



Behind the Gate

Orange Park Country Club/Loch Rane

NOVEMBER 2024

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Healthy holiday recipe swaps

Although presents garner most of the fanfare during the holiday season, there is no denying that food and entertaining also figure prominently this time of year. Delish magazine reports that Christmas food consumption ranks third, behind Thanksgiving and Super Bowl Sunday, among Americans, and that a single Christmas meal can weigh in at 3,000 calories, not factoring in any other food consumed that day.

No one wants to feel held back while having fun with family and friends, but smart food choices can mean healthier living during this season of festivities. Dish up these alternatives when holiday entertaining.

- Lean on leaner cuts of meat. A

strong body is built on protein, and holiday hosts often make a meat or poultry dish the star of the holiday dinner table. When selecting holiday fare, choose leaner options such as ground or loin roasts; otherwise, select white-fleshed fish and skinless poultry in lieu of other options.

- Use broths instead of creams. Soups and gravies are popular this time of year, and both can be made healthier by opting for stock or broth bases over more fattening milks or creams when creating these recipes.

- Create a one-crust pie. Pie is one of the more popular holiday desserts, and plenty of the calories come from a rich, buttery crust. Lighten up by serving a one-crust pie, such as pumpkin or sweet

potato. Fruit-based pies like apple or blueberry also can be made with one crust. Simply top the fruit with a light crumb coating.

- Find ways to incorporate vegetables. Vegetables are low in calories and rich in vitamins and nutrients. Many also are high in fiber, so they can help people avoid overeating. According to dietary experts from the American Heart Association, people should aim for four to five servings of vegetables each day. When making a plate, fill half of the plate with vegetables. Enhance dishes like lasagna or other pastas with fresh vegetables as well.

SEE TURKEY, 7

Consider these 13 gratifying Thanksgiving facts

Thanksgiving is a time to gather with family and friends and reflect on one's blessings. Thanksgiving takes place on November 28. In anticipation of the holiday, here are some interesting facts about the Thanksgiving celebration.

- American Thanksgiving is largely modeled on a 17th century harvest feast shared by the English settlers and the Wampanoag tribe.

- Canadians celebrate Thanksgiving on the second Monday of October. It is based on European harvest festivals.

- The National Turkey Federation says around 45 million turkeys will be eaten on Thanksgiving, which equates to about 720 million pounds of turkey being consumed (with the average turkey size being 16 pounds).

- The Butterball hotline answers roughly 100,000 calls every year on its turkey question hotline.

- In 1953, the Swanson company overestimated the number of frozen turkeys it would sell for the holiday season by 26 tons. Rather than waste the meat, Swanson sliced it up, repackaged it and created the first frozen TV dinners.

- Thanksgiving in America may be older than many recognize. While Thanksgiving is largely tied to the 17th century settlers, the National Parks Service says in 1565 Spanish settlers in St. Augustine (now Florida) celebrated by having a meal to which they invit-

SEE FACTS, 7



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Publication Policy

The function of the community newsletter, "Behind the Gate" is to serve the entire gated community of Loch Rane and Orange Park Country Club and is a product of Clay Today. Priority will be given to reporting news and activities of the community and other news and events that directly affect the residents. Second priority will be given to articles of general interest as space permits. Articles and photos must be sent to Randy Rutan at randy@randyrutan.com by the deadline date below. Due to space limitation, all articles are subject to editing. Letters of opinion must be signed, as well as brief and in good taste. Views expressed are those of the writer and do not express the viewpoint of the publisher, OPCCOA or LRIA. Acceptance of advertising does not constitute an endorsement or approval of any product or services by the publisher, OPCCOA or LRIA. The publisher reserves the right to refuse advertising that does not meet the standards of the publication. The publisher of "Behind the Gate" agrees to indemnify and hold harmless OPCCOA and LRIA for any claims asserted against or financial liabilities incurred by them arising from commercial content of this publication or anything contained in any advertising copy, including without limitation any claims of whatever nature asserted by advertisers or potential advertisers.

OPCC Board of Directors Meeting

October 15, 2024
By Randy Rutan

At the October 15, 2024 meeting the ARC gave Initial Project Approvals to 3 Roof Replacements, 1 Exterior Modification Project (Front Door Replacement), 1 Installation of paver driveway and sidewalk and 1 New Construction. Final Project Inspection Approvals were given to 1 Installation of paver driveway & walkway and 1 tree removal.

Landscape Committee

The Landscape Committee is attempting to select plants that last longer than the ones we currently have. They have composed a list of projects to enhance the appearance of the property. They are concerned about the dead plants at the front of the community and at the roundabout. They have talked about putting together a team of residents to clean and make needed repairs to the sign posts throughout the community.

