

Chair Yoga Now Offered Calm your mind while relaxing and strengthening your body with breathing techniques and stretching. Page 8



Holiday Party Reservations Get your reservations in by Nov. 13 for this year's holiday party aboard the Naples Princess. Page 10



Open Mic Night
Join us for one of
Pelican Marsh's
favorite nights. We're
always looking for
new talent! Page 10



THE PELICAN MARSH BRIEF

The Foundation of Pelican Marsh, Inc., Official Publication

November 2022 < Volume 13, No. 5>

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Cleanup and preparation for a great season

A message from your Board President

By Steve Berke, Foundation Board President

As I write this, Hurricane Ian is long gone but the havoc wreaked by this enormous storm is still evident all along the west-central Florida coast. We in Pelican Marsh were very fortunate that the destructive eye of the storm made landfall well to the north of us, and that we are far enough from the coast to not bear the brunt of the storm surge. Not all our neighbors were so lucky, however, and I know many of you will generously give of your time and resources to help where you can. There are many in need in the aftermath of this disaster.

In Pelican Marsh, the CDD has done a terrific job of quickly getting downed trees off the roads and cleaning up storm debris. For the most part, the storm drains were clear, and our lake system handled the torrential rains well. Once again, John Vanover and his team answered the call quickly and effectively. We are grateful for their support.

As many of you know, 2022 has been a rough year for Nest, Pelican Marsh's Food & Beverage facility. For a variety of reasons, Crave Management was unable to stabilize the business. Crave and the



Foundation agreed to terminate our contract and Nest closed on October 7, 2022, just over seven months after opening.

We learned a lot this year, and our F&B Vendor Search



Steve Berke

Committee is working to identify potential vendors to take over our restaurant. The business climate is more favorable than it was in 2021, and we are hopeful that we can find a vendor who can operate Nest according to our preferred owner/operator model while providing the quality food and service Pelican Marsh residents expect.

By the time you read this, the community will have voted on the question of a food and beverage minimum at Pelican Marsh. Like most other HOA-based, seasonal food and beverage facilities, some form of resident support for revenue will probably be necessary at

Nest. Whether this support takes the form of a minimum, where the full amount of the contribution is returned to the homeowner in the form of credit for food and drink, or some other form of subsidy will have been decided by the community via proxy vote in late October.

It is worth remembering that Nest is an amenity and, like all the amenities run by the Foundation for the benefit of the homeowners, contributes to our well-being and supports property values. Our low-cost amenities help make Pelican Marsh the best deal in a residential community in North Naples.

Keep your email addresses up to date for news from the Pelican Marsh Foundation. Please contact Monique Rowell in the administrative office at MRowell@PelicanMarsh.com or call 594-7800 between the hours of 8 a.m. and 4 p.m. Monday through Friday.



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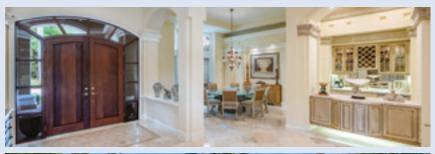




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FOUNDATION NEWS

Let's make it a great season!

Greeting's residents of Pelican Marsh

By Paul Maddry, General Manager

It's hard to believe that summer is already over and soon, many will return from their northern habitats. Hopefully, everyone is ready for a fun and active season in Pelican Marsh!

We encourage all members to check out the available exercise classes, spa services, fitness training, pickleball and tennis lessons and clinics, bocce ball leagues, and the many other activity events the Foundation offers. You can pick up an events calendar in the Community Center or get it online at www.pelicanmarsh.com.

Remember, this time of year brings out many more residents who are out biking or walking/jogging throughout the community. When driving, please make sure you and your guests follow the speed limit and make full stops at all stop signs. Let's keep everyone safe this season!

It's that time of year to start scheduling your needed cleaning and maintenance for your home. 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!

The Foundation's proposed budget for 2023 is scheduled for adoption on Nov. 17, 2022. A copy of the proposed budget is available on our website or in the administration office at the Community Center.

