



Tennis and Pickleball Leagues Forming

Now is the time to let us know of your interest in playing. Page 3



Open Mic Night

Gifted musician and Pelican Marsh resident Tom Enright will host this fun evening. Page 9

Calling all Canadians

This is a fun happy hour for everyone, and chances are you'll meet a Canadian or two! Page 12



THE PELICAN MARSH BRIEF

The Foundation of Pelican Marsh, Inc., Official Publication

January 2023 <Volume 14, No. 1>

Board of Directors

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Nathaniel Monks – *Vice President/Treasurer*
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Brian Colan – *Director*
Matt Barger – *Director*
Karen Guilmartin – *Director*
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Monique Rowell – *Administrative Services*
Lynn Atzingen – *Director of Activities*
Diane Matz – *Front Desk Coordinator*
James Scullin – *Staff Accountant*
Patrick Webb – *Fitness Director*
Johann Saubier – *Director of Court Sports*
Victor Monteiro – *Head Court Sports Pro*
Allie Parker – *Pro Shop Manager*
David Ortega – *Maintenance*

Happy New Year!

By Paul Maddry, General Manager

Greetings to the residents of Pelican Marsh.

By the time you read this article, our food and beverage service at the Community Center will soon be reopening! Its new operator, Brad Phillips, has run successful restaurants on Fort Myers Beach for many years and we are very excited to have him here at Pelican Marsh.

Soon, our popular hangout spot, where members enjoy great food, drinks and fun with their friends and neighbors, will be back. Please watch your email for the grand opening celebration date, menus and other important information on this great amenity! January is when the Community Center starts to get very busy, with most members back for season. Please make sure to check out the schedule of activities and sign up before a class/event fills up.

As a reminder, your Foundation 2023 maintenance fee of \$1,927 is now due. Members who live in the Arbors, Gables or Sweet Bay communities will pay this fee directly to the



Foundation. Members who live in other Pelican Marsh communities will be billed by and pay this fee to their association management company along with their quarterly maintenance fee that is due. We appreciate everyone's cooperation in getting this fee paid.

As part of your New Year's resolutions, do not forget to include having your home checked for any cleaning and/or repairs that are needed. The summer rain and humidity cause dirt and mildew to build up on your walkways,

walls and roofs. Remember, the Pelican Marsh rules require all homes to be kept clean 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 and other contact information, so you are sure to 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 Foundation staff appreciates everyone's help and support as we look forward to a busy and fun-filled season. Let's make 2023 a season to remember, having fun with friends and neighbors and enjoying everything Pelican Marsh has to offer.

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



NOTICE of the Foundation of Pelican Marsh ANNUAL MEETING

March 23, 2023, 7 p.m. in the Community Center

There will be two vacant seats on the Pelican Marsh Board of Directors that need to be 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. 3, 2023 for consideration.

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

A Meet the Candidates Forum will be held on Thursday, March 2, 2023 at 2 p.m.



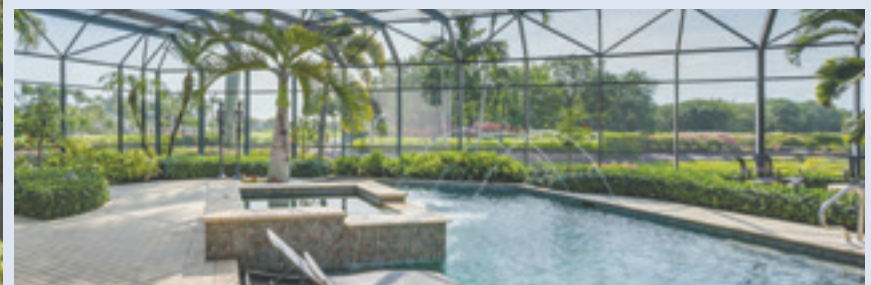
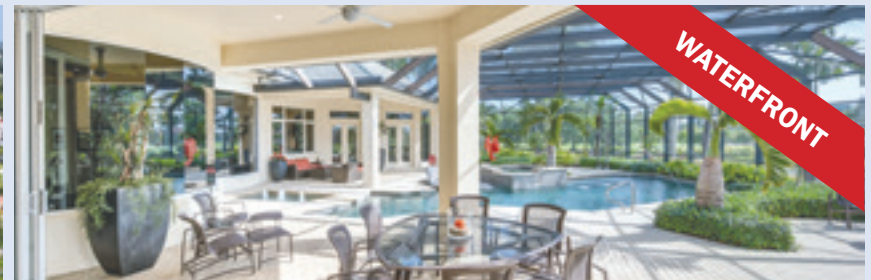


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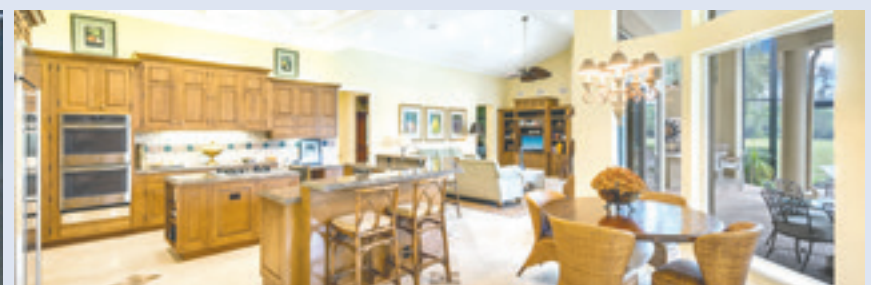
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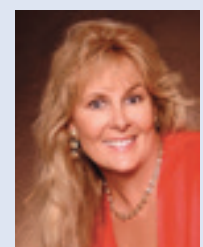
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OUR COURT SPORTS FACILITY



Court sports are in session

A Message from your Director of Court Sports

By Johann Saurbier, Director of Court Sports

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

Extended playtime

As we get busier, keep in mind that the sea breeze kicks in during the afternoon, making it a great time to play. Now that we have beautiful LED lights, our courts are just as playable at nighttime and early morning, too.

