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Snow BIRDS

Gulf Coast

A Winter Visitor
Publication
Spring 2016

Snaps! pages 9-13, 22

**Buying Beach
Property** page 18

**Isle Dauphine
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Gulf Coast Snow BIRDS



ON THE COVER

Myrna and Kenneth Bertheau of Shell Rock, Iowa are second generation Snowbirds to spend their winters at Seaspray Condos on Okaloosa Island/ Fort Walton Beach, Fla. They are joined this year by daughter, Sarah who will spend a month of vacation with them. Life is good 8

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Welcome!

As I write this I'm just a day removed from a seven-day cruise – and working against a tight deadline.

My wonderful graphic designer, Renee Culpepper, and I joined a fun group of Snowbirds from Destin, Gulf Shores and Dauphin Island aboard the Carnival Dream out of New Orleans, La. The seven-day journey took us to Montego Bay, Jamaica, Grand Cayman and Cozumel, Mexico.

To say that we were looking forward to this journey is an understatement. I've been on numerous cruises in the past 25 years and thoroughly enjoy the pampering; opportunity to visit several destinations in just a few days; great food; and a chance to just chill out without having to be anywhere.

We took in a historic plantation tour in Jamaica; toured a beautiful 300-year-old church; and were entertained by our local guide, Maxwell, who was recommended to us by a daughter's friend, who is a Jamaica native. On Grand Cayman, we went to "Hell" and a world-class turtle farm and sampled a rum cake. Great day! We both had been to Cozumel several times and chose that as a work day and stayed close to the ship.

Our Snowbird friends seemed to all have a good time aboard ship. We met many potential Snowbirds who were spending their winter vacation time sailing to find warmth.

This month our cover couple, Iowans Myrna and Kenneth Bertheau, and their daughter, Sarah, share their story of being second- third-generation coast Snowbirds to spend the winter on Okaloosa Island/Fort Walton Beach, Fla. And next month, the Fort Walton Beach Snowbird Club marks its 40th anniversary with a luau. How fun!

This past month we marked an early Mardi Gras celebration followed by many Valentine's Day events and the completion once again of countless Snowbird-led fundraisers.

Be sure to check out our "Snaps" in this edition. Some were provided by Snowbirds and we appreciate that very much. If you are staying through March and April, be sure to check out the many upcoming events in this edition. It's a great time of year to be outside enjoying good food, live music and fun, fun, fun!

We hope you have had a good winter with old friends, new friends and have entertained many visitors.

We want to thank Tammy's Journeys of Fort Walton Beach for coordinating the Snowbird cruise. There will be several opportunities to sail next year out of Mobile, Ala., on four and five-night journeys via Carnival Cruise Lines. Be sure to check out their ad on our index page.

Be sure to sign up for our e-newsletter called "Seasons" to stay up-to-date with us. We will be working on a redesign soon and also will communicate via our Facebook page "Snowbirds Gulf Coast."

Your support is invaluable as we mark our 10th season to serve the Snowbird market.

As always, we're glad you're here. Snowbirds make winter fun for us all!

All the Best,
Sincerely,

Karen Harrell

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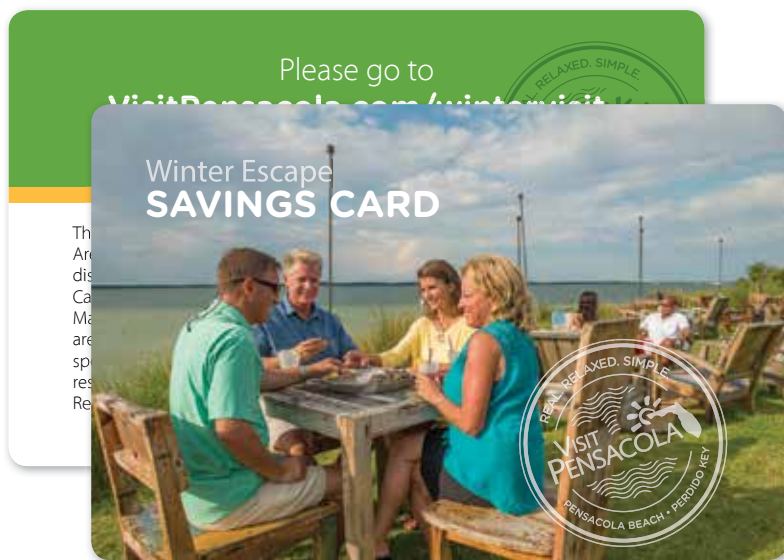
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Their Hearts Belong to Okaloosa Island

Iowans Myrna and Ken Bertheau, both are second-generation "Snowbirds," age 70, who spend several months each winter on Okaloosa Island/Fort Walton Beach, Fla.

And this year the couple's still-working daughter, Sarah Bertheau, is spending her month of vacation also as a "Snowbird" marking her family's third generation to choose the friendly island town. They have one grandson, Bryan, age 20, who visits when he can.

Their winter home, Seaspray Condominiums, also hosted Ken's parents Jean and Ed Bertheau for about 10 years in the early 1990s.

"They loved all the activities here, especially the golf, bridge, and crafts. And, of course, the beautiful beaches," Myrna said.

Ken's sister Annette Tolander and her family, husband, Dave and daughters Stephanie and Kristina also spent time at Seaspray when Jean and Ed were there and they continue to visit today.

The couple met when they were elementary school teachers: Myrna taught K-5 mathematics and later served as an instructor at the University of Northern Iowa and Ken retired as a reading coach for the Waterloo, Iowa school system.

Ken's parents later moved to south Florida where they lived for about 15 years before Jean's death four years ago.

"The first winter he was back in snowy cold Iowa Ken and I booked condos in Seaspray for January and February so we could bring him back to Florida," Myrna said. "Ed is now 93

and not coming down with us. Now we are coming down on our own to the place Ken's parents loved so much."

The couple usually stays for three months each winter with their dog "Sergeant Pepper" in tow. They are active members of the Fort Walton Beach Snowbird Club along with their closest friends Sheena and Will Baker who are Seaspray neighbors.

"We enjoy playing cards, golfing, bowling, going to Northwest Florida State basketball games, and socializing with other retired friends" Myrna said.

This year the couple participated in the Fort Walton Beach Mardi Gras parade where the club had a float to commemorate its 40th anniversary. They also went on a Snowbird trip to New Orleans to experience Mardi Gras there, "checking off a bucket list item."

The couple hosts friends from other areas during their stay each year and they will be joined by another couple next year who loved visiting them so much they have elected to pre-book a two-month stay.

Summers they spend a lot of time in their Cedar Creek camper at an RV park in Elkader, Iowa where they have also forged special friendships and they continue to enjoy an active and social lifestyle.

But their hearts never leave Okaloosa Island.

"We especially miss our Snowbird friends when we head back to Iowa," Myrna said. "It's not just the lovely area, but the friendships that keep us coming back!"

Fort Walton Friends

"We enjoy playing cards, golfing, bowling, going to Northwest Florida State basketball games, and socializing with other retired friends"



Fort Walton Beach Snowbird Club Celebrating Forty Years

The Fort Walton Beach Snowbird club will mark "Forty Years Creating Friendships and Memories" with a Hawaiian themed celebration March 6 at the Wyndham Garden Hotel.

