

New Dance Class!

Dance for Joy empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit. Page 6



Open Mic Nights

Always a big hit, Open Mic Nights are free and entertaining. Save these dates and join in the fun. Page 8



Winter Bocce League

League play begins this month. If you're not on a team, we always need substitutes! Page 10



THE PELICAN MARSH BRIEF

The Foundation of Pelican Marsh, Inc., Official Publication

January 2022 <Volume 13, No. 1>

Board of Directors

Steve Berke – *President*
Jim Carter – *1st Vice President*
Nathaniel Monks – *2nd Vice President/Treasurer*
Margy Caccia – *Secretary*
Matt Barger – *Director*
Karen Guilmartin – *Director*
Pat Keopke – *Director*

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Paul Maddry – *General Manager*
Linda Kersey – *Administrative Services*
Lynn Atzingen – *Director of Activities*
Diane Matz – *Front Desk Coordinator*
James Scullin – *Staff Accountant*
Patrick Webb – *Fitness Director*
Johann Saurbier – *Director of Court Sports*
Victor Monteiro – *Head Court Sports Pro*
Sandy Contento – *Pro Shop Manager*
David Ortega – *Maintenance*

Happy New Year!

By Paul Maddry, General Manager

Greeting's residents of Pelican Marsh.

Last year, we were just promoting the concept for possibly adding food and beverage service at the Community Center. What a difference a year can make! With the help of our dedicated Food Service Committee and the support from membership, food and beverage service is about to become a reality! As we complete the final details on construction for our new amenity, "Nest," our operator (Crave) is busy training and preparing its staff for a proposed opening sometime by the end of this month! Please watch your email for the grand opening date, menus and important information regarding how to download the app for making reservations. Bon Appetit!

January is when the Community Center starts to get busy, with most members back for season. Please make sure to check out all the upcoming activities and sign up before

an event fills up. We also encourage everyone to check out the exercise classes, fitness training, spa services and pickleball or tennis lessons/clinics that are available.

As part of your New Year's resolutions, do not forget to include having your home checked out for any cleaning and/or repairs that are needed. The summer rains and humidity cause mold and mildew buildup on walkways, walls and roofs. Remember, the Pelican Marsh rules require all homes be kept cleaned and maintained. Be a good neighbor and help keep the community looking its best!

Are you keeping updated and informed with all that



is happening in Pelican Marsh? Make sure we have your current email, so you receive all the latest news and updates. Also, make sure you are registered on the Pelican Marsh website, www.pelicanmarsh.com, to access all the schedules and other important foundation information and documents.

The staff appreciates everyone's help and support, and we

are looking forward to a busy and fun-filled season. Let's make it a great 2022, hanging out with friends and neighbors while enjoying everything Pelican Marsh has to offer.

Please remember, the Pelican Marsh Brief is supported through advertising revenue. Please show your support by using the businesses that advertise in this publication.



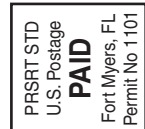
NOTICE of the Foundation of Pelican Marsh ANNUAL MEETING

March 24, 2022, 7 p.m. in the Community Center

There will be two vacant seats on the Pelican Marsh Board of Directors that need filled. If you would like to be a candidate for one of these open seats, please complete and return a Candidate Form to Pelican Marsh Administration by 5 p.m. Feb. 11, 2022 for consideration.

Candidate Forms are available in the Community Center Administrative office and on the Pelican Marsh website at www.pelicanmarsh.com.

A Meet the Candidates Forum will be held on Thursday, March 3, 2022 at 2 p.m.





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MONT CLAIRE



\$949,000

2405 Mont Claire Dr.
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Nestled in the heart of North Naples, this rarely available 2nd floor end unit offers the spaciousness and privacy of a single family home, with the convenience of condo living. Featuring breathtaking panoramic golf course and lake views, this 3 bed/3 bath home includes a den/media room, 2-car garage, private elevator, new roof & exterior paint, electric storm shutters, tray ceilings and so much more. Relax and enjoy the gorgeous Naples sunsets from your lanai overlooking the 10th hole of Pelican Marsh's pristine golf course.

