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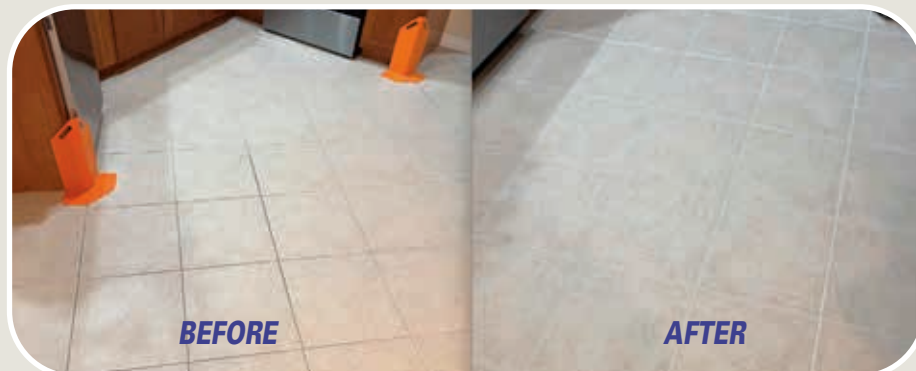


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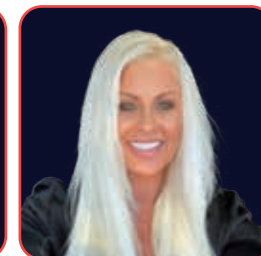
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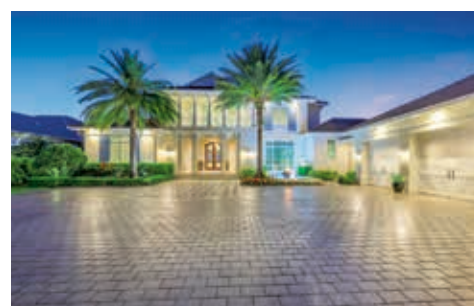
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Marcia Peters & Susan Johnson

Hearts of MIROMAR

The Heartbeat of Friendship, Fun, & Community

*FRONT COVER, MARCIA & SUSAN PHOTO BY TASHA MILMONT OF E.MILMONT IMAGES

As Hearts of Miromar celebrates 19 wonderful years and looks ahead to its 20th anniversary in November 2027, its story is one of friendship, initiative, and community spirit. What began as a simple conversation has blossomed into a vibrant women's organization that brings Miromar Lakes ladies together through fun, connection, volunteer leadership, and a shared desire to make community life richer and more welcoming.



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HOW IT BEGAN

The idea for Hearts of Miromar began with a conversation between Marcia Campbell and Susan Johnson, longtime residents who still call the community home. As they were chatting, Marcia said, "I wish we had a neighborhood women's group." Susan quickly replied, "Let's start one." With that, an idea took root. They began with about 10 women, and the first steering committee meeting was held in Susan's home on June 22, 2007. Susan Johnson, who became the organization's first President, has contributed her expertise in various roles. Susan remains active today. You will often see Marcia as a familiar and welcoming presence, often greeting members at the doors of the monthly luncheons.

THE ORGANIZATION TODAY

Today, Hearts of Miromar has grown to more than 300 members, representing a wonderful mix of backgrounds, interests, and experiences. The organization operates as a 501(c)(7) nonprofit social club and is led by an Executive Committee, Board Directors, and dedicated volunteers who help plan luncheons, coordinate clubs, support outreach, and keep members connected throughout the season. Monthly luncheons at the Beach Club feature philanthropic charities, interesting speakers, and plenty of opportunities to gather, laugh, learn, and enjoy time together with members and guests.

Activities are what create the fun at Hearts of Miromar and **CONTINUED ►**



Martini Mingle Sweater Contest

keep the calendar buzzing all season long. Members can enjoy **book club**, **bridge**, **canasta**, **mah jongg**, **bocce**, **wine gatherings**, **tennis**, **needlework groups**, **social outings**, **newcomer events**, **luncheons**, **specialty interest clubs**, and a **newly created travel group**. Activities this season included **monthly Martini Mingles at The Grill**, **Ruth's Chris Happy Hour**, **Music Trivia at Vichino's**, and **Galentine's Day at Connor's** and more. Events vary annually and every event is a chance to laugh, connect, try something new, and turn shared interests into lasting friendships.

