setting even if we had less trees.

Keith Carroll's main job is a realtor in Brevard County and he is an artist as a hobby. The trees are carved using various saws including a chainsaw and his artistic eye. Keith doesn't always know what he will be carving until he starts. He is extremely creative and does his carvings according to the condition of the tree. He uses marbles for the eyes of all his carvings, which brings them to life. At Volusia Memorial, you can see the following tree carvings: owl, rabbit, dolphins, horse, pelican, manatee and double eagles. We are waiting for the perfect tree to have sea turtles carved from.

Volusia Memorial Park is located 550 N. Nova Road in Ormond Beach and is part of the Dignity Memorial Network. They are located just north of The Trails Shopping Center. Brenda Campbell has been at Volusia Memorial for 26 years -- the last 14 years as the general manager.















## Valentine's Day **EVENT**

Over 60 Promenade Park Neighbors And Their Guests Dined In Style At The Venetian Bay Golf Clubhouse

Submitted By Residents Lee Delieto & Debbie Jackson

Promenade Park residents get together every Valentine's Day to celebrate the place they love to call home.

This year, over 60 Promenade Park neighbors and their guests dined in style at the Venetian Bay Golf Clubhouse where they enjoyed a memorable evening of good food and friendship. The popular holiday event is one of six dinners held annually in the community.

"The dine outs really draw our neighbors together," said resident and event organizer Lee DeLieto. In addition to being a fun night out, the social gatherings help build and strengthen neighborhood connections.

These strong connections are what motivates Lee, a former restaurant owner with 25 years of hospitality industry experience, to organize the festive dinners. "This is my way of giving back to our community," she said. "And more importantly, after watching Promenade Park grow to its present size, I know the only way we'll remain such a vibrant community is if everyone feels welcome."

In addition to the dinners, newcomers have the opportunity to meet their neighbors at monthly happy hours and fun neighborhood events that range from the annual Promenade Park Regatta to the Corn Hole Tournament.

Lee noted, "We're a very close-knit community. People know their neighbors. They feel connected and really look out for one another."

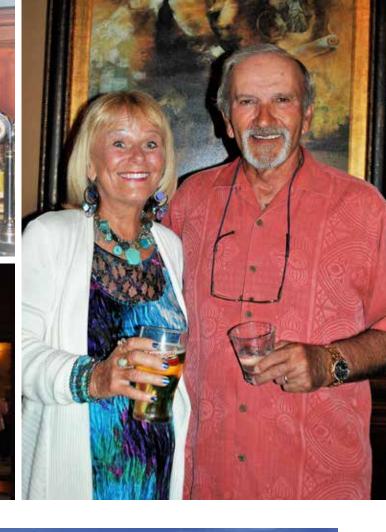


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First, power off your laptop immediately after the spill, unplug the power supply and remove the battery. DO NOT power it back on!! Only after it has been dried and cleaned should powering on be attempted. Next, grab a towel, open the laptop as much as possible and turn it keyboard side down on the towel. Hopefully most of the liquid will drain out and the computer can dry. Lastly, the most painful step, prepare yourself right now to be without your laptop for at least a couple of days.

### HOW BAD IS THIS?

The key to this answer is...what did you spill? The type of liquid spilled matters most. Water is less problematic than coffee, soda or wine. It can naturally evaporate and leave no residuals behind. Meanwhile, drinks that have sugar in them can cause more damage because the sugar will stay behind, on the components, even if the liquid dries out. Sugar and other substances will slowly but surely damage things.

### DAMAGE CONTROL

You have a few options. Sending it to the manufacturer for possible warranty repair is one. But, only if you have an accident protection plan. Most manufacturers add liquid damage indicators in key areas of the computer. Odds are you will end up with a denied claim or hefty repair bill from the manufacturer.

Next option, do the cleanup yourself. If you have the right tools (very important), are familiar with the inside of a laptop and have patience to spare, this could be your option. Do you feel lucky??

On the other hand, if your knowledge of the internal workings of a laptop extend only to where the power button is, you may want to find some help. That's were Computer "A" Services comes in. We see computers regularly that have shared in their owner's beverage of choice. The most successful stories come from situations where the power was immediately removed from the laptop and no attempt to start the system has been made since the spill. In some cases, the keyboard needs to replaced and the system's internal components cleaned but most of the time the computer is not a total loss!

Anytime you have a computer tragedy or simply a question, let us help!

