



# THE HERON

Another Seabreeze Publication

VOL. 22 NO. 1

Community web site: <http://hgcc.com> Community Channels: 901 and 902 on TV

JANUARY 2024

## No Rain On Our Cart Parade

By Linda Lynch, Herons Glen

Photos by Michael Fell, Joyce Lipkin, Herons Glen

It was a beautiful evening, not too warm, not too humid. No rain or threats of rain. Just about perfect. And spirits were running high. The annual Herons Glen Cart Parade was assembled and ready to begin.

First came the Island Coast High School Marching Band, led by their drum major and complete with majorettes. All were festively bedecked in holiday accessories and playing with great enthusiasm as they marched along the parade route. Next came the decorated cart carrying Santa and Mrs. Claus (Rick and Peggy Lindquist), who greeted parade watchers with candy, jovial wishes of “Merry Christmas” and plenty of “Ho, ho, hos.”

Following the Claus couple were 23 resident carts, each carefully crafted to display an aspect of holiday joy. As the late afternoon faded and evening came upon the Glen, the numerous colored lights that draped many of the carts shone even brighter. Some carts were completely transformed from carts to something else – a sleigh, a gingerbread house, a heavenly paradise. Each cart beamed cheer and good spirits and delight, just what the beginning of the holiday season required.

As the parade made its way through the route within the historic district of Herons Glen, residents from all neighborhoods had lined the streets and filled the driveways to cheer on the parade participants and partake of the merriment.



First place



Second place



Third place



Island Coast High School Marching Band

*No Rain On Our Cart Parade on page 3*

## Butterfly Garden Visitors

By Duane Parkinson, Herons Glen

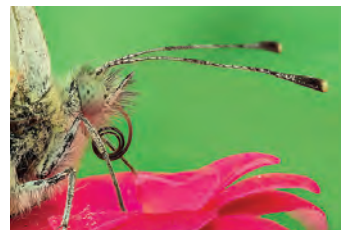
Herons Glen’s Butterfly Garden has many visitors every day. The Butterfly Society is overjoyed that so many different people are using the garden for a variety of reasons – many people like an early morning peaceful visit to just pray or meditate. Or just to enjoy a restful, relaxing minute from our hectic, retirement lifestyles. Our community is blessed with so many different opportunities for sports and clubs. Sometimes we just need a minute to relax and regroup, apart from watching *Wheel of Fortune* and *Jeopardy* in the evenings. There are quite a few benches to sit on or bring your own soft chair.

So, what visitors do the garden have besides the human variety? The obvious visitors to the garden are butterflies and moths. The hardworking members of the Butterfly Society have diligently planted many different varieties of plants that butterflies and moths love to feed upon to attract these kinds of insects.

What are the differences between butterflies and moths? Basically, butterflies feed during the day and moths at night. Butterflies have long, slender antennae; moths have “feathery” antennae. Butterflies are typically brightly colored; moths are darker for better camouflage from predators during their nighttime search for food. Some butterflies are very brightly colored – probably to protect them from predators since these kinds of butterflies typically taste nasty to predators. But they both feed on the sweet liquid nectar inside of flowers.

Only plants that require pollinators make nectar. Some plants are pollinated by wind, and they don’t make nectar in their flowers. Plants that require pollinators make nectar to

attract insect pollinators. Flowers have both male and female parts of the flowers, and pollen needs to be carried from the male part (stamen) down to the female part (pistil) so that germination can occur, and new plants are formed from seeds. Like honeybees, butterflies and moths provide pollination services to plants that require pollination.



What do butterflies eat? They have a very varied kind of diet, but their most favorite food is the very sweet, liquid nectar from plant flowers. They love nectar. But most nectar is at the bottom of the flower, and butterflies have a specialized adaptation to get down in the flower to obtain that nectar. They don’t have mouthparts like we do. Instead, they have evolved a straw-like mouthpart called a proboscis that they use to suck up the nectar from the bottom of the flower. Interestingly, when they aren’t using this proboscis, it coils up under their head like you would coil up a garden hose in your yard. It quickly and easily straightens out when in use.

Butterflies have a varied kind of diet; however, they eat more than just flower nectar. They also suck up the sugary juices from ripe fruit such as grapefruit, oranges, strawberries, peaches, nectarines, apples, or bananas. They also suck up tree sap. They obtain amino acids from sucking up the liquid from animal dung or carrion (dead animals). They obtain minerals from sucking up water from mud puddles. We’ve

*Butterfly Garden Visitors on page 4*

## Activities Fair

By Donna Piascik, Herons Glen

Want to get to know your community better? Mark your calendars for **Sunday, Jan. 21, 2024** and attend the Activities Fair being held in the ballroom between 12 and 3 p.m. This is sponsored by the HOA Activities Committee.

Come learn about the wonderful array of organizations, sports, clubs, and other opportunities in Herons Glen awaiting your participation. These groups provide a great way to have fun, to make new friends and to become more involved in our community.

For information on how to host a booth for your group, please contact either Donna Piascik (dfpiascik@gmail.com) or Shirley Hrabar (sjnagy2001@yahoo.com).

## HOA Election Results

The two candidates receiving the highest number of votes Chris Kozak and Richard Romine are elected to serve a three-year term beginning Jan. 1, 2024 through Dec. 31, 2026.

The Herons Glen HOA Board of Directors wishes to thank all the candidates for their time and interest in the community.

If you would like to watch the meeting it is posted on Facebook at [www.facebook.com/HeronsGlen/videos/3604317039887139/](http://www.facebook.com/HeronsGlen/videos/3604317039887139/) and will be on Channel 902.