The celebration includes a 5 p.m. social hour with a complimentary souvenir glass filled with a fruit drink (non-alcoholic.) A luau-themed dinner buffet follows at 6 p.m. and the evening will be capped with authentic Hawaiian dancing. Participants are encouraged to don Hawaiian clothing (but it is not required.)

The cost is \$22 for club members and \$29 for non-club members.

The club's membership has nearly doubled over the past 10 years when it organized a full board of directors and bylaws. Activities range from crafts and games to overnight and day trips, golf outings, dinner/dances and more.

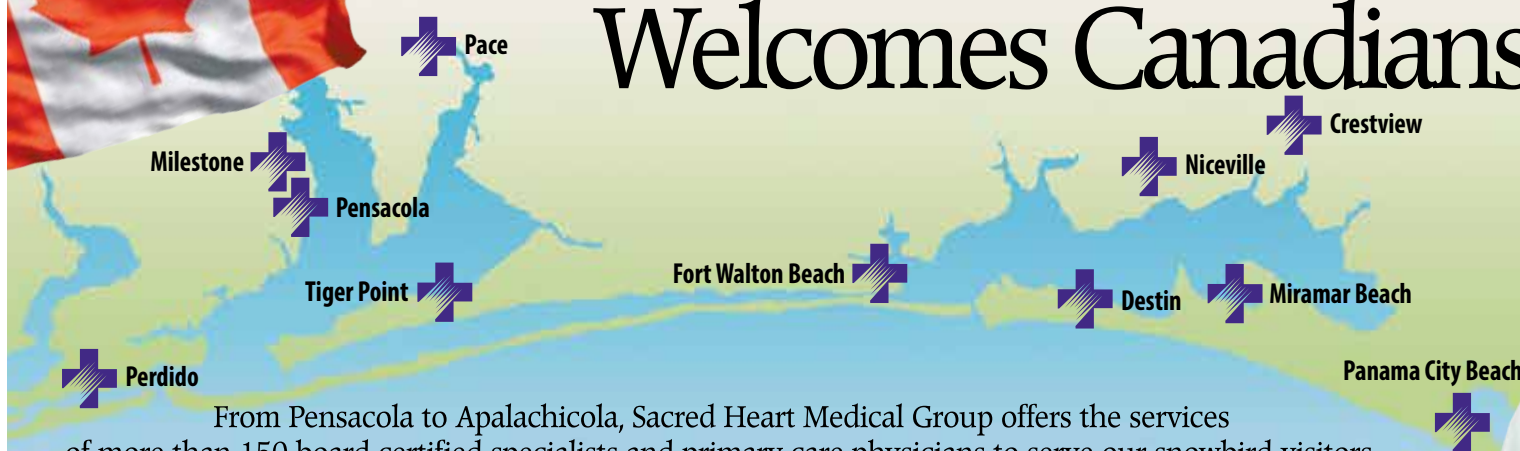
The Wyndham Garden Hotel is located at 573 Santa Rosa Blvd., Fort Walton Beach, Fl. Tickets are available at the final club meeting 10 a.m. – Noon March 1 at The Elks Lodge 1335 Miracle Strip Pkwy., Fort Walton Beach, Fl.

Details: www.fwbsbc.com or 850-218-9241.

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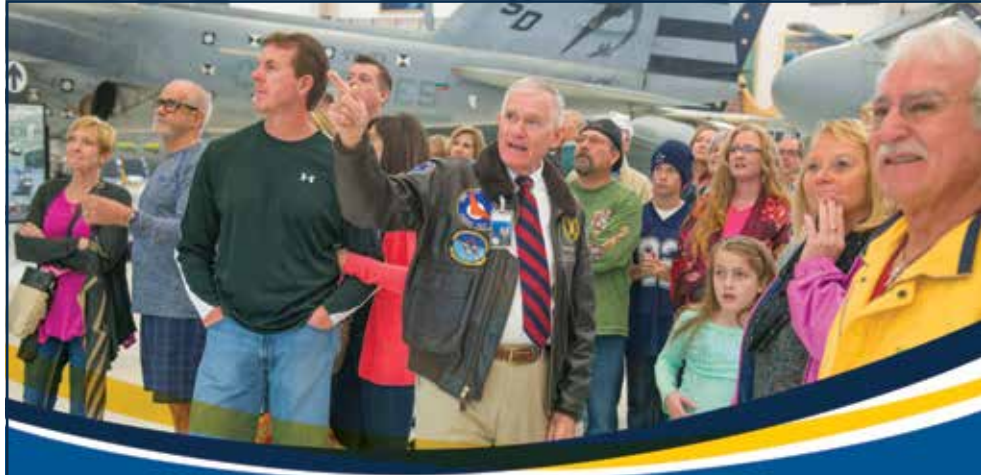
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We reach more than 5,000 Snowbirds in each edition. Each year new Snowbirds find the Gulf Coast through this magazine and are looking for things to do, people to meet and recreational opportunities.

Email Submissions: publisher@snowbirdsgulfcoast.com.

Questions? Call Karen Harrell at 850-291-1266

FLORIDA

PENSACOLA BEACH:

The Pensacola Beach Community Church welcomes Snowbirds to its monthly potlucks always held on the fourth Sunday of the month in addition to other social events. Don't miss the multi-denominational sunrise Easter service March 27 at the Quietwater Beach Boardwalk and the regular 10 a.m. Easter service at the main sanctuary. Details: 850-932-6628 or <http://thebeachchurch.com/church-events.html>

St. Ann Catholic Church in Gulf Breeze also hosts the "Fun Bunch" senior group meeting at 11:30 a.m. every third Tuesday. Complete Details: www.stanngulfbreeze.org/stann/?page_id=330 or 850-677-8321

PERDIDO KEY: The final Perdido Key Roost for 2016 is set for March 3. The event runs from 11 a.m. - 1 p.m. Locals vendors will be on hand and a delicious lunch catered by the Flora-Bama Ole River Bar. Tickets are only \$5 and sold in advance only! Doors open at 11 am and lunch is served at 11:30 am. The cost is \$5. The event is staged at Catholic Church of the Holy Spirit, 10650 Gulf Beach Hwy., Perdido Key, Fl. Tickets are purchased at the Perdido Key Chamber. Details: 850.492.4660

WALTON COUNTY SNOWBIRDS: Season dues are \$9 and registration is held 30 minutes before each meeting during the season. Snowbird activities are many from golf, recreation and fitness to a singles group, arts, crafts, computer club, day trips and more. Details: www.waltoncountysnowbirds.com.

DESTIN: The Roost is located at the Destin Community Center, 101 Stahlman Ave, Destin, Fla. March 2016 meeting dates are Tuesday, March 1 at 10 a.m. Nomination of Officers will take place. The 10 a.m. March 8 meeting will include entertainment from the Northwest Florida State College Jazz Band as well as Officer Elections. The club sponsors many activities including mixers throughout the year. Details: <http://destinsnowbirds.org>.