Please make sure we have your updated email address and phone number so we can keep you updated and informed with all that's happening in Pelican Marsh. Also, make sure that you have registered on the Pelican Marsh website, www.pelicanmarsh.com, so you can view all our activities as well as access forms, minutes and other important information.

The staff really appreciates everyone's help and support and is looking forward to a busy and fun season. We welcome your comments and suggestions regarding how to better serve you.

Remember, the *Pelican* Marsh Brief is supported through advertising revenue. Please try to show your support by patronizing those businesses who advertise in this publication.

· P

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A SPECIAL REPORT

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OUR COURT SPORTS FACILITY

Season begins with a reminder how to reserve courts

A Message from your Director of Court Sports

By Johann Saurbier, Director of Court Sports

We kicked off our 2021-2022 season with welcome back mixers and exhibitions for both tennis and pickleball. Thank you to everyone who came out to support these events. The mixers were fun, and the exhibitions were highly entertaining. We look forward to hosting more exhibitions and the Naples Pro League in early 2022.

It is great to see our seasonal friends returning, adding to the energy of Pelican Marsh on and off the courts. It is also a good time to remind everyone



of the procedure for making court reservations as they are slightly different for tennis and pickleball.

Tennis court reservationsOn the tennis side, we use a modified lottery system to

modified lottery system to continued on page 4

MEET DR. TULAY DARSTEK

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.

Taglas I

Call to schedule your initial no obligation meeting with Dr. Darstek (239) 596-1111

DR. TULAY DARSTEK, MD Medical Director Dual Board Certified Internal and Geriatric Medicine

Personalized Physician Care | Concierge Medicine 239-596-1111 | Fax 239-596-1659 | www.mynaplesmd.com 2350 Vanderbilt Beach Road, Suite 203, Naples, FL 34109 (located near the entrance to Pelican Marsh) allocate courts, which are allocated at noon one week in advance. To reserve a court, a member must submit a court request sheet with the Pro Shop at least one week in advance. Priority is given to requests of players who did not play on that particular day of the week before (Monday to Monday, Tuesday to Tuesday, etc.). Second priority goes to players who did not receive their requested times the week before. Last priority goes to players who played at the desired time the week prior. If all else is equal, court sheets are drawn at random.

After all courts are allocated for the next week (Monday to Monday for example), they go live on CourtReserve at 2 p.m. Any remaining open courts may be reserved on CourtReserve within one week. Reservations for clinics, Cardio Tennis and round robins may be made on CourtReserve, starting at 2 p.m. one week in advance. The system will send out court confirmations and a reminder the day before.



Pickleball court reservations

On the pickleball side, court reservations are made strictly on CourtReserve or through the Pro Shop, starting at 2 p.m. one week in advance. We currently have two open play mornings

— Wednesday and Saturday. Even though you may show up at any time, we ask that you still "reserve" a spot so that we may accurately track the activity on the courts.

On Mondays, Tuesdays, Thursdays and Fridays, we have a rotating schedule of round robins for beginners (2.0 to a low 3.0), intermediates (3.0 to a low 3.5) and advanced (3.5 and above).

We are always looking for ways to improve your courts experience here at Pelican Marsh. If you have any ideas or suggestions, please let us know. As we get busier on the courts, please remember to play with gratitude.

Down the middle solves the riddle. See you on the courts!





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The cure for smelly gym clothes

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

When you play tennis or exercise on a regular basis, you know how high-maintenance performance apparel can be go through one or two grueling sweaty sessions, and you're left with leggings, shorts, shirts, socks and sports bras that smell like an entire football team just went tromping through your house. It's almost as if figuring out how to get the smell out of gym clothes is the biggest workout of all.

Do you notice that sometimes, no matter how often you wash your gym clothes, the smell remains? There's a reason for this. Clothes made specifically for working out are typically made out of stretchy materials like Lycra or Spandex. These materials repel water, which is exactly what you want them to do when you're sweating at the gym or on the court, but not what you want them to do when you're trying to wash them.