Thanks for your time, Ken Gelineau www.ComputerAServices.com (386) 409-0320 817 N Dixie Frwy New Smyrna Beach, Florida 32168 TechTalk@computeraservices.com









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# security & safety

Submitted By Peter Stanton



Spring is here and summer is on its way. This is the time when you might be working in your back yard or enjoying a nice barbecue in this beautiful weather. It is also the time to take precautions with the front of your home. While you are in back there may be someone walking thru the neighborhood



just looking for an open garage door with no one around. It is a good safety measure that if you aren't in your garage, close the door. Don't be a victim of an opportunity crime. People are often tempted and naturally look at open doors. They might see something they must have.

While entertaining in your back yard or pool, lock your front door. Crooks can see when there are extra cars parked at your home. They can also listen and hear if people are in the back

> yard. If so, they may try the front door to see if it is unlocked and just walk in to see what they can get. I would also mention that even if you are just walking next door or across the street, you should lock your doors and turn on your alarm.

> Is the exterior of your home inviting to a burglar? Shrubs and trees should be trimmed so that a person cannot hide between them and the house. Boats and trailers should not have inviting items left on them in plain sight

of the road. There are a lot of workers that are in the neighborhood that are driving up and down the roads to work. Not every company does a background check on its employees. It is a great idea to ask your contractors if they do background checks on their workers. All licensed security companies have to perform background checks. There are some unlicensed people who do come knocking on doors to sell alarms and video camera systems. Be wary of them and check their credentials.

Passwords are a vital part of life now. You should have a strong password that only you know and remember. A password should have number, letters and symbols. If you feel you might have used it somewhere you shouldn't have, please change it. The internet allows almost anyone in the world access to your business online. We all use the internet and are all vulnerable to hacking. Keep your virus protection up to date. Don't click on emails if you don't know them.

Security and camera systems should be separate for your best protection. Camera systems use the internet to allow you to have remote viewing of your cameras. This is one of the best reasons to not have your cameras connected to the alarm system. Once your cameras are online, they then become vulnerable for crooks to look into your home. If your alarm system is connected to the cameras, then they can deactivate your alarm and walk in. I know the glitzy commercials on TV make it look easy to have everything on one system and one app, but it just isn't the best for your family's protection.

Always get more than one estimate. This will provide the whole story as companies often do things differently to enhance the bottom line. Paying more per month does not equate to better security. Call a local company to get the best protection and value, as they live in your community and want to make it safe for all.



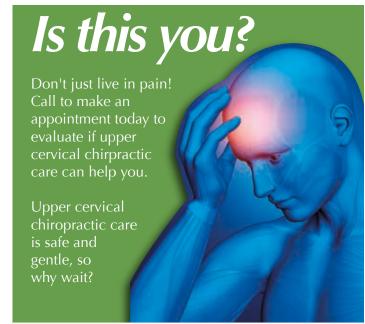
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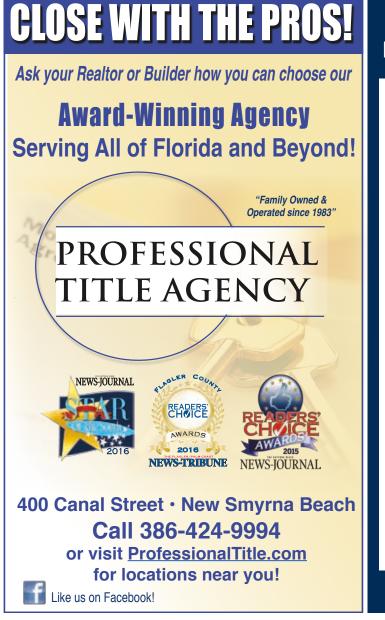
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### **financial** fitness

Submitted By Resident David Carson

More than 110 million Americans collected a tax refund - worth an average of just under \$3,000 - after filing their 2015 tax returns, according to statistics released by the Internal Revenue Service (IRS). If you're one of the many Americans who expect to receive a financial windfall this year, what do you plan to do with the money? It's tempting to treat yourself to a new TV or a pricey vacation. However, if you refrain from spending your refund impulsively, the money presents an opportunity to treat yourself to additional financial security. Here are five ways to extend the benefits of any refund you receive this year or in the future:

### 1. Give your retirement savings a boost

While your refund may not seem like a large sum compared to the amount you need to live the life you want in retirement, every dollar you put aside matters. Keep in mind that the money will have a chance to grow, particularly if you are several years or even decades from retirement.

This year, think about using your refund to "max out" your contributions to an Individual Retirement Account (IRA). Individuals age 50 or older can set aside \$6,500 per year in an IRA while those under 50 can save up to \$5,500 annually. You may be able to deduct your IRA contributions if you qualify, which may help reduce your 2017 tax bill. You can also put your refund to work in a Roth IRA, potentially qualifying you for tax-free withdrawals in retirement.