FORT WALTON BEACH: The Fort Walton Beach Snowbird Club is located on Okaloosa Island in Fort Walton Beach, Fla. With over 700 members, the club offers many activities and events to its members along with the camaraderie and fellowship of others who are in Fort Walton Beach area to enjoy the warmer weather and beautiful beaches during the winter months. The next meeting will be Tuesday,

March 1 at The Elks Club from 10 a.m. to noon, 1335 Miracle Strip Pkwy SE, Fort Walton Beach, Fla. The club sponsors craft, cards, games, golf outings and social events. Details: information@FWBSBC.com or www.fwbsbc.com/activity-poster.html

NAVARRE: The Navarre Beach Snowbird Club is a new club has enjoyed a successful second season. Upcoming event will be a Senior Golf Scramble on Feb. 29 at Hidden Creek Golf Course in Navarre, Fla. The Holley Navarre Seniors Association also has a list of activities including cards, exercise classes, twice a week bingo game night and Yoga. Details: www.Navarrebeachsnowbirdsclub.com or Navarrebeachsnowbirdsclub@gmail.com.

PANAMA CITY: Formerly known as Noah's Ark, the Ark in Panama City Beach continues to serve Snowbirds. Programs are expected to run November 2016 - March 2017. The group offers a number of programs including pine needle baskets, woodburning, walking sticks, paper tole, misc. craft along with darts, creative writing, clogging, line dancing and a very active wood shop. The Ark has been a ministry in Panama City Beach for more than 40 years. Noah's Ark was formed as a retreat center for The Alabama West Florida Conference of The United Methodist Church. The Ark formerly offered a summer youth ministry but has changed its mission and now offers a coffee shop, transitional housing and international student housing. Noah's Ark is located at 12902 Front Beach Road, Panama City Beach, Fl. Contact for the Snowbird program is Donna Coyne (850)708-2251.

Also, the Panama City Beach Senior Center is popular among locals and Snowbirds. Open to those age 50 years of age and older, the beautiful Emerald

Coast draws many retirees to the area as they and many locals, in increasing numbers, have found and learned to value the Center. The center is located at 423 Lyndell Lane, Panama City Beach, Florida. Membership is a minimal fee and covers the entire year. Details: 850-233-5065 or 850-236-3038. <http://pcbsc.com>.

ALABAMA

GULF SHORES MEN'S COFFEE CLUB: The club meets at Gilbey's Restaurant at 25775 Perdido Beach Blvd in Orange Beach. The club will meet at the restaurant every Monday, Wednesday and Friday mornings from 7:30 - 8:30 a.m. for coffee. The club also throws horseshoes on Monday, Wednesday and Fridays at noon at Meyer Park in Gulf Shores.

ILLINOIS: The Illinois Club will meet Friday, March 11 at Cayman Grill (26189 Canal Rd, Orange Beach), Contact Glenn Philpott 618-978-1897 or gpott45@aol.com. The overall theme of the club is to make the Gulf Coast community a better place to live and vacation through our participation in social and cultural events.

INDIANA: The Indiana Club meets for breakfast at 8 a.m. on the second and fourth Thursday till March. Cayman Grill, 26189 Canal Rd, Orange Beach, AL. Contact Bev Lockhart at 317-432-8708 for details of any meetings in March. Indiana has a rich tradition of being iWinter Visitorsi on the Gulf Coast.

IOWA: The Iowa-Alabama Snowbird Club will meet on Feb. 24 for breakfast (8:30 a.m.) at Perdido Beach Resort on 27200 East Beach Blvd. Perdido Ballroom, Conference Center, 1st floor. Details: Shari



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DeCook at 641-521-0929 or Sharon Hesselmann at 563-357-2721 for reservations. Details: <http://iowa-alabamagulfcoastsnowbirds.org>.

MICHIGAN: The Michigan Snowbird Club will meet at the Erie Meyer Civic Center, 344 West 19th Avenue, Gulf Shores at 8:30 a.m. for coffee, meeting begins at 10 a.m. on March 3. The meetings always include entertainment, announcements of Club's activities and door prizes. www.michiganclubalabama.com.

MINNESOTA: Breakfast, Tuesdays through Mid March, Cayman Grill, 26189 Canal Rd, Orange Beach, AL. Doors open at 7:30 a.m., Breakfast at 8:30 a.m. In addition to weekly breakfast, the Minnesota Snowbird Club is very active in the community. Details: www.mnal.org.

MISSOURI: The Missouri Snowbird Club will meet for breakfast one more time at 8:30 a.m. on Wednesday Feb. 24 at Perdido Beach Resort (27200 Perdido Beach Boulevard, Orange Beach). A farewell Pot Luck Lunch is also scheduled for Feb. 27 at 1 p.m. at the Phoenix V (24400 Perdido Beach Blvd, Orange Beach, Ala.)

NEW YORK: The New York Snowbird Club normally meet for lunch at 11 a.m. on the 2nd and 4th Thursday at Cayman Grill (26189 Canal Road, Orange Beach). Reservations required. Contact Frank Panczyszn at 251-981-3120 of any March meetings.

NORTH DAKOTA/SOUTH DAKOTA: Will meet March at 9 a.m. at Hazel's Seafood Restaurant, 25311 Perdido Beach Blvd., Orange Beach, Ala. Details: Joyce 605-351-0274.

OHIO: The 2016 Ohio Snowbird Club will meet at 8:30 a.m. Wednesday, March 2 at a Cayman Grill, 26189 Canal Rd, Orange Beach, AL. For complete information call Sharon Shock at 419-769-2199

PENNSYLVANIA: Breakfast meetings are 8 a.m. Wednesdays at Hazel's Seafood Restaurant, 25311 Perdido Beach Blvd, Orange Beach, Ala. Upcoming dates March 2 and 9. Contact person year round: Rich Smith: 908-420-8806 or bettyrich@rcn.com.

SENIOR SNOWBIRDS: A casual weekly potluck gathering of Snowbirds resumes on Thursdays through March. Participants are asked to bring a dish to feed 10 and the cost is 50 cents. Table service and drinks are provided. Weekly at 12:30 at the Adult Activity Center, 260 Clubhouse Dr., Gulf Shores, Ala. Table service and drinks provided. Details: Michael O'Rourke 251-981-6060.

WISCONSIN: The Wisconsin Snowbird Club 2016 meeting venue is the Orange Beach Event Center (OBEC) just west of the Wharf (4671 Wharf Pkwy, Orange Beach, AL). The next meeting date is Wednesday, Mar. 2. Coffee and donuts at 8:30 a.m. with the meeting beginning at 9 a.m. The club will continue with a fairly full schedule in March. A full meeting and activity schedule is available at the club's website at <https://sites.google.com/site/wisconsinssnowbirdclub/> or Kenn Krouse, 251 967 2463.

LuLu's in Destin holds its first Tropical Re-Union Wedding Vow Renewal Ceremony to mark Valentine's Day

With ordained minister Hurricane Jane presiding, an impressive 150 couples gathered on LuLu's sandy beach overlooking the Choctawhatchee Bay for a memorable wedding vow renewal ceremony. A large group of Destin area Snowbirds, all from Cincinnati, gathered to renew their vows with all couples being married 50 years or more. The complimentary happening also included a champagne toast, flowers, cake and a commemorative wedding renewal certificate.



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Call at (850) 939-4604
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Spring Event

CALENDAR

Don't miss the thrills and chills of the Navy's world-famous precision flying team, the Blue Angels, who will return to their home base at the Pensacola Naval Air Station this Spring to practice for the upcoming season. The "Blues" will fly **March 23*, 24, 29, 30*** and **April 5, 6*, 12, 13*, 19, 20*, 26, 27*** (the asterisk denotes dates the team members will visit the National Naval Aviation Museum after practice for an autograph session.) Details: (850) 452-3604 or www.navalaviationmuseum.org. **Come out and support the Blues!**

MONDAYS

Hydroflight Monday, The Village of Baytowne Wharf, Sandestin, Fla. We'll take you sky-high as you set your eyes on a water show that's out of this world. Enjoy three performances by fly board extraordinaire, Ben Merrell. FREE. www.baytownewharf.com.