Here are a few easy tips to help get the smell out of your workout clothes.

1. Avoid fabric softener at all costs.

Fabric softener is your worst enemy when it comes to gym clothes. Instead of making clothes cleaner, it creates a barrier, locking in the stinky smell. Fabric softener also breaks down the stretchy materials workout clothes are often made of. So, not only does it make your clothes smell, but it ruins the way they fit.

2. Limit use of laundry detergent.

It sounds weird to get rid of laundry detergent when trying



to make clothes smell better, but in this case, it's true. Like fabric softener, laundry detergent and stretchy materials like Lycra and Spandex don't go well together. The detergent builds up on clothing, leading to more smells and a lot of bacteria. Use only half the usual amount, skip it altogether, or opt for a detergent made especially for workout clothes like Hex or Sweat X.

3. Never leave your gym clothes in a pile on the floor.

If your sweaty clothes stay in a pile or sit in a hamper, the bacteria multiplies, and the smell gets worse and will linger. If you have no time to wash them, at least hang them up or lay them on a drying rack.

4. Wash gym clothes immediately when they're very sweaty.

If you just had a seriously sweaty workout session and your clothes are soaked, try to wash them immediately. When they're that sweaty, they need to be taken care of quickly.

5. Stick gym clothes in the freezer.

Looking for a relatively quick fix that doesn't involve doing

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6. Soak gym clothes in a white vinegar solution before washing.

White vinegar is a miracle ingredient when it comes to getting rid of icky odors. Before you wash your gym clothes, soak them in the sink or a clean tub with one cup of white vinegar and some cold water. Leave them there for 15 to 30 minutes, then toss them in the washing machine. You can add a little white vinegar to the wash too, if you think they need it.

7. Stop sitting around in your workout clothes after working out.

It can be really comfy to go from the gym to running errands to grabbing coffee with a friend. However, it's a bad idea. Wearing your sweaty gym clothes harbors bacteria, makes them sweatier and leaves you at risk for infections.

Follow these tips and your gym clothes will smell springtime fresh!

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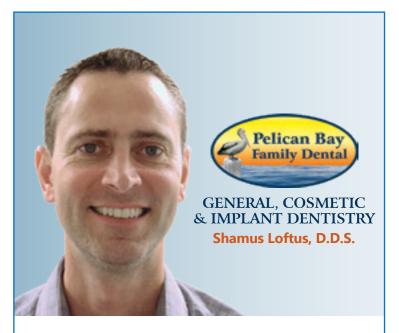
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New staff spotlight

Melissa Remoli, Licensed esthetician and certified anti-aging specialist

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

To say that Melissa Remoli has always been obsessed with skin care and skin products would be an understatement. By the time she was in high school, she had a full skin care routine and by her 20s, Remoli says she was doing advanced treatments on herself (not as an esthetician). After working 13 years in the fitness and health industry, she went back to school to finally study her passion — esthetics.

The approach Remoli takes to skin care is holistic, gentle and patient. She does not believe



Melissa Remoli

you have to do drastic, painful things to get results. Instead, she believes you need to be educated on the issues you are dealing with and committed to being persistent with the treatment plans.

As an esthetician Remoli is continuously learning new skills, new sciences and staying abreast of the latest technologies and devices.

"As a person, I am blessed to be doing a job that I love," says Remoli.

Please feel free to contact her with any questions you may have about the services she offers and thank you for welcoming her to Pelican Marsh.

Flexibility as we age

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

As we age, flexibility is critical to maintaining a quality lifestyle. Flexibility helps improve balance, decreasing the risk of falling, fractures and muscle strains. It also decreases chronic pain, and the resulting better muscular performance overall improves your workouts. The following questions and answers are intended to help you maximize your flexibility and, thereby, your quality of life.

Q: How long should you hold a stretch for flexibility improvement?

