



ST. JOHNS COUNTY  
CHAMBER OF COMMERCE  
Ponte Vedra Beach Division

# 2018 In Review

# Chamber Connections



December 2018



ST. JOHNS COUNTY  
CHAMBER OF COMMERCE

Ponte Vedra  
Recorder

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# ST. JOHNS COUNTY CHAMBER OF COMMERCE

## YEAR IN REVIEW

Connections 2018

## Message from the President/CEO: New website, new missions for new year

Greetings from your Chamber of Commerce!

Our mission, as stated on our new website ([www.sjchamber.com](http://www.sjchamber.com)), is to help businesses grow and thrive. We are excited that our members are taking advantage of the bells and whistles of our website. Here's a quick checklist of what you can do and find there:

- Make your member profile page robust. Add text, photos, videos, etc. Other members, visitors and new neighbors check our member directory.

- Post "Hot Deals." Log into the Member Information Center to post your hot deal and find hot deals at [www.sjchamber.com/hotdeals](http://www.sjchamber.com/hotdeals). I know that The Ponce Hotel has a hot deal posted now through Dec. 31.

- And, you asked, and we are delivering. Post your job opportunities in the Member Information Center. Jobseekers can view available opportunities at our website at [www.sjchamber.com/jobs](http://www.sjchamber.com/jobs). Some delicious openings are posted now at Le Macaron Pastries.

We were thrilled to host Dr. Jerry Parrish — economist, Florida Chamber of Commerce — at our Nov. 16 Economic Development Council breakfast. If you



**ISABELLE RENAULT**  
President/CEO, St. Johns County  
Chamber of Commerce

were not able to join us, I encourage you to visit [www.sjchamber.com/edc-quarterly-breakfasts](http://www.sjchamber.com/edc-quarterly-breakfasts) to review his presentation. He shared some opportunities and challenges for us!

We had the good fortune of hosting several relevant speakers for our Economic Development Council breakfasts this year including Don Fox

— CEO, Firehouse Subs — in January — and Mark Lamping — president, Jacksonville Jaguars — in June. We have key speakers lined up for 2019; registration is open for our next event on Jan. 25 at World Golf Village at <https://www.sjchamber.com/events/details/economic-development-breakfasts-2018-2019-01-25-2019-176>. The event will feature a stellar speaker and great networking opportunities.

We were also pleased to host Politics in St. Johns this year. The event at Ponte Vedra Concert Hall was well-attended and, for the first time, featured a straw poll for the Ponte Vedra Beach residents to mark their preferences. The candidate forums in Ponte Vedra Beach and St. Augustine received favorable reviews; these forums provided opportunities for members of St. Johns County's business community to directly interact with current and prospective policy makers. We plan to conduct similar events in the next election year of 2020.

The St. Johns County Chamber of Commerce and Economic Development Council regularly engage in advocacy and educational efforts with local, state and federal policymakers to promote

sound public policies, which in turn support business growth and expansion.

The St. Johns County Chamber of Commerce Public Policy Committee is comprised of engaged Chamber members and staff and is led by Michael Scine — owner, Scine Advisors, St. Augustine. The Public Policy Committee advises the Board of Directors on adopting positions on pressing issues of the day and assists with advocacy and educational efforts at the state, local and federal level, including attending county and municipal commission meetings and events.

The Ponte Vedra business community is fortunate to count many leaders among its midst. We were pleased to honor a few of them at the Chamber's annual awards event in October, BRANDED. Joshua Hull was recognized as Ambassador of the Year for the Ponte Vedra Beach division. Dr. Erika Hamer, the Chamber's treasurer and a Ponte Vedra business owner, received the Chairman's Award, and Mark Nighbor, an executive with Ponte Vedra-based Advanced Disposal and current

RENAULT continues on Page 17

## Chamber holds Politics in St. Johns in Ponte Vedra, St. Augustine

Nearly 1,000 people attended the St. Johns County Chamber of Commerce's Politics in St. Johns series of events held in Ponte Vedra on July 16 and in St. Augustine on Aug. 1. This marked the largest attendance since the Chamber launched the series in 2012. In addition, more than 550 votes were cast in straw polls administered by the St. Johns County Supervisor of Elections office.

Tamara and Dr. Ronald "Doc" Renault enjoy Politics in St. Johns in Ponte Vedra Beach on July 16.



Photos by Susan Griffin



School Board District 4 Representative, and then candidate, Kelly Barrera (center) gathers with her husband, Gil (left), and Bill Curtis at Politics in St. Johns in St. Augustine on Aug. 1.



County Commission District 4 race winner Jeremiah Blocker (center) gathers with supporters at the event in St. Augustine.

## Chamber members recognized at annual recognition and awards event

The St. Johns County Chamber of Commerce recognized eight individuals and one company at its signature annual recognition and awards event, "Branded 2018 – Recognizing Business Leaders That Make their Mark," Oct. 19 at Shell Hall at World Golf Hall of Fame. The following people were recognized:

- Mark Nighbor — Member of the Year
- John Dickinson — President's Award
- Dr. Erika Hamer — Chairman's Award
- Joshua Hull — Ponte Vedra Ambassador of the Year Award
- Robin Burchfield — St. Augustine Ambassador of the Year
- Michael Scine — Public Policy Award
- PGA Tour — EDC Member of the Year – Fred Schroeder Award
- Mary O'Brien — Recognized as outgoing chairman of board
- Rob Matthews — Recognized as outgoing EDC chair

# ST. JOHNS COUNTY CHAMBER OF COMMERCE

YEAR IN REVIEW

Connections 2018

## Message from the Director: A look back at our success

December is often a special month to reflect on the past year. It's an opportunity to recognize our successes as well as look ahead, setting intentions for the new year. As the year comes to a close, we take this time to thank our members for their dedication to the growth of our business community. This year was filled with countless highlights and none of them would be possible without the ongoing commitment from our past and current Division Board of Directors, Ambassadors and volunteers who continue to be a key element in the success of the Chamber.

Our signature events included our Annual Membership Appreciations Awards, which this year was a white party held at Sawgrass Beach Club. This was a festive evening where we recognized outstanding Chamber members going above and beyond the everyday. Our Annual Golf Tournament held in June attracted a full field of players — many of whom were businesses and community leaders throughout the county swinging their clubs, networking and enjoying the great outdoors.