### 2. Save for another long-term goal

If you are saving money for a down payment on a home, a home improvement, or higher education needs, your refund can make a big difference. Consider using your tax refund to establish a separate savings account, or invest the money in its own investment vehicle. Keeping your goal-specific savings separate from your day-to-day accounts will help you focus on reaching the goal because you'll be less tempted to spend the money elsewhere.

### 3.Expand your "rainy day fund"

A basic rule of thumb is for you to have at least three-to-six months of income set aside in an emergency fund. This is money that should be left in cash (such as a savings account or a money market fund) in the event an unexpected financial need occurs. A tax refund is a great way to bolster your rainy day fund if it's lacking.

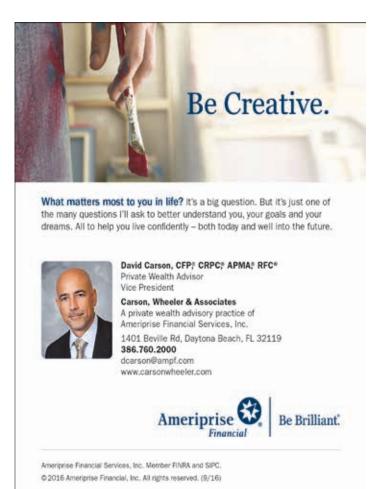
### 4. Focus on being financially independent

If you have any credit card debt, consider first using your refund to reduce this costly form of borrowing. After that debt is eliminated, you may want to focus on tackling any outstanding student loan balances. If you're fortunate enough to have your consumer debts paid off, think about making an additional mortgage payment. Many Americans make it a goal to pay off their home before they retire, and several lump sum payments can help make this goal more attainable for you.

### 5. Adjust your tax withholding

If you tend to receive a sizable tax refund each year, a better approach may be to reduce the tax withheld from your paycheck. Rather than giving the IRS a "tax-free loan" while you wait for a big refund, keeping the money may make more sense for you. Apply the extra cash you'll receive in each paycheck toward your most important goals, such as retirement or a child's education. Adjusting your withholding may affect your tax situation, so talk to your tax advisor before making a change.

You want to use your refund where it will have the greatest positive impact on your financial situation. If you need help weighing competing priorities, talk with a financial professional who can give you an objective perspective on how to best divvy up your refund.



### **got** insurance?

### Funny Insurance Claims Quotes

Submitted By Chase Herbig CLU, ChFC, CFM, BSBM



- · I was on the way to the doctor with rear end trouble when my universal joint gave way, causing me to have an accident.
- · I was backing my car out of the driveway in the usual manner when it was struck by the other car in the same place it had been struck several times before.
- The car in front of me stopped for a yellow light, so I had no choice but to hit him. (She pushed him through the intersection)
- · I pulled away from the side of the road, glanced at my mother-in-law and headed over the embankment.
- · The indirect cause of the accident was a little guy in a small car with a big mouth.
- · I had been driving for forty years when I fell asleep at the wheel and had an accident.
- · The accident happened because I had one eye on the truck in front, one eye on the pedestrian and the other on the car behind.
- The guy was all over the road. I had to swerve a number of times before I hit him.
- · I collided with a stationary truck coming the

- · My car was legally parked as it backed into another vehicle.
- · I was unable to stop in time, and my car crashed into the other vehicle. The driver and passengers then left immediately for a vacation with injuries.
- · Coming home, I drove into the wrong house and collided with a
- · I thought my window was down, but I found it was up when I put my head through it.
- In an attempt to kill a fly, I drove into a telephone pole.
- I was thrown from my car as it left the road. I was later found in a ditch by some stray cows.
- I didn't think the speed limit applied after midnight.
- The accident was caused by me waving to the man I hit last week.
- Windshield broke. Cause unknown. Probably Voodoo.
- There are worse things in life than death. Have you ever spent an evening with an insurance salesman? - Woody Allen



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### venetian bay women's golf association

# Meet The Ladies



### Name: Barbara Shupe

What section of the neighborhood do **you live in?** Arbor Lakes Where did you grow up? Wausau, Wisconsin

How long have you been playing golf?

8 years

Who is your favorite golf pro? **Tiger Woods** 

Who do you idolize in the sport? The friendships

How often do you normally practice?

More in the summer than the winter

**Are you on a team?** Yes, The Venetian Bay Women's Golf Association Have you met a famous Golf Pro before? No

Have you traveled anywhere outside the state to play golf? Yes

What awards or honors have you won? None

What have you learned from practicing in this sport? You need to practice to improve your game

What is your favorite golf moment? Getting a birdie



### Name: Bev McDowell

What section of the neighborhood do you live in? Ponce Inlet, a guest member Where did you grow up? Portland, Oregon & Florida Panhandle

How long have you been playing golf?