FUNDS RAISED AND PHILANTHROPIC IMPACT

Hearts of Miromar combines social connection with a spirit of giving. During the 2025/26 season, the organization donated **\$24,730** in cash to local nonprofits. That generosity was amplified by carloads of additional donated items, including clothing, household goods, food, and pet food. While the group's primary identity is social, its philanthropic outreach adds another meaningful layer to its impact and reflects a strong commitment to supporting the broader community.



"Toys for Kids" Wrappers

WHY JOIN HEARTS OF MIROMAR?

For many women, joining Hearts of Miromar means much more than adding another event to the calendar.

It is a chance to build friendships, feel at home faster, discover new interests, and become part of a welcoming and active community. Whether attending



December Luncheon featuring Whitney Grace as Liza Minelli

luncheons, joining a club, volunteering, or stepping into a leadership role, members quickly find meaningful ways to connect, contribute, and enjoy all that Hearts of Miromar has to offer.

At its heart, Hearts of Miromar is about women coming together to create friendship, fun, and a strong sense of community. As the organization looks ahead to its 20th anniversary in November 2027, that original spirit continues to shine. From luncheons and clubs to outreach and welcoming new neighbors, Hearts of Miromar remains a lively and meaningful part of community life—proof that when women come together with energy and purpose, wonderful things happen.

WOULD YOU LIKE TO JOIN THE FUN?

The 2026/27 Season will get into full swing in October 2026 with our first luncheon on October 2nd. To learn more about Hearts of Miromar, visit www.heartsofmiromar.org or email heartsofmiromar@gmail.com. Each month, there is something new to discover, and every activity and committee offers another wonderful way to connect, participate, and belong.



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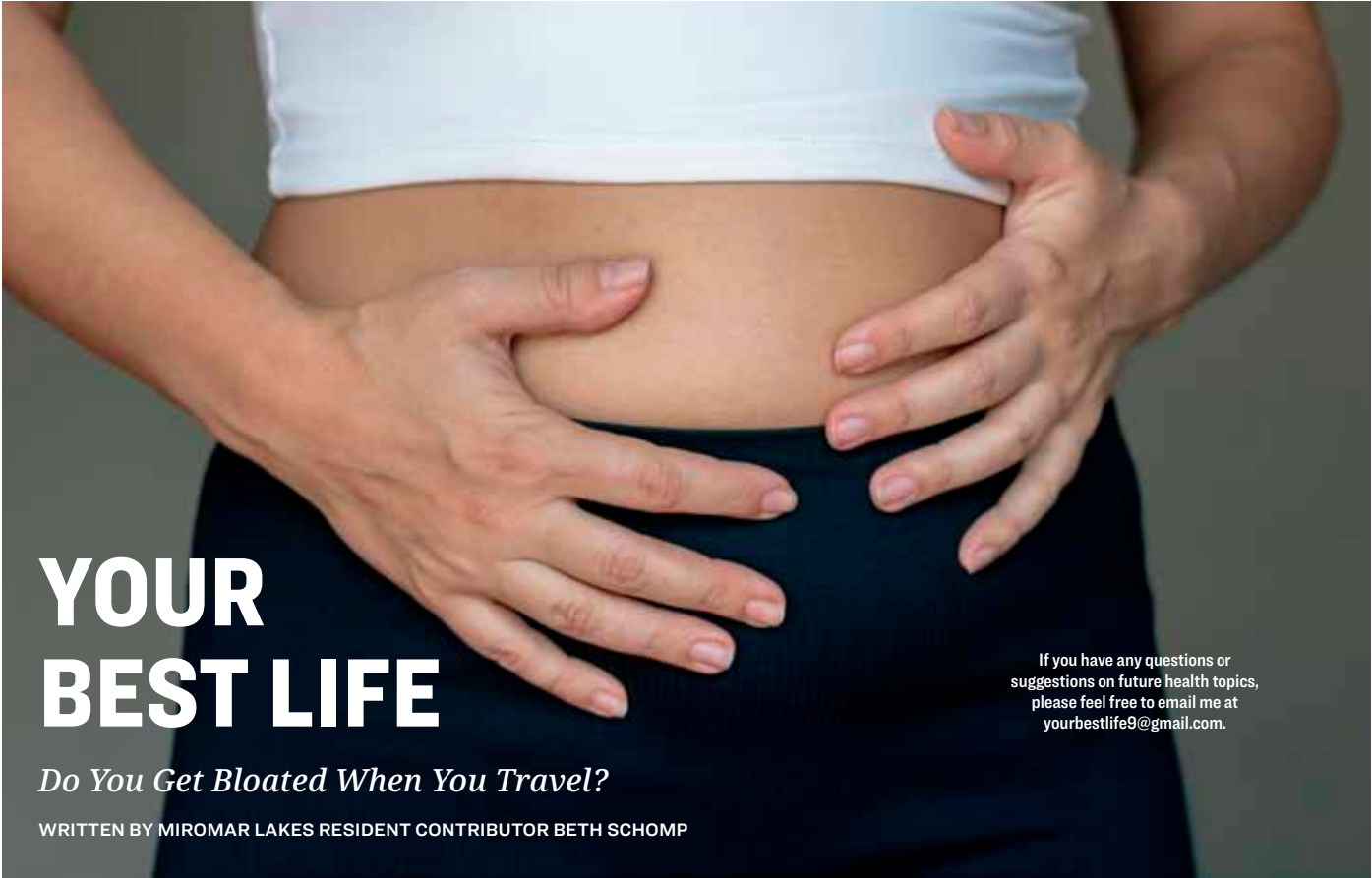
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YOUR BEST LIFE