## Help Wanted

The Heron newspaper needs administrative support for article coordination and submission to our publisher. The candidate(s) must have good computer skills and experience using Microsoft Word and Excel. No writing or desktop publishing experience is required for this position. If interested, please send your contact information in an email to [HGnewspaper@gmail.com](mailto:HGnewspaper@gmail.com).

## Article Deadlines For The Heron

Issue Month/Year	Date Due To The Heron
February 2024	Thursday, January 11
March 2024	Thursday, February 8

Articles should be sent to  
HGNewspaper@gmail.com

### Editorial Staff Volunteers

Photos by Dick Muller



Karen Jessop - Editor



Linda Lynch - Editor



Jack Nelson - Editor



Pam Scheid - Editor



Becky Gignac  
Newspaper Coordinator



Rick and Pat Scharf  
Delivery Coordinators

The HOA Communications Committee serves as the supervisory body for The Heron per Article IX of our by-laws.

Christine Kozak is the committee liaison from the HOA Board of Directors.

The Heron Editorial Policy is on file in the HOA office. Articles for The Heron may be dropped off or mailed to The HOA Office, 2250 Herons Glen Blvd., N. Fort Myers, FL 33917 or emailed to [hgnewspaper@gmail.com](mailto:hgnewspaper@gmail.com).

## Community News

### Coming Soon

Jan. 10	Singles	Activities Room "A"
Jan. 10	VOG	Ballroom
Jan. 11	Farmers' Market	Parking Lot
Jan. 11	Smalltown Duo	Restaurant
Jan. 13	Concert Series	Ballroom
Jan. 14	Marbles	Ballroom
Jan. 16	Socialites	Ballroom
Jan. 18	Farmers' Market	Parking Lot
Jan. 18	Kat Orlando Duo	Restaurant
Jan. 18	Showcase	Ballroom
Jan. 20	Wine Dinner	Pool
Jan. 21	Activities Fair	Ballroom
Jan. 25	Farmers' Market	Parking Lot
Jan. 25	Wendy Renee	Restaurant
Jan. 27	Concert Series	Ballroom
Feb. 1	Farmers' Market	Parking Lot
Feb. 4	Marbles	Ballroom
Feb. 8	Farmers' Market	Parking Lot
Feb. 9	Concert Series	Ballroom
Feb. 12	Firewise	Parking Lot
Feb. 14	Singles	Activities Room "A"
Feb. 14	VOG	Activities Room "A"
Feb. 15	Farmers' Market	Parking Lot
Feb. 18	Scoops Ice Cream Truck	Parking Lot
Feb. 20	Socialites	Ballroom
Feb. 21	Country Dance	Ballroom
Feb. 22	Farmers' Market	Parking Lot
Feb. 24	Concert Series	Ballroom
Feb. 29	Farmers' Market	Parking Lot

### HOA And HGRD Schedule Of Meetings

The following is a listing of HOA and HGRD meetings known at the time of publication. As **these dates are subject to change**, please check the Herons Glen website calendar and the community channel for updates.

#### Calendar Of HOA Meetings Jan. 9 To February

All committee meetings are via Zoom/Card Room D unless noted otherwise.

- Jan. 9 Architectural Review Committee, 9 a.m.
- Jan. 10 Board Meeting, 5 p.m.
- Jan. 11 Grounds Committee, 1 p.m.
- Jan. 17 Communications Committee, 1 p.m.
- Jan. 18 Activities Committee, 10 a.m.
- Jan. 23 Architectural Review Committee, 9 a.m.
- Jan. 25 Finance Committee, 1:30 p.m.
- Jan. 26 SSEP Committee, 8 a.m.
- Feb. 6 Board Workshop, 1 p.m.
- Feb. 8 Grounds Committee, 1 p.m.
- Feb. 13 Architectural Review Committee, 9 a.m.
- Feb. 14 Board Meeting, 5 p.m.
- Feb. 15 Activities Committee, 10 a.m.
- Feb. 21 Communications Committee, 1 p.m.
- Feb. 22 Finance Committee, 1:30 p.m.
- Feb. 23 SSEP Committee, 8 a.m.
- Feb. 27 Architectural Review Committee, 9 a.m.

#### Calendar Of HGRD Meetings Jan. 9 To February

All committee meetings are via Zoom/Card Room C unless noted otherwise.

- Jan. 9 Finance Committee, 9 a.m.
- Jan. 9 Resident Events Committee, 1 p.m., Activities Room "A"
- Jan. 9 Golf Committee, 1 p.m.
- Jan. 15 Board Meeting, 9 a.m.
- Jan. 22 Long-Range Planning Committee, 9 a.m.
- Jan. 29 Finance Committee, 9 a.m.
- Feb. 1 Facilities and Amenities Committee, 1 p.m.
- Feb. 5 Board Meeting, 9 a.m.
- Feb. 5 Resident Events Committee, 1 p.m., Activities Room "A"
- Feb. 5 Golf Committee, 1 p.m.
- Feb. 12 Finance Committee, 9 a.m.
- Feb. 19 Board Meeting, 9 a.m.
- Feb. 26 Long-Range Planning Committee, 9 a.m.



### Welcome

Carole and Harry Bock  
David Wolfe

### In Memoriam

Jim Cryster  
Dwight Holton  
Kostantinos Kostopoulos

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hearts



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For more information, call Karen at (239)770-7527 or email [publisher@swfloridabusinesstoday.com](mailto:publisher@swfloridabusinesstoday.com)

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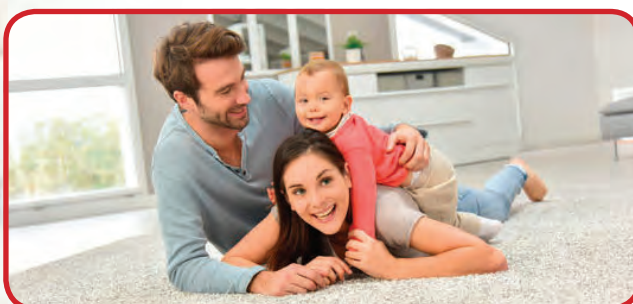
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# Community Interests

## Food Truck Festival

By Jean Perillo-Roman, Herons Glen

You've digested the Thanksgiving, Hanukkah, and Christmas meals in time for our Food Truck Festival. Come for the food, music, and socializing on Jan. 15 from 3:30 to 6:30 p.m. in the Herons Glen ballroom parking lot.

