

Town & River Cruise Club

Annual Holiday Boat Parade

By Ken and Adrienne Beebe

The 2022 annual Cruise Club holiday boat parade was held on Saturday, Dec. 10, 2022. Some major changes from our usual format were necessary due to the effects of *Hurricane Ian*. In years past we have started the parade at 6 p.m. and held a post-parade party at the Town & River condominium clubhouse in the evening. This year the clubhouse was not available because of hurricane damage which remains under repair. As a result the club held a luncheon get-together at Deep Lagoon restaurant prior to the parade which united

club members and other friends with good food and a joyous celebration. This fun event was very helpful to all of us who are experiencing the stress and strain of hurricane recovery.

This year's parade was started at 5 p.m., earlier than usual, so that we would have more daylight to spot any residual hurricane debris in the canals. In spite of the increased risk, eight intrepid captains with large crews aboard managed to navigate the course with no collisions. It was a gorgeous evening for a boat parade with clear skies and a light tropical breeze. All of the boats were beautifully decorated and some had the most spectacular, dynamic displays ever in the Town & River parade. We were also greeted with an

especially enthusiastic response from many of our neighbors as we passed by their docks in spite of their extra burden of hurricane recovery.

On behalf of the Town & River Cruise Club, we would like

Cruise Club on page 2



Ken and Adrienne Beebe wore their festive flashing necklaces.



Club members were thrilled to see each other at the December event.



Lyn Morningstar visited with everyone at the Deep Lagoon luncheon.



Honorata and Fred Shue enjoyed their delicious entrees.



Doug and Marybeth Plank were all decked out for the holidays.



Everyone was anxious to buy 50/50 tickets.



And the first winner is...



Donna Ray's guest was the second prize winner.



This happy couple won the third prize.



Gary Ruegsegger! What a lucky fellow.



The boat waits to participate in the boat parade.



Ken and Donna Ray decorated their boat with sledding penguins.



Pink flamingoes perched on the top of Bill and Wendy Martin's boat.

Town & River Lake Report

Inspection Date: Dec. 16

Inspected For:

Algae	OK
Aquatic Weeds	OK
Undesirable Shoreline Vegetation	OK
Water Quality	OK

Technician's Comments: Lake checked for algae grasses and submerged. Water level very high. No problems in lake at this time.



All are encouraged to attend our next Board meeting on Feb. 9!

The Board meets on the second Thursday of each month at 6:30 p.m.

South Pointe South Clubhouse
9734 Foxglove Circle, Fort Myers.

Check out our new website
www.townandriverfl.com.

Board Of Directors Meeting Minutes [Unapproved]

**South Pointe South Clubhouse
Thursday, December 8, 2022**

**Call To Order – Mark Generales
Officers, Directors, & Residents
Present**



A quorum was established. Present: Directors, Mark Generales, Renee Notes, Martha Smith, Kay Gloris, Myriam Lentz, Gary Hudson, John Kristobak.

Absent: Craig O'Donnell, Executive Secretary Sally Stigler, Ann Marie Aeschliman, Tom Aeschliman, Marge Byrne.

Approval Of Minutes – November 10, 2022 minutes were approved by motion.

Treasurer's Report – No report as Treasurer was not in attendance.

Deeds Of Restriction/Architectural Review COMMITTEE – John Kristobak

The board discussed and voted on DOR/Architectural Review matters:

- John Kristobak reported that TRUI will attend to dead palm trees.
- John Kristobak reported that the County will NOT be paving the roads this year, due to funds originally allocated for the roads being spent on Ian cleanup.
- Discussion tabled but remains ongoing on how to better define DOR regarding parking trailers on the street, storage sheds, dumpsters/PODS, signs, setbacks, front hedges all to be reviewed and discussed further at next meeting.

Committee Reports

Lake Status - Renee reported that Lake status is clean, no issues and all repairs post-Ian are operating well.

New Business

Newsletters - Continued discussion about newsletters. Do we need a printed newsletter which is currently mailed to every resident. To be discussed with suggestions of who/how this will continue.

Board vacancy - One vacancy remains.