THIRD TUESDAY

Monthly Movie Night, Destin Library, 150 Sibert Ave Destin, Fla. The Friends Guild feature independent films and documentaries. FREE, Limited Seating. 850-837-8572 or www.cityofdestin.com

TUESDAYS

Beach Boomers, Panama City Beach Public Library, 12500 Hutchison Blvd, Panama City Beach, Fla. Beach Boomers is a series of adventures in learning for adults! Topics include: Local History, Art Experience, Mystery Writers, Genealogy, Collectibles, Florida, Archaeology, Digital Photography, Parks & Recreation, Yoga. 2 p.m. 850-233-5055

Plein Air Tuesday. Held at various locations. Beginners learn as we paint outdoors. 9 a.m. FREE 850-541-3867 or www.beachartgroup.com/index.html

Boomin Tuesday, The Village of Baytowne Wharf, Sandestin, Fla. We'll be lighting up the night sky with our Boomin' Tuesday extravaganza. Free. www.baytownewharf.com.

TUESDAY & THURSDAY

ACBL Duplicate Bridge, Lyndell Center, 423 Lyndell Lane, Panama City Beach, Fla. Duplicate bridge sanctioned by the ACBL. All ages welcome! Net proceeds benefit the charities supported by the Women's Civic Club of PCB. 9:30 a.m. \$5 Details: 850-628-9226

WEDNESDAYS

Wednesday Night Concert Series, The Village of Baytowne Wharf, Sandestin, Fla. FREE. www.baytownewharf.com/

Bingo Night, American Legion Post #240, 8666 Gulf Beach Hwy, Pensacola, Fla. 6-8:30. 850-455-6111.

Alys Beach Spring Concert Series, Alys Beach Amphitheatre, 9581 E Co Hwy 30A, Alys Beach, Fla. Bring a blanket or your favorite chair to the Alys Beach Amphitheater and groove to some good tunes. Concerts are free and open to the public. 6 p.m.

THURSDAYS

Magical Thursdays, The Village of Baytowne Wharf, Sandestin, Fla. Enjoy an extraordinary magic show. FREE. www.baytownewharf.com.

Americana Under the Stars, Topsail Hill Preserve State Park 7525 W. Scenic Highway 30A Santa Rosa Beach, Fla. Original Americana music, including folk, jazz, blues and more. Newly refurbished amphitheater. If bad weather, the concert is held inside. Admission: \$5 donation. www.luckymudmusic.com or 850-267-8332

SATURDAYS & SUNDAYS

Grand Lagoon Waterfront Market, Capt. Anderson's Marina, 5550 North Lagoon Drive, Panama City Beach, FL. A hub for Panama City Beach's fresh food. Find the freshest seafood, specialty foods and an array of hard-to-find spices. <http://www.captanderson.com/market/>

SUNDAYS

Americana Cafe Sundays, Roberts Hall, 831 Florida Avenue, Lynn Haven, Fla. The best touring Americana Musicians in the country perform weekly. Concerts 4 p.m. Best acoustic/lyric based music in this area.

Admission: \$5.00 850-722-4915, 850-774-3561 or Luckymudmusic.com

Sunday Cinema, The Village of Baytowne Wharf, Sandestin, Fla. FREE. 8 p.m. www.baytownewharf.com.

thru 3/1

Seniors Softball, Oakland Terrace Park, 1900 W.11th Street, Panama City, Fla. 55+ non-competitive and lots of FUN! Bring your glove. Wednesdays at 1 p.m. 850-238-0549

thru 4/2

The Dixie Theatre's season continues with six shows: March 5 – Artie Rodriguez & the Classic Country Gold Band; March 10 & 11 – Complete Works of William Shakespeare (Abridged).; March 12 – Sligo Line: Irish Music & Dance; March 19 – Earl David Reed: The Secret of my Unsuccess Comedy Tour; March 26 – Tribute to Jim Croce: John Reno & Brett Gambino and April 2 – Sarah Mac Band. Box office at 21 Avenue E, Apalachicola, Fl. 850-653-3200 or www.dixietheatre.com

2/29 & 3/1

The Four Freshmen, Erie Meyer Civic Center, 1930 W 2nd St, Gulf Shores, Ala. The Four Freshmen have unique harmony of their own. Inspired by the Beach Boys Brian Wilson, The Mamas & The Papas, and the Manhattan Transfer. Tickets: \$35 251-968-1174 or www.gulfshoresal.gov

thru March 3

Arts in Medicine "Restorative Yoga" Series, Apalachicola Center for History, Culture and Art, 86 Water Street. "Restorative Yoga" with the intention of relaxing & stress-reduction, focus on breath, meditation, concentration, being present and letting go. 855-272-5224 or www.historicapalachicola.com

Bon Secour National Wildlife Refuge

Free Guided Tours, 12295 State Hwy. 180 W. Gulf Shores, Ala. Guided tours on Tuesday, Wednesday, and Thursday. of each week that include a Bird Walk, a Nature Hike, and a Dynamic Dunes beach tour. 251-540-7720 or www.fws.gov/refuge/Bon_Secour

thru 3/12

The Way We Worked, Apalachicola Museum of Art, 96 Fifth Street, Apalachicola, Fla. Explore how work became such a central element in American culture, by tracing changes that affected the workforce over 150 years. apalachicolamuseumofart.org or 850-653-2090

3/12-13

Foley Model Train Show, Foley Civic Center and Foley Railroad Museum, 407 E. Laurel Ave., Foley, Al. See operating model train layouts in several scales. Train dealers will offer railroad supplies and equipment and demonstrations. \$4 adults, children under 10 free. Open Saturday 9 a.m. - 5 p.m., Sunday 10 a.m. - 4 p.m. 251-943-1818.

thru 3/20 (various dates)

Gypsy, 2022 West 2nd Street, Gulf Shores, Ala. The ultimate story about an aggressive stage mother on trip across the United States during the 1920's, when vaudeville was dying and burlesque was born. 251-968-6721 or www.sbct.biz/

thru 3/31

Azalea Bloom Out, Bellingrath Gardens and Home, 12401 Bellingrath Gardens Rd, Theodore, Ala. Enjoy the blooms of more than 250,000 vibrant azaleas. For precise times of the azalea blooms, please call 251-973-2217 or check Azalea Watch on the website at bellingrath.org.

Historic Pensacola Trolley Tour

Pensacola Visitor Center, 1401 E Gregory St., Pensacola, Fla. Enjoy a 50 minute narrated tour of the historic area of Downtown Pensacola, the "City of Five Flags". You will hear about the first settlement of 1559 followed by permanent colonization in 1698. 10 a.m. and 2 p.m., Tuesdays and Thursdays. 850-941-2876 or <http://beachbumtrolley.com/>

thru april 9

Funky Turns 40, Museum of Art, 407 S. Jefferson St., Pensacola, Fla. Funky Turns 40 includes 60 pieces of animation art from the Museum Of UnCut Funk collection, one of the worlds most extensive collections of originals from 1970s.10 a.m.-5 p.m. Admission. 850-432-6247 or www.pensacolamuseum.org/

3/3

2016 Snowbird Roost, Holy Spirit Catholic Church, 10650 Gulf Beach Hwy., Pensacola, Fla. Local Vendors, Area Info, Door Prizes and Live Music. \$5 tickets, advance purchase at Perdido Key Visitors Information Center, 15500 Perdido Key Dr. required. 850-492-4660.