I play like I started yesterday, but I took my first lesson when I turned 50. So, over 10 years.

Who is your favorite golf pro? Mark Hamilton from Blackshear in Indiana Who do you idolize in the sport? |

always loved watching Fuzzy Zeoller play. He seemed to have a lot of fun. I watched him play at the Masters back in the early 80's.

How often do you normally practice? Unfortunately during a lesson or on play day!

Are you on a team? Yes, Venetian Bay

Have you met a famous Golf Pro before? No

Have you traveled anywhere outside the state to play golf? Yes, I've played in many states, including Hawaii. I played in Canada last year. I also played in a member/guest event at Troon CC last year in Scottsdale, where we came in first in our flight.

What have you learned from practicing in this sport? I wish I could say "patience" but that would be wrong

What is your favorite golf moment? When I break 100.

### Name: Carlene Anthony

What section of the neighborhood do you live in? Parkside

Where did you grow up? Akron, Ohio How long have you been playing golf? On and off from age 30

Who is your favorite golf pro? Fred Couples was my first favorite pro

Who do you idolize in the sport? Arnold Palmer-after his passing I learned what a wonderful man he was!!

How often do you normally practice?

play three times a week and that is my practice.

Are you on a team? Yes, Venetian Bay Women's Golf Association and Executive Women's Golf Association

Have you met a famous Golf Pro before? Unfortunately not.

Have you traveled anywhere outside the state to play golf? Bermuda, Hawaii, Georgia and Ohio where I grew up.

What awards or honors have you won? Several playing in tournaments with EWGA in my flight.

What have you learned from practicing in this sport? Do not take it too seriously as I play for the fun of it

What is your favorite golf moment? I'm still waiting for my hole in 1, but my first birdie was #17th hole RiverBend.





### Name: Claire Hanna

How long have you lived in the neigh**borhood?** 10 years

Where did you grow up? Chateauguay & Quebec, Canada

How long have you been playing golf? 7 years

Who is your favorite golf pro? My husband Gordon

Who do you idolize in the sport? Tiger, Jim Furyk and Jason Day

How often do you normally practice? Not very often

**Are you on a team?** Yes. The Venetian Bay Women's Golf Association Have you met a famous Golf Pro before? My husband works for the Canadian Womens Open. I was privileged to golf in a Pro Am with Brittany Lincicome & met a lot of The Ladies Proettes.

Have you traveled anywhere outside the state to play golf? Yes What awards or honors have you won?

2016 Member Guest at Sugar Mill

What have you learned from practicing in this sport? Character building, tenacity, optimism(cursing on occasion, haha)

What is your favorite golf moment? Having breakfast in The Trophy Room at Augusta National during The Masters



### Name: Eileen Wodder

What section of the neighborhood do you live in? Ponce Inlet, a guest member Where did you grow up? Illinois

How long have you been playing golf? 40 years

Who is your favorite golf pro? My husband, Lynn Wodder

Who do you idolize in the sport? Arnold Palmer

How often do you normally practice? Every time I play golf! In my world its all just practice.

Are you on a team? Yes

Have you met a famous Golf Pro before? No

Have you traveled anywhere outside the state to play golf? Yes, all over the U.S. and Ireland

What awards or honors have you won? None What have you learned from practicing in this sport? Patience What is your favorite golf moment? My hole in one



### Name: Joan Meanev

What section of the neighborhood do you live? Ponce Inlet, a quest member Where did you grow up? Montreal & Kingston, Canada

How long have you been playing golf?

Who is your favorite golf pro? Cindy

Who do you idolize in the sport? Ricky

How often do you normally practice? Not much

Are vou on a team? No

Have you met a famous Golf Pro before? Yes, Nancy Lopez Have you traveled anywhere outside the state to play golf? Yes What awards or honors have you won? None What have you learned from practicing in this sport?

Patience & friendship

What is your favorite golf moment? My birdie



### Name: Kathy Hickmott

What section of the neighborhood do you live? The Townhomes in Venetian Bay

Where did you grow up? Syracuse, N.Y. How long have you been playing golf? 15 vears

Who is your favorite golf pro? My husband Chuck

Who do you idolize in the sport? Nancy Lopez & Phil Mickleson

How often do you normally practice? 3 times a week

Are you on a team? No

Have you met a famous Golf Pro before? Yes, through Marshalling Have you traveled anywhere outside the state to play golf? Yes, New York & Virginia

What awards or honors have you won? None yet What have you learned from practicing in this sport? Patience & Perserverance

What is your favorite golf moment? Marshalling at LPGA, The Players Championship. Q school and Ponte Vedra,

• • •



### Name: Mary Erikson

What section of the neighborhood do you live? Savona South

Where did you grow up?