Deck Replacement

Replacement of the deck at the front of the building by a team of residents is still in the planning stage. Two bids have been received for the lumber. Other projects that still need to be completed include gutter cleaning, carpet cleaning and installation of new insulation in the attic. Air Engineers will perform their last semi-annual inspection of the Community Center and Gatehouse in December. They are no longer taking on commercial projects and will not be renewing their contract in 2025. We will go out for bids from other commercial contractors.



Gatehouse Repairs

A second bid to make the needed interior and exterior repairs at gatehouse is being sought. The repairs include replacement of quarter rounds, removing and replacing floor tiles, plastering and painting walls, doors, baseboards and windows, replacement of a window, modifications to

work counter, etc. This work needs to be completed prior to the already approved installation of new cameras.

Backflow Preventer

A backflow preventer pipe broke resulting in water flooding at the pool gate entry sidewalk. The repair was made and a significant amount of soil had to be put back in that area. The area under the sidewalk was examined by Alpha Foundations and another leak was found and repaired and soil put back in place after which another leak was found. Portions of the sidewalk had to be removed to make the repairs. The pool was closed for several days. It has reopened and things seem to be functioning properly.

Comcast Accounts

The Comcast accounts at the pool and gatehouse have been reviewed and changes have been made which ended up with reductions in the monthly charges.

The Violations Review Committee

The Violations Review Committee (VRC) provided the updated procedures for enforcement of the covenants and policies to the Board and they were approved. The document will be placed on the website and the old documents will be removed.

Proposed 2025 Budget

Lifestyles Property Services provided a copy of the Proposed 2025 Budget to all Board members. It was decided that we would hold a Special Meeting of the Board on Wednesday, October 23 at 6 p.m. at the Community Center to review and finalized the 2025 Budget.

Amended, Restated Covenants & Restrictions

As of the date of this meeting the Association's attorney has provided the final version of the Amended and Restated Covenants and Restrictions. Because the Board had not had a chance to review the document, the Board will hold a closed Board meeting with our attorney available on Wednesday, October 23 at 5 p.m. at the Community Center to review the document. It is the Board's intent to mail the approved document in November and to add this topic to the Annual Meeting with a potential vote on the Amended & Restated Covenants and Restrictions in January, 2025.

Board Meeting

The next meeting of the Board of Directors will be Tuesday, November 19 at 6 p.m.





Meet the Candidates

OPCC Board of Directors

There will be 2 vacancies on the 2025 Board. The election of the new Board members will take place at the Annual Meeting on December 3. You will be mailed your ballot prior to that meeting. The information sheets provided by each candidate are included here.

KENNETH (KEN) HAHN

EDUCATION

- Bachelor of Landscape Architecture and Environmental Design
- University of Georgia, 1986. Go Bulldogs!

- UGA Landscape Architecture, Australian Exchange Program, 1985-1986
- Royal Melbourne Institute of Technology, RMIT Melbourne, Victoria, Australia.



Ken Hahn

CAREERS

- 1986-1990 After graduation, I returned to Melbourne on a permanent residency visa, to secure an addition of a landscape design department for an established Melbourne plant nursery, Paul Bangay Garden Design.
- (1990 Moved to Miami Beach, Florida, family concerns, US in a recession, big career change)
- 1991-2000 Neurologist, Dr. Jose A. Marquez. Received training to become a Neurodiagnostic Technician- a series of non-invasive nervous system diagnostics where knowledge, precision, and critical thinking are necessary for accurate studies.
- 1992-1995 Quantitative-Electroencephalography (Brain-mapping) for Adolfo Villasuso, Md, NP.
- 1993-2000 Comprehensive Neurodiagnostic Studies, Inc., (DBA, CNS, Inc.)
- 2002-Present Florida Real Estate License, REALTOR®

VOLUNTEER

- 2005-2016 Poinsettia Heights Civic Association, BOD, Code Enforcer, Fort Lauderdale, Florida
- Informed Poinsettia Heights residents of their Fort Lauderdale code violations

flagged for citations.

- Working with the City of Fort Lauderdale's Code Enforcement Officers, I arrived at flagged properties informing property owners of their code violations and how to manage their property's issue/s before receiving costly daily citations/fines. Conversations about property violations were typically heated; however, remaining calm and diffusing angst, I explained I was only the messenger providing information on what needed to change, providing a list of city-approved contacts and numbers for specific help.

LIFE

- Broad life experiences, education, professional association, and personal growth, govern my daily personal and professional status as a team player and critical thinker. Successes in life, personal, business, and real estate helped further my communication skills, where empathy remains a key component to listening and understanding daily concerns, promotions, and the occasional conflict management challenges.