The 16th Annual Ponte Vedra Auto Show in September was the most



**TONI BOUDREAUX-GODWIN**  
*Ponte Vedra Beach Division  
Director, St. Johns County  
Chamber of Commerce*

successful Auto Show to date featuring more than 165 classics and new cars. This Ponte Vedra tradition welcomed over 2,300 automobile lovers and enthusiasts from all across the Northeast. In November, Our Veterans Luncheon, "Connecting the Stars," combined veterans services organization including

Operation New Uniform (ONU), Wounded Warrior Project (WWP) and K9s for Warriors. Guest speakers included Michele McManamon, co-founder and executive director of ONU; Dan Schnock, national alumni director for WWP; and Tim Crosby, strategic partnership manager for K9s for Warriors, among other special guests.

Lastly, we rounded out the year with a little Jingle and Mingle. The Chamber's Ponte Vedra Division holiday party this year was held on the Houseboat at Freedom Boat Club in Jacksonville Beach. The evening was filled with lively holiday tunes, great food and amazing raffle items that helped make the night merry and bright!

As we head into the new year, I encourage residents and visitors alike to look at Ponte Vedra Beach with an eye for the beauty that surrounds us. We look forward to working with local area businesses to enhance existing assets such as outdoor recreation, arts and heritage, wellness and passive nature-based activities, creating a more dynamic experience for everyone to enjoy. From all of us at the Chamber, we wish everyone a new year filled with peace, love and joy!

## Renault

Continued from 16

vice chairman of the Chamber, was honored as the Member of the Year.

We are making great strides as we implement our three-year strategic plan. As part of that implementation, we recently announced three new staff changes — one of which is a well-deserved promotion for Lucia Miller, the senior coordinator for the Ponte Vedra Beach Division and Visitors Center. In this role she will take on new responsibilities as it relates to securing membership, sponsorship and assigned projects. The Chamber also promoted Bob Porter to vice president, public policy, and made Bethany Taylor our full-time office coordinator and retention specialist. These new and expanded roles will allow us to increase our capacity to adapt, make a greater impact and be a known influencer.

Thank you for your support and participation during 2018, and I look forward to noting our progress and prosperity in 2019.

## CHAMBER ORGANIZES LETTERS TO SANTA INITIATIVE



Photo by Matus Foris

First Coast children once again had a chance this year to drop off their Christmas lists at Santa's mailbox located near Nona Blue in Sawgrass Village and at the Ponte Vedra Recorder office. Letters mailed by Dec. 15 received a response from Santa thanks to a special arrangement the Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce made with the North Pole.

### UPCOMING CHAMBER PONTE VEDRA BEACH DIVISION EVENTS

#### January

##### Chamber Before Hours

**Date:** Wednesday, Jan. 9, 2019

**Time:** 8 to 9 a.m.

**Location:** Trasca & Co Eatery, 155 Tourside Drive, Suite 1500, Ponte Vedra Beach, FL 32082

**Sponsor:** Trasca & Co Eatery, Mary Kay - Trudy Toche

##### PVB Division Joint Luncheon w/ Jax Chamber Beaches Division

**Date:** Thursday, Jan. 10, 2019

**Time:** 11:30 a.m. to 1:30 p.m.

**Location:** Sawgrass Golf Club, 10034 Golf Club Drive, Ponte Vedra Beach, FL, 32082

**Info:** Jared Rice, executive director of THE PLAYERS Championship, will provide members with an update on the 2019 tournament.

**Sponsor:** Fields Auto Group

##### Chamber After Hours

**Date:** Wednesday, Jan. 30, 2019

**Time:** 5:30 to 7 p.m.

**Location:** Standfast Asset Management, 100 Executive Way, Suite 208, Ponte Vedra Beach, FL 32082

**Sponsor:** Standfast Asset Management

#### February

##### Chamber Before Hours

**Date:** Wednesday, Feb. 6, 2019

**Time:** 8 to 9 a.m.

**Location:** TBD

##### Chamber at Noon

**Date:** Wednesday, Feb. 20, 2019

**Time:** 11:30 a.m. to 1 p.m.

**Location:** Sawgrass Beach Club, 9797 Summer Place, Ponte Vedra Beach, FL, 32082

**Sponsors:** Fields Auto Group, FirstAtlantic Bank

##### Chamber After Hours & Ribbon Cutting

**Date:** Wednesday, Feb. 27, 2019

**Time:** 5:30 to 7 p.m.

**Location:** The Morgan Company Promotional Advertising, 13500 Sutton Park Drive S., Suite 204, Jacksonville, FL 32224

**Sponsor:** The Morgan Company Promotional Advertising

#### March

##### Chamber Before Hours

**Date:** Wednesday, March 6, 2019

**Time:** 8 to 9 a.m.

**Location:** TBD

##### After Hours @ The PLAYERS

**Date:** Thursday, March 7, 2019

**Time:** 5:30 to 7:30 p.m.

**Location:** THE PLAYERS Welcome Experience (located at the Nicklaus Entry), 110 Championship Way, Ponte Vedra Beach, FL, 32082

**Info:** Come support THE PLAYERS and enjoy an evening of complimentary refreshments and networking with 700 business leaders from Northeast Florida. This annual event is in partnership with the JAX Chamber of Commerce and sells out every year. Please RSVP early to guarantee admission.

**Cost:** \$20 for members

##### Chamber at Noon

**Date:** Wednesday, March 20, 2019

**Time:** 11:30 a.m. to 1 p.m.

**Location:** Sawgrass Beach Club, 9797 Summer Place, Ponte Vedra Beach, FL, 32082

**Sponsor:** Fields Auto Group

For more information and to register, visit [www.sjcchamber.com](http://www.sjcchamber.com) or call the Ponte Vedra Beach Division office at (904) 285-2004.

# JANUARY 2018



Photo by Susan Griffin

Mainstream Boutique Owner Carla Miles

## Mainstream Boutique hosts Chamber 'Before Hours' event

Local business professionals in the St. Johns County Chamber of Commerce Ponte Vedra Beach Division gathered at Mainstream Boutique before work on Jan. 10 for breakfast and networking.

Located at 880 A1A North (Suite 4), Mainstream Boutique features stylish women's retail clothing and accessories.

For more information on the St. Johns County Chamber of Commerce, visit [sjc-chamber.com](http://sjc-chamber.com).



Photo by Jon Blauvelt

St. Johns County Administrator Michael Wanchick, St. Johns County Chamber of Commerce President/ CEO Isabelle Renault, Atlantic Beach Mayor Ellen Glasser, recently retired Jacksonville Beach City Manager George Forbes, Jax Chamber Beaches 2018 Division Board Chair Christine Wier, Brandon Starks of Fields Auto Group, Chamber PVB Division Director Toni Boudreaux-Godwin and Brian Zehren of Fields Auto Group, gather following the Jan. 11 joint Chamber luncheon (Not pictured: Neptune Beach Mayor Elaine Brown).