MONT CLAIRE



\$929,000

2320 Mont Claire Dr.
#201

Rarely available 2nd floor end unit in Mont Claire at Pelican Marsh offers the spaciousness and privacy of a single family home, with the convenience of condo living. Featuring breathtaking lake and golf course views, this 3 bed/3 bath unit includes a den/media room, 2-car garage, private elevator, new roof & exterior paint, electric storm shutters, tray ceilings and much more. Relax and enjoy the gorgeous southern lake views from your lanai overlooking the 14th hole of Pelican Marsh's pristine golf course.

MONT CLAIRE



\$899,000

2440 Mont Claire Dr.
#202

Enjoy breakfast on the Lake! This 3+den/3 full bath condo provides 2,604 sq.ft. of generous, well-designed living space featuring a great room, formal dining room, den/media room, large master bedroom suite and two en-suite guest rooms with 2-car garage. Interior features include tile on the diagonal, crown molding, recessed lighting, and French doors. The great room opens to the lanai, creating a cozy seating area and entertaining space to complete the Florida lifestyle.

THE STRAND



\$479,000

5636 Whisperwood Blvd.
#1703

Beautiful 2nd floor end unit overlooking the pond/water feature and golf green at Cypress Cove in The Strand. This 2 bedroom/2 bath plus den includes a 2-car attached garage, updated white kitchen with stainless appliances, vaulted ceilings, updated light fixtures, walk in closets and much more. Exterior updates include new roofs and updated landscaping. The Strand is an award winning community featuring 27 holes of championship golf, clubhouse, fitness center, tennis, pickleball, bocce, croquet center, large pool with lap lanes, and restaurant with Island bar.

SWEET BAY



\$2,600,000

9296 Sweetgrass Way

Enjoy spectacular Southeastern vistas of the lake and golf course from your sprawling lanai. This home leaves nothing to be desired with its ideal floor plan and high-end finishes including Poggenpohl cabinetry, granite, brand-new hardwood floors, new PEX piping, chef's kitchen with sub-zero, Viking and Miele appliances and gas fireplace. The master retreat provides oversized walk-in closets, soaking tub and sitting area. Home is completed with an inviting pool/spa with new heat pump, massive outdoor living space and a 3-car garage.

WATERCREST



\$1,395,000

2379 Turnberry Ct.

Outstanding 3+den/2 full baths with lake views in offering 2,630 sq. ft. of generous and functional living space incorporating a living room, formal dining room new kitchen, morning room, family room, cozy den/office, roomy master bedroom suite, new bathrooms and two additional guest rooms. The lanai, complete with pool, spa and outdoor shower is the perfect setting to enjoy spectacular Florida sunsets. Additional features include crown molding, plantation shutters, custom window treatments, new kitchen cabinets, stainless appliances, quartzite tops and tile backsplash.

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FOUNDATION NEWS

Looking forward to 2022

A message from your Board President

By Steve Berke, Foundation Board President

As we enter the holiday season, I thought it would be fitting to both look back at 2021 and look ahead to next year. If the pandemic has shown us anything, it's how very lucky we are to live here in Pelican Marsh.

Reports from other parts of the country have reinforced the idea that the impact of COVID has been somewhat mitigated for those of us living in Southwest Florida. Most of our friends and neighbors have been vaccinated, and many have received their boosters. Coupled with recent news about natural immunity and the relatively mild clinical course observed thus far with the omicron variant, we are hopeful about 2022.

I saw many of you a little over a month ago at the Welcome Back Party. More than 200 residents gathered to eat food from Crave, our restaurant operator, and dance. Once again, Lynn and her staff did an amazing job putting on an event with great energy and fun.

With the new year approaching, we are looking forward to the opening of our restaurant, Nest. Despite some supply chain problems, construction is moving along. The principal unknowns waiting for us are mostly related to Collier County reviews and inspections. Our construction partner is pushing for a January completion. There is a lot of excitement in the community as we await the opening of our newest amenity!



Bocce, pickleball and tennis are busier than ever, and we expect them to be busier still over the next few months. The tight labor market has made finding court maintenance people difficult, but our court sports staff has been making the best of a tough situation.

There is a lot of activity at the Community Center as well, with card and mahjong players along with many of our

Pelican Marsh community groups and clubs.

Fitness is spooling up again and it looks like 2022 will set a new benchmark for resident engagement with our amenities and activities.