- Moving from Poinsettia Heights, Fort Lauderdale to OPCC, 3.5 years ago for a Mayo Clinic, liver transplant- received last year, I'm healthy and feeling back on top of life. Motivated to help all residents and properties prosper, I'll strive to retain our beautiful landscapes and preserves while serving our diverse community promoting community events and action.

KINTESH PATEL

I am interested in running for the OPCCOA Board of Directors. My skills, gained from over 20 years in the construction field, directly translate to the responsibilities of managing a homeowners' association (HOA).

As a homeowner, I care deeply about what happens beyond my four walls, and this concern is rooted in my experience as both an engineer and a contractor. As an

engineer and contractor, I constantly consider a few key factors throughout a project timeline: What is my budget? Can I secure qualified resources within that budget? Can I complete the project on budget and on time? The HOA operates in a similar manner.

I am committed to doing what is best for our community. I will ensure that any necessary work undergoes a proper review process, from creating a Request for Proposal (RFP) to reviewing bids and collaborating with fellow community members and outside acquaintances to determine the appropriate steps to take – whether related to the pool, guardhouse, roads or community building.

Although I have lived in this community since 2020, my connection goes back to 2013 when I moved into Loch Rane. I purchased my first home in 2004 and later upgraded to a larger house as my family grew from one to four. My primary criteria for our new home was that it had to be in Loch Rane or OPCC. I have witnessed the evolution of our community and envision what it can become while preserving the roots that attracted us all to this area.

My wife, Payal, and I have attended nearly 90% of the monthly HOA meetings and have occasionally assisted with repairs in the community building and guardhouse. My wife is also a street captain. We are committed to making OPCC our permanent home for years to come and want it to be a preferred community for present and future families.

DAVID LUBINSKY, SR.

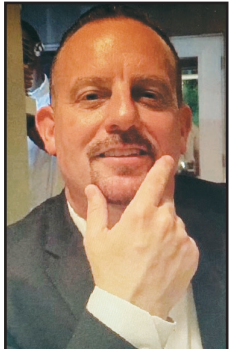
I believe my experience in Business makes me the ideal candidate for this position. I recently retired early after enjoying 30 years of success as a Regional Manager with my former Company. My strengths include ability to

achieve desired results, successful financial expertise, responsibility for over 30 million dollars of revenue, and led thousands of employees and Managers under my leadership. I cannot imagine there is anyone in this

community who would be more essential in re-opening the Club House, and promoting a vibrant community. Most importantly, I am very proud of OPCC, I have lived here for over 14 years. I believe it is time to bring fresh eyes and a return to greatness approach to our great Association. I love my neighbors, and people. I really believe the potential is there for OPCC to become the showpiece of Orange Park. My love for my neighborhood is second to none. My pledge is to live the OPCC's core values and the needs of the residents and the Administration needs first.

GREG VANSUCH

As a dedicated member of this community, I possess the qualifications and commitment needed to effectively serve our residents. This is why I announce my candidacy for the Board of Directors of our Homeowners Association. I have been actively involved in our community as a member of the Architectural Review Committee, serving as a Street Captain, and I have consistently strived to support my neighbors, whether it is through simple acts of



David Lubinsky, Sr.



Greg Vansuch

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kindness as well as lending a helping hand to neighbors in our community to improve their homes. I was also pleased to be selected to join the neighborhood's Revenue Enhancement Committee, where I contribute to initiatives aimed at improving our community's financial well-being. These roles have deepened my connection with our residents and fostered a spirit of collaboration and support.

With a background in owning and operating a successful construction company, as well as holding executive positions at several Fortune 500 companies, I bring a wealth of experience in management, problem-solving, and project execution. I understand the importance of clear communication and teamwork, and I am adept at navigating challenges to achieve positive outcomes. My familiarity with electronic communications will facilitate transparent interactions and keep our community informed and engaged.

I am committed to attending monthly meetings and serving a full three-year term. I recognize the importance of being present and engaged in discussions that shape our community's future. My passion for positive service drives my desire to address the needs and concerns of our residents, ensuring that everyone's voice is heard and valued.

As a homeowner in good standing, I am fully aware of the responsibilities we all share in maintaining the integrity and appeal of our neighborhood. I have taken the time to familiarize myself with our governing documents, as mandated by Florida Statutes, and I am dedicated to upholding the values and standards they represent.