Western suburb of Chicago

How long have you been playing golf? 40 years

Who is your favorite golf pro?

Lenny Varacelli

Who do you idolize in the sport?

Arnold Palmer because he wasn't only a great player, he was a wonderful person.

How often do you normally practice? I practice while I play. Not very good at going to the range.

Are you on a team? Yes, Venetian Bay Womens Golf Association & Volusia Interclub Players

**Have you met a famous Golf Pro before?** Never met, but I watched Arnold Palmer and Gary McCord at senior tournament

Have you traveled anywhere outside the state to play golf? Bahamas & Costa Rica

What awards or honors have you won? None, still waiting for that hole in one!

What have you learned from practicing in this sport? Patience and have fun! There is a reason I am not on the pro circuit

What is your favorite golf moment? Playing with my ladies, laughing and having fun. Playing with my husband & friends & enjoying our golf.



### Name: Marilyn O'Connor

What section of the neighborhood do you live? Tuscany Reserve

Where did you grow up? Ohio How long have you been playing

golf? I became hooked on golf about 20 years ago after taking lessons at Miami Whitewater Golf Course in Ohio. I have played various courses in Ohio, Kentucky, Indiana, Illinois, Pennsylvania, Arizona, Montana, Colorado, Michigan, Georgia, Florida, Hawaii, Ireland and Germany. I

hope to play in Iowa later this year

Are you on a team? Yes, The Venetian Bay Womens' Golf Association and the Daytona EWGA Executive Women's Golf Association Have you traveled anywhere outside the state to play golf? I have attended the Solheim Cup (U.S. Women Pro Golfers vs. European Women Golfers) in Indianapolis, Chicago, Denver, Ireland and Germany and looking forward to Des Moines in August.

What awards or honors have you won? Awards I am proud of: 2013 Venetian bay Women's Club Championship, Low Net; 2014 Venetian Bay Women's Senior Championship and 2016 Volusia County Women's Championship, 1st Place in flight.

What have you learned from practicing in this sport? I have learned from practicing in this sport that golf is more than a game. It is a great way to meet and make new friends, participate in friendly competition, travel and play different courses, and to enjoy the great outdoors and beautiful scenery found on so many courses.

What is your favorite golf moment? My personal favorite golf moment was when I had a hole-in-one. An exciting golf moment has to be when U.S. Women won the Solheim Cup in Germany--an awesome win and so much fun celebrating with friends and the U.S. team



### Name: Pamela Murray

Where did you grow up?

Waterbury, Connecticut

How long have you been playing golf?

Who do you admire in the sport? Phil Mickelson

Are you on a team? Yes, The Venetian Bay Womens' Golf Association and the Daytona Executive Women's Golf Association (EWGA)

Have you met a famous Golf Pro

before? No

Have you traveled anywhere outside the state to play golf? No What awards or honors have you won? None

What have you learned from practicing in this sport? Golf is a very humbling sport. Remember the good shots & forget the bad. Enjoy the camaraderie and nature.



### Name: Patricia Klayer

What section of the neighborhood do you live? Parkside Townhomes

Where did you grow up? Arlington, Virginia

How long have you been playing golf? 16 years

Who is your favorite golf pro? Cindy McCalister

Who do you idolize in the sport? Phil Mickelson

How often do you normally practice? I'm bad about going to the range. I prac-

Are you on a team? Yes, WGA Venetian Bay, WGA NSB & EWGA Have you met a famous Golf Pro before? No

Have you traveled anywhere outside the state to play golf? Yes: Mexico, California, North Carolina, Georgia, Massachusetts, Virginia. What awards or honors have you won? 2011 Low Net Champion VB;

tice on the course!

2012 Low Net Champion VB; 2013 Senior Club Champion Ladies VB What have you learned from practicing in this sport? That it's fun

What is your favorite golf moment? Hole-in-one at LPGA

and good exercise, but it can be frustrating.