Executive Secretary - Sally told the Board she will no longer be doing the Exec Secretary duties so the Board needs to consider someone else. Mark Generales will speak with Richard at the law firm to see if they have a recommendation or if someone from their office could step into this position. It is part-time but could take on additional responsibilities. John Kristobak will approach Mariner Way regarding Board Meetings taking place in their clubhouse instead of South Pointe. Gary Hudson will also speak with a condo owner he knows about this as well.

Annual Meeting

This will be held at Cypress Lake Methodist Church on January 19, 2023. A check for room rental was delivered to the church.

Adjournment

With no further business, the meeting was adjourned by motion at 7:46pm. The next regularly scheduled meeting is Thurs Jan 12th and January 19 after annual T&R meeting.

*Respectfully submitted,
Martha Smith and Renee Notes*

Cruise Club from page 1

to thank all the residents who participated in the parade or helped to make the season bright with the wonderful home decorating and lighting displays plus friendly holiday greetings all along the canals and docks.



Toy soldiers and a penguin lit up the night.



Christmas boat parade participants lit up the night on Dec. 15.



Beverly and Gary Ruesegger enjoyed the boat parade.



Fred and Lorraine Ford-Smith led the parade route with guests Sheila Mitchell and Doug Ryan on board.

Town & River Cruise Club Membership Application

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

BOAT INFORMATION

Boat Name: _____
 Boat Type and Size: _____

Boat example – Name: Only in America
 Boat Type and Size: Power 30', Beam 10' 6"

MEMBERSHIP DUES

Dues \$45 / household
Initiation Fee \$50 / household (included burgee and name tags)

New Members Prorated Dues

Joining between	
April 1 to September 30	\$45
October to December 31	\$30
January 1 to March 30	\$20

Send Application, Dues and Initiation Fee to: Cecilia Bourdon
 1026 Clarendon Drive
 Fort Myers, FL 33919

Make checks payable to: Cecilia Bourdon

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TOWN & RIVER CIVIC ASSOCIATION, INC.
 OFFICERS & BOARD OF DIRECTORS - as of January 20, 2023
 www.townandriverfl.com

President	Capt. Craig O'Donnell	239-872-3313	pres@townandriverfl.com
Vice President	John Kristobak	724-272-6818	vp@townandriverfl.com
Secretary	Renee Notes	239-209-2072	secy@townandriverfl.com
Treasurer	Marge Byrne Ann Marie Aeschliman	239-482-8923 239-270-0000	treas@townandriverfl.com

STREET ASSIGNMENTS	DIRECTOR	EMAIL PHONE NUMBER
Bal Isle Dr E Town & River Rd	Tom Aeschliman	dir1@townandriverfl.com 239-822-3275
Brevity Ln N Waterway Dr	Gary Hudson	dir2@townandriverfl.com 239-671-9961
Cal Cove Dr Cape View Dr Hatchee Vista Ln Jennifer Ln	John Kristobak	dir3@townandriverfl.com 724-272-6818
Clarellen Dr Cypress Lake Dr	Marge Byrne	dir4@townandriverfl.com 239-482-8923
Cypress Lake Cr Joanna Cr Sand Spur Ln	Myriam Lentz	dir5@townandriverfl.com 239-225-8533
Deep Lagoon Ln Julie Ann Ct	Ann Marie Aeschliman	dir6@townandriverfl.com 239-270-0000
Erin Marie Ct S. Town & River Dr	Martha Smith	dir7@townandriverfl.com 239-671-6347
McGregor Blvd Wittman Dr	Capt. Craig O'Donnell	dir8@townandriverfl.com 239-872-3313
N. Town & River Dr	Kay Gloris	dir9@townandriverfl.com 239-470-6400
Lake Committee	Renee Notes	secy@townandriverfl.com 239-209-2072
Deeds of Restriction Committee	John Kristobak	archreview@townandriverfl.com 724-272-6818
Architectural Review Committee	John Kristobak	archreview@townandriverfl.com 724-272-6818

Please contact the Director responsible for your street regarding any issues related to Town & River.

NEW OWNER CONTACT INFORMATION REQUEST

Town & River Civic Association Inc.
 P.O. Box 07073
 Fort Myers, FL 33919

For improved communications,

Please update your contact information and go on-line to add to T&R Directory

Name(s): _____

Town & River Address: _____

Telephone Number(s): _____

Email Address: _____

Mailing or other address, including zip: _____

Attention members in good standing, who have submitted their contact information, and have agreed to have their contact information published in the online directory, please go to our Town & River website @ www.townandriverfl.com and "sign up for members only directory".