3/5-6

16th Annual Gulf Coast Renaissance Faire and Pirate Festival, Pensacola Interstate Fairgrounds, 6655 Mobile Highway, Pensacola, Fla. Jousting knights to Swordfighters, Music, Food, Games, crafts Vendors. Admission. 877-429-8462

Riverwalk Arts Festival, on the Banks of the Blackwater River, Historic Downtown Milton, Fla. Featuring Juried Art, Heritage/ Folk Art, Cultural Performances, Continous Music, Food. 10 a.m.-6 p.m. 850-626-4499 or <http://srac.org>.

3/5

Artie Rodriguez & the Classic Country Gold Band, Dixie Theatre, 21 Avenue E, Apalachicola, Fla. 850-653-3200 or www.dixietheatre.com.

Camp Helen State Park History Tour, 23937 Panama City Beach Parkway, Panama City Beach, Fla. Learn about the early history of this unique Florida State Park and enjoy a guided tour of restored historic buildings. 850-233-5059 or <https://www.floridastateparks.org/park/Camp-Helen>

Ballyhoo, Waterway Village, 116 E. 24th Ave., Gulf Shores, Ala. 50+ fine artists, performances in tribal costume by Poarch Band of Creek Indians, Queen Ballyhoo contest, dance contest, live music and seafood. 251-948-2627 or gulfcoastartsalliance.com.

3/10,11

Complete Works of William Shakespeare (Abridged), Dixie Theatre, 21 Avenue E, Apalachicola, Fla. 850-653-3200 or www.dixietheatre.com.

3/10-13

Providence Hospital's Festival of Flowers, 6701 Airport Blvd, Mobile, Ala. This year's festival, "Taking Flight to a World of Gardens," showcases life-size gardens designed by regionally acclaimed landscape architect / designers. www.festivalofflowers.com/ or 251-973-2217 ext. 163.

3/11-3/12 & 4/15-16

Star Gazing, Gulfside Pavillion (Big Parking Lot), Pensacola Beach, Fla. held on a Friday or Saturday will start at sunset at varying times. 5:30 p.m. FREE. 800-635-4803

3/12

Down by the Boardwalk, Navarre Beach Marine Science Station, 8638 Blue Heron Ct., Navarre Beach, Fla. Guided walk along marsh, dune and swash zone ecosystems. FREE. www.navarresciencestation.org.

Irish Street Fest & Grogg March at HarborWalk Village

10 Harbor Blvd, Destin, Fla. Irish music, dance and games all day. 800-676-0091

Sligo Line: Irish Music & Dance, Dixie Theatre, 21 Avenue E, Apalachicola, Fla. 850-653-3200 or www.dixietheatre.com.

Grillin on the Green, Downtown Biloxi, Miss. 10 a.m. - 5 p.m. Go Irish for the day with live entertainment, BBQ competition, arts and crafts vendors and best of all - the Hibernia Society's annual St. Patrick's Day parade at 2 p.m. 228-435-6339 or www.mainstreetbiloxi.com

3/12-13

Orange Beach Festival of Art, Coastal Arts Center, 26389 Canal Road, Orange Beach Ala. The 42nd annual juried fine arts show features 100 unique fine artists; culinary artists; a performing arts and live music stage. FREE admission. 10 a.m.-5 p.m. www.orangebeachartsfestival.com.

3/12,26

Golf and Grill, Perdido Bay Golf Club, 1 Doug Ford Dr, Pensacola, Fla. \$45 Includes Golf, Cart, Range, Tax and Lunch. 850-492-1223

3/17

Papa Rocco's St. Paddy's Day Party and Pub Crawl, 101 W. 6th St., Gulf Shores, Ala., Champion Windsor Canadian Police Bag Pipe Band join grand marshal Bill McGinnes for the Gulf Shores St. Patrick's Day Walking Parades. 251-948-7023 or www.paparocco.com.

St. Patty's Day Celebration, The Village of Baytowne Wharf, Sandestin, Fla. Blenders performance. FREE. www.baytownewharf.com.

3/18

Gallery Night, Downtown Pensacola, Pensacola, Fla. Stroll through charming Downtown Pensacola to experience array of music, art and cuisine. 5-9 p.m. 850-434-5371 or www.downtownpensacola.com.

3/18-19

Smokin' In The Square BBQ Cookoff, Seville Square, Government & Alcaniz Streets, Pensacola, Fla. Professional barbecue teams from around the U.S. compete at the first barbecue contest locally sanctioned by the Kansas City Barbecue Society (KSBS). 850-516-2622/ www.smokininthesquare.com.

3/19

Eastpoint Volunter Fire Department Rib Cook-Off, 24 6th St, Eastpoint, Fla. Cooking competition, Car Show, Silent auction, live entertainment and back by popular demand, the Liars Contest. Free Admission. (Food Cost Additional) 11 a.m. George Pruett, 850-670-9000.

Earl David Reed: The Secret of my Unsuccess Comedy Tour, Dixie Theatre, 21 Avenue E, Apalachicola, Fla. 850-653-3200 or www.dixietheatre.com/

Foley 8th Annual BBQ & Blues Cook-Off, 125 E. Laurel Ave., Foley, Ala. Great food, popular blues bands, children's activities, and a raffle. Proceeds support Chamber Foundation. \$10, 10 a.m.-6 p.m. 251-943-5550 or www.foleybbqandblues.com/

Discovery Saturday: Harnessing the Sky: Fredrick "Trap" Trapnell. The U.S. Navy's Aviation Pioneer, National Naval Aviation Museum, 1750 Radford Blvd., NAS Pensacola, Fla. Come hear the story of the man who has been called "the godfather of modern naval aviation" and "the premier test pilot of all time". FREE. 1:30 p.m. 850-452-3604 or www.navalaviationmuseum.org.

3/19-20

Health, Life and Spirit EXPO, Crowne Plaza Hotel, Pensacola Fla. Sat/Sun 10 a.m. - 6 p.m. Open your mind to the the possibilities! Largest gathering of psychics, readers, healers on the gulf coast. Get a reading and explore expert forums. Visit www.UnlimitedHorizons.org for info.

3/26

The Original German Sausage Festival, 13052 Main St., Elberta, Ala. Made from a secret recipe developed by the founding fathers of Elberta, AL. - the real thing! 8 a.m.-5 p.m. www.elbertafire.com/festival.

Northwest Florida Renaissance and Fantasy Faire, Panama City Market Place, 253 West 15th St., Panama City, Fla. There

will be kings, queens, dancers, fairies, Society for Creative Anachronism, fencing, human chess game, flaming blade throwers, wizards, town criers and more. FREE 850-252-3821

Tribute to Jim Croce: John Reno & Brett Gambino, Dixie Theatre, 21 Avenue E, Apalachicola, Fla. 850-653-3200 or www.dixietheatre.com/

3/27

Community SonRise Service, Blue Wahoo Stadium, 351 W. Cedar St., Pensacola, Fla. Come experience Easter like never before on Pensacola Bay inside this state of the art facility. 6:30 a.m. 850-479-8337 or www.sonriseservice.com.