Fill your tummies with something different from the trucks of: **Grace's Taste Of Poland**, **Simply Greek Cuisine**, **Philly Junction** (they boast "The best steak and cheese in Southwest Florida"), **Mon Paris** (sandwiches and pastries), **Scoops on First** (ice cream delights). Also, Herons Glen restaurant will be serving hot dogs and adult beverages. Seating is available both inside and outside or in your golf cart. Music will be by DJs Vanover.

Previous food truck festivals have attracted 300 to 400 people so they must be doing something right. We welcome comments and suggestions. Let anyone from the Herons Glen Residents Event Committee know your thoughts and tastes for good truck food. Members will be wearing tags and/or aprons.

## Brrr. It's Cold Outside

By Sarah Schoon, Herons Glen

Even when temperatures are a little cooler in Herons Glen, the pool is heated to 85 degrees given variances due to weather conditions. One of the things you might want to check, however, is the hours it is open. There is a slight change in the hours from Nov. 1 through March 31: Sunday, 7 a.m. to dusk; Monday, 9 a.m. to dusk; Tuesday and Wednesday, 7 a.m. to dusk; Thursday, 11 a.m. to dusk; Friday and Saturday 7 a.m. to dusk. These are posted on the building wall inside the pool area.

I have ventured out on some of these cooler mornings and found the setting to be so peaceful. I enjoy swimming my version of laps in the 4-foot level water, which is easier to do if there are not many people around. Plus, I can always find one of the heat jets behind me.

On one of my last trips there, however, I didn't consult the schedule, and then I couldn't figure out why my card wouldn't open the gate. Had my card expired? Nope, the pool

just wasn't open yet. I spent about half an hour drinking my tea and staring at the beautiful fountain until the pool area was open.

I was pleased to see when I was leaving that the back exit road was no longer barricaded. I am not at my best in reverse even in a golf cart. The pool setting just keeps getting better and better.

## Shredding Event

By Debbie DeFazio, Herons Glen

Secure Shredding Event is once again this year being hosted by the HOA Activities Committee. Start collecting all your documents, receipts, and even old photos that need shredding. Please remove all paper clips and staples as they cannot go through the machine. Mark your calendar for Monday, **Feb. 12** from 10 to 11:30 a.m. Look for the shredding truck in the ballroom parking lot. Donations are greatly appreciated.



### No Rain On Our Cart Parade from page 1

The parade ended at the clubhouse where three judges (Suzanne Offutt, Cathy Styles, Judith West) awarded prizes for overall appearance and creativity. Taking first place was the imaginative "Hawaiian Boys" cart, registered to Dave Moffat and including his brother-in-law, his sister, and his mother Madelyn (who is also a resident). Second place went to Don and Kathy Lynch for their beautifully crafted "Gingerbread House." Third place was awarded to the humorous "Grandma Got Run Over by a Reindeer" cart of Mark Servantes.

While prizes were awarded, the marching band members were treated to refreshments in the ballroom. Stephen Johnson, music teacher and marching band director at Island Coast High School, said that in total, 32 students came to march in the Herons Glen parade, many of whom had also participated in 2022 (the first year the parade included the band).

He said that the Herons Glen parade was one of the most fun events for the students of all their marching band activities during the year. The band certainly added excitement to the parade, and we are grateful for their participation.

As the band marched through our community, several members held buckets for donations to the band. Kudos to Herons Glen residents for their generous donations totaling \$1,550. In his thank you note to our community, Stephen Johnson noted that the funds would go towards buying multiple new instruments for the most diligent music students.



Santa and elves – Bernadette Schirra, Denise Fell, Janet Norris, Santa and Mrs. Claus, Joyce Lipkin, Suzanne Offutt, Debbie De Fazio

Many Herons Glen volunteers helped make this year's parade such a success. Thanks to Craig Woolley and his SSEP Committee volunteers who led the parade safely from street to street. Members of the Activities Committee deserve much appreciation for their hard work organizing the details and making it happen.

And many thanks to all the exuberant residents of Herons Glen who cheered on the parade and made it all worthwhile.

## Pretty In Pink: You Can Save A Life

By Janet Slater, Herons Glen

Her little chihuahua pawed and sniffed at her breast – repeatedly. What was going on? That evening in the shower, Sherry discovered the lump. Because of COVID, it had been two years since her last gynecology checkup. She called her doctor the next day, who wanted her to get a mammogram.



Sherry Schaeffer

Pretty In Pink on page 4

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**Butterfly Garden Visitors from page 1**

all had a butterfly land on our arm and look like it's sucking up our sweat – it is getting needed salt for its diet. Butterflies typically eat several times a day and can go a day or so without food if need be. Water from ponds, puddles, gutters, fountains, birdbaths, dew, rain, etc., is also essential to its diet.

Butterflies will suck up the nectar from many kinds of plant flowers – they really aren't picky eaters (or suckers). But some are very attracted to specific kinds of plants and flowers. Females lay their eggs on the undersides of specific host plant leaves. For example, monarch butterflies (a very common butterfly here in Southwest Florida) lay their eggs only on the underside of milkweed host plants. The egg turns into (called metamorphosis) a larva (caterpillar), which eats only milkweed leaves. Then the larva becomes a pupa (chrysalis), which then becomes a beautiful adult monarch butterfly.