Otherwise, the information submitted is for board use only.

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*Plus a new member capital contribution of \$40,000
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 Pricing subject to current conditions

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Tips For Reviving Your Home

Are you ready to refresh your home and take on a few fun renovation projects? You can let your creative energy out and design the house of your dreams. Here are a few tips to help you renovate your home, courtesy of Town & River.

Covering The Costs And Documenting Updates

Before you begin renovating any areas of your home, you'll need to figure out how you will cover the costs of the project. First, it's a good idea to draw up a general budget so that you can see how much you'll need to spend. Then, determine how much of the costs you'll be able to cover with your current savings. If you're having problems working out a budget, you can use accounting software to get a better handle on your finances. When choosing between Zenbusiness Money vs. Quickbooks, read reviews and consider affordability.

Whenever you make upgrades to your home, it's a good idea to document these updates by taking before-and-after photos and keeping receipts. This will help you quantify the increase in your home's value if you ever choose to sell it.

Creating An Outdoor Living Room

Spending time outdoors is healthy for your whole family, so why not cultivate a quaint outdoor space where you can hang out with your loved ones? *Better Homes and Gardens* recommends getting comfortable, durable outdoor chairs and sofas, a table, and lots of plants to make a cozy, inviting space for your guests.

Tackling DIY Updates

If you've been delaying certain minor home repairs, now is the time to fix these issues. You might be surprised by how many home repairs can be easy DIY projects—you don't



Photo by Steven Ungermann, Unsplash

necessarily need to hire a contractor! Bob Vila states that with the right tools and a little elbow grease, you can tackle many home repairs yourself, like repairing or replacing damaged screens, adjusting your pressure-reducing valve for better water pressure, and lubricating squeaky door hinges.

You can also look into different DIY techniques, such as learning to wash complicated laundry without taking it to a professional cleaner. If you have a minky blanket, for example, there are excellent online resources that can walk you through the process step by step. Not only will you save money, but you'll also learn a few tricks you can apply elsewhere!

Upgrading Your HVAC System

Don't underestimate the importance of proper air circulation in your home. If you're concerned about

your home's air quality, why not update your HVAC system? You can find local HVAC contractors to make these updates. Before you search, decide which kind of upgrades you are interested in. For example, perhaps you're interested in installing a HEPA filter or in-duct air purifiers or even adding a programmable thermostat to save energy. A tool like this can help you cut utility costs even when you're spending most of your time at home.

Renovate Your Attic Space

Restoring your attic space can help to breathe new life into your home. This is a great project for anyone looking to expand their living space without the time and expense of an extensive remodel. Attic renovations are available in nearly any style, can be tailored to fit nearly any budget, and often provide more usable space than initially expected. You can choose from a variety of finishing options depending on your design plans, or even use the existing architecture if you would like to maintain some of its original charm.

Once complete, the space could be used for anything from a library, office, playroom for kids, or even as an extra bedroom for guests. Completing this project will allow you to take full advantage of the potential of your attic space while giving you the opportunity to introduce much-needed upgrades across the entire home.

If you have some ideas on reviving your home, you don't have to wait to start these projects. With these tips, you'll be able to work out your vision for your home and find the right professionals for each project, and you may even boost your home's appraisal value in the process!

Town & River Civic Association Inc.		
Profit And Loss		
December 2022		
	Dec 22	Jan - Dec 22
Ordinary Income/Expense		
Income		
Income		
Income - Mandatory	0.00	10,920.00
Income - Voluntary	0.00	26,040.00
Total Income	0.00	36,960.00
Estoppel Preparation Income	0.00	1,500.00
Interest Income	9.98	64.69
PayPal Cash Bank Bonus	0.00	8.13
Miscellaneous Income	0.00	2,702.07
Total Income	9.98	41,234.89
Expense		
Accounting Fees	315.00	4,350.00
Bank Fees	35.00	420.00
Corp Insurance	415.38	4,809.36
Email Service	0.00	972.00
Legal Expense	0.00	10,811.19
Meeting Rooms	125.00	350.00
Monument Sign Expense	0.00	119.48
Newspaper Postage	152.59	1,779.85
Office Expense	0.06	75.03
PayPal Fees	0.00	273.24
Postage & Delivery	0.00	683.21
Printing & Reproduction	0.00	737.72
State Fee	0.00	61.25
Secretary Expense	0.00	637.50
Storage Expense	119.79	1,437.48
Utilities	0.00	243.62
Website Maintenance	50.00	400.00
Total Expense	1,212.82	28,160.93
Net Ordinary Income	-1,202.84	13,073.96
Net Income	-1,202.84	13,073.96