Easter Sunrise Service, Live Oak Plaza located at Bellinrath Gardens and Home, 12401 Bellinrath Gardens Rd, Theodore, Ala. The service will begin at 6:30 a.m. and is open to everyone in the community. During the service an offering will be collected to benefit Family Promise of Coastal Alabama. <http://bellinrath.org>

3/31

Harlem Globetrotters, Pensacola Bay Center, 201 E Gregory St, Pensacola, Fla. The Harlem Globetrotters are preparing for their most epic tour in history, as the world famous team celebrates its 90th-anniversary world tour, with over 320 games in North America alone. 850-745-3000 or www.pensacolabaycenter.com

2016 Southern Senior Hard Court Championship, George C. Meyer Tennis Center, 2049 W 2nd St., Gulf Shores, Ala. Senior athletes from across the south will compete for the Championship Title this spring. 251-968-1431.

4/1-3

Pensacola JazzFest, Downtown Seville Square, Pensacola, Fla. Celebrating America's unique musical art form jazz. 850-433-8382 or <http://jazzpensacola.com>.

4/2

Sarah Mac Band, Dixie Theatre, 21 Avenue E, Apalachicola, Fla. 850-653-3200 or www.dixietheatre.com.

23rd Annual Camellia Classic Open Car Show, 12401 Bellinrath Gardens Rd., Theodore, Ala. Hundreds of classic and vintage automobiles from the Model T to the Firebird. Portion of proceeds donated to the Mobile Bay Area Food Bank. 251-973-2217 or www.bellingrath.org

4/2-3

Kitty Hawk Kites 'Fly Into Spring' Kite Festival, 1450 Miracle Strip Parkway SE, Fort Walton Beach, Fla. 25 to 100-foot show kites of all sizes and shapes. FREE two-day event features professional stunt kite flying, demonstrations and lessons. 850-796-0102 or www.kittyhawk.com.

4/5

Bands on the Beach, Gulfside Pavillion Stage (Big Parking Lot), Pensacola Beach, Fla. The Deja vu Band has been delighting audiences with incredible musicianship since 2003. 7-9 p.m. FREE. 800-635-4803.

4/8

Scratch Ankle Festival, North Willing St., Downtown Milton, Fla. Music, Games, Food and Family Fun. 850-983-5466 or www.ci.milton.fl.us

4/8-9

Pensacola Beach Firefighters Challenge, 400 Quietwater Beach Rd, Pensacola Beach, Fla. Testing the strength, agility, teamwork, and skills of firefighters as well as provide family friendly fun. 850-434-2800 or <http://pensacolasports.org>.

4/8-10

Spring Festival of Flowers, Pensacola State College Milton Campus, 5988 Hwy 90 Bldg 4900, Milton, Fla. Crafts & Yard Art, Plant Sale Ed Booths. FREE. 850-983-7134

4/9

Spring Garrison Living History Day Museum/Fort, 51 Hwy 180, Gulf Shores, Ala. Historical interpreters demonstrate troop drills. Infantry and artillery demos. 9 a.m.-3 p.m. 251-540-7127 or www.fort-morgan.org.

4/11-22

Fiesta Treasure Hunt, Pensacola, Fla. For 65 years, the Fiesta of Five Flags Association has engaged the public historical clues that have led to Don Tristan DeLuna's lost treasure. Treasure hunters decipher clues leading to ten daily prizes totaling nearly \$5,000. [www.fiestaoffiveflags.org/fiesta-treasure-hunt](http://fiestaoffiveflags.org/fiesta-treasure-hunt).

4/15

Gallery Night, Downtown Pensacola, Pensacola, Fla. Stroll through the charming brick walkways of Downtown Pensacola - music, art and cuisine. 5-9 p.m. 850-434-5371 or www.downtownpensacola.com.

4/16

Military Family Appreciation Day, The Landing, 139 Brooks Street, SE, Fort Walton Beach, Fla. A fun-filled day of food and kids' activities geared toward showing appreciation for our military families. 850-244-8191 or www.fwbchamber.org

2016 Zydeco & Crawfish Festival, 225 E. 24th Ave., Gulf Shores, Ala. Enjoy crawfish while dancing to the best Zydeco bands from around the South. 10 a.m. 251-968-1172

Apalachicola Antique & Classic Boat & Car Show, Water Street, Apalachicola, Fla. Antique boats, examples of classic and traditional vessels, workboats, and fiberglass and aluminum classics on display - emphasizes the maritime history of town. 850-653-9419 or www.antiqueboatshow.org.

4/19

James Taylor and his All Star Band, Pensacola Bay Center, 201 E Gregory St, Pensacola, Fla. James Taylor has touched people with his voice and guitar-playing for more than 40 years. 850-745-3000 or www.pensacolabaycenter.com.

4/23

6th Annual Beaches, Bugs & Buses Charity Event, 8795 Thomas Dr., Panama City Beach, Fla. Benefitting Anchorage Children's Home. 850-832-4797 or www.beachesbugsandbuses.com.

4/29

32nd Annual Pensacola Crawfish Festival, Bartram Park, Bayfront Parkway, Pensacola, Fla. Bringing a taste of Louisiana right here to Pensacola Bay with a wide variety of Cajun fare such as crawfish poboys, crawfish pies, and over 16,000 pounds of boiled crawfish. 850-433-6512 or www.fiestaoffiveflags.org.

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alysbeach.com/events

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Beach homes may be good investments for snowbirds

By Louis Cooper

Many of the visitors who warm their souls on the Gulf Coast in winter choose to buy property here.



Karen Cook

"I have had numerous snowbirds purchase condos and homes from me," said Karen Cook, a broker-associate at ResortQuest on Pensacola Beach.

"They can live in them six months of the year and put them in our rental pool the other six months," Cook said. "The ideal thing about our area is that our seasons are reversed from south Florida. The winter is their peak season and ours is the summer so snowbirds can come to this area to escape the long cold winters and realize the great summer rental income as the summers are our peak."

Rental income is variable depending on unit location, number of bedrooms, condition and other factors. But as an example, Cook said a two bedroom condo at the Emerald Isle on Pensacola Beach goes for \$2,318 per week in July.

Cook knows firsthand that it's like to be a vacationer who decided to make the Gulf Coast her home.

"I sold real estate in Cincinnati, Ohio, 25 years ago, and I did all of my investing here along the Gulf Coast as I received a much better return on my investment," Cook said. "One day I looked up and had more real estate here than in Cincinnati. I loved the area, realized the growth and just decided to move on down. I have loved living here working and living on the beach ever since."

Gerard O'Mahony fell in love with Pensacola Beach a more than half century ago when he was sent to Pensacola for work.

"When I got home to Decatur, Alabama, I said to my wife, 'Next summer, please God, we're going to vacation in Pensacola.' That was in '56," said O'Mahony, who is now 89. "And we've been coming ever since."

In the 1990s, O'Mahony and his wife, Rebecca, bought three units at the Emerald Isle – two as investments which have since been sold and one as a residence. They live there from September to spring every year, and rent the three-bedroom, two-bath, beachfront unit out for the summer.

"It's about \$24,000 a year for the summer," he said "It's a lot of money."

The O'Mahony's children and grandchildren use the unit, as well. He said he would recommend Pensacola Beach to anyone looking for an affordable, interesting place to live and invest.