How can you attract butterflies to your yard? Have plants in your yard with colorful flowers to attract the butterflies. Plant milkweed, honeysuckle, beebalm, butterfly bush, hibiscus, etc. Basically, any plant with colorful flowers. Put out your overripe fruit for them – they love sweet fruit juices. Have water for them in a birdbath or fountain.

The next time you just need to slow down a bit and relax, please utilize the Butterfly Garden. Look for the many different varieties of butterflies. See what the most common variety is. The garden is on Herons Glen Boulevard between the Fitness Center and Mystic Way. Enjoy!

## Herons Glen Official Sources For Information

**Herons Glen Golf and Country Club website:**

<http://hgcc.com>

**Herons Glen Homeowners Association website:**

<http://heronglenhoa.org>

**Herons Glen Recreation District website:**

<https://heronglenc.com>

**Herons Glen Facebook page:**

<https://www.facebook.com/HeronsGlen>

**HOA weekly bulletin emails and online:**

[http://www.hgccc.com/hghoa/files/office\\_news.html](http://www.hgccc.com/hghoa/files/office_news.html)

**HGRD weekly newsletter emails and online:**

<https://heronglenc.com/group/pages/communications>

**The Heron newspaper online:**

<http://hgccc.com/hghoa/files/newspaper.htm>

**Community TV Channels 901 and 902**

**Pretty In Pink from page 3**

That was in the spring of 2022. Sherry, then 51, was living with her husband who is disabled and cannot work, and her 17-year-old daughter. The couple's two sons were grown and out on their own. Sherry, the only wage earner in the household, worked for a lawn care company, and she had no medical insurance.

Sherry's mammogram was followed by a biopsy, which led to her diagnosis of Stage 3 breast cancer. "Who will care about me?" she thought. "I have no insurance; I'm not going to get the right care or a good doctor." Sherry applied for Medicaid but was denied because of her cancer. She also applied for health insurance, but the monthly premiums were beyond her means and the co-pays were an additional expense, very high for cancer treatments.

Then a relative told Sherry about Partners for Breast Cancer Care Inc. (PFBCC). "I was blessed the day I contacted them," says Sherry. "They stood beside me and helped me; they listened and assured me to take it one moment at a time, and they would be with me. We would do this together and I wasn't alone."

Sherry's gynecologist suggested she sign up with the PFBCC network of providers who care for their uninsured, low-income patients. The oncologist got Sherry started right away on her needed care and made sure she was scheduled promptly for each treatment. "I was so blessed with this doctor," Sherry says. "She is so caring."

After 16 rounds of chemotherapy, 22 of radiation, surgery, and immunotherapy, Sherry is now cancer-free. She will continue with regular checkups in case the cancer returns. She is deeply grateful for the Partners' program. "When God put Partners for Breast Cancer Care across my path," she says, "they saved my life. Without them, I wouldn't have gotten the quality care that I got."

Sherry has a message for us here in Herons Glen: "When you're supporting Pretty in Pink, please know and remember that there is someone from your local area who is extremely grateful for you caring enough for them and saving their lives—because you saved mine."

For 34 years, Partners for Breast Cancer Care Inc. has been serving our community by providing funding for breast screening, diagnostic testing, surgery, and treatment for uninsured, low-income women and men in Southwest Florida at no cost to their clients. Through their collaborative efforts with over 100 Partners in Health (surgeons, radiologists, oncologists, anesthesiologists, pathologists) they continue to rule out or diagnose breast cancer for men and women who desperately seek breast care. All the Pretty in Pink events proudly support Partners for Breast Cancer Care in its mission to fund breast care for our underserved neighbors.

**Safety Tip**

*By Craig Woolley, Herons Glen*

Now that it is getting colder outside, you may consider using a portable heater. Below are a few safety tips while using your portable heater.

- Portable heaters can cause fires if they are placed too close to combustible materials, such as drapes, furniture or bedding, so make sure to place them at least 3 feet away from these materials.

- Always plug electric space heaters directly into a wall outlet and never into an extension cord or power strip, to prevent overloading and causing a fire.

- Never leave portable heaters on while sleeping.



## In Case You Missed It ... Highlights From The HOA Weekly Bulletins

*From Your HOA Communications Committee*

This listing highlights important articles covered in recent HOA Herons Glen Weekly Bulletins distributed by email to residents listed with the HOA Office. These issues affect every property owner, their renters, vendors, and guests.

The articles are intended to help residents better understand the actual requirements for our restricted community and may also include safety information. Reading about and understanding these issues could eliminate an escalation of problems that may result in potential fines.

If you have questions about a subject, you can locate the full article from the bottom left link on the HOA website at [http://hgccc.com/hghoa/files/office\\_news.html](http://hgccc.com/hghoa/files/office_news.html), then CLICK the link titled HOA News Bulletins, EXTRA! EXTRA! Or you can see the issues listed by date in the middle of the web page under HG HOA News from Management.

**Dec. 15, 2023** – Herons Glen HOA Board Election Results

**Dec. 8, 2023** – Annual Membership Meeting & Proxy Form; Air Quality Control – What Is This About?

**Dec. 1, 2023** – Golf Cart Parade Information; SSEP Christmas Tree and Fire Safety

**Nov. 24, 2023** – Annual Membership Meeting & Proxy Form

**Nov. 17, 2023** – Process for Required Visitor Management Password Reset

**Nov. 10, 2023** – Common Lot Irrigation System (CLIS) Update & HGRD Irrigation Policies

**Nov. 3, 2023** – HOA Board Meeting to Consider Amendments to ARC Construction Standards for HG; Tips for Deep Frying Turkey from SSEP

**Please keep this reference guide in a location that's easy for you to find when needed.**

**Are You A Double Snowbird?**

*By Jack Nelson, Herons Glen*

What in the world, you are probably asking, is a double snowbird? Well, fellow Glenners, read on and ye shall see. A double snowbird is a person who owns a home in Florida and a home in any of the northern states and migrates *twice* in any given year.