Consumer Alerts Fraud Reports And Losses: Not Just A Grandparent's Story

By Bridget Small, Consumer Education Specialist

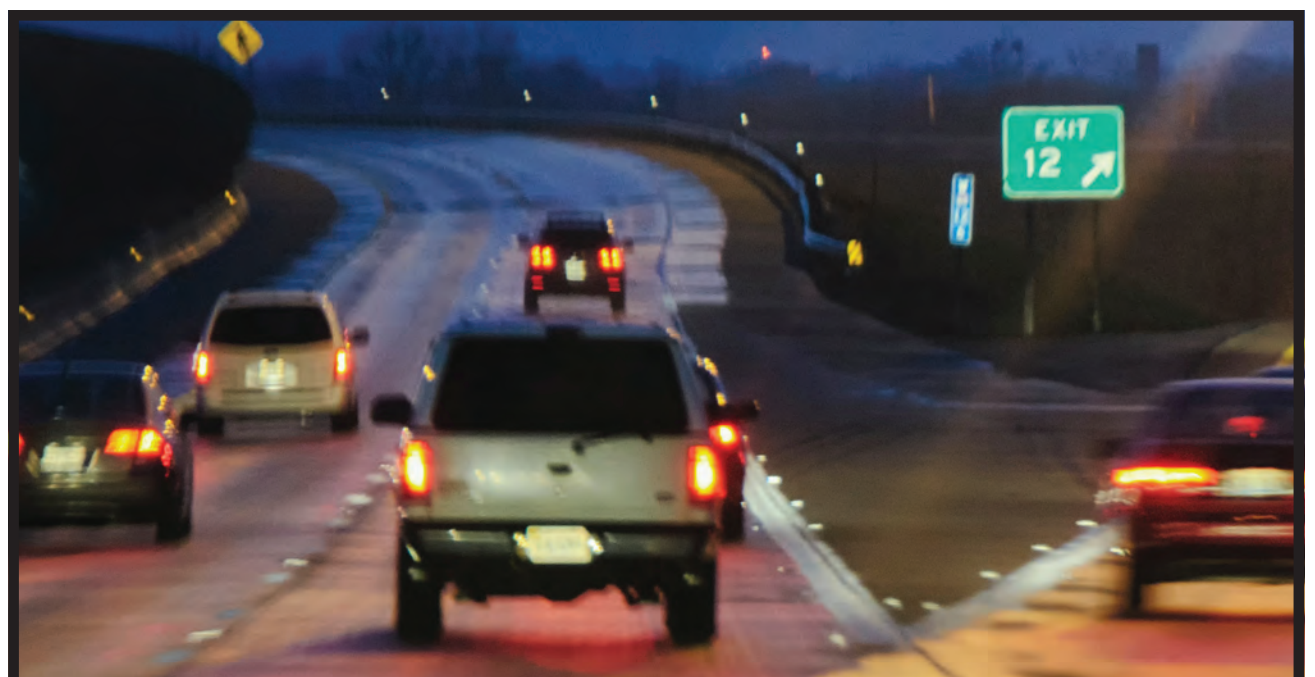
You might have heard that scams mostly affect older adults but reports to the FTC tell a different story. Last year, adults under 60 – our Gen X, Millennial, and Gen Z neighbors – were more likely to report losing money to fraud than people 60 and over. And what did they report the most? Losing money to online shopping fraud, often when things pitched to them on social media never arrived.

Compared to older adults, those under 60 were more than four times as likely to report losing money on an investment scam, often a fake cryptocurrency investment opportunity, and more than five times as likely to report losing money to a job scam. Many college students reported losing money

to phony job offers sent to their school email addresses. Overall, adults under 60 most often reported losing money to scams that started on social media, a website, or an app, and their median reported fraud loss was \$500.