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247 Capella Court	Portofino Estates	\$ 1,950,000		2	6,265	3
263 Portofino Boulevard	Portofino Estates	\$ 875,000	4	3	3,872	4+
2913 Linari Court	Portofino Estates	\$ 727,200	4	3	4,422	3
104 Portofino Boulevard	Portofino Estates	\$ 658,931	3	3	4,267	3
260 Portofino Boulevard	Portofino Estates	\$ 549,000	4	3	2,617	3
254 Portofino Boulevard	Portofino Estates	\$ 479,900	4	3	2,599	3
344 Leoni Street	Arbor Lakes	\$ 395,313	4	3	2,405	2
3602 Maribella Drive	Maribella	\$ 319,900	3	2	2,250	2
424 Luna Bella Lane	Tuscany Square	\$ 249,900	3	3	2,345	1
424 Luna Bella Lane	Tuscany Square	\$ 230,000	3	3	2,208	1
3370 Gallia Street	Savona	\$ 224,900	4	2	2,042	1
424 Luna Bella Lane	Tuscany Square	\$ 220,000	3	2	1,862	1
3523 Casalta Circle	Parkside	\$ 219,900	3	2	2,060	1
424 Luna Bella Lane	Tuscany Square	\$ 212,900	2	2	1,684	1
424 Luna Bella Lane	Tuscany Square	\$ 199,500	2	2	2,208	1
424 Luna Bella Lane	Tuscany Square	\$ 199,000	3	3	2,208	1
424 Luna Bella Lane	Tuscany Square	\$ 179,900	3	2	1,862	1
				550A.0		





### Name: Patricia Sabo

What section of the neighborhood do you live? Savannah Pointe Where did you grow up? Lapeer, Michigan

How long have you been playing golf? 20 years

Who is your favorite golf pro? I enjoy watching the LPGA

Who do you idolize in the sport? Pamela Creamer

How often do you normally practice? 1-3 times a month

**Are you on a team?** Yes, The Venetian Bay Women's Golf Association Have you met a famous Golf Pro before? No

Have you traveled anywhere outside the state to play golf? 15 years in North Carolina

What awards or honors have you won? Member-Member, Club Championship at the club where we lived in NC

What have you learned from practicing in this sport? Patience What is your favorite golf moment? Getting a hole-in-one twice



### Name: Rita Penze

What section of the neighborhood do you live? Maribella

Where did you grow up? Chicago, Illinois

How long have you been playing golf? 20 years

Who is your favorite golf pro? Every lesson/clinic I've taken has helped my game but I would have to say my first lesson was my favorite back in the Chi-

Who do you idolize in the sport? Dustin Johnson How often do you normally practice? Unfortunately for me, not often.

**Are you on a team?** Yes, The Venetian Bay Women's Golf Association as well as the Daytona Beach chapter of EWGA

Have you traveled anywhere outside the state to play golf? Yes: Georgia, California, Illinois, Michigan, and Hawaii.

What have you learned from practicing in this sport? Patience What is your favorite golf moment? The first time I shot a score in the 80s



### Name: Patty Conway

What section of the neighborhood do you live? Ponce Inlet, a guest member Where did you grow up? Western

How long have you been playing golf? 30 years

Who is your favorite golf pro? Gene Hilen, KY

Who do you idolize in the sport? Phil

How often do you normally practice? Every time I play









Are you on a team? Yes: The Venetian Bay Women's Golf Association, VIP Have you met a famous Golf Pro before? Lee Trevino at Senior Tour Have you traveled anywhere outside the state to play golf? Yes, for fun. What awards or honors have you won? None

What have you learned from practicing in this sport? It's a great way to meet nice ladies.

What is your favorite golf moment? Made Eagle twice



### Name: Wanda Lynch

What section of the neighborhood do you live? Ponce Inlet, a guest member Where did you grow up?

Southern Indiana

How long have you been playing golf?

Who is your favorite golf pro? Matt Kuchar is my favorite golf pro

Who do you idolize in the sport? I do not idolize anyone in sports, but I do admire Derek Jeter.

How often do you normally practice? Not nearly as much as I should Are you on a team? Yes: The Venetian Bay Women's Golf Association Have you met a famous Golf Pro before? No I have not.

Have you traveled anywhere outside the state to play golf? I have golfed in 38 states, two Canadian provinces and Bermuda.

What awards or honors have you won? None. If you had seen me golf, you'd understand why.

What have you learned from practicing in this sport? I have learned that most people are honest and follow the rules. I have also learned that sometimes you just have to take a risk.

What is your favorite golf moment? My favorite golf moment was the first time my husband, my son and I golfed together.



### Name: Wanda Eller

What section of the neighborhood do you live? Promenade Parke

**Where did you grow up?** Winston Salem, North Carolina

How long have you been playing golf? I have been playing golf about 40 years and continue to watch my handicap go up as I age.

**Who is your favorite golf pro?** My favorite golf instructor was Dutch, a Pro in North Carolina

**Who do you idolize in the sport?** Tiger Woods has been my favorite golfer and probably Nancy Lopez during her day.

**How often do you normally practice?** I have not practiced since last summer but probably need to.

**Are you on a team?** Yes: The Venetian Bay Women's Golf Association and Executive Women's Golf Association

**Have you met a famous Golf Pro before?** I have not personally met a famous golf pro but have seen many of them play in person at the tournaments. I was excited to see Tiger Woods a few years back at Sawgrass, and was close to him on the 8th hole.