Pickleball leagues

The fall season included our second season of competing in interclub pickleball leagues. We had two men's teams, one ladies' team and one mixed team. Congratulations to the mixed team, captained by Gerry Hoffberg, who won their division. As we head into winter (starting in January), additional teams will be forming. If you have any interest in participating on a league team or captaining a team, please let us know.

Tennis leagues

Our fall tennis teams also had a busy schedule. Congratulations to the CTA ladies' team, captained by Linda Mushock, who went undefeated and is now in the playoffs. 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.

Court reservations

For the best chance of obtaining the tennis court time you want, please submit your court requests to the Pro Shop at least one week in advance. Once we allocate courts, you can manage your reservations on Court Reserve.

For pickleball, courts are open for reservations seven days in advance at 2 p.m. 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. This will help us with our programming and future planning.

Court attire

I will also 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 could also cause damage to the courts.

Exciting plans for the new year

We have had a great year with some amazing events. It is great to see so many enthusiastic players enjoying our facility. We have an exciting list of events scheduled for the new year.

On behalf of our court sports staff, I would like to thank you all for a great year and wish you and yours a Merry Christmas and a Happy New Year. We look forward to a fantastic 2023!

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



Not Getting Our Emails?

Are you missing activities or important information because you don't receive email from Pelican Marsh?

Call Monique Rowell or email her at MRowell@PelicanMarsh.com to be added to the list!



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Are you sick of your doctor's office? Do you wait weeks — or even months — for an appointment? Are you tired of being treated like a number? Now is a good time to consider concierge medicine. As the Affordable Care Act (Obamacare) has transformed the relationship between medical providers and patients, it's more important than ever to keep control over your most vital asset: your health.

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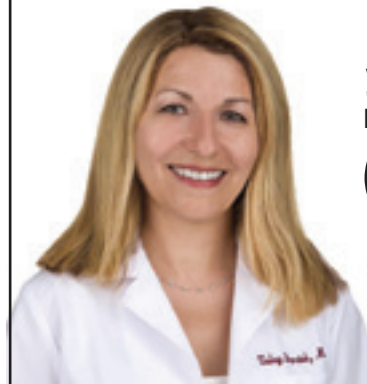
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Dr. Darstek has more than 25 years of clinical experience. She was the Chief of Geriatrics at Monmouth Medical Center and has published multiple articles and papers and lectured on many topics, such as dementia, depression, osteoporosis and women's health. Dr. Darstek believes that each patient should have a customized medical plan that fits his or her individual needs. She is dedicated to providing her patients with the highest quality medical care with a personal touch.



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Willpower

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

Did you know that willpower can be strengthened like a muscle?

Willpower is defined as the ability to ignore the temporary discomfort of an action to pursue a longer-term goal. These actions include staying on the elliptical trainer for the full time you have set for yourself or ignoring the pastries on the breakfast buffet, opting for healthier choices.

Roy F. Baumeister, Ph.D., a researcher at Florida State University, has developed a model that shows willpower is not a personality trait, a skill or virtue, but operates like a muscle, and can be strengthened or easily exhausted (Baumeister 2003).

This model presents some interesting ideas. Willpower is a mind-body response, not just a mindset. Utilizing willpower depletes the body's energy

resources. Finally, sources of willpower are limited and, like a muscle, willpower can be increased by exercising it.

Exerting willpower fatigues us, literally (Tice et al. 2007), and it depletes physical power. Studies have also shown that trying to control one's thoughts results in a decrease in muscular endurance. Finally, self-control depletes willpower to its limits, not unlike the way in which exercise temporarily depletes physical power. Baumeister's experiments show that individuals who repetitively exert willpower struggle with each successive act.

How do we restore and increase our stores of willpower?

Restoring willpower involves getting adequate physical rest. Attempting to make a challenging behavior change without

rest can be incredibly difficult. A good example is diet: individuals who sleep only four hours are less likely to choose foods based on health, weight or ethical concerns (Wells & Cruess 2006).

Research also shows that a behavior that positively boosts your mood restores the willpower depleted by an act of self-control. So, laugh a little.

Can we increase our stores of willpower? Studies show that committing to small, consistent acts of willpower in any manner can increase overall willpower (Muaven et al. 1999; Oaten & Cheng 2007). Therefore, the act of showing up for and completing a workout and sticking with it through times of fatigue and boredom literally exercises your willpower, increasing the willpower stores you need to deal with the details of everyday life, from diet to finances.