People over 60 were less likely to report losing money to fraud, but their reported losses were higher. The median reported loss was \$800 among people in their 70s and jumped to \$1,500 for people over 80. Older adults were more likely to report losing money to tech support scammers – cons who urge people to pay for unneeded computer repairs – and prize, sweepstakes, and lottery scams that demand payment but never give a prize. About one in four of the older adults' loss reports said the scam started with a phone call.

Sharing what you know about scams helps protect people of all ages around you. Learn more at ftc.gov/PassItOn. If you see a scam, report it to the FTC at ReportFraud.ftc.gov.



Missing Exits? Might be cataracts.

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Tickets Are Available For The 2023 Boston Red Sox Celebrity Classic

Registration is open and sponsorship opportunities are available for the 30th Annual Red Sox Celebrity Classic series planned in February and March. Events include the Boston "Tee" Party and the Golf Tournament, both hosted at The Forest Country Club, and Dinner on the Diamond at JetBlue Park.

This year, support for this event series will help bring enhanced neurosurgical services to Golisano Children's Hospital, lay the foundation for a pediatric trauma center and ensure families can stay close to home for lifesaving care. Over the past 29 years, the event series has raised more than \$14 million for children's health care.

Events include:

- Feb. 16: The Boston "Tee" Party, which includes a dinner, cocktails and more, with live and silent auctions. Individual tickets are \$75.
- Feb. 17: The Celebrity Golf Classic, which includes Red Sox players and other celebrities in a tournament on two award-winning Forest Country Club courses. Tickets are \$400 for the Golf Classic and Tee Party.



Lucy Costa, promotional incentives and Brad Blalock, Red Sox

• March 22: Dinner on the Diamond, which includes autographs from Red Sox players, dinner and more at JetBlue Park. Tickets are \$150 for a VIP ticket or \$75 for general admission.

Sponsorships levels range from presenting sponsor to table and hole sponsorships. For information or to register, visit LeeHealthFoundation.org/redsox.

About Golisano Children's Hospital

Established by Lee Health in 1994, Golisano Children's Hospital of Southwest Florida has been named a "Top Hospital" three times by The Leapfrog Group. It is the only recognized children's hospital between Tampa and Miami. Lee Health opened the new 134-bed Golisano Children's Hospital in May 2017, relocating the children's hospital from the adjacent HealthPark Medical Center. It includes comprehensive pediatric services including a 24-hour pediatric emergency department, hematology-oncology unit, milk lab, Regional Perinatal Intensive Care Center, and Level II and Level III NICU with 70 private rooms. Golisano Children's Hospital is proud to have been named Soliant's 2018 Most Beautiful Hospital in the United States, a recognition determined by popular vote. Since 2019, Golisano Children's Hospital has been a proud member hospital of the Children's Miracle Network. For more information, visit GolisanoChildrensSWFL.org.



2022 celebrity photo



Hunter Dobbins, Red Sox; Zac Bryant, Red Sox; Bill Almon, Former MLB player

JOIN US THIS SUNDAY!
10am Worship Service
 In Person or Online

Faith United Methodist Church
 15690 McGregor Blvd.
 Fort Myers, FL 33908

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Save The Date – March 9

Sam Galloway Jr. & Friends Soup Kitchen Benefit

Join the fight to end hunger and homelessness in our Southwest Florida community by gathering your friends together for the 20th annual Sam Galloway Jr. & Friends Soup Kitchen Benefit!

The 20th annual Sam Galloway Jr. & Friends Soup Kitchen Benefit for Community Cooperative will be held March 9, at the service garages of Sam Galloway Ford, 1800 Boy Scout Drive in Fort Myers. The evening features a southern-style dinner prepared by local restaurants and businesses as guests raise much-needed funds to support those struggling with hunger and homelessness. This popular annual event helps thousands of men, women and children in Lee County.

For more information, visit CommunityCooperative.com, contact Beth@CommunityCooperative.com or call (239) 332-7687, Ext. 101.