The Community Development District's plans for 2022 include finishing its excellent landscaping project and renovation of the Vanderbilt gate, including rebuilding

the gatehouse and updating the sign.

The Foundation will end this year in solid financial shape, largely due to record resales in 2021. Residential inventory in Pelican Marsh is at a very low level, so we have budgeted for decreased resales next year.

I, and all the Foundation Board members, wish you and your families the happiest and healthiest new year!





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OUR COURT SPORTS FACILITY

Reserving courts

A Message from your Director of Court Sports

By Johann Saurbier, Director of Court Sports

The cooler weather has brought our northern friends back and has made playing on our courts more pleasant all day long. It is great to see all this court activity.

As we get busier, keep in mind that the sea breeze is present in the afternoon, making it a great time to play. And now that we have beautiful LED lights, our courts are just as playable at nighttime.

Our fall season included our first pickleball league teams, one ladies' team and one mixed team. As we head into winter (starting in January), additional teams will be forming. If you have any interest in participating on league teams, please let us know.

Our fall tennis teams also had a busy schedule and two

CTA teams made it to the playoffs. The men's team heads into the playoffs as the No. 1 seed. Just like in pickleball, additional winter season teams are forming and looking for players to round out their rosters. Let us know if you are interested.

For the best chance to obtain the court time you want, please submit your court requests to the Pro Shop at least one week in advance. Then, you can manage your reservations on Court Reserve. The more we use the online system, the more effective it becomes. This would also be a good time to check your personal information on Court Reserve to make sure it is complete and accurate. It will help us with our programming and future planning.



I'd like to take this opportunity to remind everyone that appropriate tennis and pickleball attire is required at all times on the courts. This includes appropriate shoes. Please do not wear running shoes on the

courts, they are not only unsafe for the player, but can cause damage to the courts as well.

On behalf of our court sports staff, I would like to thank you all for a great year and wish you and yours a Happy New

Year. We look forward to a fantastic 2022!

Remember that in tennis and pickleball, just like in life, the better we serve, the more we win!



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OUR FITNESS FACILITY

New year's resolutions and unrealistic optimism

By Patrick D. Webb, CPT, MBA, Fitness Director

New Year's Day is an especially big day for unrealistic optimism. Many of us will show up at the Fitness Center with a "resolution high" — the warm glow that comes from deciding you

are going to change for the better. Psychologists have found that this resolution high leads you to underestimate how external forces and other events will undermine your motivation. You fail to

plan for obstacles and expect that it will be easy to act on good intentions.

Unfortunately, the stronger the intention, the more likely we are to *miss* opportunities to act on it. We also might fail to seek out the support we need to stick to our intentions. Ironically, interventions designed to strengthen a person's commitment only increase the rate of optimistic prediction, not the behavior itself.

If, as trainers, we focus your motivational strategies by getting you psyched up about the benefits of getting fit and committing to working out,

you might feel good in the moment, but you won't change your behavior.

Research shows that anticipating how much we will later regret skipping a workout motivates us above and beyond imagining the positive outcomes of exercising itself

(Abraham & Sheeran 2004).

Play out the consequences in your mind of your decision to exercise or to skip it. When you find yourself contemplating a workout, you should ask yourself, "How will I feel tomorrow about the decision I made today?"



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Fitness Center

By Patrick D. Webb, CPT, MBA, Fitness Director

Upon your return to the gym, you may notice some changes—especially if it has been a long time since your last visit! During front desk business hours, the Fitness Center doors are magnetically locked, and a key fob is required for entry. During extended hours, this door is unlocked, and a fob is required to enter by the side doors.

Classes have been significantly expanded in the new year. Please be aware that some

offerings require a signup due to limited capacity. For more specifics and class schedules, please contact the front desk of the Community Center.

Spa and personal training services continue to be offered by our wonderful and talented independent contractors. I would like to remind all residents that payment for services rendered must go through the front desk point of sale system. This has always been the

policy of the Foundation of Pelican Marsh and there are no exceptions.

We continue to offer complementary orientations to all residents by appointment. Please remember that the Fitness Center personnel and I are always happy to provide instruction and assistance on an as-needed basis, provided we are not engaged in a personal training session with a resident.

New Class — Dance for Joy!