New staff spotlight

Alex Plonka, BS, CPT

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

Alex is a proud graduate of Kent State University. To stay fit in college, Alex started attending spin class. Upon completion of her degree, she moved to Naples, Florida and continued to pursue her love for cycling recreationally. She then decided to make a career change and became a full-time spin instructor. Soon this led to a certification as a NASM Certified Personal Trainer.



Alex Plonka

She will be sure to have you singing, smiling and sweating your way through a fantastic workout!

In her free time, she enjoys reading, shelling, roller skating and hanging out with her boyfriend and two dogs. She teaches Spin at Pelican Marsh five times a week. She is also available for personal training by appointment.

Make massage a part of your stress management plan!

Our massage therapy professionals enable your body and mind a chance to let go of the physical and emotional tensions of the day. It's a chance to let the mind wander where it will, following the music or whatever paths it chooses, to explore the connection of mind and body. Many of those who receive regular massage report that, over time, they become more aware of their bodies and their response to stress factors.

For more information, call the Pelican Marsh Community Center today: 239-594-7800.



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WATERCREST



ACTIVE

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2305 Cassia Ct.

This gracious and immaculate home enjoys fabulous sunsets with golf and lake views. Situated on a large quiet cul-de-sac lot in Watercrest at Pelican Marsh, this property creates a perfect setting for relaxing and entertaining. Some of the many features include a 3 car garage with storage area, new roof May 2022, newer A/C, hot water and pool heaters, Sub-Zero Refrigerator April 2022, newer stainless appliances including induction cooktop, fresh exterior paint, and much more. As a bonus, this residence is fully protected with storm shutters.

OSPREY POINTE




SOLD

\$1,195,000
9009 Whimbrel Watch Ln.
#202

Spectacular lake and golf course views from most every room in this spacious 3 bedroom/3 bath condo with media room, den/office and 2 car garage. Notable features include newer A/C and Water Heater, new carpeting, hurricane shutters, tray ceilings and gorgeous Naples sunsets from your lanai overlooking the lake and 10th and 11th holes of Pelican Marsh's pristine golf course.

VENTURA



SOLD

\$1,150,000
8847 Ventura Dr.

Long Lake Sunset View from Screened Pool/Spa in this popular 2-story, Spinnaker model with 3BR + Den and 2 full baths. Loft/den overlooks open Great Room. 2 car garage provides ample storage. Updated kitchen with induction cooking, Advantium Oven, granite countertops and stainless appliances. Owners suite has walk-in shower, tub, dual sink vanity and walk-in closet.

MONT CLAIRE



SOLD

\$1,100,000
2385 Mont Claire Dr.
#202

THIS ONE HAS IT ALL... Spectacular southwest lake and golf course views with 2,603 sq.ft. of generous and functional living space incorporating a great room, dining room, morning room, cozy den/media room, roomy primary suite and two additional en suite guest rooms. Notable features include new Roof, newer A/C and Water Heater, new carpeting, crown molding, tray ceilings and 2 car garage. Relax and enjoy the gorgeous Naples sunsets from your lanai overlooking the 10th hole and lake of Pelican Marsh's pristine golf course.

MONT CLAIRE



SOLD

\$1,075,00
2365 Mont Claire Dr.
#202

Welcome Home! This immaculate 3-bedroom/2.5 bath condo with den/media room features tray ceilings, crown moldings, elevator, electric storm shutters, stainless kitchen appliances and granite countertops. Neutral tile flooring throughout, open concept living area, large primary suite with generously sized walk-in closet, split bedrooms and 2 car garage, comfortably accommodates both family and guests. Relax and enjoy the gorgeous Naples sunsets from your lanai overlooking the 18th hole and lake of Pelican Marsh's pristine golf course.

TIMARRON



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\$925,000
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Outstanding 3 bedroom/2 bathroom home with a large sunroom nestled in the heart of Pelican Marsh. This one level home is situated on a larger lot with a panoramic lake view and sparkling pool. Easy to show and ready for immediate occupancy. Residents and nature connect among lakes, nature preserves and miles of biking/walking paths. The Community Center is a gathering place to enjoy tennis, bocce, pickleball, a fitness center/spa, community events and a restaurant. Pelican Marsh Golf Club offers several levels of optional membership. Upscale shopping, dining and sugar sand beaches are just outside the community.

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Massage your stress away

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

Make massage a part of your stress management plan! Our massage therapy professionals provide your body and mind a chance to let go of the physical and emotional tensions of the day. It's the chance to let the mind wander where it will, following the music or whatever paths it chooses, to explore the connection of mind and body.

Many people who receive regular massage report that, over time, they become more aware of their bodies and their response to stress factors.



Ellen Riorden



Amanda Thomassen

clients therapeutic modalities, drawing on techniques from both Eastern and Western traditions in what can be referred to as bio-energetic massage. Using this approach when working with clients, she aims to balance the physical and energetic bodies, helping them return to homeostasis.

Allow me to introduce you to our massage therapists:

Ellen Riorden

In addition to being a licensed massage therapist, Ellen Riorden holds a doctorate degree in communication. Her background includes certifications in manual lymphatic drainage, advanced yoga training and energy medicine. Integrating these skills together, Riorden provides

Amanda Thomassen

Amanda Thomassen is a licensed massage therapist and esthetician. She is dedicated to the well-being of all of her clients and strives to help in all fields of health and beauty. Thomassen specializes in relaxation techniques and muscle tension relief.