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- 15 ctw \$16,975
- 20 ctw \$25,475



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24th Annual Southwest Florida Reading Festival

Saturday, March 4

Once again the Lee County Library System presents the Annual Southwest Florida Reading Festival, which will be held Saturday, March 4, from 10 a.m. to 4 p.m. on the campus of the Fort Myers Regional Library, 2450 First Street, Fort Myers, Fla. The event is **free of charge** and open to the public. There are activities for all ages. Events include:



Adult Author Presentations

- Kendra Elliot (*A Merciful Death*)
- Joseph Finder (*House on Fire*)
- Kristan Higgins (*Out of the Clear Blue Sky*)
- Gregg Hurwitz (*The Last Orphan*)
- Alka Joshi (*The Henna Artist*)
- Melinda Leigh (*Lie to Her*)
- Sarah MacLean (*Bomb Shell*)
- Annette Chavez Macias (*Big Chicas Don't Cry*)
- Vanessa Riley (*Murder in Westminster*)
- Katee Robert (*Wicked Beauty*)
- Deb Rogers (*Florida Woman*)
- Jennifer L. Schiff (*A Shell of a Problem*)

Teen Author Presentations

- Kalynn Bayron (*This Poison Heart*)
- Meg Medina (*Burn Baby Burn*)
- Nina Moreno (*Our Way Back to Always*)
- Rebecca Ross (*The Queen's Rising*)
- Ruta Sepetys (*I Must Betray You*)

Kids' Author Presentations

- Alexandra Alessandri (*The Enchanted Life of Valentina Mejía*)
- Aida P. Dobbs (*Barefoot Dreams of Petra Luna*)
- John Patrick Green (*InvestiGators Heist and Seek*)
- Terri Libenson (*Remarkably Ruby*)
- Meg Medina (*Merci Suárez Changes Gears*)
- Heidi E.Y. Stemple (*A Kite for Moon*)
- Lauren Wolk (*Wolf Hollow*)

Each author will be available for a book signing following their presentation. Books can be purchased onsite from Books-a-Million – 10 percent of sales will benefit the Reading Festival.

For more intimate access to authors, attend **An Evening with the Authors** dinner, held Friday, March 3 from 5:30 to 8:30 p.m. You will interact directly with authors during the buffet dinner and cash bar. Ticket price is \$75 – proceeds will benefit the Reading Festival. Midnight Feb. 15 is the deadline to make reservations. Sign up online at <https://readfest.org/evening-with-the-authors>. (Not all authors will be available due to travel issues.)

Festival Marketplace

This is a book-themed showcase of exhibitors and merchants.

A Free Book For All Children And Teens

Free books are made available through generous support of festival sponsors. The child/teen must be present to obtain a book.

Instruction On How To Use Online Library Content

Library staff will be available to demonstrate how E-books, audiobooks, streaming video, E-magazines and downloadable music can be accessed through content providers Overdrive, Libby, Hoopla and Kanopy. Bring your mobile phone.

Name A Character Raffle

Raffle winners will have a character named after them in an upcoming book by Alda Dobbs, Alexandra Alessandri, John Patrick Green, Melinda Leigh, Terri Libenson, Nina Moreno, Katee Robert or Lauren Wolk!

Aspiring Authors Writing Contest

All Lee county-based schools K through 12 can participate. **Crafts, Readings And Drawings**

Be A Volunteer

In addition to library staff, the reading festival relies heavily on book-loving volunteers. Consider volunteering for a 4- or 8-hour shift. Refreshments will be provided. Help your community, meet great people, be part of a team, have fun! For more information, contact Catherine Vaughn at cvaughn@leegov.com.

Download The App

Make your day more enjoyable by downloading the **SWFL Readfest** mobile app. The app will provide author profiles, an event schedule, personal schedule, festival map, list of exhibitors and merchants, menus from food vendors, frequently asked questions and live updates.

About The Southwest Florida Reading Festival

The Southwest Florida Reading Festival takes place annually on the first Saturday in March. It is a family-friendly event that celebrates books and the written word. The festival began in 1999 with the goals of emphasizing the importance of reading and bringing the finest literary talent to Southwest Florida. Now in its 24th year, this free festival has grown in popularity and attracts thousands of book-loving attendees annually. Some of the past authors include Sue Monk Kidd, Susan Mallery, R.L. Stine, Janet Evanovich, Nelson DeMille, Jeff Kinney and hundreds more. The Reading Festival's objectives are to promote reading and literacy, increase awareness of the library's programs and resources and foster partnerships between the Lee County Library System and the community. It is also an opportunity to share with the community the available resources and services at their local Lee County libraries with a library card. The Reading Festival aims to build a literate community by encouraging children to develop an interest in reading independently, which fosters an increase in vocabulary and improved writing skills. For more information, visit www.ReadFest.org.