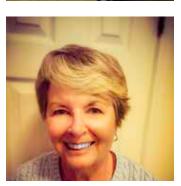
Have you traveled anywhere outside the state to play golf? I used to play golf a lot in various states on business trips, but not recently. What awards or honors have you won? I have won 1st and 2nd place in my flight in several club championships in NC and FL. I was chosen to be the Women of the Year in the NC league.

What have you learned from practicing in this sport? Throughout my career in business and golf, I have had the privilege of working with so many successful individuals and played with some amazing golfers. For me the two are related. It is about building character, things like respecting your opponent, responsibility, persistence and self discipline. In life and sports there's a lot of uncertainty, but one thing I've learned is how to deal with things I can or cannot control. These amazing golfers could beat me any day of the week. I am not discouraged or intimidated, but I consider this an opportunity to learn from them.

**What is your favorite golf moment?** My favorite golf moments were when I shot a few 88 games.













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### resident recipe

# Seared Scallops with Coconut Curry Sauce





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### **INGREDIENTS:**

- \* 9 oz. dry scallops (1 Lean)
- \* 1/8 tsp lemon pepper (1/4 Condiment)
- \* 1/8 tsp curry powder (1/4 Condiment)
- \* 1/8 tsp coriander (1/4 Condiment)
- \* 2 tsps olive oil (2 Healthy Fats)
- \* 1 tbsp Starport's coconut curry sauce (2 Condiments)
- \* 1 tbsp low sodium chicken broth or water
- \* scallions, thinly sliced

### **DIRECTIONS:**

Rinse, then pat the scallops dry. Combine lemon pepper, curry powder, coriander and salt. Sprinkle both sides of scallops with seasoning blend. Place olive oil in a non-stick skillet and heat over medium-high heat until sizzling, then add the scallops. Sear until nicely browned on one side, then flip and cook on the other side. Touch them to gauge their level of doneness; they need to have a little give but not too much. Take care not to overcook to the point that they're hard to the touch. Plate and cover.

Combine coconut curry sauce and chicken broth in a very small bowl. Spoon over top of scallops. Sprinkle sliced scallions over the top. Serve over grated, cooked cauliflower.

1 Complete Lean and Green Meal with 3 Condiments and 2 Healthy



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# ABUNDANT HEALTH Day Spa

### sponsor spotlight

By J.R. Anderson, Photos By DAndersonPhotography



There was a time when I considered a visit to the spa as just another opportunity for the affluent to spoil themselves. Ignorance quickly gave way to insight after my first spa experience -- I realized that the concept of body, mind and spirit was more than just a cliché--it was the foundation of a holistic health practice. Modern life, teeming with the stresses of traffic, deadlines, emails, bills, debt, relational conflict and uncertainty, dictates that we either find a way to get back to zero or risk becoming overwhelmed with despair.

Just as we need to pay attention to the signs our bodies give us, we also need to acknowledge the signs the universe sends. Cindi Flanagan, owner and operator of Abundant Health Day Spa in New Smyrna Beach, initially mistook signs for coincidence when determining whether to pull the trigger on starting her own day spa -- "I was still living in North Carolina at the time when I was determining whether I was going to acquire the spa. I told the agent I was interested but couldn't do it just then. So I told him to let me know if somebody else was interested. A few weeks later, somebody else showed interest, so I thought that I might need to let it go, move on and look for something else. The next day, I went to my chiropractor and he started talking—he never talks. He asked me what I did for a living and I told him I was an accountant, blah blah blah. He said I didn't seem very excited about

it, then suggested I find something that I'm passionate about. Once I was at the checkout counter, a lady approached me saying she couldn't help but overhear my conversation. She gave me her card and she called herself 'The Spa Lady.' That was just a definite sign that I needed to get back on that path. All throughout the process, from the time I decided to go through with this, there were decisions and crossroads. I kept wondering if I was doing the right thing, trying to talk myself out of it. And every time I tried to talk myself out of it, something happened! There was one instance when I was wondering if I was crazy for thinking about this, where I went on Facebook, and at the top of my newsfeed, a good friend and her mother posted this beautiful picture of themselves at the spa. The final sign was when I was going through the lease agreement, thinking it wasn't too late to just walk away. I was watching The X Factor at the time, and the next thing I knew, there was a couple from New Smyrna Beach and they are talking about the town and showing pictures—all while I'm in North Carolina. I thought: Oh my God, okay. I'm listening. So these were all signs that I needed to do this."