She creates a customized massage to fit the client's personal needs while delivering pressure that fits their comfort level, bringing an overall relaxing therapeutic experience to the whole body.



ACTIVITIES & EVENTS

And that's a wrap!

By Lynn Atzingen, Director of Activities

Congratulations to the Fall Bocce League Division winners!

The winners are:

- Courting Trouble – Janice and David Adams, Aida and Roger Guidice and Tina Mantel

- Seville Angels – Hans Schmacht, Joel Hollocher, Paul Markarian and Bob Capo

- Bocce Balboa – Leanne and Craig Stephens, Karen and Brian Mecadon

continued on page 7



Courting Trouble - 1st place winners Roger & Aida Guidicea and David & Janice Adams. Not pictured is Tina Mantel.



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that's a wrap...continued from page 6

- Mont Claire Rollers – Dot-tie and Tony Merenda, Diane Gould, Al Salata
- Baker's Bunch – Lisa and Jack Baker, Judy and Larry Kobel, Nancy and Rich Spiwak
- IOMI – Donna and Doug

Reynolds and Suzanne and Bill Johnson

Playoffs between the divisions were held Dec. 6 to determine the league winners. Congratulations to:

- 1st place – Courting Trouble
- 2nd place – Seville Angels

3rd place – Baker's Bunch
The Winter Bocce League begins on Jan. 16. If you'd like to be a substitute in the league, please email me at LATzingen@pelicanmarsh.com and I will happily add you to the list!



Ladies non-denominational Bible study

By Lynn Atzingen, Director of Activities

This is such a great way to make some new friends. Ladies Bible Study begins on Jan. 12 at the Community Center. It's non-denominational and discussion oriented. The ladies who attend absolutely love the group and would love for you to join them. This 9-week study is free. And if you can't stay the whole



nine weeks, it's no problem! To join, please contact Julie Vitor at 314-707-4239 or vitorjulie@yahoo.com.



Seville Angels - 2nd place winners Paul Markarian, Hans Schmach and Bob Capo. Not pictured is Joel Hollocher

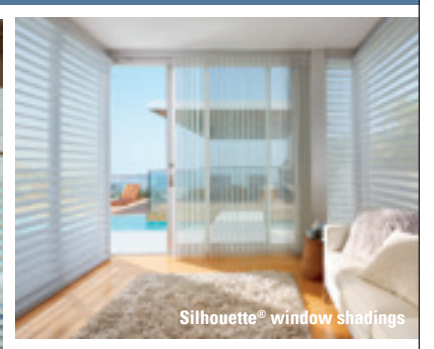


Baker's Bunch - 3rd place winners Rich & Nancy Spiwak, Larry & Judy Kobel and Jack & Lisa Baker

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Shred Day!

Save the date – Thursday, Jan. 19, 2-3 p.m.
at the Community Center parking lot

By Lynn Atzingen, Director of Activities

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Let me tell you my story

Thursday, Jan. 19 at 3:30 p.m.

By Lynn Atzingen, Director of Activities

This informal group meets the third Thursday of each month to talk and write or listen. It's everything you want it to be. Below is a story written by Pelican Marsh resident Sandra Konrad!

Queen Zeus V

A most famous frog sings a song entitled “It isn't easy being Green.” I do understand that statement!


I am an olive! A green queen olive! Sure, I might have been purple or black. My parents were green. Voila! I am green up to my pit, which will be removed when I mature and replaced with a delicious insert.

There are a variety of options such as bleu cheese, pimentos, garlic cloves and jalapeños, to name a few. My heart is warm, so my goal is to contain both garlic and jalapeño and become a Flaming Hot Queen!

If I don't mature in regal beauty, I may end up being chopped into itsy-bitsy pieces and join my Kalamata cousins in a tapenade. By enhancing my body with exotic oils and spices, I could be part of an olive salad. That could take me to New Orleans, where I might end up on a famous muffuletta and marry a Cajun garlic king. This opens all sorts of options in the world of Mardi Gras.

Mini muffulettas do join elegant finger sandwiches in the royal dressing rooms of Zeus, Sparta, Endymion, Zulu and other Mardi Gras Krewes as they prepare for their Bal de Tableau and bead throwing parades.

Truthfully, I am already a Queen d'Olive and most willing to let the good times roll to enhance a Mardi Gras martini! Since my pit has to be removed, I request it be buried in Jackson Square to bring forth many Queens for the future.

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The sound guy, Russ Gomes!

Open Mic save the date

By Lynn Atzingen, Director of Activities

They say it takes a village and my village needs a sound guy. With equipment. Meet Russ Gomes! Some of you might know him as the mighty pickleball player or the board president for Arielle, or perhaps you've seen him playing guitar or singing with his wife, Patti.



Now that I think about it, he fills a lot of needs in the village, but the one talent that goes unnoticed is being a sound technician. Whether it's a music event outside, Open Mic Night or even some inside music events, Gomes is the guy. He brings in his enormously heavy

speakers and sound equipment, sets it all up, then does the biggest job of all, getting it to sound good!

It might go unnoticed, but it's really appreciated! It's a lot of work that he does for Pelican Marsh out of the goodness of his heart.