The first migration occurs when snowbirds head south, typically during the months of October through late November, then go back north for the holiday season. When they return to Florida shortly after New Year's Day, they've completed their first migration.

The second migration occurs when snowbirds return to their northern residence, typically during the months of April through early May, thus making them double snowbirds. I call them "doublers." They are making their escape from those nasty hurricanes and the intense heat and humidity that prevail in the Glen. I'd be willing to make a strong wager that the vast majority of snowbirds are doublers.

I am not a snowbird, neither a single nor double. I am a *sunbird*, a term I coined many years ago. I choose to stay in my cozy nest all year long. From May through September, air conditioning is my savior, in my home, my car, my supermarket, theater, and shopping centers, and there are plenty of indoor activities at the Glen to keep me occupied.

I keep track of the weather in the northern states during the summer months, and I frequently find that Fort Myers has cooler weather than Philly or Boston. But I don't gloat

*Are You A Double Snowbird? on page 5*



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*Are You A Double Snowbird? from page 4*

over it because I know those doublers are smiling when we folks here are getting pounded by 150-mile-per-hour winds and rain that comes cascading down by the ton.

If you are a snowbird, single or double, how do you commute? Are you a driver or flyer? If I were a snowbird, without the slightest hesitation, I'd take to the friendly skies. As far as driving long distances is concerned, no thanks. I am a retiree from that endeavor, and the traffic in some urban areas can be horrendous.

So, there it is, friends and neighbors, migrators versus stay-putters, and putters in this usage are not golf clubs. But there are certain conditions that may turn me into a snowbird, single or double. First, I'd have to win the Powerball lottery, big time. Then I'd purchase a Gulfstream G-700 private jet and hire two airline pilots full-time. Next, I'd buy an island on the St. Lawrence River and have a runway constructed. Finally, I'd have a mansion, with at least 100 bedrooms, built on the island. And, at the beginning of each summer, I'd invite 100 Glenners, first-come, first-served, to stay rent-free, for as long as they wished. Dream on, Jack!

## A Chance To Be The Best Version Of Yourself

By Candace Huetteman, Herons Glen

**Don't stop reading** just because you never keep your New Year's resolutions! So, you're one of the 23 percent of people who give up during the first week or one of the 43 percent who don't even make it to the end of January. If you're one of the 9 percent who keeps a resolution year long, you can stop reading, but **don't**. You might just learn something.

The Babylonians made the first New Year's resolutions about 4,000 years ago, not on the first of January, but in mid-March when they celebrated the spring harvest of barley. Today in the United States, the tradition of New Year's resolutions lives on with 38.5 percent of adults setting goals on Jan. 1. Of these individuals, 52.6 percent focus on one resolution, while 47.4 percent set numerous ones. Fifty-nine percent of young adults (18 to 34) set resolutions, making



them the largest demographic seeking change in the new year. People over 55 are 3.1 percent less likely to have resolutions compared to younger adults. The older someone becomes, the less likely they will have New Year's resolutions. Fifty-four percent of parents with children have resolutions which is 1.6 percent more than those who don't have kids.

Seventy percent of resolutions are health-related. The three most popular goals are exercising, eating healthier, and losing weight. Women focus slightly more on these health-related topics than men. Men focus more on career ambitions or cutting down on drinking compared to women who also focus on these.

But why do people fail at New Year's resolutions and how can we all become more successful? First of all, don't make a resolution because it's tradition. Start at a time of change or a need for change. Make sure the timing is right, and you are ready to commit. Understand why you want to change. Understand your motivation. Goals are your vision of the future. If you are setting a resolution for tradition's sake, then your motivation will be lacking compared to a goal set because of need. You should expect obstacles and you should have a plan to deal with possible setbacks. Successful individuals are likely to experience 14 slip-ups during a two-year interval, indicating that resilience, and or the ability to bounce back, is possible. Celebrate your past success and move on with a positive frame of mind, even if you're only two weeks into your journey. Don't focus on where you have failed. Plan to succeed. Accountability helps to bring about success. Record your progress or find an accountability partner. He or she could be a family member or a friend pursuing similar goals. Celebrate the progress you make no matter how limited. Measuring progress in small chunks can be inspiring. Success, no matter how limited, will lead to more success.

So, if you haven't already done so, I hope that you're ready to make a resolution to meet your relevant, realistic, attainable goal. But if you have a New Year's resolution that you want to pursue but you feel unprepared to do so or unable to commit to at this time, don't give up. Make your goal smaller. For example, instead of setting a resolution to change your entire unhealthy diet, start by making healthier choices for breakfast. And then after some success, move on. Maybe to a healthier lunch. Never give up trying to be the best you that you can be.

You may have already heard most of these self-help tips for promoting change in your life, but what we know and what we do can be very different. Prove yourself wrong this year. Stick to your resolutions. Happy New Year! And, thanks for reading.

## Community Activities

### Pretty In Pink Jewelry Party

By Janet Slater, Herons Glen

Mary Koenig is doing it again, in style, of course! Ladies, you are cordially invited to attend a Jewelry Open House Party on Tuesday, Jan. 30, at Mary's home at 20724 Kaidon Lane. Drop by anytime from 11 a.m. to 3 p.m.

Elegant Silpada jewelry (\$\$ to \$\$\$) will be displayed for purchase on-site or can be ordered. Wine and snacks will be available. All are welcome to ooh and aah and try on! You're bound to find something irresistible. And while you're pampering yourself or someone special, you're also supporting the Pretty in Pink cause!