And it's a good thing she did! Having spent years working as an accountant for companies specializing in high-end athletic facilities and spas, her understanding of what works and what doesn't proved vital to the success of her business endeavor, her dream. She stepped in and gave the place some TLC, transforming the facility-which used to be a health clinic-from head-to-toe. The result is a beautiful boutique day spa, where sighs of relief can be heard from people the moment they walk in.

Abundant Health Day Spa aims to maximize wellness with an array of treatments administered by elite spa therapists. After all, that is exactly what a spa should provide—therapy for the mind, body and spirit. Regenerate and reinvigorate by choosing from a variety of massages, facials, waxing, nails, make-up and products for purchase. Additionally, bridal services, including wedding-day makeup and hair-styling, are available to prepare you for one of life's most monumental moments -- reserve the spa for your bridal party, groom the groom or relieve the stress obtained from the wedding, reception and family with a couples massage, facial and mani-pedi.

Since its genesis in 2013, Abundant Health Day Spa has received the 2016 Reader's Choice Award for Day Spas and it has been the Star of the South for three years running. They have also added Ayurvedic Lifestyle consultations as a service, provided by the

Whether you are a man or a woman, skin is skin, muscles are muscles, stress is stress and health is wealth. Haven't we invested enough time and money on bad habits? Perhaps it's time to invest in our well-being.





















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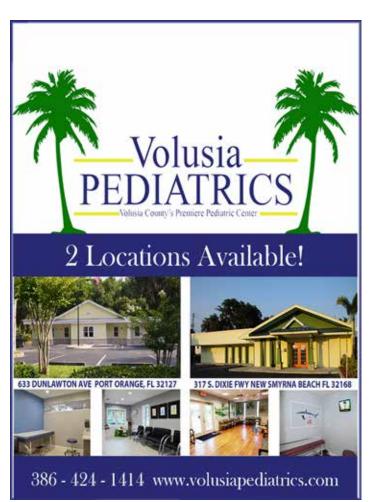
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### kids health talk

# **BREAKING** SOME **NEW ONES**

School breaks are something that kids look forward to all year. But for parents, it can be daunting to find ways to keep kids occupied. It is all too easy to use "screen time" as a go-to method of entertainment when school is out. This spring break, focus on fun family activities without powering on the tablets, TVs and phones.

1 START A GARDEN If you garden with your kids, (or even if you never have!) spring break is a great time to start thinking about and planning your garden. Have the kids help by plotting this year's garden on paper, making lists of supplies you need (compost, mulch, seeds, plants, etc.) Then get out there and start prepping the garden for planting.



- **2 GET IN THE KITCHEN** Kids love FOOD FOR THOUGHT to get in the kitchen and help cook, so let them! Not only will they be more apt to try what you make together, but they also can learn valuable life lessons about feeding themselves.
- **3 HAVE AN ART SHOW** Do your kids love to draw, paint and create? Then plan a spring break art show. Give your kids all the supplies they need to make collages, paintings or sculptures and set them to work. Hang and display their creations for everyone to see!
- 4 GO FOR A WALK For nice days, getting outside can be a great adventure. Take a nature walk through your neighborhood and have the kids make note of all the animals and animal prints they see. Or see how many different trees you can find.
- 5 HITTHE LIBRARY All year long, kids have to read school-assigned books. Over spring break, let them read whatever they want. Take them to the library and let them choose a book or books to entertain them while they are off from school.
- 6 PICK UP A CRAFT KIT Sand art, soap, candy, jewelry, model cars... there are kid craft kits for everything these days. Find one that your kids are interested in and help them use it.
- **7 HAVE A DANCE PARTY** No matter what the weather is like outside, you can always crank up the music indoors and have a fun and fab dance party. Choose a playlist together so that everyone has songs they adore. Want to make it even more fun? Invite a few of your kid's friends over, lay out some snacks and have a blast.
- **8 VOLUNTEER** Especially if your children are older and more independent, volunteering is a great experience. Soup kitchens, nursing homes, humane societies and other organizations are always looking for help. See if they might need a few good kids to help out over spring break. The experience will be good for your kids -- and help the community, too.
- 9 BEACH IT! Hit the local beach! Spring break is a busy time for our beaches, but the crowds usually show up later in the morning. Wake up early and bring breakfast to the beach, search for shells and other treasures and head home before the crowds arrive!
- 10 EXPLORE YOUR LOCAL PARKS! Florida is full of amazing natural parks for you and your family to enjoy, right in your own back yard. Go online, find the parks close to where you live and plan a day to explore!

No matter what kind of fun you find during your spring break, stay safe and enjoy the extra time with your family!



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