Gomes started playing the guitar when he was about 10 years old. He plays acoustic guitar, bass guitar, electric guitar and banjo. And did I mention, the piano? This is one talented man! When living in Massachusetts,

continued on page 10

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Pelican Marsh speaker, Stephen J. McGuire

By Lynn Atzingen, Director of Activities

Join us on **Monday, Jan. 30**, for a presentation by Pelican Marsh resident Stephen J. McGuire, who had a distinguished 30-year legal career in Washington, D.C. and retired as chief judge of the Federal Trade Commission. He was honored by President George W. Bush for his service to the nation's judiciary system and received the FTC's Distinguished Service Award.



In his retirement, McGuire became an author, writing political and psychological thrillers.

He currently has published two books.

McGuire has become a popular speaker, talking about his experiences as a judge and author. We welcome him to Pelican Marsh! Don't miss this great opportunity. The presentation will be at 3:30 p.m. on Jan. 30. Please register in advance by calling 239-594-7800.



Guadalupe Center tours

By Lynn Atzingen, Director of Activities

I'm sure by now that you've heard of the Guadalupe Center, whose mission is to break the cycle of poverty through education. It reaches more than 1,750 students per year with three extraordinarily successful educational programs. But seeing the children and the schools, and hearing the stories is truly an eye-opening experience.

Seeing is believing! And we have tours scheduled in January, February and March. They're free and a good way to get a glimpse of Immokalee, if you've not been out there. A bus will pick you up for your guided tour, then drop you back off at the Community Center. You'll be so happy that you went.

To register, call the Pelican Marsh front desk at 239-

594-7800. The tour dates are Jan. 30, Feb. 23 and March 28. The groups are small, so register soon!

By the way, if you go to the organization's website, Guadalupecenter.org, and scroll down to "Exciting News and Updates," you'll see where Pelican Marsh made the news for our October fundraiser! Thanks again for your generosity!



the sound guy...continued from page 9

Gomes played in a band called "Back Again." And on occasion, his wife, Patti, would join in on vocals. Needless to say, Russ has always loved music!

His first date with Patti? He played the guitar and sang to her! 37 years later, they sing together to entertain us at Open Mic Night!

By the way, the next Open

Mic Night is Jan. 26. Save the date! Tom Enright, another very gifted musician, will be your host for the evening. I hope you'll join us!



VISIT OUR WEBSITE AT PELICANMARSH.COM



*Play
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Schedule a private tour with
Shea Brower at 239-597-0016



PelicanMarshGC.com

Calling all Canadians

Jan. 31, 4-6 p.m.

By Lynn Atzingen, Director of Activities

Are you a Canuck? In case you're wondering what that means, it's an informal term for Canadian. And, even if you're not a Canuck, chances are you know one.

This is a fun happy hour for everyone, and chances are you'll meet a Canadian or two! This annual event is hosted by

Tom and Linda Enright, who are, you guessed it, Canadian!

Bring an appetizer to share, BYOB and bring a friend! We always like to know you're coming, so please call 239-594-7800 to register. It's a great way to meet some new people in the Marsh and it's free! We all love that word! Cheers! 🍷

Pelican Marsh Art Exhibition

Sunday, Feb. 19

By Lynn Atzingen, Director of Activities

Pelican Marsh will have an art exhibition this season to showcase the talents of many Pelican Marsh residents. The artwork will be displayed in the Community Center as well as in some resident homes. A guide map will be provided to registered resident participants



who wish to enjoy seeing the works of these talented artists.

More information is coming soon! Look for it in your email.

If you are interested in displaying your artwork, please contact me at 239-594-7800 or LAtzingen@pelicanmarsh.com as soon as possible. 🍷

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Joey and Maria's Wedding!

Save the date – Tuesday, Feb. 28!

By Lynn Atzingen, Director of Activities


You'll get to know Joey and Maria at their wild wedding!

Come mingle, dine, drink, dance tarantella, sing Sinatra and who knows, you might even catch the bouquet! You're not a part of the audience ... you're part of "The Family!"

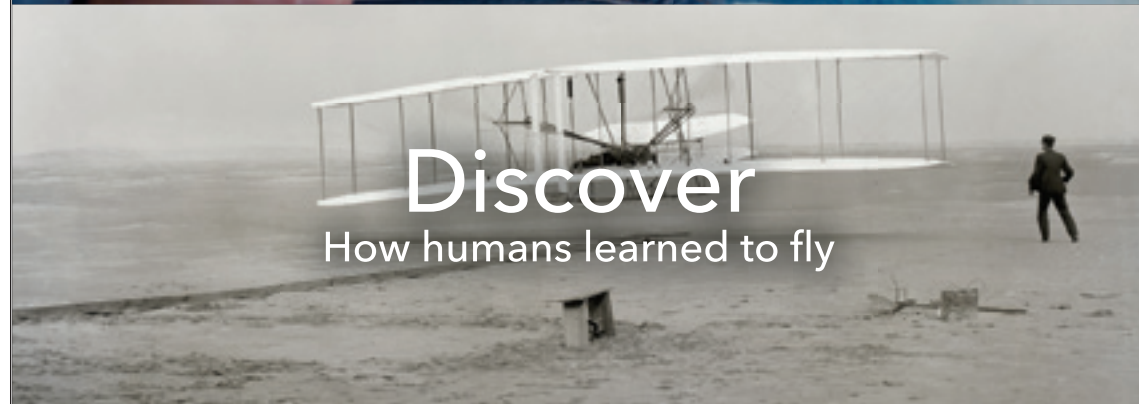
Join us at this hysterical wedding ceremony and reception

that includes dinner! Best of all, it's a fundraiser for AVOW Hospice. Start planning your table and, by the way, are you a friend of the bride or the groom?