A: The American College of Sports Medicine (ACSM 2006) recommends holding a stretch from 15 to 30 seconds.

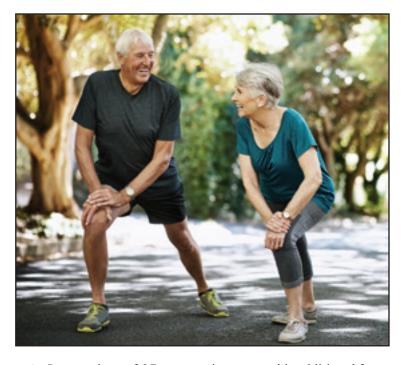
Q: What is the optimal number of times to repeat a stretch?

A; According to ACSM (2006), two to four repetitions is optimal as further repetitions do not provide additional benefits.

Q: How many days per week should you stretch?

A: It differs for each person, but ACSM (2006) suggests two to three days per week as a minimum, with five to seven days of some type of stretching routine per week as ideal for most people.

Q: What is the best flexibility method?



A: In a review of 27 peerreviewed studies on range-ofmotion (ROM) techniques, Thacker et al. (2004) noted that all methods have been shown to be very effective in improving ROM, with no clear best method.

Several studies show proprioceptive neuromuscular facilitation (PNF) to be superior to static and dynamic, whereas other studies show several stretching methods to be equally effective (Haff 2006). Sharman, Cresswell and Riek (2006) contend that since PNF stretching improves passive and active range of motion,

it may provide additional functional benefits. (Consult with a certified personal trainer or stretch therapist for information on different types of stretching.)

Q: The Pelican Marsh Fitness Center now offers Stretch Therapy services!

A: If you are interested in learning more about selfstretching or want to incorporate facilitated stretching into your overall fitness program, please contact the front desk or call one of our certified stretch therapists — Lisa Bezak, 908-591-6809; Ashley Mantel, 239-776-1695 book an appointment.







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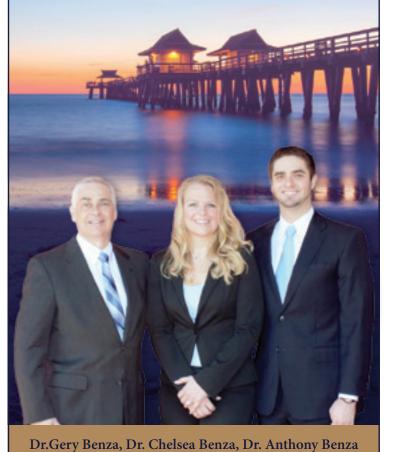
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Chair yoga now being offered

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Chair yoga is perfect for those experiencing stiffness, aches, pains and limited range of motion, with attention on proper postural alignment, core strengthening and balance.

Together with breathing techniques and stretching, we work to focus our attention, calm the



mind, and relax and strengthen the body.

Classes are held Mondays and Thursdays, 9 a.m. at Community Center Suite C. For more information, contact Ellen at ellenriordan@me.com or 239-431-5333.

ACTIVITIES & EVENTS

Welcome back! It's been a minute

By Lynn Atzingen, Director of Activities

Although some of us stayed in Naples to experience an extremely hot summer with quiet beaches and restaurants, many of you ventured off to other parts of the world. Welcome back! We hope your summer was a happy and healthy one. We expect this to be a busy season and here are a few pointers to help you have the best season ever!



There are a variety of activities and events at Pelican Marsh. It's a great way to meet new people!

Register early and always

Even if an event is free, we need to know that you're coming. And many events have a limited capacity for number of participants, so register early. You can always register by calling the front desk at 239-594-7800.



Residents first!

We'd love to include your guest(s) if there is availability. Please ask that they be put on a waitlist, and we will do our best to include them.

Registration can be a breeze

You can have your credit card put into our system to make registering a breeze! Your information will be safe and secure.

See Diane Matz at the Pelican Marsh front desk to have your credit card stored.