I believe that our community thrives when we work together to create a welcoming, supportive environment. I am eager to contribute my skills and insights to enhance our neighborhood, addressing issues such as safety, aesthetic improvements, and community engagement. My approach will be collaborative and inclusive, encouraging all residents to participate in shaping our community's direction. I humbly ask for your support in this election. Together, we can make informed decisions that reflect our shared values and aspirations. Let's continue to build a strong, vibrant community that we are all proud to call home. Thank you for considering my candidacy for the Board of Directors.



The perfect dessert

A piece of pecan pie

A Thanksgiving dinner table can be a sight to behold. For foodies and others who love the array of comfort foods on display come the second Monday in October (in Canada) or the fourth Thursday in November (in the United States), Thanksgiving is a day to circle on the calendar each year.

While a mouthwatering turkey and sides like mashed potatoes and stuffing garner the bulk of the attention on Thanksgiving, the dessert table also can be a tempting place to direct one's eyes. Though no dessert is off limits on Thanksgiving, pie is a particularly popular option on Turkey Day. With that in mind, those tasked with crafting something for dessert this Thanksgiving can consider the following recipe for 'Pecan Pie' courtesy of Lines+Angles.

Pecan Pie

Makes 8 servings

1 9-inch unbaked frozen deep dish pie shell, thawed
 1 1/2 cups pecans, coarsely chopped
 3 eggs, lightly beaten
 1 cup light corn syrup
 1/2 cup brown sugar
 1 tablespoon molasses
 2 tablespoons butter, melted
 2 tablespoons flour
 1/4 teaspoon salt
 1 teaspoon pure vanilla extract

1. Preheat oven to 350 F.
2. Spread pecans along the bottom of the prepared pie shell.
3. In a large bowl, mix the remaining ingredients and pour over pecans. The pecans will rise to the surface of the pie.
4. Bake for 60 to 65 minutes until the filling has set. Pie is done when the center reaches 200 F. Pie center when lightly tapped should spring back. Remove pie from oven and let cool on a wire rack for at least 2 hours.
5. Serve.

Preparation time: 15 minutes
 Cooking time: 1 hour, 5 minutes
 Cooling time: 2 hours
 Total time: 3 hours, 20 minutes



Why do the Detroit Lions always play on Thanksgiving?

Households have their own unique Thanksgiving traditions, but one custom common in many homes come Turkey Day involves watching football. Each year on Thanksgiving, the National Football League hosts a handful of games, and it's customary in many households to gather around the television with friends and family and take in some of the action on the gridiron, excitement that always features the Detroit Lions. This unique tradition has endured for decades, but when did it start?

According to the Pro Football Hall of Fame, the tradition of the Lions playing on Thanksgiving can be traced to George A. Richards, who purchased the franchise in 1933 when they were the Portsmouth (Ohio) Spartans. Richards felt competing in a game on Thanksgiving Day would attract Motor City fans who were more devoted to the Detroit Tigers, the city's baseball team. Fans who attended the Lions first Thanksgiving Day game in 1934 were treated to a nail-biter, with the hometown Lions falling 19-16 to the Chicago Bears at the University of Detroit Stadium. The Bears had won the league championship the previous year. In a quirk unique to the game in 1934, the two teams locked horns again just three days later, with the Bears once more emerging victorious in another close contest that ended with a 10-7 score. In the modern era of the NFL, the teams that play on Thanksgiving Day do not play on the following Sunday.

OPCC/Loch Rane Steering Committee Report

October 17, 2024
By Randy Rutan

Landscape Comittee

The Joint Landscape Committee reported that a lot of flowers due for delivery were lost due to the hurricanes. Flowers and mulch will be delivered to the property on Monday October 21 and installed that week. The irrigation pump that has been out of service is not due to the pump itself. It is the control board that is not functioning properly and it is tripping the sensor and shutting service down. This is going to be a very expensive fix because the control board is old and the parts are no longer available.

Brick Repair

The brick repairs at the 4-way that were approved last month were delayed due to the hurricanes.

New cameras & Gatehouse

Upon the advice of Integrated Access Solutions (IAS) it was agreed that we would hold off on the installation of the new cameras approved last month until the Gatehouse renovations are complete or in process. IAS will honor the current quote in the future.

There were no updates on the interior and exterior repairs needed at the gatehouse. The committee discussed some of the needed project requirements and will have additional bids submitted this month.

Comcast Accounts

The Comcast accounts have now been completely updated. A business mobility account was added to cover the iPads and cell phone. Due to some significant changes the monthly bill will be reduced significantly

The Grove

The proposed entry policy for The Grove was approved last month with a couple of revisions and sent to The Grove.

The Grove has made payments for extra security staff needed during their special events and they paid half the cost of two iPads which were purchased to help the gate staff monitor traffic outside in the lanes during special events.