More details coming soon! It's going to be a great night for a good cause. 🍷



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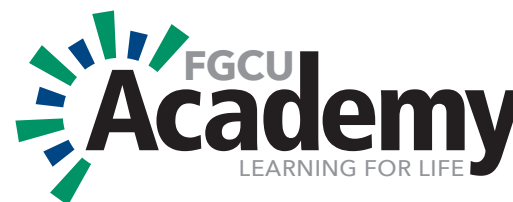


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SCAN FOR MORE INFO

CLACK & YACK



New Year greetings from Clack & Yack

By Linda Enright

By the time you read this, many more snowbirds will have arrived in Pelican Marsh. We hope everyone enjoyed a healthy and happy holiday season.

Every Wednesday afternoon from 2 to 4 p.m., a lively group of yarn crafters meets at the Community Center. Bring your knitting, your crocheting, your embroidery or your needlepoint. Whatever your chosen yarn craft, there is sure to be

another person working on something similar.

We spend as much time yacking as we do clacking... movie, book and restaurant reviews, help with tangled yarn, learning a new stitch, making new friends. We cover a lot in two hours!

Even if you haven't picked up yarn and needles in years, but think you want to get back at it, please consider joining us. We'd love to meet you. ✂

ACTIVITIES & EVENTS

Are your knives sharp?

The knife guy comes to the Community Center parking lot the first Tuesday of every month, 1-4 p.m.

By Lynn Atzingen, Director of Activities

Steven Banks, the knife guy, is a nice gentleman who loves to help others have sharp knives.

So, why is it so important to sharpen your knives?



Safety!

Sharp knives are easier to use and you're less likely to have it slip if you're not trying to force it.

Efficiency!

The more you struggle, the more time it takes and the less enjoyable the experience.

Improved presentation!

In case it doesn't taste fabulous, at least it will look fabulous!

If your golf game or other appointments don't allow you to drop your knives off during the time he is here each month, leave them at the Community Center with your name and phone number and we will get them to him.

He once said, "If that's the knife in your home that you use to cut food, it's worth sharpening!" ✂

www.pelicanmarsh.com

PELICAN MARSH GOLF CLUB

Pelican Marsh Golf Club donates more than \$115,000 to Youth Haven

By Shea Brower, Director of Membership and Communications

Pelican Marsh Golf Club hosted its 4th Annual Charity Event, which was a huge success, last spring.

Through the amazing generosity of Pelican Marsh Golf Club members, more than \$115,000 was raised to support Youth Haven, the event's chosen charity. Youth Haven provides emergency shelter for children who have been removed from their homes due

to abuse and neglect. The organization has a beautiful campus that provides shelter and a wide range of transformational programming to up to 70 kids at one time right here in Naples. Its mission is to provide home, hope and healing to abused and neglected children and teens in Southwest Florida.

With the support from Pelican Marsh Golf Club, Youth Haven will be able to renovate

one of its cottages on site as well as purchase computers for its campus.

"Pelican Marsh Golf Club is committed to helping local charitable organizations that serve our Southwest Florida community. The kindness and support of our membership in this endeavor has been overwhelming," said Ron Parris, the Club's General Manager. ✂

Cheryl Turner
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PELICAN MARSH WOMEN'S LEAGUE

Ring in the New Year!

By Emilia Libers, PMWL

Let's ring in 2023 with happiness in our hearts and the hope of wonderful things to come. Happy New Year from the Pelican Marsh Women's League!

From interest groups to special events to luncheons, Pelican Marsh Women's League (PMWL) is growing in numbers and is offering a variety of interesting, educational and engaging events.

Our annual Christmas Luncheon was well attended, where we enjoyed guest speaker Ann Hughes, executive director of Friends of Foster Children Forever. Once again, Pelican Marsh Women's League sponsored a Christmas Toy Drive prior to the luncheon for the Friends of Foster Children Forever. We collected gifts for children ages 1 to 17 years old. A heartfelt thank you is in order to League members who donated toys. Your generosity is very much appreciated.

January and February events

Fun and educational events await League members in January and February. We will enjoy a private docent tour at The Baker Museum on Thursday, Jan. 19. The Museum is part of Artis—Naples and is one of the foremost fine art museums in Southwest Florida, emphasizing modern and contemporary art. Following the tour, an optional lunch will be offered at the nearby Brio Italian Grille at Waterside Shops.

The Women's League will sponsor its most popular event of the season—a fashion show by Rebecca's Fashions on Feb. 16.

Later, in March, members will enjoy a cooking demonstration at Artichoke & Company.

Only PMWL members are eligible to participate in the League's events and Small Interest Groups. Stop by the Community Center and



Our Mission: To provide the opportunity for all women residents of Pelican Marsh to enjoy cultural, social, educational and charitable activities in the spirit of friendship and community.

pick up a copy of the New Member form and join our league! The yearly membership fee for the Pelican Marsh Women's League is \$40, 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.

Small interest groups

Small interest groups are the backbone of the League. We currently have three book clubs, mahjongg and hand & foot games, movie and happy hour, walking group and our Lunch Bunch group. Suggestions from members for activities they'd like to pursue are always welcome.