We need your current information

Has your phone number changed? Has your "other" address changed? What is your preferred mailing address? Do we have your email address? This information is

continued on page 9



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Hurricane Ian

By Lynn Atzingen, Director of Activities

Thank you to all of you who have dropped off an incredible number of donations for those suffering as a result of Hurricane Ian. We probably can't even imagine how much the smallest of things, the things we take for granted every day, mean to someone who suddenly has nothing. Pelican Marsh is one of the most generous communities in Naples. Your kindness, love and support of others is overwhelming. It's part of what makes Pelican Marsh a great community!

welcome back...continued from page 8

important for us to have. Please see Monique Rowell in the administration offices to have this information updated. Or send her an email at MRowell@ pelicanmarsh.com.

After-hours access

If you want to use the fitness facility or play bocce after the Community Center is closed, you will need to make sure that your key fob is updated for after-hours access. Please check with the front desk to have your key fob updated.

Running, walking and biking

As you know, we have a lot of active people in Pelican Marsh. You can see them walking, running and biking every day. Please, for everyone's safety, do not walk or run in the bike lanes. And bikers, please stay off the sidewalks. Safety first!

Life-saving equipment

We have two AEDs on Community Center property. One is located outside the Pro Shop and the other is in the Fitness Center, on the counter just inside the door. Remember that you will

always need a key fob to access the AED in the Fitness Center!

Use of facilities

New this year, during season, Nov. 1 through April 30, local guests are not allowed to use any of the Pelican Marsh facilities prior to noon Monday through Friday. In the afternoon and on weekends, all local guests using the facilities must be accompanied by a Member or Pelican Marsh employee and pay a \$10 guest fee.

New staff

We have several new staff members. Welcome to Harold "Rudy" Fulop, court maintenance, Allie Parker, Pro Shop manager and Rachel Miller, front desk/administration. Stop by and introduce yourself!

Look out for one another

Most importantly, be kind, patient, inclusive and look out for one another.

"Never regret a day in your life: good days give happiness, bad days give experience, worst days give lessons and best days give memories." - Anonymous

Let me tell you my story

By Lynn Atzingen, Director of Activities

Have you heard about the new club in the Marsh? It's called "Let me Tell You MY Story" and it meets the third Thursday of each month, 3:30 p.m. at the Community Center — and, it's free.

It's a group of friends and neighbors who come together to talk and share experiences they've had in their lives. Big and small. Some like to write. Some like to talk. And some like to just listen. There's no right or wrong. It's a great way to spend a Thursday afternoon and make some new friends.

Below is a short story shared by Dr. Natalie Lidow. She hopes

you'll join the group and perhaps share your story.

It is no fun to be old. What I hate most are my hands. But I have a goal: to get my cup from the table. I am taking my hand to my cup and I'm almost there, but my hand moves in an unknown direction and my cup is on the floor! Stupid cup! I sweep it up. I am upset. Not because I broke my cup, not even because I'm old. I'm just upset and sad and unhappy and ... then I remember my back hurts, my shoulder is not working, and my kids did not call me for almost 3 hours. My

day is ruined! I am miserable. What to do?

I have to call my neighbor, Maggi. She is Miss "Sunshine." She's always happy. I must tell her what happened. I went from my backyard to hers and I see her there.

"Hi Maggi. What are you doing?" She looks up at me with a big pot in her hands.

"I am replanting my pot flowers. They need more room in a bigger pot."

"How do you know?" I ask. "Did they tell you?" I am full of venom!

continued on page 10



Artis-Naples, Waterside Shops or take the tram service and indulge in a lunch at the Pelican Bay beach.



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Pelican Marsh Night at the Paper Lantern

Monday, Nov. 7, 5 - 7 p.m.

By Lynn Atzingen, Director of Activities

Your invited to Paper Lantern's exclusive shopping night just for Pelican Marsh residents! This locally owned gift boutique offers a little bit of everything. Located nearby, the Paper Lantern is just 1.9 miles away from Pelican Marsh at 2700 Immokalee Road. Shop for yourself, shop for gifts, or just come for fun!