Do You Get Bloated When You Travel?

WRITTEN BY MIROMAR LAKES RESIDENT CONTRIBUTOR BETH SCHOMP

If you have any questions or suggestions on future health topics, please feel free to email me at yourbestlife9@gmail.com.

You've packed the bag, you've got your passport, reservations are all set. Time to relax and have fun, right? But two or three days in, you're feeling bloated, maybe constipated.... definitely uncomfortable.

Why is that?

Here are words from a gastroenterologist:

- Your colon runs on a circadian rhythm; it has its own internal clock. But now you're in a different time zone. Your gut is confused as to when it's supposed to be "on".
- We move less. Our schedules are different and many of us might not feel like exercising when we travel (Me, for one). We're horizontal on a beach chair for hours instead of running all day long.
- Stress. Even if it's a fun type of stress like finding your way around a new city. Your body senses something is up.
- Disrupted coffee routine. For a third of us, coffee triggers contractions in our gut. Just changing the type of coffee is another of an upset to our gut's behaviors.

- We eat richer, lower fiber foods. Going out to eat can be fun and indulgent, but it can come at a price.

Here are a few tips to "keep things moving" despite being on a different schedule from travel:

1. Start eating on your destination's schedule before you board

The moment you get on the plane, start eating as if you're already in your destination's time zone. If you're flying to Europe, skip the in-flight snack at 2 a.m. local time, and wait until it would be breakfast in Paris. That also applies for the flight home!

Just because they're serving food, that doesn't mean you have to have it!

2. Get moving in the morning

I'm not one to travel with workout gear, so I don't set a great example of working out at the hotel gym. Some of you are fantastic at that! But even if you're like me, a short morning walk is enough to stimulate those gut contractions and get things moving.

A morning walk is more powerful than you realize! And it's a great time to reflect on your blessings!

3. Aggressively seek out fiber

You don't have to restrict your diet on that vacation, just add to it! Maybe it's adding a side of broccoli or Brussels sprouts to your dinner. Recently, on our trip to Milan, I took individual packets of my fiber mix (One serving = 12 grams). I can honestly say I felt great the entire trip!