By Patrick D. Webb, CPT, MBA, Fitness Director

Dance for Joy is a holistic movement practice that empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit.

This class draws from martial arts, healing arts and dance arts, creating a fun, free-spirited whole-body workout. It

is an excellent cardiovascular workout that tones and trains the body to be strong, flexible and balanced. Dance for Joy is adaptable and safe for all fitness levels, from beginners to the highly fit athlete.

Unlike other dance fitness programs, Dance for Joy offers a unique style of both form

and freedom, allowing the student to become comfortable in their bodies as they dance through life.

Join Sandy Tuesdays and Thursdays at noon.

Get ready to enjoy the many benefits of this wonderful class while having fun and getting fit!



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A few things you can always count on!

By Lynn Atzingen,
Director of Activities

These things are always located in the Community Center parking lot:

- **The Bike Medic** – The first Friday of every month at 9 a.m.
- **Knife Sharpening** – The first Tuesday of every month, 1-4 p.m.
- **Produce Buddies** – Every Tuesday, 9-11 a.m.
- **Fresh Catch** (Fresh seafood and more!) – Every Tuesday, 1-2 p.m. and Saturday, noon-1 p.m.
- **Trulli Pasta** – Every Tuesday, 1-2 p.m.

Thank you for supporting our local vendors. It's a great way to shop, especially during the busy season. Fresh and local is the way to go — and right in your own community? Wow!

Happy New Year!

By Lynn Atzingen, Director of Activities

Welcome to 2022 in Pelican Marsh! It's sure to be an exciting year in this beautiful community and, if fall was any indication, a very busy season!

What can you do to make sure you're included in all the fun activities and events? Sign up early! Lots of activities are reaching capacity very quickly.

Stay connected! Are you getting the e-blasts from the Community Center? If not, and you'd like to, please contact

Linda Kersey at LKersey@pelicanmarsh.com.

Are you in the Facebook group? Ask to join The Foundation of Pelican Marsh—Naples, Florida. It's another good way to find information.

Come to the Community Center. You can find all the events advertised here and enjoy a cup of coffee while you read about them.



Happy New Year to you and your family. Wishing you good health and happiness in this wonderful new year. Make this a year to remember!

And it is with heartfelt gratitude that I thank you for your continued support and kindness. Cheers!

Massage and Arthritis

By Patrick D. Webb, CPT, MBA, Fitness Director

Consider adding massage to your toolbox when dealing with knee arthritis for an effective, integrative approach to reducing pain and improving function. In a small, randomized study of 68 adults with osteoarthritis of the knee, researchers at the Prevention Research Center at Yale University School of Medicine in New Haven, Connecticut, found that subjects who received regular hour-long massage therapy treatments had improved flexibility and range of motion and less pain within 8 weeks of beginning treatment.

Numerous studies have shown that massage relieves chronic low-back pain and

musculoskeletal disorders, but no prior research has focused on whether massage could help arthritis sufferers.

“The very significant therapeutic response over 8 weeks of therapy persisted 8 weeks later. Two months after the last massage, [the subjects] were still significantly better than baseline and significantly better than the control group. That exceeded our expectations,” David Katz, MD, senior study author, associate adjunct professor of public health at Yale and director of the Prevention Research Center, told HealthDay news.

Researchers explain that there are two possible explanations for the positive outcome.

“Sensory input [from the massage] competes with pain input in the spinal cord, travels faster and blocks pain symptoms,” said Katz. Massage also has a more significant long-term healing effect by increasing circulation. Improved circulation “brings an influx of cells to clean out the debris and facilitates, to whatever extent possible, bone and cartilage remodeling.”

Massage is a great option and does not carry the risks of adverse side effects associated with pharmaceuticals; it may also be less expensive.

This study appeared in Archives of Internal Medicine (2006; 166, 2533–38).

Cake decorating

By Lynn Atzingen, Director of Activities

Learn how to decorate cakes like a pro! Denise, from Denela Desserts, will guide you through this fun class. You will decorate a 6-inch vanilla chiffon cake that will be boxed with a ribbon for you to take home.

Join us on Wednesday, Jan. 19 at 2 p.m.! Be sure to call the Community Center to reserve a seat in this fun class!