Town & River Civic Association Inc. Balance Sheet As of December 31, 2022

	Dec 31, 22
Assets	
Current Assets	
Checking/Savings	
First Citizens Bank 2580	2,862.53
First Citizens Bank - MMS	76,441.51
PayPal Account	6,953.49
Total Checking/Savings	86,257.53
Accounts Receivable	
Accounts Receivable	9,478.53
Total Accounts Receivable	9,478.53
Other Current Assets	
Prepaid, Lake Expense	155.87
Prepaid, Insurance	1,246.06
Prepaid, Other Expense	200.00
Total Other Current Assets	1,601.93
Total Current Assets	97,337.99
Total Assets	97,337.99
Liabilities & Equity	
Equity	
Prior Year Fund Balance	84,264.03
Net Income	13,073.96
Total Equity	97,337.99
Total Liabilities & Equity	97,337.99



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The 85th Annual Edison Festival Of Lights Parade

Saturday, Feb. 18 – 7 To 10 p.m.

Named as the largest night parade in the Southeast year after year, the grand parade is a two-hour extravaganza featuring national participants and local marching bands, floats, local government and law enforcement officials, clowns and much, much more.



The parade brings the entire Southwest Florida community out in celebration of the life and achievements of our local winter resident, Thomas Edison. Spectators come from near and far to enjoy this event and often begin marking their viewing spot weeks in advance!

Although the event is free for spectators there are two ticketing options open to attendees. The first ticketing option is run by local nonprofit groups through the festival that sell reserved seats (street seats) and the second ticketing option is VIP tickets which are sold online and in the Edison Festival of Light office (which include food and beverages).

Grand Parade VIP Tickets

VIP Adult \$60 – VIP Child \$35 – VIP Parking Is \$30

Question: What is included in the price of admission?

Answer: Admission includes food stations, soda, iced tea, water, beer and wine, and seating to view the Grand Parade of Light. Any guests wanting to consume alcohol must be 21 years old and over and have the proper ID. The venue reserves the right to limit alcohol consumption for any individual.

Question: What time can I get into the event?

Answer: Doors open at 5 p.m.

Question: Where is the main event and how do I get there?

Answer: VIP will be held in Downtown Fort Myers in the tent at the corner of Hendry and Edwards.

Question: Is there preferred seating at the main event?

Answer: VIP includes a reserved section of prime street viewing. Seats are general admission to VIP ticket holders. **Street Seats – \$12**

Street seats are folding chairs that line the parade route in the downtown area. They are sold by various nonprofit organizations in the area as a fundraising effort. When you purchase a street seat you get a reserved, numbered seat that you can access any time after 1 p.m. on the day of the Grand Parade. No need to arrive hours early to save a spot on the parade route or bring a chair. And, you will be supporting a local nonprofit! Come early, enjoy the day downtown and your seat for the parade will be waiting for you!

Reserved street seating can be purchased through one of the nonprofit organizations below for \$12 each. All seats are located on Edwards Drive and Jackson Street in Downtown Fort Myers.

Troop 761 – Contact: Bill Mulhall, (401) 529-3688, wmulhall@comcast.net.

St. Michael Lutheran Youth Ministries – Contact: Toni Hanchey, (239) 565-0108, toni.hanchey@gsmlcs.org.

Scouts BSA Troop 314 – Contact: MaryEllen Saba, (239) 699-0571, mesaba2@gmail.com.

American Red Cross – Contact: Michelle Percello, (239) 682-4262, michelle.percello@redcross.org.

BSA Scout Troop 4 – Contact: Maybelline Valenti, (239) 222-5315, info@4scouting.com.

Scouts BSA Troop 159 – Contact: Mariella Goldberg, (239) 560-7253, twinsrule08@gmail.com.

For more information email info@edisonfestival.org or call: (239) 334-2999.



“Oh Mary, You’re Just Getting Older.”