## Local officials address state of the Beaches at joint Chamber luncheon

One of the first events of the year for the Ponte Vedra Beach Division was a joint chamber luncheon on Jan. 11 at Sawgrass Country Club with the JAX Chamber Beaches Division. The event featured presentations by local officials about the state

of the Beaches communities, including remarks from St. Johns County Administrator Michael Wanchick, Atlantic Beach Mayor Ellen Glasser, Neptune Beach Mayor Elaine Brown and recently retired Jacksonville Beach City Manager George Forbes.

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## New Life Healthcare hosts Chamber 'After Hours' event

New Life Healthcare hosted an "After Hours" event Jan. 24 for the Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce. Chamber members gathered at the event for food, drinks and live music from local guitarist Chase Rideman of Chillula. The business also celebrated joining the Chamber with a ribbon-cutting ceremony.



**ABOVE: Dr. Sean Tracy and his wife, Kelly, celebrate New Life Healthcare's Chamber membership with a ribbon-cutting ceremony.**

Photo courtesy of St. Johns County Chamber of Commerce



**LEFT: Dr. Marijane Boyd, Kelly and Dr. Sean Tracy and Stacey Gabby of New Life Healthcare gather at the Chamber "After Hours" event on Jan. 24.**

Photo by Susan Griffin

# FEBRUARY 2018



Photo by Susan Griffin

Fluffy Cuts owner Brian Anderson (center) speaks with fellow Chamber members at the "Before Hours" event on Feb. 7.

## Fluffy Cuts convenes local business leaders at Chamber 'Before Hours' event

Local business leaders had the opportunity to network and enjoy breakfast before work on Feb. 7 at the Chamber's "Before Hours" event, which was sponsored by Fluffy Cuts and held at the Chamber's Ponte Vedra Beach Division office.

Fluffy Cuts, which is owned by Brian Anderson, is a dog groomer located at 2185 3rd St. South in Jacksonville Beach.



## Starling at Nocatee hosts Chamber 'After Hours'

Starling at Nocatee hosted an "After Hours" event for the Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce on Feb. 28. The event provided attendees the opportunity to network after work and enjoy food and drinks.

Located at 999 Crosswater Parkway in Ponte Vedra, Starling at Nocatee is a senior living community offering concierge living, assisted living and memory care.

ABOVE: Starling at Nocatee Executive Director Megan Kennedy addresses the event attendees at the Chamber "After Hours" event on Feb. 28.

RIGHT: Gloria Dongara, Toni Boudreaux-Godwin and Kari Zerrahn



Photos by Susan Griffin



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*Dr. Erika Hamer*

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# MARCH 2018



Tom DeStella, Lars Anderson, Toni Boudreaux-Godwin, Kari Zerrahn, Kathleen Anderson and John Anderson gather at the Chamber 'Before Hours' event on March 7 at Allstate.

## Allstate hosts Chamber 'Before Hours'

Allstate hosted a "Before Hours" event for the Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce on March 7. The event provided local business professionals the chance to network with each other and enjoy breakfast before work.

Allstate is located at 258 Solana Road in Ponte Vedra Beach.



Photos by Susan Griffin  
Isabelle Renault and Dr. Erika Hamer



Photo by Susan Griffin

The BBVA Compass team joins representatives from the St. Johns County Chamber of Commerce Ponte Vedra Beach Division for a ribbon cutting ceremony on March 21 to celebrate the bank's recently enhanced services.

## BBVA Compass Bank celebrates enhanced services with ribbon cutting

BBVA Compass Bank in Ponte Vedra Beach celebrated its recently enhanced services with a ribbon cutting ceremony on March 21, which was attended by representatives of the St. Johns County Chamber of Commerce Ponte Vedra

Beach Division.

In addition to the ribbon cutting, attendees of the event enjoyed networking, door prizes, beverages and hors d'oeuvres at a Chamber "After Hours" event. BBVA Compass is located at 155 Corridor Road.



ABOVE: Commissioner Henry Dean addresses St. Johns County Chamber of Commerce members at a luncheon held March 14 at Ruth's Chris Steak House.

Photos by Benjamin Naim

RIGHT: Henry Dean, Wiam Battah, Toni Boudreaux-Godwin, Brandon Starks, Isabelle Renault and Bob Porter

Photo by Susan Griffin

## Commissioner Dean addresses beach renourishment, tourism at Chamber luncheon



District 5 St. Johns County Commissioner Henry Dean discussed the importance of beach renourishment and its potential impact on tourism at a St. Johns County Chamber of Commerce Ponte Vedra Beach Division luncheon March 14 at Ruth's Chris Steak House.

At the "Chamber at Noon" event, Dean suggested the county should increase its tourist development tax (also known as the bed tax) by a penny to help fund a renourishment project. Dean's address also included discussion on smart growth and proposed impact fees for business/residential areas.



Carol Maurer and Ellis McDonald

# APRIL 2018

Toni Boudreaux-Godwin, Dr. Casey Means, Marissa Daniels, Ponte Vedra Wellness Center Owner Dr. Erika Hamer, Jackie Payne, Daniel Brauch and Vickie Meads gather at the Chamber "Before Hours" on April 4.

Photo by Susan Griffin



## Ponte Vedra Wellness Center hosts Chamber 'Before Hours'

Ponte Vedra Wellness Center hosted a "Before Hours" event for the Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce on April 4.

The event served as an opportunity for

attendees to network, enjoy coffee and a healthy breakfast and get a relaxing chair massage before heading to work. Ponte Vedra Wellness Center has locations in Ponte Vedra Beach and Nocatee.



Photo by Susan Griffin

Guests at the "After Hours" event at Freedom Boat Club in St. Augustine enjoy a boat ride to end the day.

## Freedom Boat Club hosts Chamber 'After Hours' event

Freedom Boat Club hosted an "After Hours" event for the Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce on April 18.

Held at the business' Camachee Cove location in St. Augustine, the event allowed guests to take boat rides, network, enjoy snacks and beverages and more.



ABOVE: Greg Wells, Felicia Cox, Tim Crosby, Isabelle Renault, Garry Redig, Toni Boudreaux-Godwin, Brian Zehren, Brandon Starks and Christine Wier gather at the joint Chamber luncheon April 12 at Sawgrass Country Club.