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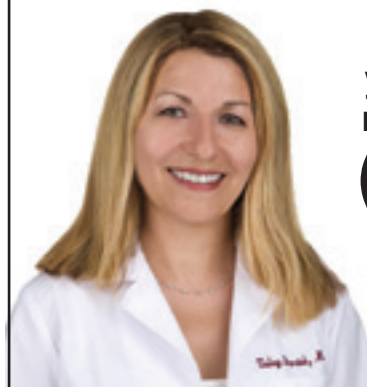
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Technology classes for seniors

By Lynn Atzingen, Director of Pelican Marsh

If you're like me, every time I have an issue with my phone or my computer, I'm calling one of my children. It's amazing the things I don't know!

This instructor can help! He speaks in terms that we can understand, and he will answer your questions. His company was featured in the *Palm Beach Florida Weekly*

as the 2019 Best Place for seniors to learn technology.

I hope you'll join us for these classes. It never hurts to learn just a little bit more!

• Using to Stay Connected –

Jan. 24, 1-2:30 p.m.

• Working with Photos/Backing up to the Cloud – Feb. 7, 11 a.m.-12:30 p.m.

• Getting Comfortable with Zoom – April 4, 1-2:30 p.m.

The classes are only \$10 each. Call the front desk (239-594-7800) to reserve your seat!



Open Mic Nights

By Lynn Atzingen, Director of Activities

Hosted by Tom Enright, Open Mic Nights are always a big hit in Pelican Marsh! They're free, they're entertaining and they're fun. The talent we have in Pelican Marsh is simply amazing! Check it out, I think you'll like it.

Scheduled dates include Wednesdays, Jan. 26 and March 23 at 5:30 p.m.

Do you have a talent that you'd like to share? Contact Tom Enright at tom.enright@enrightconsulting.ca.



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Keeping you informed!

By Lynn Atzingen, Director of Activities

Join us at the Community Center for these free presentations by the Collier County Sheriff's office. Remember to register in advance at the Pelican Marsh Community Center front desk or by calling 239-594-7800.



- Monday, Jan. 31 at 1:30 p.m. – Active Shooter
- Monday, Feb. 28 at 1:30 p.m. – Burglary and Theft
- Tuesday, March 29 at 1:30 p.m. – Identity Theft



Safety first

By Lynn Atzingen, Director of Activities

We have a lot of bikers and walkers in Pelican Marsh, which is absolutely wonderful, but it's important to stay safe! There have been a few near accidents because people were not exercising precaution.

Below are some safety tips, provided by Johns Hopkins, that we encourage you to adopt:

- Be seen. Wear neon, fluorescent or bright colors when riding and wear something that reflects light (reflective

shoes, reflective tape, etc.).

- Pay attention. Do not wear headphones so that you can hear the traffic and pedestrians around you. Never text and ride.
- Ride in the same direction as traffic and stay as far to the right as possible. Use bike lanes whenever you can.
- If riding between the hours of sunset and sunrise, Florida Law requires that the front of the bike be equipped with a headlight lamp that exhibits

a white light visible for 500 feet, and the rear of the bike be equipped with a tail lamp and reflector visible for 600 feet.

- Always walk on the sidewalk, if there is one.
- Make sure all equipment on the bicycle is in working order (brakes, gears, tires, etc.).

The Bike Medic comes to Pelican Marsh the first Friday of every month to help you make sure your bicycle is in good shape.



The show must go on!

By Lynn Atzingen, Director of Activities

Save the dates for these great shows at a great value! Tickets are on sale now for all shows. Reserve yours by calling 239-594-7800 as these shows will sell out. Table reservations are available. It's BYOB, and you are welcome to bring snacks for your table.

Friday, Feb. 4 at 7 p.m. – Billy & Elton: The Hits with Phil Thompson

Internationally acclaimed pop

pianist, vocalist and Kawai-endorsed touring artist, Phil Thompson, performs a night of Billy Joel and Elton John's biggest hits. Some hits you'll hear, include "Bennie and the Jets," "Your Song," "My Life," "Scenes from an Italian Restaurant," "Rocket Man," "It's Still Rock and Roll to Me," "Crocodile Rock," "Movin' Out," "Tiny

continued on page 10



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- Pelican Marsh full-time residents since 2000
- Supporters of the Sunshine Kids Foundation, a national nonprofit organization providing group activities for young cancer patients

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Bocce in the Marsh

By Lynn Atzingen, Director of Activities

It was our first season back to “normal” bocce and it certainly was a good one! We had 28 teams and a lot of newcomers to the sport.