Vehicle Clearance Bar

The committee was provided a quote from Custom Graphics to install a Vehicle Height Clearance Bar. Due to the cost, the committee rejected this quote and will seek other bids.

2025 Budget

Lifestyles Property Services provided a proposed 2025 budget for the committee to review. There were some issues regard-

ing the budget line items. The committee would like to see some changes made to the Security Services line item. There were also some budget items that did not seem to be high enough. The committee will hold a second meeting to review the revised budget.

The committee will be contacting Florida Door Control and Gatekey to do some research as to whether barcodes issued by Gatekey for visitors could be made compatible with the current barcode reader.

Next Meeting

The next meeting is scheduled for November 21, 2024 at 6 pm at the Community Center.



Call for Candidates

Loch Rane Board of Directors

or assessments); be familiar with and regularly utilize email communications; and be a community-minded team player willing to take on and complete the many responsibilities and projects that fall under the purview of the BOD. In addition, Florida Statutes require that Board members read and become familiar with the governing documents for the community. Aspiring members can find these documents on our website at www.lochraneonline.com. After logging in, select the Neighborhood tab at the top and go to LRIA Governing Documents.

The Annual Meeting will tentatively be held on Tuesday January 21, 2025 at 7pm at the Advent Lutheran Church located just outside the gate.

Could your time, talents and professionalism positively affect the place we all call home? If so, our community needs you to volunteer as a member of the LRIA Board of Directors. If you are interested in running for a vacant position, submit an application following the guidelines.

At the end of 2024, the terms of office for four members of the Loch Rane Improvement Association (LRIA) Board of Directors (BOD) will end. Volunteers are being sought to fill these positions. Do you have a desire to serve our community in a positive way? Are you a community minded team player? Please consider running for the Board.

Qualifications for BOD members include: possess a desire to positively serve the community; have the ability to serve a two-year term and attend monthly meetings; be a homeowner "in good standing" (not delinquent in paying Association dues

LRIA 2025 BOARD OF DIRECTORS CANDIDATE APPLICATION

Application deadline is the November BOD meeting @ 6:30 pm on Tuesday November 26, 2024. Applications received after the deadline will not be included on official ballots.

Candidates' completed applications will be posted on the LRIA website, the Loch Rane Board of Directors Facebook page and appear in the December edition of Behind the Gate.

Please mail the completed application to Loch Rane c/o The CAM Team, Inc. 2233 Park Avenue, Suite 103 Orange Park, FL 32073 or email to the Community Association Manager, Gina Cabral, at lochrane@thecamteam.com.

Application should be completed on 8.5x11" paper and must include the following:

Name: _____
Address: _____
Phone: _____
Email Address: _____

Statement: The Statement should be no more than 500 words and include your name, state your qualifications and why you wish to serve on the Board. Since your application will be scanned and posted online and placed in the December issue of Behind the Gate it is recommended that candidates type the information.

(Note: your address, phone number and email address will not be posted or included on the ballot).



2024 Loch Rane Board of Directors

Brian Rogers, President
rogersbw@gmail.com

Chuck Bryner, Vice-President
bryner@comcast.net

James Hudgins, Secretary
james.hudgins@hotmail.com

Gary McMahonill, Treasurer
mcmahidga@aol.com

Kathryn Marko, Member at Large
naynomad@hotmail.com

Sonya Kirk, Member at Large
addedrevenue12@gmail.com

Charles Honaker, Member at Large
wade247@yahoo.com

2024 Steering Committee

Daniel Butler, Chairman
Randy Rutan, Secretary
Jerry Deans, Member
Kathy Marko, Member
Gary McMahonill, Member

The Steering Committee meets on the third Thursday of each month at 6:00 p.m. at the community building. The purpose of the committee is to oversee issues of joint interest in the common areas of Loch Rane and OPCC. Homeowners of both communities are invited to attend.

Loch Rane Board of Directors Meeting

By Brian Rogers

The October meeting of the Loch Rane BOD was held on 10/22 and was sparsely attended by members.

Dues/Assessments

\$80,000 remains unpaid for the 2024 special assessment from 102 Homes with 41 of them not making any payment at all. We again urge all residents to reach out to the CAM Team to make arrangements for a payment plan as that is a much better solution than being turned over to the association attorney for collections. These funds go directly to paying for long overdue repairs of our storm-water drainage systems, roads, and retention ponds.