Did I mention that you can enjoy a 20% discount that evening as well as complimentary gift wrap, wine and/or Prosecco and light nibbles? I'm so excited and hope to see you there! Please remember to let the Pelican Marsh front desk know you're coming so they can properly prepare! Call 239-594-7800 to register.

Holiday party!

By Lynn Atzingen, Director of Events

We're doing something different for the holiday party this year! We are boarding the Naples Princess for a fabulous dinner in the boat's lower salon. Enjoy the music of your own private DJ and dance the night away, or just relax and watch a beautiful sunset! The salon is exclusively for Pelican Marsh residents, but you are also free to go to the upper deck if you're looking for some fresh air or a different view.



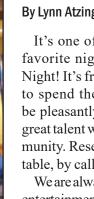
Table reservations are available for six people or less. Space is limited and reservations are required by Nov. 13! Call the Pelican Marsh front desk at 239-594-7800 to make reservations and ask questions.



Open Mic Night

Tuesday, Nov. 15, 6 p.m. showtime!

By Lynn Atzingen, Director of Activities



It's one of Pelican Marsh's favorite nights — Open Mic Night! It's free and a great way to spend the evening. You'll be pleasantly surprised by the great talent we have in the community. Reserve your seat, or a table, by calling the front desk.

We are always looking for new entertainment, so if you have a special talent that you'd like to share, let us know! We'd love to add you to our list of performers. Contact Tom Enright tom. enright@enrightconsulting.ca.

Future Open Mic Night dates

Can't make it in the fall, but hope to catch another performance? Save these Open Mic dates!

Thursday, Jan. 26, 2023 Wednesday, March 22, 2023



let me tell you...continued from page 9

"Ya..." she smiled.

Her dog, Spike, was inside the house and started to jump and scratch the door. I know he likes me and wanted to see me.

"Would you let Spike out, Maggi? I'd like to see him, too."

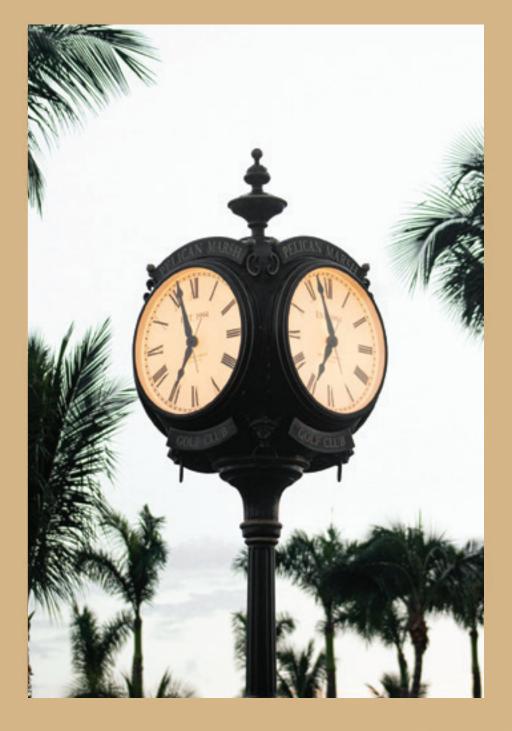
Maggi responds, "Wait, my lovely neighbor. I have something to show you. I bought a new snack for Spike. It is healthy and has no corn. I bet he will like it!"

She started to take the bag out of her pocket, but the bag was open and big chunks of the dog's new snack spilled onto the floor.

Maggi said "Oh, my! Look what happened! I am so happy because now I must pick it up and it is good exercise for me!"

In that moment, I decided not to tell her my story. I did not want to share the misery. Instead, I chose happiness from her.

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An intimate evening with Keith Howland and Jeff Coffey, formerly of Chicago

Friday, Nov. 18, 7:30 p.m.