LEFT: Tim Crosby, strategic partnerships manager for K9s For Warriors, talks about the nonprofit at the luncheon.

Photos by Benjamin Naim



## K9s For Warriors manager discusses organization's future, impact at Chamber luncheon

Tim Crosby, the strategic partnerships manager for K9s For Warriors, discussed the organization's future and planned growth at a joint luncheon for members of the St. Johns County Chamber of Commerce Ponte Vedra Beach Division and JAX Chamber of Commerce Beaches Division on April 12 at Sawgrass Country Club.

Crosby played a video package featuring a testimony on how the K9s For Warriors program can change the lives of veterans in need. The K9s manager asserted that the organization not only saves lives, but points struggling veterans in the right direction by pairing them with trained canine companions.

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# APRIL 2018

Representatives from the JAX Chamber of Commerce and St. Johns County Chamber of Commerce gather with representatives from Florida Women's Law Group to celebrate the firm's new name and practice areas.

Photo by Susan Griffin



## Florida Women's Law Group celebrates new name, practice areas

Florida Women's Law Group, which was formerly known as the Quick Law Group, launched its new name and practice areas of estate planning and appellate services with a dual ribbon cutting ceremony with the JAX Chamber of Commerce and St. Johns County Chamber of Commerce on April 30.

The event included other local businesses such as Julie Ryan Photography

and Frenchy's Wellness Spa, which provided chair and hand massages. Florida Women's Law Group works to advocate for women in the legal arena, where often women feel the effects of gender bias. The firm educates women on their rights and the law, so they can find the strength to endure the process and live life to the fullest.

Visit [thequicklawgroup.com](http://thequicklawgroup.com) for more information.

Representatives from NuMoon and the St. Johns County Chamber of Commerce Ponte Vedra Beach Division celebrate the business' new Chamber membership with a ribbon-cutting ceremony.

Photo by Susan Griffin



## NuMoon joins Chamber of Commerce

NuMoon Regenerative Medicine hosted a ribbon cutting ceremony April 27 to celebrate its new membership with the St. Johns County Chamber of Commerce Ponte Vedra Beach Division.

Located at 115 Professional Drive in suite 104D in Ponte Vedra Beach, NuMoon is a specialized medical practice that focuses on the natural heal-

ing properties of patients' own blood, called platelet rich plasma (PRP), to help promote healing of injured or diseased tissues.

Dr. Marisol Arcila Moon focuses less on medications and more on safer and more natural ways to restore function and quality of life to her patients.

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# MAY 2018



Photos by Susan Griffin

**Diane Motes, Samantha Solan, Sandy Ford and Josh Hull**

## Chamber holds annual joint 'After Hours' event at THE PLAYERS Championship

Approximately 700 business and community leaders celebrated the start of THE PLAYERS Championship festivities at the Chamber of Commerce's "After Hours" at THE PLAYERS reception on May 3.

The annual joint event organized by the St. Johns County Chamber of Commerce

and JAX Chamber of Commerce allowed attendees to network and enjoy food and refreshments from Sawgrass Events, Anthony's Gourmet Catering, III Forks Steakhouse, Mocha Misk'i, Monroe's Smokehouse Bar-B-Q & Catering, Seasons 52 and Peterbrooke Chocolatier.



Photos by Susan Griffin

**Isabelle Renault, Rob Schlingmann, Dr. Tony Parker, Toni Boudreaux-Godwin, Brian Zehren and Brittany Wynne gather at the "Chamber at Noon" event on May 23 at the Plantation at Ponte Vedra Beach.**

## Ponte Vedra Beach Division hosts golf historian for 'Chamber at Noon'

The Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce hosted World Golf Hall of Fame Historian Dr. Tony Parker for the organization's monthly "Chamber at Noon" event on May 23.

Held at The Plantation at Ponte Vedra Beach, Parker discussed the history of golf and the efforts of the World Golf Hall of Fame. Fields Auto Group served as the sponsor of the event.



**Sam Ruiz and Greg Voss**



**Jennifer Belisario and Cameron Fischer**



**World Golf Hall of Fame Historian Dr. Tony Parker addresses the "Chamber at Noon" event.**



**Felicia Cox and Sandra Ingram**

## Titanium Yoga celebrates opening, Chamber membership with ribbon cutting

Titanium Yoga, a new infrared heat yoga studio located at 111 Solana Rd. Suite A in Ponte Vedra Beach, celebrated its business opening May 29 with a ribbon cutting ceremony attended by the St. Johns County Chamber of Commerce and JAX Chamber.

The event also celebrated the business' new membership in both chambers. Titanium Yoga was founded by Ashley Hanna, who used hot yoga to recover from a near fatal car accident. For more information, visit Titanium Yoga's website at titaniumyoga.com.



**Titanium Yoga owner Ashley Hanna (center) participates in a ribbon cutting ceremony with representatives from the St. Johns County Chamber of Commerce on May 29 to celebrate the opening of her business on Solana Road.**

Photo by Susan Griffin

# MAY 2018



**ABOVE:** Representatives from the Ponte Vedra Family YMCA and St. Johns County Chamber of Commerce Ponte Vedra Beach Division gather during the Chamber “Before Hours” event on May 16 at the YMCA.



**RIGHT:** Dr. Erika Hamer, Brian Anderson and Clare Berry  
Photos by Susan Griffin

## Ponte Vedra Family YMCA hosts Chamber ‘Before Hours’

The Ponte Vedra Family YMCA hosted a “Before Hours” event for the Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce on May 16. The event served as an opportunity for attendees to network and enjoy breakfast before heading to work.



**ABOVE:** Toni Boudreaux-Godwin gathers with award winners John Anderson, Karsten Jacobson, Wendy Ranson, Kathleen Floryan, Gloria Dongara, Arthur Wildblood and Jennifer O’Neal.



**RIGHT:** Hannah Berman, Ellen Taylor and Lucia Miller  
Photos by Susan Griffin



**ABOVE:** Christine Ondek and Gloria Dongara



**RIGHT:** Mark Berman and Janet Collins

## Chamber’s Ponte Vedra Beach Division presents Membership Appreciation Awards

The Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce held its annual Membership Appreciation Awards May 30 at the Sawgrass Beach Club. The “White Party”-themed event featured the following awards and recipients:

- **Crushing It Award:** Jennifer O’Neal with MosquitoNix.
- **Going the Distance Award:** Art Wildblood
- **Key Contributor Award:** John Anderson, Allstate
- **Rookie of the Year Award:** Karsten Jacobson, Edward Jones
- **Dedicated Service Award:** Ruth’s Chris Steak House
- **Spotlight Award:** Fields Auto Group
- **Board Member of Year:** Gloria Dongara, AAA Insurance Agency
- **Jeff Jenkins Community Service Award:** PIVOT CPAs
- **Pat Morgan Outstanding Member Award:** Kathleen Floryan.