4. Protect your coffee routine

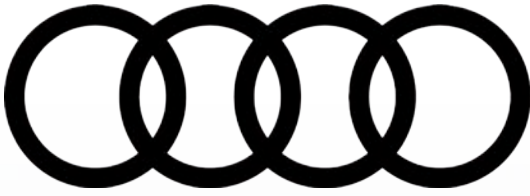
Coffee is great for our digestive track in the morning, but I need the real thing, not the K cups in the hotel room. But whatever it is for you, whether it's room service, K cups or the local cafe, keep to it!

Be Happy & Be Healthy!



BETH SCHOMP
Healthy Living
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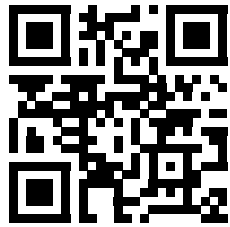
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**2025 MIROMAR LAKES 9/11
PICKLEBALL CHALLENGE**



**2026 MIROMAR LAKES
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DEVOTIONALS

“If you ever need a helping hand, you’ll find one at the end of your arm.” - Yiddish Proverb

WRITTEN BY MIROMAR LAKES RESIDENT CONTRIBUTOR BARBARA MAXWELL

Ecclesiastes 9:10 NLT

[10] Whatever you do, do well. For when you go to the grave, there will be no work or planning or knowledge or wisdom.

I was picturing all the different things that I can choose to do with my arms. I can wrap them around another in loving friendship, or warm embrace, or enfold a hurting soul with them in comfort.

I can lift them high in greeting, or open up my arms because of my own need, or lift them in praise to my God.

I could also fold them tightly closed in judgement and walk away, or even shake a fisted arm at God in disappointment at my lot.

There are so many choices that we make everyday with these two arms that God has given us. Arms are useful tools that could bring harmony, or sadly be chosen to tear away peace from our lives!

We can be weak, and misuse these two good arms, often choosing to leave them hanging useless when there is so much that they could do in response to God’s leading and example.

We could fold our arms in prayer asking God to open His arms to support our weakness.

God will provide the strength when we are unable, for often we feel helpless to know what to do!

He can hold us in His loving arms like a child, giving us the power once again, turning our arms into useful limbs because we’ve spent time within His embrace!

Job 26:1-2 NLT

[1] Then Job spoke again: [2] “How you have helped the powerless! How you have saved the weak!



ML Resident & Author of *Refined: Be a Woman Changed by Jesus*, and *Inspired: Wisdom for a Woman’s Walk with Jesus*

Mark 10:16 NLT

[16] Then he took the children in his arms and placed his hands on their heads and blessed them.

Deuteronomy 33:27 NLT

[27] The eternal God is your refuge, and his everlasting arms are under you.

Have you thought about how much you can accomplish with God’s gift of your two strong arms?

All Miromar Lakes Residents are invited to share their devotionals, affirmations &/or intentions with your neighbors. Please send to Diana.Italiano@n2co.com.