2025 Budget

Unfortunately cost estimates for 2025 for our most expensive budget line items (Gatehouse/Boulevard/Landscaping/etc.) are expected to increase yet again and as such, next year's proposed budget will require an increase of 5% to keep up with these rising costs. The estimated annual dues for next year will be \$1,463. The proposed budget for 2025 will be uploaded to the Loch Rane website for owners to review and will be voted on at the November meeting.

Shuffleboard!

A full-size shuffleboard court has been donated and installed at the tennis/pickleball courts available for all residents! We hope everyone enjoys this free new activity!

Storm Drain Relining

Insituform is currently in the neighborhood inspecting and relining the storm drains in the 2024 project scope. Many of these drains run along the road and within homeowner's yards. We apologize in advance for the size and number of the trucks involved in this process but it is necessary and thankfully won't have to be done again for decades. The BOD approved an additional \$7,628 to address a very long pipe on the list that turned out to be 24" instead of 18" in diameter (extra

material cost for larger liner).

Dunster Depression

Geohazards came out to scan/inspect the depression forming on Dunster and identified it as an abandoned pipe running down the center of the road. We will reach out to the company hired to excavate/repair the same issue on Perthshire to get an estimate on this same repair on Dunster.

Veterans Day Flags

We plan to line the Boulevard with flags for Veterans Day weekend. We hope to put the flags out Saturday morning (11/9) @ 10am. Volunteers are always welcome to come help! (meet at the Community Center)

2025 Election

4 Seats are up for election in 2025 (at the January annual meeting). If you wish to volunteer to run for the BOD please email your bio and statement to the CAM Team (or give it to a board member) before the monthly meeting next month so all the candidates can be included on the mailed ballot in December. Everyone should consider serving on the BOD for at least one term. It is truly eye opening to manage all the responsibilities of running our community. It makes you a better homeowner to view things from a different perspective!

Next meeting

The next meeting of the BOD will take place on November 26th 2024. All residents are encouraged to attend.



Founders Disc Golf Membership

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This membership is disc golf only - with food/bev access (@ Snack shack)



Membership & Daily Reservations

www.GroveDiscGolf.com

Turkey

from page 1

- Skip the fried bird. Although deep-frying a turkey can reduce cooking time, frying historically is not the best cooking method for those who are making health-conscious choices. Rather than frying, consider spatchcocking (also known as butterflying) the turkey to enable it to cook faster. Use fresh herbs and seasonings instead of butter and oil to flavor your turkey as well.

- Skip the cocktails. The Center for Science in the Public Interest says that classic cocktails with little to no added sugar typically fall into the 150- to 200-calorie range, while others can be about 200 to 300 calories each. Many people will want to save those extra calories for dessert or another indulgent dish rather than drinking them away. If you want to simulate a cocktail, make a spritzer with sparkling water and unsweetened cranberry juice.

Facts

from page 1

by having a meal to which they invited the native Seloy tribe. The Spanish served pork stew, sea biscuits, red wine, and garbanzo beans. Some say the Seloy contributed turkey, venison and maize.

- Thanksgiving didn't become a civic holiday until Abraham Lincoln made it one after the Civil War tragedy. Thanksgiving was declared a national holiday on October 20, 1864.

- The Pilgrims did not refer to themselves as pilgrims. They used the word separatists as they were separating themselves from a larger belief system.

- In addition to Canada and the United States, Grenada, Liberia, the Philippines, Saint Lucia, and the Netherlands celebrate their own versions of Thanksgiving.

- Each year, the American presi-

dent pardons a turkey from slaughter on Thanksgiving. This tradition dates back to when Abraham Lincoln's son was upset that his family's turkey that was going to be killed for Thanksgiving dinner.

- According to the U.S. Calorie Control Council (CCC), an average American may consume 4,500 calories and 229 grams of fat on Thanksgiving Day.

- The Macy's Thanksgiving Day

Parade is an annual tradition. People line the parade route in New York City or tune in to watch the parade on television. It originated in 1924 and the famed balloons were added in 1927.

- Apple pie is the pie of choice for Thanksgiving, even though pumpkin pie is prevalent this time of year.



WHAT'S CHANGED IN REAL ESTATE IS LAW

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Watson Realty Corp. REALTORS®



There is a Cornucopia of information available!
Visit my website: www.KenHahn.WatsonRealtyCorp.com



Fun For Fall NOVEMBER

There are lots of fun things happening this month in Clay County for example there will be a Chili Cook-Off & Car Show, a Holiday Arts & Crafts Fair, a Vet Fest and ABRACADABRA, Here Comes Santa. Please Visit the EXPLORE CLAY WEBSITE to see a complete list with details for all of the activities. Go to exploreclay.com/event-directory

November 2

November 2 - 5:00 pm - 9:00 pm – Green Cove Springs 150th Anniversary Celebration Food Truck Friday in Green Cove Springs - Spring Park, 200 Spring Street, Green Cove Springs - Each evening features a different selection of local food trucks around Spring Park and a Northeast Florida area band playing live on the banks of the St. Johns River in Spring Park. Beer and wine are allowed to be brought in coolers and consumed in a designated area in front of the band.