### Can't Keep Those Singles Down

By Marla Pierce, Herons Glen

The Singles of the Glen have been very busy since the last issue. We continue to have groups attending Bunco, Trivia and local karaoke. Cape Cabaret is one of our favorite venues and several members go there to play and sing-along to Singo Bingo. In January, we will return for the Fleetwood Mac tribute.

Many of us enjoyed dinner and dancing at the Veterans Dinner Dance and the Kickoff party. On Thanksgiving, we delighted in a delicious traditional meal complete with a blessing and lively conversation.

We kicked off the Christmas season on Dec. 11 with a short meeting and a fabulous potluck dinner and party planned and organized by Rita Lehman. What a wonderful gathering with friends, new and old! At least 65 members attended. We were greeted by Mariann Bastian and Joanne Owens, received raffle tickets and a chance to guess the "kisses." Then Carol Bryan gave each of us a mystery identity to guess; a challenging icebreaker. Rita greeted us and outlined the evenings' activities. We were then treated to an outstanding buffet of appetizers, entrees and desserts. Thank you to all who cooked, baked or donated to make this happen. After dinner, Dave Goers led us in holiday song,

Rita Lehman drew the raffle tickets (so many lovely gifts,) and then presented Louise Roessler and Marla Pierce with thank you gifts from the membership; so very appreciated. It was a huge surprise to get a visit from Santa (Steve Ronningen) who gave each attendee a Christmas card with a scratch ticket inside. He and his wife, Jen, donated all the scratch tickets and Christmas cards for everyone who attended. There were some winners; but no one let on if they hit it big. I guess we'll have to see who has a shiny new car next time we carpool somewhere! Rita asked the rest of her helpers to stand so that we could show our gratitude: Mary Pickett, Dawn Sullivan, Pam Scheid, Nancy Parson, Jayne Schwarz, Chris Eibling, Judith West, Judy Begin, and Marla Pierce (apologies if someone was missed.) It was an amazing night put together through the superb effort of Rita and her team. Many, many thanks to you all.

In lieu of a grab gift exchange, Rita requested a freewill offering to the All Soul's Outreach Program. The Singles group generously donated \$200 for this very worthwhile charity.

To continue the holiday festivities, several attended the Ugly Sweater Brunch on Dec. 17, and on Dec. 20 dined at Joe's Crab Shack before heading to the Edison-Ford Winter Estates for their Holiday Light display.

The New Year's Eve dinner and then the dance will close out our 2023 activities. It has been an amazing journey this year with membership swelling to over 120 single residents. The number and variety of events we planned or attended skyrocketed as our members became more active and more involved than ever.

Acknowledging that the holiday season may be especially difficult, our members have been informed of local grief programs and offered support to each other. Our mission is to provide socialization, and support for each other. We invite all single residents of the Glen to join us. For more information, contact Louise Roessler or Marla Pierce.

May the New Year bring you peace, good health and purpose as we continue to live our best lives possible.

Community Activities on page 6

# MARKETPLACE

Community Activities from page 5

## Artist Group

By Kathleen Lynch, Herons Glen

Happy New Year from the Herons Glen Artist Group! If you're wondering who we are, we are a community of artists who live in the Glen. Our mission statement reads: "The Object of the Herons Glen Artist Group is to bring together those who share an active interest in the visual arts; to provide opportunities for exhibiting members' work; and to play a useful role in stimulating the arts in the community, including offering classes in the visual arts and sponsoring other activities as will promote an appreciation and enjoyment of the visual arts." If you look up a definition of visual arts it reads: "The visual arts are art forms that create works that are primarily visual in nature, such as drawing, painting, sculpture, printmaking, photography, and architecture." Thanks to the advancement of technologies, visual arts have expanded to include decorative arts such as ceramics, furniture making, textiles, interior design, jewelry making, metal crafting, and woodworking.

Is that you? Then you may be interested in coming to see what we're all about. On Monday, Jan. 15 at 5 p.m. in Activities Room A, we are holding an open house social and annual meeting. You can meet art class instructors in acrylic and watercolor painting. Now that you live in the Glen, it is time to find your creative side by taking classes. Many "students" have never painted before and they discover the joy of creating art in the friendly atmosphere of the classes. There are watercolor classes on Tuesdays and acrylic classes on Fridays in the morning. Some of our group's activities this year will be a two-day workshop hosted by watercolor artist Linda Lucas. Also, Mathew Halstead, a Bob Ross instructor, will lead an oil color class. The Artist Group displays artwork in Activities Room A and in the office hallway.

On Sunday, March 3, there will be our Annual Fine Arts Show in the ballroom. The ballroom is transformed into an art gallery, filled with fine art entries for judging and for sale. Come join fellow artists on Monday, Jan. 15 at 5 p.m. to learn about all the art activities and experiences planned for this year. It is a great opportunity to become a member for only \$10 and share your creative interests. Check out our Facebook page, "Herons Glen Artist Group" and then link to our website in the postings. Feel free to email me at klynch30@gmail.com if you have questions.



November 25th Trivia Winners "BOGA"  
Peter and Terry Overs, Bill and Bev Groft, Hugh and Donna Townsend, Anda and Robbie Baldwin

## Travel Club Annual Christmas Dinner

By Jim Gormley, Herons Glen

On Dec. 14, 2023, 72 members of the Travel Club, dressed up in their holiday finery, enjoyed the annual Christmas Dinner. The event was held in the grand ballroom which was decorated for the season. The guests feasted on entrees of either pork loin, salmon or turkey followed by pumpkin pie.

The evening began with a champagne toast and a remembrance of Michael Moore-Kelley who for years provided entertainment for our dinner. After dinner two of Santa's elves (Monika Obermueller and Susie Hostetter) passed out gifts of Herons Glen "pens." The evening closed with door prizes of poinsettia to three lucky winners.