By Lynn Atzingen, Director of Activities

I hope you'll be joining us for this special evening at Pelican Marsh. Enjoy some of your favorite songs from the Rockn-Roll Hall of Fame-inducted band, Chicago! They will also

play some of those favorite songs we all know and love!

It's an evening you don't want to miss. Call now (239-594-7800) to reserve your seat!



Getting crafty at Pelican Marsh

By Lynn Atzingen, Director of Activities

According to Forbes magazine, being creative is good for you!

"Turns out, tapping into that creative energy can actually improve your overall health. It might sound too good to be true, but simply engaging in creative behaviors (even just coloring in those trendy adult coloring books) improves brain function, mental health and physical health.

The theory of cognition postulates that being creative is actually a basis for human life. Basically, being creative is pretty important!"

Luckily, we have lots of ways for you to work on your creative, or "artsy" side! Call the front desk to register for any or all of these classes!

Oct. 17 – Paint Night! Bring your favorite beverage!

Oct. 18 – Card Making class Nov. 9 – Wooden "Moving" Model Making class

Nov.16 – Paint Night! Bring your favorite beverage!

Nov. 29 - Card Making class

Dec. 1 – Resin Art Class

Dec. 6 – Card Making

Dec. 12 – Paint Night! Bring your favorite beverage!





(239) 649-0201



Bocce!

By Lynn Atzingen, Director of Activities

Yes, it's that time of year again. Time to get those bocce balls rolling! The fall bocce league began on Oct. 17 and we're going to have a great fall season. Could that be because we have so much fun? I think so!

If you're not back for the fall, there's always the winter league. Registration for the Winter League will begin Dec. 1 and league play will begin Jan. 16. You'll want to register early if you hope to get your requested time slot.

If you'd like to learn to play bocce so you can join in the fun, please let me know. It's a super easy game to learn and isn't as physically challenging as many other sports. You can learn how to play in an hour or less and you'll be happy that you learned this new sport!

Email me (LAtzingen@ pelicanmarsh.com) for more information or call the Community Center and ask for Lynn.

Tri-Court Challenge

By Lynn Atzingen, Director of Activities

Wow! Thank you, Pelican Marsh, for coming together to make the first annual Tri-Court Challenge a huge success! We had competitors in pickleball, tennis and bocce. We had

a fun party, dinner, a silent auction, raffles, music and dancing (no kidding, I did see a couple of people dancing!). It was a terrific evening and, best of all, we raised a lot of money for Guadalupe Center. Our hearts are happy!

As you know, it takes a village, but a very special thank you goes out to Johann Saurbier, Tina Mantel and Cathy Aquino for their hard work and dedication to making this an incredibly successful event.

Thank you to all of our volunteers

We could not have done this without you: Karen Mecadon, Brian



Mecadon, Vicki Francione, Mary Tetzloff, Christopher Russell, Glenn Tetzloff, Leanne Stephens, Janie Ballurio, Beth DiFrank, Helen Wardell, Sherry Whalen, Dino Lauricella, Denise Lauricella, Diane Gillespie, Megan Blanchard, Nancy Kapp, Cathy Aquino, Tina and Ashley Mantel, Debbie Damgaard, Sally Noonan, Chris Miller, Barbara Hoffberg, Christy Boutell, Craig Stephens and all of the volunteers from Guadalupe Center!

Also, thank you to the band for volunteering your musical talents – Patti and Russ Gomes, Gary Rosenthal and Hal Atzingen!

Thank you to our sponsors and donors

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tri-court challenge...continued from page 13

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FOR MORE PHOTOS FROM THIS EVENT, SEE PAGES 15-16















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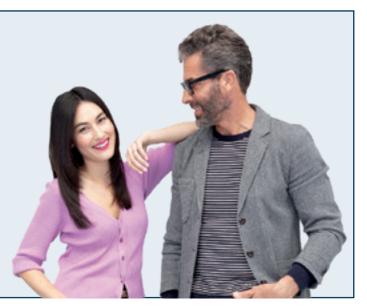




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Welcome back yarn crafters

Clack & Yack resumes

By Linda Enright

Soon, the snowbirds will begin flocking to their winter nests in Pelican Marsh.