Our very popular Coffee and Conversation events are scheduled from 10 to 11:30 a.m. on Tuesday, Jan. 10 and Wednesday, Feb. 8. We will

meet at the Pelican Marsh Community Center. This event is for new members and women residents in Pelican Marsh who would like to learn about our organization. If you are already a member of the Women's League, please join us for coffee and bring a friend, a neighbor or a new Pelican Marsh resident. Come out and meet current members and other interested newcomers and learn more about this terrific organization. Please RSVP to Susan Boyd at susann2525@aol.com if you would like to attend Coffee and Conversation. New membership forms will be available at Coffee and Conversation.

Feel free to contact our League President, Elaine McIntyre, at Elaine.mci58@gmail.com if you would like more information about Pelican Marsh Women's League.



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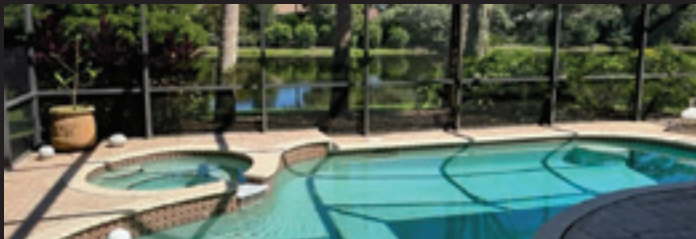
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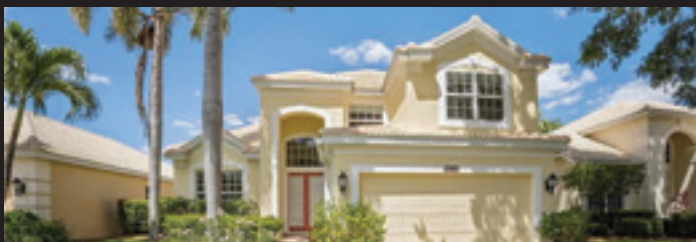
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Trulli Pasta for your convenience

The third Tuesday of every month, 1-2 p.m.

By Lynn Atzingen, Director of Activities

Heirloom recipes and high-quality, traditional ingredients have always been fundamental to the restaurateurs and husband and wife team, Domenico and Barbara Bosco. Trulli Pasta is an ode to their Italian heritage and food, combined with modern techniques, to create pastas and sauces that can be cooked simply in your kitchen.

The name, Trulli Pasta, comes from the Italian town of Alberobello in Domenico's home region of Puglia, Italy. Trulli is plural for the Italian word trullo, which means cylindrical house with conical roof. These unique structures are constructed as small dwellings and storehouses in agricultural areas like the

durum fields that produce the semolina flour essential to the Trulli brand.

Trulli Pasta will be in the Community Center parking lot the third Tuesday of each month from 1 to 2 p.m.

You can't beat healthy Italian food!



Oh, what a night!

Keith Howland and Jeff Coffey, former members of Chicago, performed in concert

By Lynn Atzingen, Director of Activities

The evening was beautiful, the outside bar was open, and music filled the air. And the best part of all was we were raising money for Avow Hospice! Avow is a nonprofit provider of hospice, palliative care and grief support services to people of all ages in Collier County. It has been recognized as the leader of hospice care in Naples, Florida. Its mission is, "We create peace

of mind by providing compassionate care and support to those who need us."

Many people are not aware that Avow also has a children's program that provides support and companionship to children who may be grieving for a variety of reasons. It is a wonderful organization!

Back to the evening — Pelican Marsh was so blessed to

have two former members of the band, Chicago, here that evening to perform for us. Keith Howland and Jeff Coffey kept us entertained with their amazing musical talents and some stories from their days of touring with the band.

Songs from Chicago and Earth, Wind and Fire brought back a lot of memories for many of us! Many thanks to these two amazing musicians who, with the help of those in attendance, raised several thousand dollars for Avow Hospice.

Thank you, Pelican Marsh!




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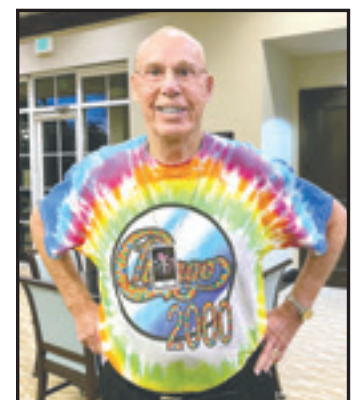
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Collier Mosquito Control Q&A

Courtesy of Collier Mosquito Control District

The health and welfare of district residents is the primary responsibility and concern of the Collier Mosquito Control District (the District). Created in 1950 for the special purpose of controlling mosquitoes, the District is governed by Chapter 388, Florida Statutes.

In 1950, the District was 6 square miles in size. Over the years, it has expanded to its current size of 401 square miles. It is an Independent Special District of the State of Florida and, as such, has a board of five commissioners who are elected for nonpartisan seats to serve four-year terms. Monthly public meetings are conducted by the Board of Commissioners at the District headquarters located at 600 North Road, on the west side of the Naples airport.

As in previous years, Southwest Florida continued to see rapid growth in 2022. Many new neighbors relocated from parts of the country where mosquito

control isn't as necessary. The following are some of the more commonly posed questions about mosquito control received by Collier Mosquito Control District (District). The answers are provided to help dispel misinformation currently circulating in our community.