Congratulations to the following fall teams that made it to the playoffs:

Seville Angels – Hans Schmacht, Bob Capo, Joel Hollocher and Paul Markarian
The Pelicans – Bill and Donna Sawers and Jerry and Gerry Kallick

Green Flash – Tina Mantel, Fred and Theresa Smith, Tony and Lori Murabito



Bakers Bunch – Jack and Lisa Baker and Richard and Nancy Spiwak
Ciao – Patrick McEnroe, Natalie Lidow, Michelle Doyle and John Stratta

Philly Rollers – Joe and Judy Siderio and Bob and Aggie Milligan

And our big Fall League winners are:

1st Place: Seville Angels
2nd Place: Baker’s Bunch
3rd Place: Philly Rollers

The Winter Bocce League begins Jan. 10. If you’re not on a team, we always need substitutes! Let the front desk know that you’re interested.

Keep smiling and keep rolling!

the show must go on...continued from page 9

Dancer," "Daniel," "Only the Good Die Young," "New York State of Mind," and of course, no piano-hits show would be complete without "Piano Man!" (\$30)

Friday, Feb. 25 at 7 p.m. – Six Appeal

Six Appeal is a world-class vocal ensemble infused with impeccable comedic timing and the energy and vitality of a rock

band. Swearing off instruments, the award-winning vocal band, Six Appeal, takes you on a journey that spans decades of music, performing classic oldies, current chart toppers and catchy original tunes — all sung a cappella. Featuring vocal dexterity and adventurous song selection, this remarkably talented sextet of young singers navigates multiple genres of music with a wonderfully eclectic repertoire guaranteed to captivate and entertain audiences of all ages. (\$30)

Tuesday, April 12 at 7 p.m. – Kazual

Kazual (pronounced ‘casual’) is a family band of three brothers and a cousin from Atlanta, Georgia that bring a distinct sound to the ear of their fans. They mix the sounds of R&B, hip hop and pop together to create an experience to blow your mind ... or as they call it, the “Kazual experience.” Blending harmonious sound with intoxicating vocals, be prepared for Kazual to captivate and invigorate your rhythmic senses!

Kazual is best known for their smooth a cappella harmonies. But they can dance as well as they sing! Kazual performs an eclectic mix of old-school, top 40 and original songs. (\$25)



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Thank you, Pelican Marsh!

By Lynn Atzingen, Director of Activities

The generosity of the residents of Pelican Marsh is heartwarming. The number of lives you have touched is a number we'll never know because it is so large.

Thank you for the enormous amount of food that you donated for St. Matthew's house.

Thank you for the blood you donated to save many lives.

Thank you for the hundreds of toys you donated so that a child could have a better holiday.

Thank you for being a community that cares!

*"Generosity is the most natural outward expression of an inner attitude of compassion and loving kindness."
~The Dalai Lama XIV*



Toy donations for Guadalupe Center

PELICAN MARSH WOMEN'S LEAGUE

We're back!

By Jennifer Eudicone, PMWL

The Pelican Marsh Women's League will resume its full schedule of monthly events in January. Up to this point, we've been having only the Small Groups get-togethers. The book club flourishes, as do the happy hour and walking groups as well as the "Out to Lunch Ladies," who try different local restaurants.

The golf group will start in January. We've also added a mahjong group as well as Hand and Foot card games. Suggestions from members for activities they'd like to pursue are always welcome.

In December, the Women's League held a toy drive for Friends of Foster Children

Forever, an organization striving to fulfill the needs of every child in the Collier County foster care system. We filled the back of two SUVs and a smaller car with toys. Our members were so generous!

Our February luncheon will be at the Pelican Marsh Golf Club, with speaker Brandon Dowdy, Director of Development for Pathways Early Education Center at Immokalee.

In March, we return to Brambles Tea Room on 5th Avenue South — one of our favorite destinations.

The April event will again be lunch at Pelican Marsh Golf Club, with speaker Suzie Weinert, author of the "Garage

Sale Mystery" collection of books, and movies on the Hallmark Channel.