November 8-10

Rolling Red Golf Pro-Am & Classic - Eagle Harbor Golf Club, 2217 Eagle Harbor Pkwy, Fleming Island - More information coming soon!

November 9

Moosehaven Chili Cook-Off – Moosehaven, 1701 Park Avenue, Orange Park, Northeast Florida get 'fired up' over the weekend at Moosehaven's 'hottest' event of the season! Many chili lovers, flavor fanatics, and car enthusiasts attended the 14th annual Chili Cook-Off & Car Show. It is sure to be a sizzling celebration of hot cars and hotter chili!

November 10

7:00 pm - 10:00 pm - Rock The Box 4 Feat. Aaron Lewis - Thrasher-Horne Center 283 College Drive, Orange Park - St. Michael's Soldiers presents Rock the Box 4, a Night of Music for our Heroes. St. Michael's Soldiers is dedicated to the support of the Deployed Men & Women of our United States Military.

November 15-17

Vintage Market Days Holiday 2024 - ,Clay County Fairgrounds, 2463 FL-16, Green Cove Springs - Vintage Market Days® is an upscale, vintage-inspired, indoor/outdoor market featuring original art, vintage, furniture, boutique clothing, jewelry, handmade treasures, home décor, outdoor furnishings, food trucks, seasonal plantings, and a little more. The market is a three day event held twice a year. Our event partners with non-profits to give back to the local area.

November 11

November 11 – Various Veterans Day Ceremonies and Celebrations – check www.ExploreClay.com for more details.

November 23-24

Northeast Florida Fall Junior Open at Eagle Landing - Eagle Landing at OakLeaf Plantation 3989 Eagle Landing Pkwy, Orange Park - A Hurricane Junior Golf Tour Tournament

November 29- December 31

A Night of Wonder – Experience thrilling amusement rides for all ages, ice skating amidst twinkling lights, live performances, live nativity and spectacular Christmas décor at the Orange Park Mall.

November 30

AMP Monster Truck Tour - Two shows: 1:30pm and 7:30pm - Clay County Fairgrounds, 2463 FL-16, Green Cove Springs - Monster truck event for all ages. For more information, go to www.monstertrucktour.com



Keeling fit with winter stretching and weights

Take advantage of a fun workout in your own backyard. Robin will begin winter stretching and light weights workout on Tuesday November 5, from 2-3 p.m. The event is free. Wear your comfy clothes and bring a set of weights of your choosing. (Recommened 1lb to 5lb depending on your level of strength and fitness level) This is a great place to meet friends, workout to good music and have fun! Pictured from left to right are Cindy, Altha, Terri, Susan, Eileen and Cynthia.



Once again, the ladies of OPCC and Loch Rane look forward to celebrating the holidays with our Annual Tea