Q: Why do mosquitoes need to be "controlled" here?

A: In simple terms, mosquitoes are so abundant here that they pose a significant threat to public health and comfort year round.

With more than 50 species of mosquitoes identified and present in Collier County, the impact of not controlling mosquitoes here would exert significant negative effects on public health, tourism and the larger economy. Some species are seasonal while others are present year round. The District monitors five of the species very closely because of their ability to transmit diseases endemic to Southwest Florida

and other subtropical climates, including dengue fever, West Nile virus, encephalitis and yellow fever.

Q: What materials do you use to control mosquitoes?

A: The District uses only EPA registered, approved and regulated control materials.

The District currently uses three materials to control adult mosquitoes: Duet HD (a pyrethroid), Dibrom (active ingredient naled, an organophosphate) and Merus 3.0 (an organic pyrethroid). To control larval – or juvenile – mosquitoes in water, the District uses a number of products containing either spinosad or Bti (*Bacillus thuringiensis* subspecies *israelensis*). The labels of each material used can be found on the District's website.

Q: How much material is applied during one of your treatments?

A: On a per-acre basis, the District always applies
continued on page 18

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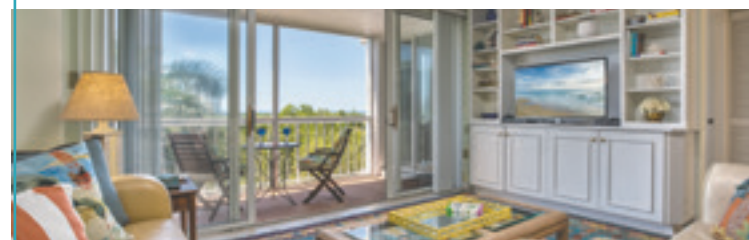
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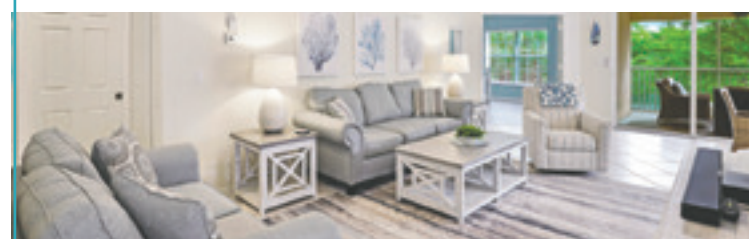
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q & a...continued from page 17
material within the label rate prescribed.

When the District applies control materials for adult, flying mosquitoes using airplanes or helicopters, the application systems are calibrated for an Ultra-Low Volume (ULV) rate. The application rate is less than 1 ounce per acre, equivalent to half a shot glass of liquid poured over an area the size of a football field. A typical aerial treatment will treat more than 30,000 acres and take approximately two hours to complete.

The material is applied from an altitude of 300' to treat the column of air above the ground and is almost invisible because of the extremely small droplet size. The droplets are measured at approximately 20-30 microns (e.g., one human hair is about 100 microns in size). Because of the tiny droplet size, rarely do any of the microscopic droplets make it to ground level. If they do, they dissipate quickly.

Q: Do the District's control materials cause cancer?

A: It is exceptionally important to understand the relative risk of exposure to the control products the District uses.

When reviewing a Material Safety Data Sheet (MSDS, aka SDS), any risks to one's health refers to that of the handler, not the general public. It is a misconception to say that the public whom we serve would be at the same level of health risk as one directly handling the pesticide. The District always complies with label guidance and limitations. Further, our employees always comply with MSDS guidelines when handling, preparing and/or loading materials.



According to current research, residents are not in danger of contracting cancer from mosquito control materials applied infrequently and at such low amounts. It is highly unlikely that any resident will come into direct contact at all with any of the products we use. All insecticides used in the U.S. for public health protection have been approved and registered by the EPA following careful review of data regarding their use.

Q: Will the materials affect people or pets? What if it is inhaled or if it lands on the skin?

A: The likelihood of any direct contact with mosquito control products by our citizens and their pets/animals is very low.

Unless a person is very sensitive to or has a specific allergy to a chemical, washing the skin with soap and water after a presumed exposure is all that is needed. Given the ultra-low volume of material applied by the District, no exposure and no symptoms should be experienced. That said, any individual concerned they may have been exposed should consult a physician at their earliest convenience. A simple blood test will determine if any exposure has taken place.

Q: Why are treatments applied at night?

A: The answer is two-fold: That's when mosquitoes are most active and when the atmosphere is most conducive to treatment.

Have you noticed most mosquitoes aren't as active during daylight hours? Their activity is heightened from dusk to dawn, so applying adulticide treatments after sunset is the most effective time to "knock down" the mosquitoes. Another important reason for nighttime applications is to avoid affecting the pollinators not active at night, including bees, dragonflies and butterflies.

Normally, the District offers public tours of its facilities for the public to learn more about operations, but Hurricane Ian delivered nearly three feet of storm surge through the campus. All buildings are in a state of restoration and are not habitable, which is the primary reason the District is building a hangar at the Immokalee airport — a safe haven during storms to ensure uninterrupted service to our community. However, our Outreach team conducts presentations at group meetings. Please call our office at 239-436-1000 to request a presentation or if we can provide more information.

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