The next Travel Club event will be our regular meeting on Thursday, Jan. 11, where the highlights of last season will be shown.



## Calling All Comedy Enthusiasts And Laughter Lovers!

By Janice Radcliff, Herons Glen

We've got some hilarious news that's guaranteed to tickle your funny bone and leave you in stitches. Mark your calendars for March 15, 16, and 17, because The Players of the Glen are bringing you a night of nonstop laughter and good vibes with the performance of *Drinking Habits*. This fun-filled farce by Tom Smith will take place in the Herons Glen Grand Theater (ah, the ballroom). Guests who purchase tickets for the Friday Opening Night will also be invited to attend the Gala Cocktail Party, prior to the performance. Guests are encouraged to dress in their cocktail finest or "funniest" attire, to be held in the Herons Glen Grand Lobby.

### Performance Dates

March 15: 5:30 p.m., Gala – 7 p.m. Performance  
March 16: 7 p.m. Performance  
March 17: 4 p.m. Matinee Performance

Tickets go on sale in the Main Lobby beginning Feb. 20. Cost is \$15. Reserved seating.

Tuesday, Feb. 20, 27; March 5 and 12 – 11 a.m. to 1 p.m.  
Wednesday, Feb. 21, 28; March 6 and 13 – 11 a.m. to 1 p.m.  
Thursday, Feb. 22, 29; March 7 and 14 – 11 a.m. to 1 p.m.

Tickets will also be sold prior to Bingo Tuesday nights in the Ballroom Lobby, Feb. 20, 27, March 5 and 12.

Tickets also available at the door the night of performance. For more ticket information please contact: Sandy Herde, (618) 567-8009.

## A Jolly Christmas Party For Socialites

By Pam Scheid, Herons Glen

Members and their guests filled the ballroom for the annual Christmas party and the entertainment provided by the students from the North Fort Myers Academy for the Arts.

Their performances have become a Christmas tradition for Socialites and an opportunity for the students to showcase their talents. Their leader and teacher Kathy Rivadeneira, along with fellow teachers Eileen Little and Melissa Voshell and Principal Andrew Miller, introduced the chamber chorus followed by three ballerinas who had danced in the *Nutcracker Suite* at the Barbara Mann. All at once, the room was filled with dancing, leaping elves who sang a number from the stage version of *Elf*. Then they crowded around the tables to sing carols with the women.



Before the music, Joan Thompson, Kathleen Colletti, and Karen Conrad expressed a different kind of Christmas spirit with her announcement that the Angel Tree fund had reached its goal. Bev Groft reported the member contribution to the All Soul's Food Bank totaled \$614.

Cheryl Dawes introduced 12 new members, and Janet Kerns and Rhonda Parkinson introduced Karon Bennett from HGRD who explained the new online method for making reservations for the January meeting and for the fashion show in February.



## VOG Elects New Board Members

By Pam Scheid, Herons Glen

Board members serve two terms, and half the positions expire each year. Elected to serve the next two years are Bruce Johnson, Mike Zarella, John Bierie, and Al Southerland.



Dr. Ron Sucui and Bruce Johnson

In other business, Treasurer Tom Byrnes reported that over the past year the VOG had donated \$12,000 to veterans' causes. A plaque expressing gratitude from Hearts and Homes was on display. President Bruce Johnson described the VA children's Christmas party at which several VOG members participated.

The featured speaker was Dr. Ron Sucui from the Military Museum in Punta Gorda. Sucui has spoken to the group a number of times on the subject of military history. His topic this evening was the Israeli-Hamas war. Sucui pointed out that ever since its founding in 1945, Israel has had to fight for its survival. This small country has won every conflict. He also stressed that should Israel ever lose; its existence will end. That is, in part, what makes this war so critical to global concerns.

After his speech, Sucui was presented a check as a donation from the VOG to the museum.

## Transportation

By Jack Cotter, Herons Glen

The Veterans of the Glen (VOG) Outreach Committee and Friends Helping Friends Transportation Committee have joined in a partnership to help Herons Glen residents who are in need of transportation for medical appointments, prescription pickup, grocery shopping or some other essential transportation needs. **Please do not call for rides to/from airport.** Residents may contact individuals from either organization listed



below. A 24-hour advance notice would be very helpful. Call a volunteer from the list below during the period of Oct. 1 through May 30, 2024.

Transportation volunteers consist of the VOG Committee Chair, Jack Cotter, (860) 490-2183; Bob and Kathleen Colletti, (239) 822-1573; Mike Zarella, (541) 292-2714; Dee Hanks, (239) 470-6593; Nick Dinoto, (301) 807-4580; Ed Schmidt, (616) 745-9057; Dave Wingert, (573) 552-2030; and Bruce Johnson, (716) 472-3860.

We are always seeking volunteers, please contact Jack Cotter if you are interested in volunteering.



Artist: Andrew Libbecki

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# Sports News

## It's Softball Season Again

By Karen Jessop, Herons Glen

The Herons Glen Softball season began on Wednesday, Jan. 3 at the fields in Punta Gorda. The games start at 5:30 p.m. on Monday and Wednesday during the months of January, February and March. The Herons Glen Eagles are welcoming a number of new players.

The teams are playing again this year at the Punta Gorda fields in Carmelite Park. Directions are – head north on U.S. 41, turn right on Taylor Road, go past Walmart, and take a right on Airport Road (second traffic light). Proceed past the entrance to Florida SouthWestern State College and take a left on Florida Road (if you go over 75, you've gone too far). The fields and parking lot are on the left.

Come out to the games and watch your friends and neighbors play for another season.