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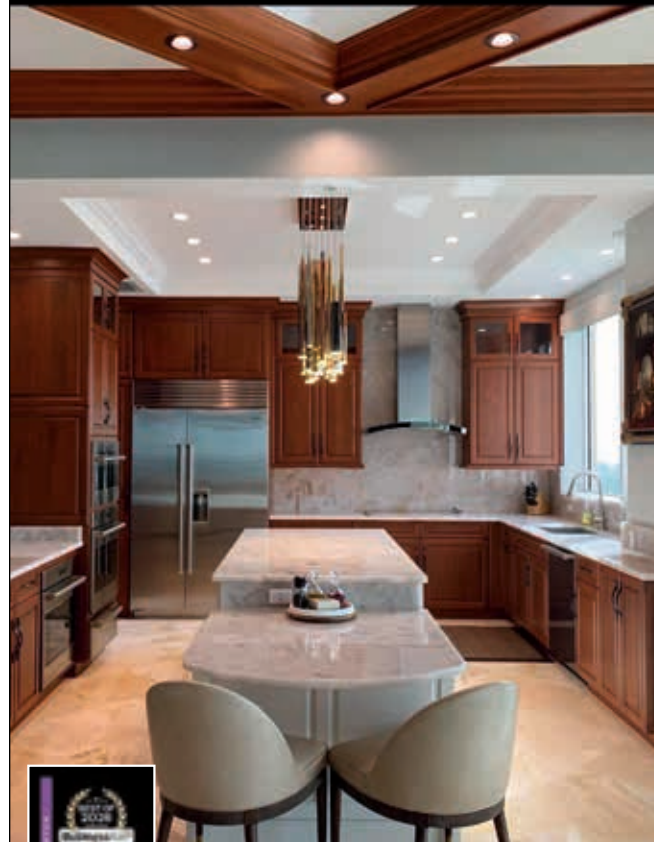
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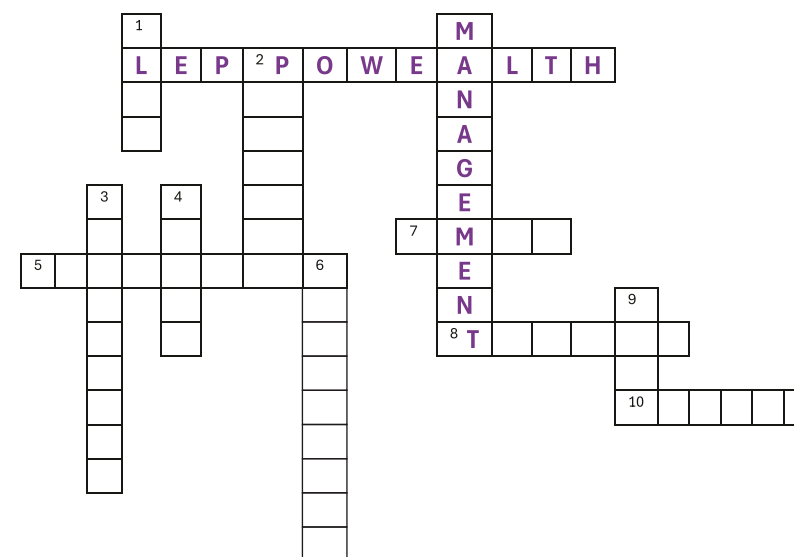
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MONTENEGRO: THE MOUNTAIN JEWEL OF THE ADRIATIC

WRITTEN BY MIROMAR LAKES RESIDENT DALIA SHILAS



Back in Perast, we enjoyed a relaxed walk along the waterfront and a late lunch with unforgettable sea views.

Montenegro may be small, but it leaves a big impression—dramatic landscapes, layered history, and coastal towns that feel almost untouched by time.

A few facts:

Montenegro is a sovereign country in Southeast Europe, situated on the western part of the Balkan Peninsula along the Adriatic Sea. Despite its small size, it possesses a rich history spanning more than a millennium and is renowned for its rugged mountains, medieval towns, and picturesque coastline. The country's name, derived from the Venetian term Monte Negro (“Black Mountain”), reflects

WE VISITED MONTENEGRO just a few days before it hosted the landmark EU–Western Balkans Summit in June 2026 in Tivat, where European and regional leaders gathered to discuss EU enlargement, stability, and cooperation. The timing made the trip feel even more special—like seeing the country just before a major moment on the world stage.

From Bar, we took a stunning coastal drive toward the Bay of Kotor—one of the most beautiful natural harbors in Europe. The scenery alone felt cinematic: mountains plunging into deep blue water, with small towns clinging to the shoreline.

In Kotor, the medieval Old Town felt like stepping back in time. We soaked up

its atmosphere on a guided tour through a maze of cobblestone streets, passing simple stone buildings topped with sepiatoned roofs and lovely Romanesque churches, while learning about the city's rich history as a UNESCO World Heritage Site. A visit to the Maritime Museum added another layer, revealing the city's long naval heritage.

From there, we continued to Perast, one of Montenegro's most elegant Baroque towns. A short boat ride took us to Our Lady of the Rocks, a tiny man-made island with a beautiful church and remarkable artworks, including The Death of the Virgin by 17th-century artist Tripo Kokolja.



the dark, forested mountains that dominate much of its landscape.