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# JUNE 2018

Toni Boudreaux-Godwin, Catherine Tatem, Jennifer Sartiano, Donna Guzzo, Sara Bass and Mary Bonatakis gather at the Chamber "Before Hours" event at the Cultural Center at Ponte Vedra Beach on June 6.

Photo by Susan Griffin



## Cultural Center at Ponte Vedra Beach hosts Chamber 'Before Hours'

The Cultural Center at Ponte Vedra Beach hosted a Chamber "Before Hours" event June 6. Attendees of the event enjoyed the opportunity to network and eat breakfast before work. The Cultural Center is located at 50 Executive Way.



Photos by Susan Griffin

The team from Ponte Vedra Wellness Center receives first-place honors based on gross results at the St. Johns County Chamber of Commerce's Golf Classic and Seasonal Blend on June 7.

## Chamber hosts Golf Classic and Seasonal Blend

The St. Johns County Chamber of Commerce held its annual Golf Classic June 7 at Slammer & Squire Golf Course in St. Augustine.

The Classic featured course games such as hole-in one, closest to the pin and longest drive. The team from Ponte Vedra Wellness Center took home first-place honors based on gross results. Pop-A-Lock was recognized as the best dressed golfers in attendance.

Immediately following the Classic, the Chamber hosted its Seasonal Blend networking event, at which attendees enjoyed food and drink, the opportunity to win a raffle and door prizes and the Chamber



The team from Pop-A-Lock is recognized as best dressed at the Classic.

Classic awards presentation.

Sponsors of the events included Center-State, Jack Wilson Family of Dealerships, Bojangles', TIAA Bank and the Ponte Vedra Recorder.

Thank you for your support in 2018!

### 6036 BRIDGEWATER CIR.



This beautiful TPC home features 3BD, 3BA and almost 2,000 sq. ft. Meticulously maintained, this home was recently renovated, replumbed and the roof has recently been replaced. The backyard is fenced with a large in-ground pool. **MLS# 969426 / \$525,000**

### 328 CLEARWATER DR.



This beautiful estate home in Plantation Oaks has everything! With hardwood flooring, gorgeous kitchen cabinetry, brand new storage area, oversized 3-car garage, large bonus rooms and a wonderful pool, what more do you need! **MLS# 969034 / \$1,049,000**

### 241 PLANTATION CIR.



Exquisite, completely renovated pool home located on a double lot in the prestigious Plantation at Ponte Vedra Beach. This home features 7 bedrooms, 7 full and 3 half baths, and over 12,500 square feet. **MLS# 971131 / \$3,350,000**

### 140 INDIAN COVE LN.



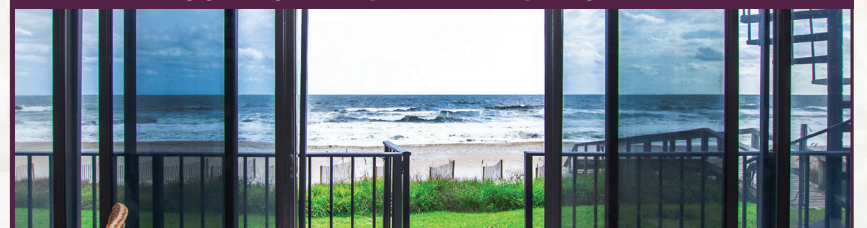
This Marsh Landing home features 5BD, 4.5 BA and 3,376 Sq. Ft. You'll love entertaining on the large screened lanai looking out at the water and a fountain. Plus, there is a brand-new roof and air conditioners! **MLS# 917279 / \$699,000**

### 1800 THE GREENS WAY UNIT# 706



This lovely 2BD / 2BA condo in The Villas at Marsh Landing features updated bathrooms, kitchen, brand new carpet and new interior paint. You'll love spending evenings on your large screened balcony! **MLS# 959949 / \$169,950**

### 667 PONTE VEDRA BLVD. UNIT B



Enjoy the outstanding views and smell the ocean breeze from your back patio or even your master bedroom. This 2BD, 2BA oceanfront condo is fully furnished and located at The Retreat in Ponte Vedra Beach! **MLS# 964235 / \$698,000**

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# JUNE 2018



Photos by Susan Griffin

**Jim Moyers, Jennifer Belisario, Toni Boudreaux-Godwin, Pat McManamon and Brandon Starks** gather at the “Chamber at Noon” event on June 13 at the TPC Clubhouse.

## Ponte Vedra Beach Division hosts Sandler Training president for ‘Chamber at Noon’

The Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce hosted Pat McManamon, president of Sandler Training, for the organization’s “Chamber at Noon” event on June 13 at the TPC Clubhouse.

McManamon discussed the merits, challenges and purpose of networking while providing tips and techniques to get the most of your time when meeting potential clients. Sandler Training is a sales management development firm and Jacksonville affiliate of the internationally recognized Sandler Training. For more information, visit [www.solutions.sandler.com](http://www.solutions.sandler.com).



**Ashley Folladori and Janet Collins**



**Karen Everett and Toni Boudreaux-Godwin** announce winners of the door prizes.



**ABOVE: Ruth’s Chris Steak House general manager Christine Griggs** addresses attendees of the Chamber “After Hours” on June 27.



**LEFT: Jennifer Ryan and Kim and Andy Scott**

Photos by Susan Griffin

## Ruth’s Chris Steak House hosts Chamber ‘After Hours’

Ruth’s Chris Steak House in Ponte Vedra Beach hosted an “After Hours” event for the Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce on June 27.

Attendees enjoyed networking, hors d’oeuvres and beverages. Ruth’s Chris Steak House is located at 814 A1A North, Suite 103. For more information, visit [www.ruthschris.com/restaurant-locationsponte-vedra-beach/](http://www.ruthschris.com/restaurant-locationsponte-vedra-beach/).

**Representatives from SVR Realty, LLC and the St. Johns County Chamber of Commerce** celebrate the company’s new Ponte Vedra Beach location at Summer House with a ribbon-cutting ceremony.



Photo by Susan Griffin

## SVR Realty celebrates new location with open house and ribbon cutting

On June 22, SVR Realty, LLC hosted an open house at its new location at Summer House in Ponte Vedra Beach that included a ribbon cutting ceremony with the St. Johns County Chamber of Commerce.