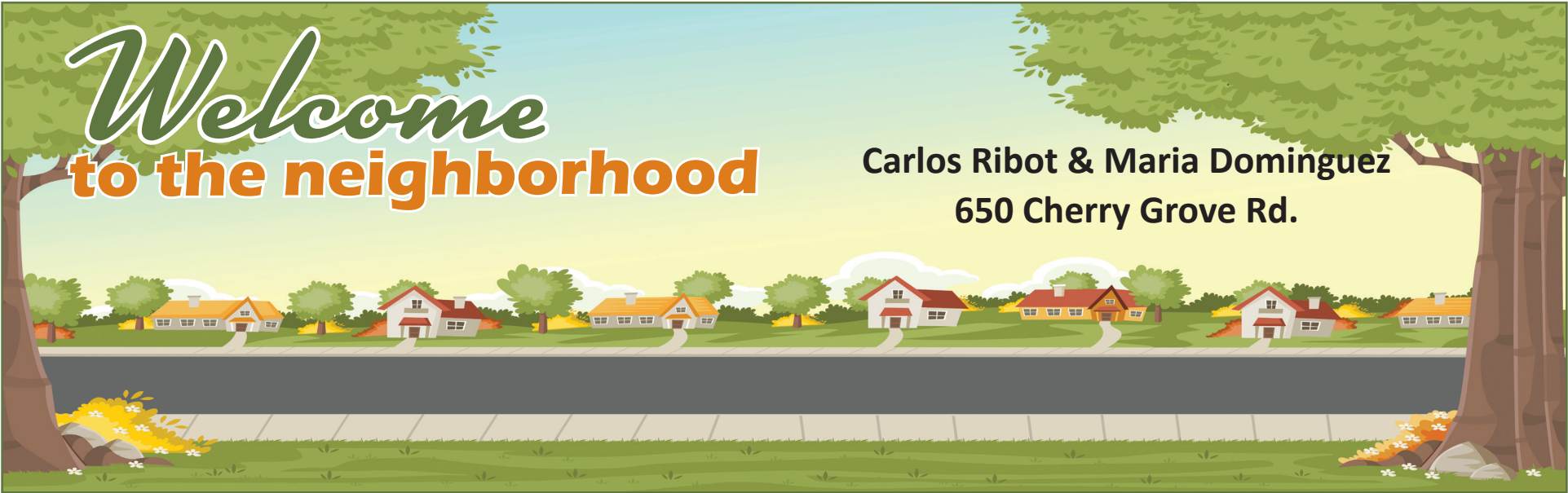
When: Thursday, December 5th

Time: 12 Noon

Where: Over the Second Cup Tea Room on Kingsley Avenue at the railroad tracks.

Cost: \$44, all inclusive

Please contact Wilma Miller to make a reservation. (904-553-1407) Reservations are limited. Call soon.



Ashley Robinson
Marketing Director

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HANDS-ONLY CPR VS. CPR WITH BREATHS

HANDS-ONLY CPR



CALL 911

PUSH HARD AND FAST IN
THE CENTER OF THE CHEST

Public awareness campaign to get more people to act when they encounter a cardiac arrest. Starting point to get more people to learn CPR.

Will not meet requirements if you need CPR for your job.

CPR TRAINING



COMPRESSIONS + BREATHS

Offered through online or in-person classes. Provides more in-depth training with an instructor, including CPR with breaths and choking relief.

Often necessary for people who need CPR training for work.

HOW DOES IT WORK?

Chest compressions are good for the first few minutes someone is in cardiac arrest pushing remaining oxygen through body to keep vital organs alive. Buys time until someone with more skills can provide help.

CPR with breaths combines chest compressions and breaths, providing additional oxygen to circulate throughout the body.

WHO CAN I USE IT ON?

Adult and teens.

Anyone who is in cardiac arrest, including: adults and teens, infants and children, pregnant women and any victims of drowning, drug overdose, collapse due to breathing problems or prolonged cardiac arrest.

HOW DO I LEARN?

Go to heart.org/handsonlycpr to learn the steps of Hands-Only CPR.

Go to heart.org/cpr and click on FIND A COURSE to find a class online or near you.



CPR demonstration at the cabana

The CPR Demonstration put on by Clay County Fire & Rescue at the cabana was a quite a learning experience for all of those who attended. Chief Kuykendall gave

a great presentation. Larry Ward grilled hamburgers and hotdogs for everyone. It was a wonderful evening!

CONTINUED ON PAGE 11

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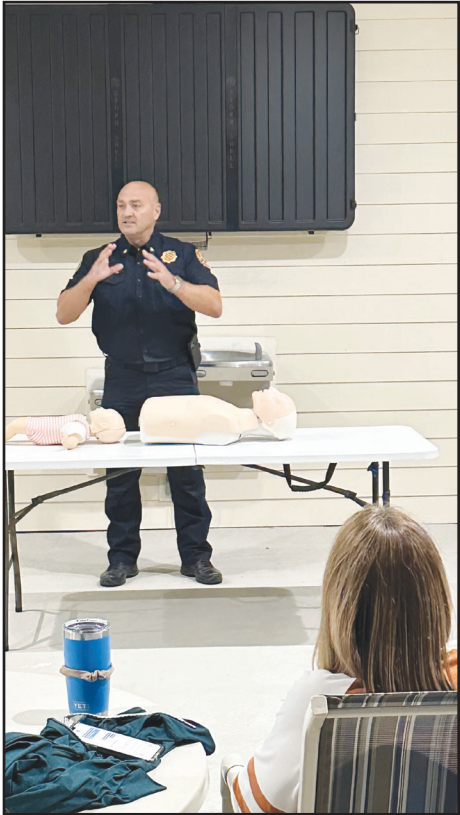
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The deck at the Community Center had to be replaced at a time when budget items are stretched. In an effort to keep costs down a group of resident volunteers took on the project themselves. Thank you to a great team: Mark Blakewood, John Chandler, Jerry Deans, Dave Pantelakis, Corey Scott, David Sparks and their supervisor, Tom Mackin who did the hard work. Your community appreciates you!



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