"It's a great place," he said. "The beach is something, but the town is something else, also. The living is easy. It's very reasonable, as far as expenses are concerned. And there's great restaurants and great entertainment."

Most of Cook's snowbird customers choose condos over traditional houses because there is little upkeep and expenses like property taxes and insurance are usually covered in the condo association fees.

"During the summer months when an owner puts their unit with ResortQuest we handle all maintenance problems," she said. "They are back home so there is no way they could handle it. We have maids and maintenance people on call 24/7."

**When is
a snowbird
no longer
a snowbird?
When they make
their vacation
spot their home.**

Dauphin Island

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Planned communities - 50-year process



Generally, what's the vision for the 50-year Watersound plan?

Our vision is to build a community where people can live connected to nature and each other – a place to enjoy an outdoor, healthy lifestyle, where families can share recreational and cultural activities and engage in life-long learning. The heart of Watersound is defined by the 110,000 acres that make up the Bay-Walton Sector Plan, which crosses between Bay and Walton counties. Design of the plan was based on the principle that large-scale conservation would be the framework for growth and protecting the scenic beauty and open spaces of the area.

Under the approved plan, the amount of land set aside for conservation, restoration totals 59,000 acres. This means that approximately 50% of the lands will be preserved or restored and used as recreation/open space. The remaining 50% of the lands will be developed into villages and towns integrated into the surrounding landscape.

Why build a community aimed at retirees in Bay/Walton counties?

Retirees are seeking financial stability, affordable housing and a reasonable cost of living. Many want to live in a place where they and their extended family would like to vacation. Introducing an active adult development will have a stable, year-round economic impact on the area.

Over the next 15 years, the Baby Boomer generation is transitioning to retirement. Florida's mild winters and lack of a state income tax, make Florida a popular destination for these new retirees. We can provide a new, unique retirement destination that provides access to the Gulf of Mexico, Intracoastal Waterways, lakes, and trailways. As well as develop the outdoor amenities and community activities that retirees are looking for.



Where does the project stand with state/local regulators?

The St Joe Company received approval of the Bay-Walton Sector Plan and it is in effect as of June 30, 2015. The Bay-Walton Sector Plan is an update and expansion of the previously approved West Bay Sector Plan. The final application was over 600 pages of detailed analysis and plans to preserve over 50% of the land for conservation and restoration, over 100 miles of nature trails and 50 years worth of residential and commercial development. As long term residents of the region, St Joe has listened and learned from the community engagement throughout the planning process.

Detailed Timeline: The application was reviewed by local county government in a series of public hearings during July, August, September and October, 2014. The application was approved by both Bay County and Walton County for transmittal to the Department of Economic Opportunity (DEO) to begin the state review process. DEO reported on October 27, 2014 that the application was deemed complete and that the state review process would begin. The state review process involves significant review by state agencies. In December, 2014, DEO issued the Objections, Recommendations and Comments report (ORC). In May, 2015, both Bay County and Walton County formally adopted the Bay-Walton Sector Plan. In June, 2015, the Bay-Walton Sector Plan was found in compliance with State Statute and was fully enacted.

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Home Dates: March 12, 18, 19, 20, 25 & April 1, 2

Island Golf Course Reopens



Isle of Dauphine Golf Course is Back and Improving Every Day



Courtesy Isle of Dauphine Golf Club

Located on Dauphin Island in Alabama, it is a true links course with three holes rolling alongside the Gulf of Mexico. The golf club closed down in 2012 after operating as the island's golf course since 1961.

But it reopened nine holes on Nov. 21, 2014, with the help of the current head pro, Dale Snellman.

"When it was closed, I bushhogged it for them," Snellman said. "The grass had to be 4 feet tall. But the good thing is the integrity of the course held up the closing."

Snellman has a big place in his heart for the course. One, he has owned a house on the island since 1984. Another, the course was the site of his first PGA tournament win. Playing on the pro mini-tour, he defeated Pensacola's Joe Durant, a former PGA Tour winner and current Senior Tour player, by one shot.

The other nine holes are expected to open in July. The current nine holes feature 5,600 yards from the white tees and 6,800 yards from the championship tees.

"We used to be rated a Top 100 course and our long-range goal is to get back there," Snellman said.

Greens fee for the nine holes range from \$25 to \$45 and there are Snow bird memberships available.

The Isle Dauphine Golf Club is open 7 days a week from 8 a.m. to dusk. A driving range and practice green are available. Snellman offers lessons. Call 251-861-3176 to schedule a tee time or for more information.

The Grill is open 7 a.m. to 9 p.m. for breakfast, lunch and dinner year round.

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Interview with CSA President Bob Slack

The past few years the Canadian "Loonie" has lost nearly 30 cents to the American dollar. We talked to Canadian Snowbird Association president Bob Slack about the impact this is having on its members.

Q. Why do you think the exchange rate has become so inequitable?

A. Due to world economy, especially the oil supply, the dollar has always fluctuated. It is not as low as it was in 2003. At that time the loonie reached approximately \$.63US

Q. What strategies does the CSA advocate for Snowbirds to employ to afford the trip south?

A. In order to make up for the shortfall, we have found that many snowbirds are not eating out as often. Their leisure activities like golf, may be cut back. Some have also cut back the amount of time they are spending in America.

Q. Is there any particular sector that is hardest hit?

A. All sectors have been hit. However, those on fixed income and non-indexed pensions have been hit the hardest.

Q. What is your estimate of the number of Canadians traveling south this year?

A. The number of Canadians heading to the south east sunbelt states has only minimally been reduced. We won't know exact figures until the summer.

Q. Is there anything that local and state businesses can do to help soften the economic blow?

A. It is interesting to note that some businesses have been offering services to



Bob Slack, 73, is serving his seventh year as the president of the Canadian Snowbird Association. He and his wife, Lois, spend 5 ½ months each winter in central Florida.



Canadians at a reduced rate. Myrtle Beach, S.C., is a good example of this.

Q. Is there anything else we haven't talked about that you might want to mention?

A. Snow birding is a lifestyle. The majority of people are not willing to give it up. They will adapt. Those that own their houses may have put off renovations, new furniture, etc.