The event featured food, drinks and live music, and allowed attendees to learn more about SVR Realty’s offerings.

# JULY 2018

**Toni Boudreaux-Godwin, Scott Grant and Jennifer Price gather at the Chamber "Before Hours" at Standfast Asset Management July 11.**

Photo by Susan Griffin



## Standfast Asset Management hosts Chamber 'Before Hours'

Standfast Asset Management hosted a "Before Hours" event for the Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce July 11 at its recently renovated office.

Attendees enjoyed the opportunity to network and eat breakfast before heading to work. Standfast Asset Management is an investment management company located at 100 Executive Way in Suite 208. Visit [standfastic.com](http://standfastic.com) for more information.



**Glenn Layton, Toni Boudreaux-Godwin, Ricki Taylor and Katrina Watkins gather at the Chamber "After Hours" event July 25 at The Hammock at Twenty Mile.**

Photo by Susan Griffin

## Ricki Taylor with Synovus Mortgage Corp. hosts Chamber 'After Hours'

Ricki Taylor with Synovus Mortgage Corp. hosted an "After Hours" event for the Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce July 25 at the Hammock at Twenty Mile in Nocatee.

Attendees enjoyed networking, appetizers and drinks, and were encouraged to bring donation supplies for the Investing in Kids (INK!) Tools 4 Schools Supply Drive.

The Hammock at Twenty Mile features custom homes by local homebuilder of the HGTV Smart Home, Glenn Layton Homes. The neighborhood consists of nine private homesites, offering coastal, custom homes starting in the mid \$800s and ranging from 3,800 to 7,500 square feet. Visit [www.nocatee.com](http://www.nocatee.com) for more information.

## Chamber luncheon honors service members, provides insight on armed forces

The St. Johns County Chamber of Commerce Ponte Vedra Beach Division and JAX Chamber Beaches Division hosted a joint Chamber luncheon July 12 at Sawgrass Beach Club that honored local service members and updated the community on the state of the armed forces.

Yasmine Mays of the Florida Air National Guard, Jayna Garber of the U.S. Coast Guard, Veronica Davis of the U.S. Army, Taverious Lee of the U.S. Navy and Maichelo Bolanos of the U.S. Marine Corps accepted awards in recognition of their service to the community. Florida Air National Guard Brig. Gen. Brian Simpler also discussed the state of his organization, recruitment, readiness and more.



**Commemorative plaques were awarded to five military servicemen/women at the joint Chamber luncheon event at Sawgrass Beach Club.**



**Florida Air National Guard Brig. Gen. Brian Simpler delivers a speech on the state of the armed forces at the joint Chamber luncheon.**

Photos by Benjamin Naim



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# AUGUST 2018



Photos by Susan Griffin

Toni Boudreaux-Godwin, Jon Blauvelt, Ed Johnson, April Snyder, Susan Griffin, Samantha Logue and Kristin Flanagan King gather at the “Before Hours” event held at the Ponte Vedra Recorder on Aug. 8.

## Recorder hosts Chamber ‘Before Hours’

The Ponte Vedra Recorder hosted a “Before Hours” event for the Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce on Aug. 8 at the paper’s office in the Overlook Building.

Event attendees had the opportunity to meet with the Recorder’s staff, network with others and enjoy breakfast treats and coffee. In addition,

guests of the event had a chance to view a new collection of art by the First Coast Artists adorning the walls of the paper’s office.

In addition to the Recorder, the event was sponsored by Gloria Dongara of AAA Ponte Vedra. The Ponte Vedra Recorder is located at 1102 A1A N. in Unit 108, just north of the intersection of Mickler Road and A1A.



Photo by Susan Griffin

Social media expert Paxton Hare discusses his three secrets to Facebook marketing at the Aug. 15 Chamber at Noon event hosted by the Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce at Sawgrass Golf Club.

## ‘Chamber at Noon’ features discussion on Facebook marketing

The Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce hosted social media expert Paxton Hare at its Aug. 15 “Chamber at Noon” event to discuss Facebook marketing.

Held at the Sawgrass Golf Club, the event featured discussion on Hare’s three secrets to Facebook marketing that he said will deliver 100 leads. Fields Auto Group sponsored the event.



Photo by Susan Griffin

Rob Schlingmann, the general manager of The Plantation at Ponte Vedra Beach, addresses attendees of the Chamber “After Hours” event on Aug. 22.

## The Plantation at Ponte Vedra Beach hosts Chamber ‘After Hours’ event

The Plantation at Ponte Vedra Beach hosted an “After Hours” event for the Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce on Aug. 22. Held at the Plantation’s Beach Club, attendees of the event enjoyed networking, appetizers and drinks. For more information on the Plantation, visit [www.theplantationpvb.com](http://www.theplantationpvb.com).



Photo courtesy of the St. Johns County Chamber of Commerce

Representatives from RE/MAX Specialists PV, the St. Johns County Chamber of Commerce, Mark Macco Architects and others participate in a ribbon cutting ceremony to celebrate the grand opening and groundbreaking of Northshore at Atlantic Beach on Aug. 23.

## Ribbon-cutting ceremony held to celebrate development of Northshore at Atlantic Beach

A ribbon-cutting ceremony was held Aug. 23 to celebrate the grand opening and groundbreaking of Northshore at Atlantic Beach.

Representatives from RE/MAX Specialists PV,

the St. Johns County Chamber of Commerce, Mark Macco Architects, the developer, buyers who have already purchased a unit and several realtors attended the event.

# SEPTEMBER 2018

## 1970 Fiat 124 Coupe wins top honors at Ponte Vedra Auto Show

More than 170 classic and collectable automobiles were showcased at the 16th Annual Ponte Vedra Auto Show on Sept. 9 in Nocatee.

Presented by the Fields Auto Group and hosted by the St. Johns County Chamber of Commerce, the annual event was overflowing with attendees, car enthusiasts and vendors, making it the largest auto show in the event's history. The Best in Show Classic winner was awarded to Giancarlo Fruzzetti for his 1970 Fiat 124 Coupe, earning a perfect score of 100 points. This award was sponsored by Wells Fargo Advisors.