Join us for one of our Coffee and Conversation events, 10-11:30 a.m. at the Community Center on Wednesday Jan. 12 and Tuesday Feb. 8, 2022.

The annual membership fee for Pelican Marsh Women's League is \$35, with monthly events running from October to April. This membership fee becomes a charitable donation to worthy institutions in our area at the end of the season.

Come meet current members and other interested newcomers and learn more about this terrific organization.

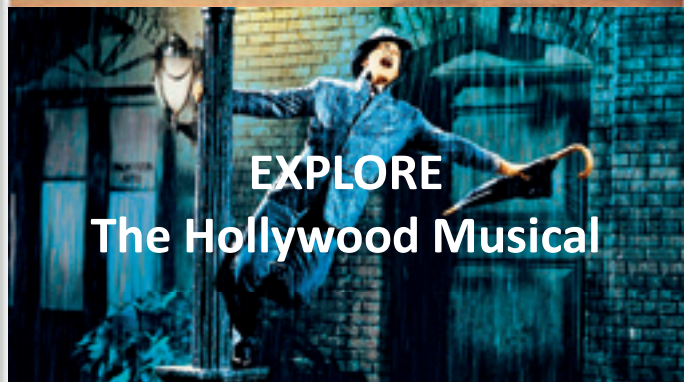
Shred truck

Save these dates!

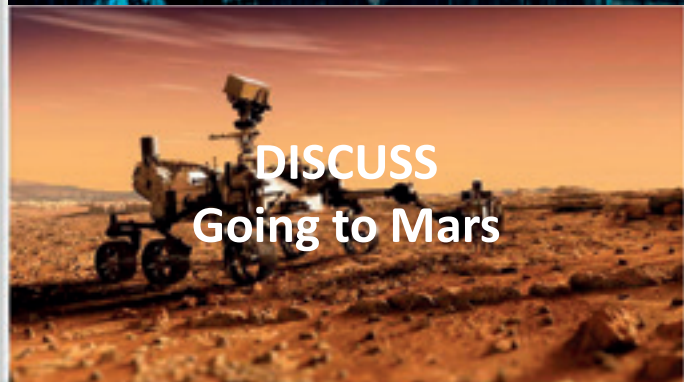
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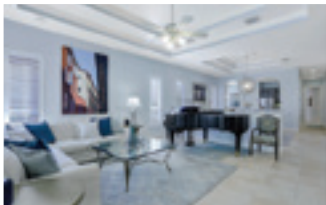
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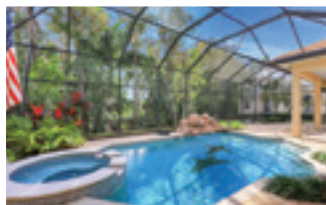
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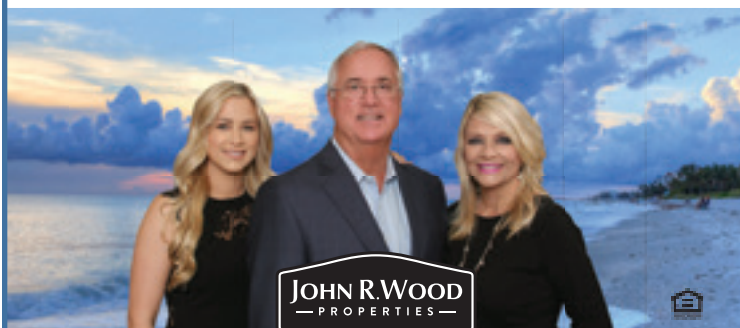
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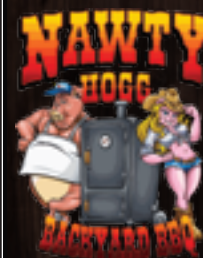


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The *Pelican Marsh Brief* is published six times a year
by MarketCrank, Inc. in cooperation with The Foundation of Pelican Marsh, Inc.

Volume 13, No. 1 January 2022, 16 pages, USPS permit No. 419

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Publisher: MarketCrank, Inc., Sharon Hood • *Editor:* Paul Maddry, Foundation General Manager
Copy Editor: Marsha Litsinger • *Advertising:* Laura Coleman and Nancy Schranck
Graphic Design: Kerry Fischel and Danalyn Cahill

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