Your family, friends and even your doctor may minimize your concerns about your memory loss. Please understand Alzheimer’s disease doesn’t begin when you can’t remember your spouse, your children or when you start getting lost in your neighborhood. It becomes noticeable at stages 3 and 4 with brain fog and continually forgetting why you’ve walked into a room or a conversation you recently had. There are seven stages.

According to the Alzheimer’s Association 1 in 9 adults aged 45 and above are experiencing mild cognitive decline, 43% needed to give up some normal activities related to social or home tasks. Less than 50% of people report these early signs to their family doctor. Alzheimer’s / dementia is the second most common neurological condition people seek help for, headaches being the number one. Dementia is a syndrome with Alzheimer’s, vascular, Lewy Body and frontal temporal demise labels. Alzheimer’s makes up 60-80% of reported dementia.

Dementia means “loss of mind” and like muscles that don’t get exercise, they get smaller so, with dementia the brain literally shrinks. The latest research on dementia now labels it as a multivariant (lots of causes) condition meaning that there is no single cause. One of the country’s cutting edge neurologists has identified 39 triggers that lead to neurodegeneration and dementia. There have been 2,000 drug trials for dementia, each focused on a single cause. A study published in 2017 in the influential J Prev Alzheimer’s Disease, memory loss was reversed following a multivariant approach. The trial did not involve any pharmaceuticals and has been mostly overlooked by the healthcare profession.

Here are some things you can do today to protect your brain:

Deflate Your Body! I like the website, deflame.com where they inform how to change our diet to live our best life as long as possible by limiting the diet component of inflammation which is very important.

Eliminate common inflammatory foods, gluten contain foods is a very good place to start. American hybridized wheat contains up to 10 times more gluten than some of the European wheats. Some countries do not permit the sale of U.S. grain due to this issue.

Take anti-inflammatory supplements: Turmeric, boswellia, Omega 3 or fish oil all systemic anti-inflammatory benefits with very few reported side effects.

Make a commitment to learn something new: Learning to dance, taking educational classes, crossword puzzles.

Exercise: All the research points to the total body benefits of exercise. **Walking, swimming, exercise bike. Movement makes everything healthier.**

If you are experiencing cognitive issues, you may have questions, want a professional opinion or want more information. You can request a copy of my “What to Do When Traditional Medicine Fails” booklet by contacting my office at 239-482-8686.

Dr. Robert Davis is a Chiropractic Physician with advanced training in functional neurology and holds a diplomate in addictionology. He has been in practice for 25 years.

Dr. Robert Davis, DC, DACADC
6710 Winkler Road, Suite 1
Fort Myers, FL 33919
o. 239-482-8686

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Montage Women’s Club

The Montage Women’s Club is a social and philanthropic club open to all women residing in Lee County. We meet on the fourth Thursday of each month at The Landings Yacht, Golf, and Tennis Club (community entry off McGregor Boulevard between Cypress Lake Drive and College Parkway). Meetings begin at 11:30 a.m. with a short social period followed by lunch at noon and normally an informative speaker program. Within the organization are various interest groups for members’ participation. Membership is open to both year-round and seasonal residents. We welcome you to visit Montage for a luncheon.

Our next meeting will be held on Thursday, Feb. 23, and we are being joined by Linda Osaka of Asian Jewelry, who will present a program on pearls. Additionally, Linda is organizing a fashion show with Montage member “models” displaying her jewelry and accessories. All merchandise on display will be available for purchase. This should be an informative yet very fun meeting – who doesn’t like to shop?

Luncheon fee is \$28 and the planned regular menu will be Caprese salad with sliced chicken basil with olive oil reduction, vine ripened tomatoes, fresh mozzarella, basil and Bermuda onion on baby spinach and romaine mix, and chef’s choice of dessert. The plant-based/vegan option entree will be crispy panko crust tofu steak with sweet chili glaze presented with Asian sautéed vegetable and jasmine rice, and fresh fruit for dessert.

If you would like to attend a Montage meeting, need further information, or would like to make a reservation, please call Rita Artwohl at (239) 703-7787. Reservations cutoff to attend this meeting is noon, Thursday, Feb. 16.

Let our family assist your family!

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*Based on information from the Southwest Florida MLS for the period 01/01/2022 through 03/31/2022 **Based on MLS statistics for Lee and Collier County for the period 01/01/2021 through 12/31/2021



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