The Best in Show 60th Anniversary of Austin-Healey, sponsored by Meehan's Irish Pub, was awarded to Bill Young, with his 1960 Austin-Healey Bugeye. Charles



Photo by Susan Griffin

**Giancarlo Fruzzetti's 1970 Fiat 124 Coupe took home the Wells Fargo Advisors Best in Show Classic award at the 2018 Ponte Vedra Auto Show, held Sept. 9 in Nocatee. Shown here with Fruzzetti (left) is Porsche Jacksonville General Manager Brandon Starks of Fields Auto Group and St. Johns County Chamber of Commerce Ponte Vedra Beach Division Director Toni Boudreaux-Godwin.**

Cordes, with his 2012 Porsche B59, was awarded the Porsche Jacksonville "For the Spirit of It!" award, sponsored by Porsche of Jacksonville.

Celebrity endurance racecar driver Hurley Haywood was

also in attendance, signing books and taking photos with fans of all ages. Haywood is well-known for his 40 successful years racing in and winning popular events such as Rolex 24 Hours of Daytona and the 12 Hours of Sebring.



Photo by Susan Griffin

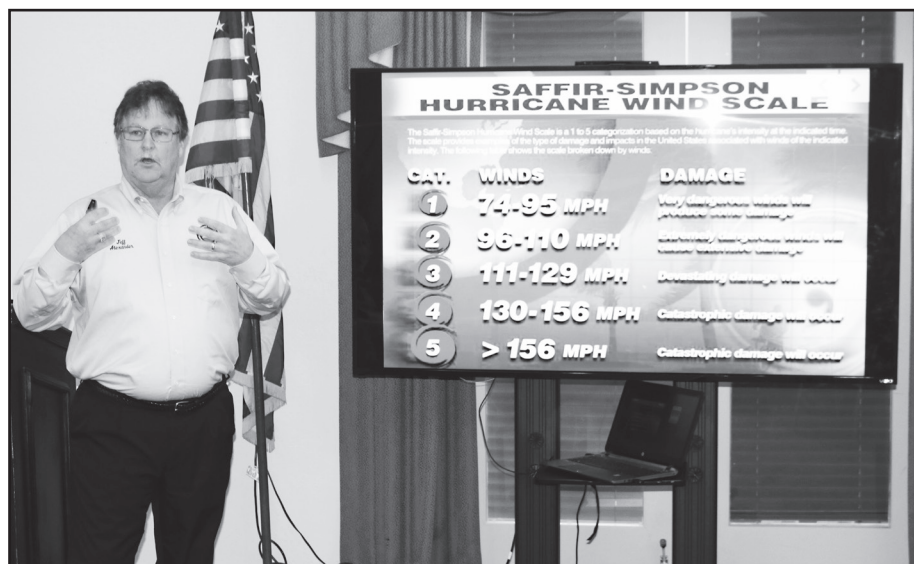
**Isabelle Renault, Van Nguyen, Anna Moyer and Toni Boudreaux-Godwin gather at the "Before Hours" event at Bluebird Pharmacy on Sept. 12.**

## Bluebird Pharmacy hosts Chamber 'Before Hours'

Bluebird Pharmacy hosted a "Before Hours" event for the Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce on Sept. 12.

Attendees enjoyed a little breakfast and conversation before heading into their respective work days.

Located at 145 Hilden Road, Suite 102, in Ponte Vedra, Bluebird Pharmacy personalizes healthcare with its state-of-the-art compounding pharmacy and products. Visit [www.bluebirdpharmacy.com](http://www.bluebirdpharmacy.com) for more information.



**St. Johns County Emergency Management Deputy Director Jeffrey Alexander informs St. Johns County Chamber of Commerce Ponte Vedra Beach Division members about the threats posed by hurricanes at a Sept. 19 luncheon held at Sawgrass Country Club.**

Photo by Samantha Logue

## Understanding hurricanes: St. Johns County Chamber members encouraged to be prepared, know risks

On Sept. 19, as the Carolinas began their walk down the long road to recovery following the devastation incurred by Hurricane Florence, St. Johns County Emergency Management Deputy Director Jeffrey Alexander encouraged local members of the St. Johns County Chamber of Commerce to stay vigilant at a "Chamber at Noon" event.

Alexander, who recently served as the opera-

tions and logistics chief for St. Johns County during Hurricanes Matthew and Irma, said it is imperative that residents obey mandatory evacuation orders when they are issued.

"This is really all about keeping people alive," he said. "We can't save your property, we can't save structures ... but we can save lives. Everything else we can replace or repair."

# SEPTEMBER 2018



Photo by Susan Griffin

**First Coast Sotheby's International Realty celebrates its membership in the St. Johns County Chamber of Commerce by participating in a ribbon cutting ceremony on Sept. 24 with representatives from the Ponte Vedra Beach Division.**

## First Coast Sotheby's International Realty celebrates Chamber membership

First Coast Sotheby's International Realty in Ponte Vedra Beach celebrated its St. Johns County Chamber of Commerce membership on Sept. 24 with a ribbon-cutting ceremony.

The ceremony included representatives from the realty firm and the Ponte Vedra Beach Division of the Chamber. First Coast Sotheby's International Realty is located at 820 A1A North Suite E 15, adjacent to the Veranda buildings. Visit [www.firstcoastsir.com/eng](http://www.firstcoastsir.com/eng) for more information.



Photo by Ed Johnson

**Dr. Gil Houston, Heather Hartman, Marcy Dragotta, Dr. Karen Wolf, Lynn Dunlap, Susan Ledrew and Kelly Trent gather at the Chamber "After Hours" event on Sept. 26.**

## Ponte Vedra Eye Associates hosts Chamber 'After Hours'

Ponte Vedra Eye Associates hosted an "After Hours" event for the Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce on Sept. 26.

Attendees networked among Chamber members and guests, as well as enjoyed beverages and snacks provided by Ponte Vedra Eye Associates.

Located at 150 Professional Drive, Suite 300, Ponte Vedra Eye Associates has been an established business in the Ponte Vedra community for over 23 years, providing optometry services and vision care products. Visit [vision-source-pontevedra.com](http://vision-source-pontevedra.com) for more information.

# OCTOBER 2018

## TITANIUM YOGA HOSTS CHAMBER 'BEFORE HOURS'



Photo by Susan Griffin

**Ashley Hanna, the owner of Titanium Yoga, and Toni Boudreaux-Godwin, the director of the Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce, gather at a Chamber "Before Hours" event held at Titanium Yoga on Oct. 3. Attendees of the event enjoyed networking and a little breakfast before work, while also learning about Titanium Yoga, which opened at 111 Solana Road in Ponte Vedra Beach in May 2018.**



**Toni Boudreaux-Godwin, R.J. Larizza and Kathy Sutton gather at a luncheon on Oct. 10 at Sawgrass Beach Club that was hosted by the Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce and the Beaches Division of the JAX Chamber.**

Photos by Susan Griffin



Laura Morey and Pixie Larizza

## Joint Chamber luncheon features talk by R.J. Larizza

State Attorney R.J. Larizza of the 7th Judicial Circuit discussed how his office works to impact the business community at a Chamber of Commerce luncheon on Oct. 10 at Sawgrass Beach Club in Ponte Vedra Beach. Jointly hosted by the Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce and the Beaches Division of the JAX Chamber, the event was sold out and sponsored by Fields Auto Group.



