



**Juno Beach Civic Association**

"Enhancing the Quality of Life in Juno Beach"

# CONNECTIONS

THE *Fall* ISSUE 2023



Donna Hamilton

"The ancient and eternal values of human life—**Truth, Unity, Goodness, Justice, Beauty and Love**—all statements of true belonging."

—John O'Donohue

Over the past five decades, the JBCA Family has had the privilege of reveling in the splendor of our natural world, living in close proximity to the ocean in Juno Beach. The rising sun, the vast expanse of the open sky adorned with its majestic moon, and the brilliance of the shimmering stars have been a source of endless delight. The arrival of autumn graces us with the enchanting Harvest Moon, ushering in cooler weather and a moment of respite, allowing us to contemplate the fruits of our labor.

The JBCA has made significant strides over the past year, accomplishing remarkable milestones that have left a positive imprint on our splendid community. The **FORUM** and Benchmarking Group, under the capable leadership of **Cathie Field Lloyd**, have successfully brought HOA leaders together, fostering the exchange of knowledge and engagement with legislative influencers and prominent thought leaders addressing contemporary condominium concerns.

Our **50<sup>th</sup> Anniversary Celebration** took place at our Annual Meeting in March, bringing the community, members, and friends together. It was a joyous occasion, as we honored the Citizen and Police Officer of the Year

and expressed our gratitude to our former Town Manager, **Joe LoBello**.

Our educational programs, the Fourth of July Breakfast, and two Shred Fests with **SHRED AMERICA** have united our residents, fostering participation and enjoyment.

I am delighted to extend an invitation to you for our Holiday Concert, to be hosted at the **Loggerhead MarineLife Center** on **Tuesday, December 5<sup>th</sup> at 7:00 p.m.** During this event, we will unveil and honor the recipient of the 2023 Lifetime Achievement Award. Following the concert, a festive Champagne Reception catered by Laura Ashley will allow for further celebration.

In keeping with the JBCA's enduring theme of **LOVE** and this year's

theme of Celebration, let us renew our commitment to centering our community and living each day with a dedication to Truth, Unity, Justice, Beauty, and Love.

On behalf of the JBCA Board, I would like to express my heartfelt gratitude for your participation, care, and continuous generosity. As Houston Smith has aptly stated, "Praise, praise for everything. Thanks, thanks for it all!"

May God bless America and extend His blessings to all our Servicemen, Servicewomen, and Veterans.

*Happy Thanksgiving*

—Respectfully

**Donna Hamilton**, President  
Juno Beach Civic Association



On a tranquil morning in Juno Beach, a solemn gathering took place, uniting our community in remembrance of a day etched forever in our nation's history. The Juno Beach Police Department, in collaboration with the Juno Beach Police Foundation, organized a heartfelt 9/11 Memorial Event on the 22<sup>nd</sup> anniversary of that fateful day.



# RICK OPTON

**"Sponsor Speaks"**

**Owner, Loggerhead Fitness** — An Interview By Etan Boritzer

**R**ick Opton's love of health and fitness led him to purchasing a failing health club in Juno Beach in 2005. Since then, he has grown Loggerhead Fitness from 400 active members to over 1,800. Today Loggerhead Fitness has a stellar reputation in our community and in 2014 was awarded 'Small Business of the Year' by the Palm Beach North Chamber of Commerce. In an annual contest sponsored by the Palm Beach Post, Loggerhead Fitness is a three-time winner (2019, 2020 and 2021) for "Best Fitness Center" in Palm Beach County.



Rick Opton

## Q. What makes your job rewarding?

A. The people who come to work out at our center! Also, what is very rewarding are all the things we're able to do here, to offer this club as a platform to service our community.

## Q. What do you see for the future of Loggerhead Fitness?

A. I want to grow our community involvement; I'd like to see Loggerhead serving our residents in more ways than as a clean, nice place to get healthy. I'd like to be the venue for more events and speakers. Right now, 70% of our members are between the ages of 55 and 90, so I would like to expand our memberships to more millennials in our area. And of course, I want to continue to spread our message that fitness is good for every aspect of our lives.

## Q. What about the uncertainties of developers coming and going, how does that affect you?

A. So, in terms of the Plaza La Mer, it did just get sold. There are new owners, the Bucksbaum Properties out of Chicago. I have talked with the Bucksbaum; they are moving forward with us on a 5-year lease renewal. They're going to be probably making it nicer, refurbishing it. They're going to fill some of the empty vacant spots, suites that are here.

## Q. You've got the Caretta project on the corner of US 1 with 96 condos starting to break ground soon. How do you feel about all these changes?

A. Well, you have that project and what's called the Christmas tree patch across the street to be developed as well. They also need amenities for these new people. Where are they going to go eat? Where are they going to go work out? If they don't come here to work out, they're not going across the drawbridge. Nobody wants to do that. I think we'll become even more important to this community because of these changes.

## Q. Any last words?

A. Come and work out with us at Loggerhead Fitness! We have something for everyone!

**901 Donald Ross Road, Juno Beach**  
**Phone: (561) 625-3011**  
<https://LoggerheadFitness.com>



## The Forum

**T**he Juno Beach Forum, a program of the Juno Beach Civic Association, will enter its 4<sup>th</sup> season of newly revived programming this year. As many of you know, its purpose is to help make our communities become stronger through shared learning. It is designed for HOA and Condo association board members and other interested owners to learn about best practices.

We will hold three to four seminars with coffee and networking available. If you have an idea for a topic that would be of interest, please email [JunoBeachForum@hotmail.com](mailto:JunoBeachForum@hotmail.com).

Two years ago, we launched a benchmarking group that allowed a smaller group of board presidents to meet and compare notes on what was happening at each other's associations and share ideas on how to make improvements. We started out with five associations participating. We now have sixteen actively involved! We meet once a month at the Town Hall. The members get to develop the agenda by submitting topics they would like to discuss and receive input on.

The members have gotten so much out of it as evidenced by the growing number participating. After each meeting, we get comments regarding how helpful the group is and how valuable it has become to those who are participating.

The job of a board member is difficult. The Forum knows that! Hopefully, the seminars and the benchmarking group make these challenging jobs a little bit easier.

If you would like to be on the mailing list for our seminars and/or have an interest in participating in the benchmarking group, text 302-588-3104 or email [JunoBeachForum@hotmail.com](mailto:JunoBeachForum@hotmail.com).



The 9/11 Memorial event in Juno Beach served as a poignant reminder of the sacrifices made on that day and the enduring spirit of our nation. May we never forget, and may the memory of those who perished continue to inspire us to build a better and more united future.



A wreath was donated courtesy of the Juno Beach Civic Association.