Montenegro covers an area of 5,360 square miles (13,883 square kilometers), making it the world's 155th-largest country by area. It has a population of slightly over 600,000 people. The official language is Montenegrin, though Serbian, Bosnian, Albanian, and Croatian are also spoken. The country uses the euro (€) as its currency despite not being a member of the Eurozone.

The nation shares borders with Serbia to the northeast, Bosnia and Herzegovina to the northwest, Kosovo to the east, Albania to the southeast, and Croatia to the west. To the southwest lies its Adriatic coastline, famous for its beautiful bays and historic coastal settlements. The capital and largest city is Podgorica, while Cetinje serves as the historic royal capital and cultural heart of the country.

The roots of Montenegro can be traced to the medieval South Slavic state of Duklja, which emerged during the 10th century. Duklja became one of the most important states in the western Balkans and achieved recognition as a kingdom in the 11th century.

Following Duklja's decline, the region became known as Zeta in 1356. During this period, local rulers maintained varying degrees of independence while navigating the influence of neighbouring powers.



In 1516, Montenegro evolved into the Prince-Bishopric of Montenegro, a unique theocratic state governed by prince-bishops known as vladikas. This system helped preserve Montenegrin autonomy during centuries of pressure from the Ottoman Empire.

On 13 March 1852, the country was secularized and transformed into the Principality of Montenegro under Prince Danilo I. This marked the beginning of modern state-building and political reform.

Montenegro's international independence received formal recognition on 13 July 1878 through

the Treaty of Berlin, following the decisions of the Congress of Berlin. This recognition established Montenegro as a fully sovereign state in the international system.

On 28 August 1910, Prince Nikola I proclaimed the Kingdom of Montenegro, elevating the country from a principality to a kingdom.

After the First World War, Montenegro lost its independent monarchy and became part of the Kingdom of Yugoslavia on 1 December 1918. This began nearly nine decades during which Montenegro existed within various Yugoslav states.



Following the Second World War, Montenegro became one of six constituent republics of the Socialist Federal Republic of Yugoslavia on 29 November 1945.

After Yugoslavia's breakup in the early 1990s, Montenegro remained in union with Serbia in the state of Serbia and Montenegro, which formally emerged from the earlier Federal Republic of Yugoslavia on 27 April 1992.

A referendum held in May 2006 resulted in a majority vote for sovereignty. Consequently, Montenegro declared independence on 3 June 2006, once again becoming an independent state and one of Europe's newest sovereign nations.

Today, Montenegro is a parliamentary republic and a member of numerous international organizations, including the United Nations, NATO, and the Council of Europe. It is also a candidate for membership in the European Union.

Tourism plays a major role in the country's economy. Visitors are drawn to attractions such as the Bay of Kotor, Durmitor National Park, and the historic coastal town of Kotor.

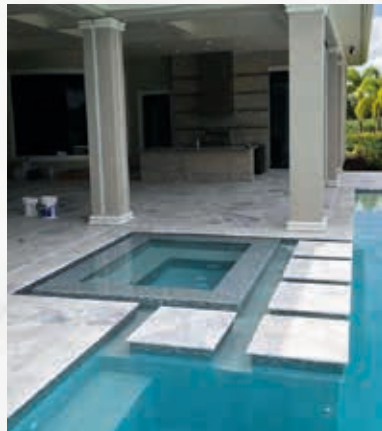
Although small in territory and population, Montenegro possesses a remarkable historical legacy. Through centuries of regional upheaval and political change, it preserved its distinct identity before re-emerging as an independent nation in the 21st century. Today, its blend of dramatic landscapes, rich cultural heritage, and historic coastal towns makes Montenegro one of the Adriatic's most captivating destinations.

All Miromar Lakes Residents are invited to share their travel tales with your neighbors. Please send to Publisher, Diana. Italiano@n2co.com.



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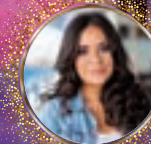
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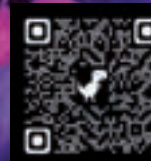
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