This means that Clack & Yack is resuming. Because Hurricane Ian has caused a delay in the publication of the Pelican Marsh Brief, our yarn crafting group will have had its first get-together by the time you read this as our first get together was Oct. 19.

We are a group of knitters, crocheters, needle pointers etc. Whatever your yarn craft, we would be delighted to have you join us each Wednesday afternoon from 2 to 4 p.m. at the Community Center. Our experience and skill levels vary. All are welcome!



Of course, the yacking is equally as important as the clacking. Meet new friends and reconnect with old friends. Chat about all things from travel to books to movies

to restaurants and everything in between.

We hope to see many of you at future meetings. Please contact Linda Enright at 239-431-5649 with any questions.

Experience Matters...

Mitch Williams was an original on-site salesperson when Pelican Marsh started.



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PELICAN MARSH WOMEN'S LEAGUE

Gearing up for season!

By Emilia Libers, PMWL

Greetings from the Pelican Marsh Women's League! We hope you and your family and friends made it through Hurricane Ian safely and with little or no damage. November is traditionally a month of gratitude, and this November, we are all grateful that our community did not have significant damages after Hurricane Ian.

In Naples, November is the official start of a new season. The PMWL's executive board was hard at work this past summer scheduling a new and exciting 2022-2023 season for members.

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!

PELICAN MARSH WOMEN

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.

Opening luncheon

Our first luncheon took place in October at Pelican Marsh Golf Club. Our guest speaker was Betsy Dawson, President of Empty Bowls, Naples, Inc., an

all-volunteer, nonprofit organization with a mission to create awareness and raise funds to eliminate hunger in our community one bowl at a time. continued on page 18

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gearing up for season...continued from page 17

The organization's grant program distributes funds to local organizations aligned with Empty Bowls' mission.

Empty Bowls painting party

On Nov. 3, our members will participate in an Empty Bowls Painting Party at the Empty Bowls' warehouse. Painted bowls will be donated back to Empty Bowls for its annual Empty Bowls fundraising event in downtown Naples' Cambier Park.

Christmas luncheon

The annual Christmas luncheon is scheduled for Dec. 7 at Pelican Marsh Golf Club. Our guest speaker will be Ann Hughes, Executive Director of Friends of Foster Children Forever. The mission of this organization is to fulfill the needs of every child in Collier County's foster care system.

Once again, we will sponsor a Christmas Toy Drive for Friends of Foster Children Forever. We will collect unwrapped gifts for children ages 1 to 17 years old prior to the luncheon.

Upcoming events

We plan a visit to The Baker Museum in January and a cooking demonstration in March. The exact dates for these events will be published in PMWL's newsletters.

Small Interest Groups

The backbone of our league, the activities of these special interest groups are suggested and organized by our members, with the support of the Women's League. We encourage anyone to take part as an organizer, participant or both!



We currently have three book clubs, mahjongg, Hand & Foot card games, Movie and Happy Hour, walking groups, Ladies on the Links Golf group, and our Lunch Bunch group. Suggestions from members for activities they'd like to pursue are always welcome. You must be a member of the Pelican Marsh Women's League to participate in Small Interest Groups.

Coffee and Conversation

Our very popular Coffee and Conversation events are scheduled from 10 to 11:30 a.m. on the following dates:

- Tuesday, Nov. 15
- Tuesday, Jan. 10, 2023
- Wednesday, Feb. 8, 2023

We will meet at the Pelican Marsh Community Center. Come 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. If you are already a member of the League and know a new Pelican Marsh resident interested in joining the Women's League, please bring her as a guest.

New membership forms will be available at Coffee and Conversation. They are also available at the Community Center if you want to stop by to pick one up. 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.

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

Welcome back and Happy Thanksgiving!



THE PELICAN MARSH BRIEF

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