# OCTOBER 2018

Chamber Ponte Vedra Beach Division Director Toni Boudreaux-Godwin and Tesh Upadhyaya, David Vigil and Robert Franskousky of LPL Private Wealth gather at the Chamber "After Hours" event held at LPL on Oct. 24.

Photo by Susan Griffin



## David Vigil, Robert Franskousky of LPL Private Wealth host Chamber 'After Hours' event

David Vigil and Robert Franskousky of LPL Private Wealth hosted an "After Hours" event for the Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce on Oct. 24 at their office on Ponte Vedra Boulevard.

Held on the business' deck overlooking

the water, the event featured food catered by the Lodge & Club and live music from string guitarist Richard Kuncicky. Vigil and Franskousky took an opportunity to introduce themselves and their business, as well as discuss the latest news in the market.

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Source: Real Value of Joining a Local Chamber of Commerce  
Shapiro Group, 2012.

# NOVEMBER 2018



Photo by Susan Griffin

Chamber representatives gather with the Ponte Vedra Wellness Center team at the "After Hours" event on Nov. 28.

## Ponte Vedra Wellness Center hosts Chamber 'After Hours'

Ponte Vedra Wellness Center hosted an "After Hours" event for the Ponte Vedra Beach (PVB) Division of the St. Johns County Chamber of Commerce on Nov. 28.

Held at the business' Nocatee office at 205 Marketside Ave., Suite 200, the event featured networking and beverages and snacks. Ponte Vedra Wellness Center also collected toys for Toys for Tots at the event.



Speakers and attendees of the Nov. 7 Veterans Luncheon gather with Chamber representatives at Sawgrass Beach Club.

## Chamber hosts Veterans Luncheon



Photos by Susan Griffin

Tim Crosby of K9s For Warriors addresses attendees of the event.

The Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce hosted its annual Veterans Luncheon Nov. 7 at Sawgrass Beach Club.

Michele McManamon, the co-founder and executive director of Operation New Uniform (ONU), served as the event's guest speaker. ONU is a Jacksonville-based non-profit organization that provides veterans with tools to succeed in the business world.

Attendees of the event also heard from representatives of K9s For Warriors and Wounded Warrior Project.

## NEW URGENT CARE CURE FACILITY IN NOCATEE CELEBRATES OPENING WITH CHAMBER

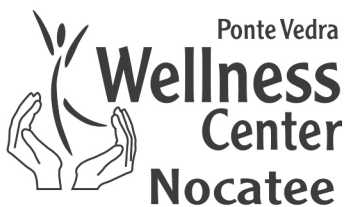


Photo by Benjamin Naim

The team from Urgent Care Cure in Nocatee celebrated its recent opening by participating in a ribbon-cutting ceremony Nov. 7 with representatives from the Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce. President Alexei Prytkov did the honors by cutting the ribbon. The event also featured food, drinks, a chance for guests to mingle and more. For more information on Urgent Care Cure, visit [www.urgentcarecure.com](http://www.urgentcarecure.com).

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# NOVEMBER 2018 DECEMBER 2018

**Chamber Ponte Vedra Beach Division (PVB) Director Toni Boudreaux-Godwin stands with Berkshire Hathaway HomeServices Florida Network Realty Realtor Sarah Alexander at the "Before Hours" event on Nov. 14. Alexander hosted the event, which was held at the PVB Division office.**

Photo courtesy of St. Johns County Chamber of Commerce



## Sarah Alexander of Berkshire Hathaway HSFNR hosts Chamber 'Before Hours'

Berkshire Hathaway HomeServices Florida Network Realty (HSFNR) Realtor Sarah Alexander hosted a "Before Hours" event for the Ponte Vedra Beach (PVB) Division of the St. Johns County Chamber of Commerce on Nov. 14.

Held at the PVB Division office, the event allowed attendees to network and enjoy breakfast before work.

## FREEDOM BOAT CLUB CELEBRATES GRAND OPENING OF JACKSONVILLE BEACH LOCATION



Photo courtesy of the St. Johns County Chamber of Commerce

**The team from Freedom Boat Club Jacksonville, Jacksonville Beach and St. Augustine celebrates the grand opening of its new location at Beach Marine in Jacksonville Beach by participating in a ribbon-cutting ceremony with representatives from the St. Johns County Chamber of Commerce on Nov. 8.**



Photos by Susan Griffin

Jennifer O'Neal and Toni Boudreaux-Godwin

## Chamber PVB Division holds 'Jingle & Mingle' holiday party



Lori Adams and Debbie Kopp

The Ponte Vedra Beach (PVB) Division of the St. Johns County Chamber of Commerce hosted its holiday party, "Jingle & Mingle," Dec. 5 on a houseboat at Freedom Boat Club in Jacksonville Beach.

Event attendees enjoyed a festive evening of holiday fun with live music, heavy hors d'oeuvres, drinks, a raffle and boat rides courtesy of Freedom Boat Club. Guests also enjoyed dessert provided by Ruth's Chris Steak House and drinks sponsored by MediaShare Consulting Group.



Photo by Susan Griffin

**Stretch Zone celebrates the opening of its new facility in Ponte Vedra Beach with representatives of the St. Johns County Chamber of Commerce on Dec. 18.**

## Stretch Zone celebrates grand opening of new facility in Ponte Vedra Beach

Stretch Zone, a new business located at 266 Solana Road in Ponte Vedra Beach, hosted a ribbon-cutting ceremony on Dec. 18 to celebrate its grand opening with representatives from the St. Johns County Chamber of Commerce.

According to its Facebook page, Stretch Zone is a proprietary program of stretching that uses a patent-pending strapping system, together with specific protocols, to work with the muscle tonus (muscles' ner-

vous tension) in a scientific way to achieve an optimal active range of motion.

The business says the program is increasing in popularity and is licensed to over 30 locations, including professional sports teams and world-class spas. Benefits of the program include increased range of motion, enhanced physical and athletic skills, increased muscle relaxation and relief of stiffness and soreness, among others.



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