## Rhonda The Happy Golfer

By Becky Gignac/Janet Slater, Herons Glen

The Nine Hole Ladies had a great Christmas luncheon/meeting last month, and as part of the celebration we usually sing a few Christmas carols. This year one of our own, Janet Slater, wrote this cute carol sung to the tune of *Rudolph*. It is worth sharing!

Rhonda the happy golfer  
Had a very fancy swing.  
But if you ever saw her  
You'd know she couldn't hit a thing.

All of the other golfers  
Used to laugh about her game  
They always said poor Rhonda  
Would never come to any fame.

Then one sunny Wednesday morn  
Bonnie came to say,  
Rhonda with your smile so fine,  
Won't you join the ladies' Nine

Then all the ladies loved her  
And they shouted out as one,  
Rhonda, your score's no better  
But you know how to have some fun!

## A Smashing Good Time – Save The Date

By Sandy Dunham, Herons Glen

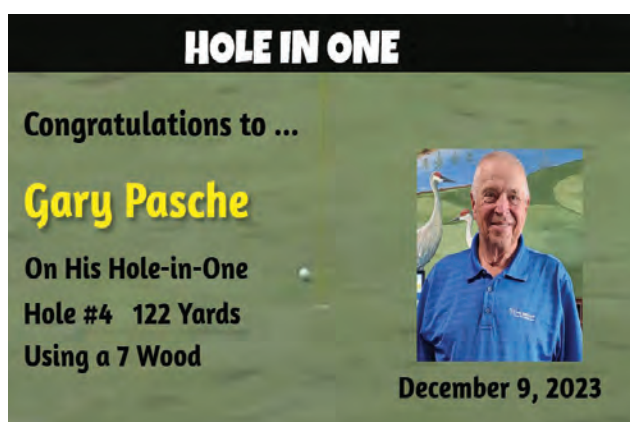
Pickleball and tennis players are planning an evening of dining and dancing on Friday, Feb. 16. Please join them. Cocktails will be served at 5:30 p.m. with dinner following at 6:30 p.m. in the ballroom. The entertainment will be from 6 to 10 p.m. featuring All Event Entertainment's award-winning D.J. and light show. The cost is \$32 all-inclusive. A cash bar will be available. The buffet includes pork tenderloin with Dijon pan sauce, chicken cordon bleu with asiago cream sauce, salmon with lemon herb butter, Yukon gold mashed potatoes, fresh vegetable du jour, house salad, assorted rolls, and breads and dessert. A vegetarian plate is available upon request.

Reservations are required and available from Jan. 26 through Feb. 9. Please insert your U.S. bank check in an envelope with your name and any special meal request.

HGTA members address check to HGTA and give the envelope to one of the following board members: Tom DeLache, Sue Savage, Sue Gregor, Michelle Shields or Stacy Barger.

HGPA members address check to HGPA and give the envelope to one of the following board members: Nancy Odom, Arlene Scherl, Don Lynch or Dennis Crews. Or Venmo @HGPA-2631.

There will be a 50/50 drawing so come with cash and be prepared to win! Non-HGPA and HGTA members are also welcome. Tables will not be assigned and there are no refunds.



## Herons Glen Mixed Bowling League 2023/24

### League Results For First Half Bowling

First Place Team for first half is the "Hot Pins" team: Ali Foster, Donna Moffat, Jack Peckham, and Steve Levin

Nov. 21	
Men's Three Highest Games	Women's Three Highest Games
Frank Krawczyk - 221	Pat Spagnolo - 154
Augie Spagnolo - 175	Nancy Beaupre - 142
John Pope - 166	Shirl Meidl - 124
Men's Three Highest Series	Women's Three Highest Series
Dave Jager - 580	Linda Protani - 460
Ed Schmidt - 498	Mary Kelley - 418
Terry McElfresh - 460	Ali Foster - 390
Nov. 28	
Men's Three Highest Games	Women's Three Highest Games
Dave Badger - 222	Bonnie Stropes - 153
Frank Krawczyk - 187	Ali Foster - 143
Tony Protani - 183	Cindi Woodard - 139
Men's Three Highest Series	Women's Three Highest Series
Dave Jager - 603	Linda Protani - 429
Joe Gornick - 504	Mary Kelley - 396
Owen Tarrence - 491	Pat Spagnolo - 377
Dec. 5	
Men's Three Highest Games	Women's Three Highest Games
John Pope - 209	Andrea Helms - 169
Frank Krawczyk - 199	Nancy Beaupre - 155
Steve Levin - 179	Stacy Badger - 138
Men's Three Highest Series	Women's Three Highest Series
Ed Schmidt - 589	Bonnie Stropes - 459
Owen Tarrence - 473	Shirl Meidl - 404
Dave Badger - 472	Skipper Cook - 393
Dec. 12	
Men's Three Highest Games	Women's Three Highest Games
Joe Gornick - 206	Skipper Cook - 156
Frank Krawczyk - 198	Bonnie Stropes - 151
Steve Levin - 176	Pat Spagnolo - 146
	Andrea Helms - 146
Men's Three Highest Series	Women's Three Highest Series
Dave Badger - 546	Linda Protani - 448
Dave Jager - 534	Betty Ward - 427
Bruce Kelley - 474	Nancy Beaupre - 370

# Carolers In Carts Wind Their Way Through The Glen

By Pam Scheid, Herons Glen

Photos by James Jacobs, Herons Glen

Calling himself a Jewish boy who loves to sing Christmas carols, James Jacobs was pleased to learn neighborhood caroling had been a Herons Glen tradition in the past. He decided to bring back the event and teamed up with Joy Venker to get things organized.

This year saw the biggest turnout. Thirty-eight carts filled with 68 Glenners gathered in front of the clubhouse to begin their journey to stop at 14 homes to sing and to

wish their neighbors a Merry Christmas. It was a joyful experience for everyone involved.



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