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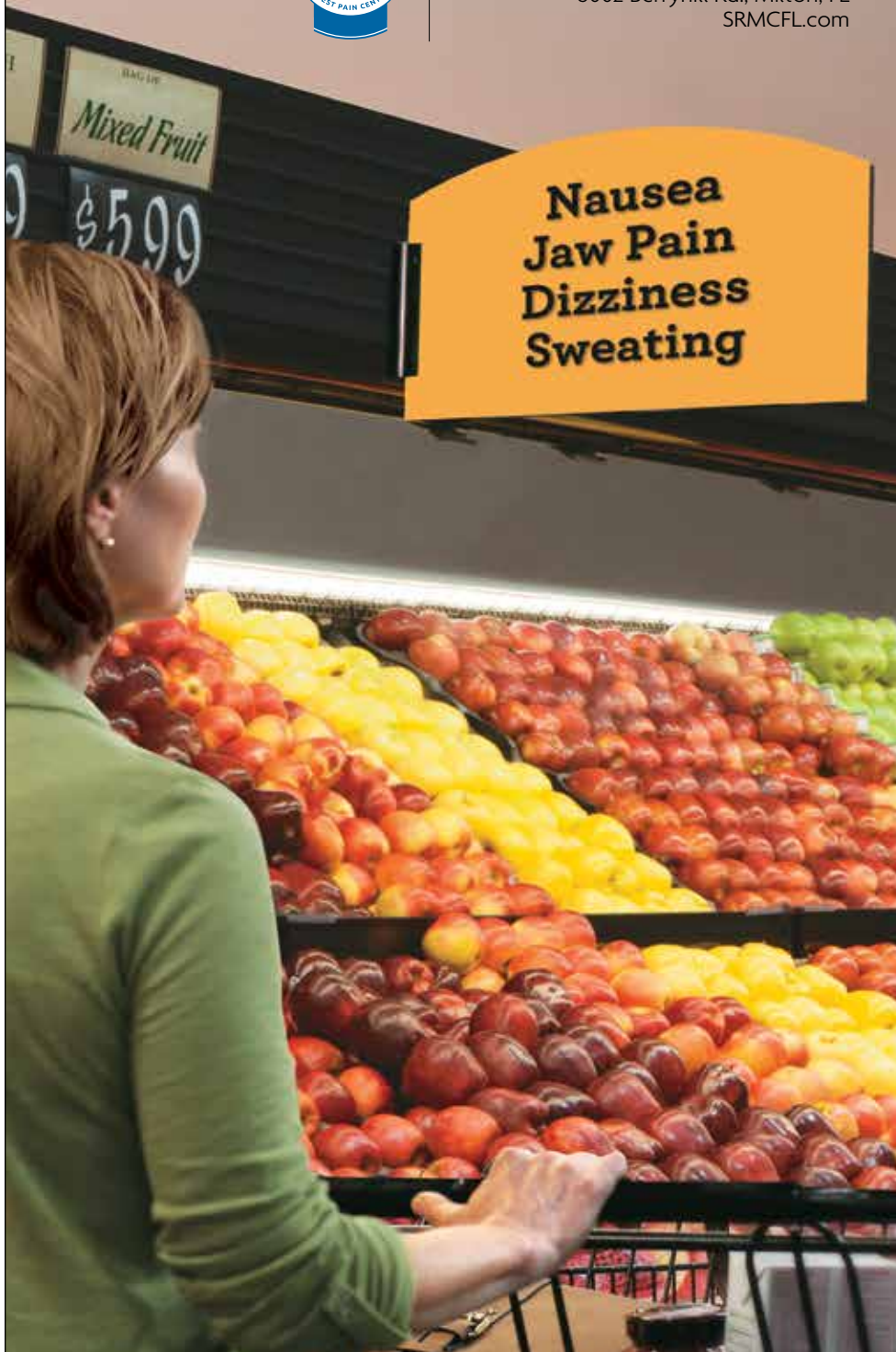
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Aviation Pioneer to be Featured on Discovery Saturday at the Naval Aviation Museum

He has been called “the godfather of modern naval aviation” and “the premier test pilot of all time.”

The story of naval aviator Fredrick “Trap” Trapnell will be shared at the Discovery Saturday event at 1:30 p.m., Saturday, March 19 in the Blue Angels Atrium at the Pensacola Naval Aviation Museum at NAS Pensacola.

The new biography, *HARNESSING THE SKY: Frederick “Trap” Trapnell, the U.S. Navy’s Aviation Pioneer, 1923-52*, was published last year by one of his sons, Fritz Trapnell and one of his granddaughters, Dana Trapnell Tibbitts, who will present story highlights and rare photographs from new biography.

Fred died 40 years ago. He was inducted posthumously into the U.S. Naval Aviation Hall of Honor in Pensacola in 1986, considered the highest honor for a naval aviator.

“He was a very private man who didn’t like to draw attention to himself,” Dana Trapnell Tibbitts, told the San Diego Union-Tribune.

The father-daughter duo visited many archives, libraries and naval facilities and conducted a number of interviews. The book debuted in July 2015.

“*Harnessing the Sky*” details how Trapnell helped the Navy evolve from bi-planes and delicate dirigibles to brawny jets with laser-guided weapons. Along the way, he became known as the father of naval aircraft testing.

Trapnell became a naval aviator in 1926 — 15 years after the Navy bought its first plane. He was soon flying missions from the USS Lexington, an aircraft carrier that helped prove that flattops could extend the Navy’s reach in surveillance, bombing and defense.

Trapnell’s problem-solving abilities became widely known, leading the Navy to appoint him in 1940 as senior flight test officer in Anacostia, a neighborhood of Washington, D.C., as the U.S. was preparing to enter World War II.

His expertise was strong that Roy Grumman approached him in 1942 to evaluate the new Grumman F6F Hellcat, which had been designed to fight the Japanese Zero.

After some test flights, Trapnell gave the plane his approval. That enabled Grumman to expedite construction of the Hellcat, which was responsible for more than half of the air victories claimed by the Navy and Marine Corps in World War II.

Following the presentation on March 19, there will be a book signing near the Flight Deck Gift store. Discovery Saturday is free and open to the public.

Oh Florida! Just the book title is intriguing enough.

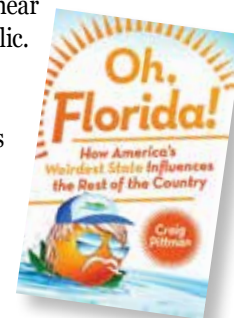
Tampa Bay Times reporter and author Craig Pittman will release his fourth book on July 4th but you can pre-order now through Amazon.

Craig writes: “To some people, it’s a paradise. To others, it’s a punchline. As *Oh, Florida!* shows, it’s both of these - and, more importantly, it’s a Petri dish, producing trends that end up influencing the rest of the country. Without Florida there would be no NASCAR, no Bettie Page pinups, no Glenn Beck radio rants, no USA Today, no “Stand Your Ground,” ... you get the idea.

To outsiders, Florida seems baffling. It’s a state where the voters went for Barack Obama twice, yet elected a Tea Party candidate as governor. Florida is touted as a care-free paradise, yet it’s also known for its perils - alligators, sinkholes, pythons, hurricanes, and sharks, to name a few. It attracts 90 million visitors a year, some drawn by its impressive natural beauty, others bewitched by its man-made fantasies.

Oh, Florida! explores those contradictions and shows how they fit together to make this the most interesting state. It is the first book to explore the reasons why Florida is so wild and weird - and why that’s okay. But there is far more to Florida than its sideshow freakiness. *Oh, Florida!* explains how Florida secretly, subtly influences all the other states in the Union.

The Kindle edition is \$13.99, \$31.50 for hardcover.



Your Health

Surgery in the not-too-distant past used to mean large incisions, deep cuts and lengthy hospital stays. Women's health and surgery for gallbladder removal, especially, required large abdominal incisions. But today the latest advance is a laparoscopic "single incision" surgery.

We asked a few questions of Dr. David Coyle, founder of Coyle Institute for Female Pelvic Medicine and Reconstructive Surgery and Dr. Pamela Schurman, who also practices single incision surgery about the benefits of this new technique.

Q. Most of my readers are over age 50 - how do their needs differ from someone who is say, age 25?

Dr. Coyle: With respect to having to have surgery, their needs are similar, however, the ability to decrease the surgical burden will benefit the older patient more. Single site surgery decreases the burden on the patient and allows for an easier recovery.

Dr. Schurman: For all patients the advantage is that there is only one centrally placed incision to heal. It is also a better cosmetic result and that isn't only important to the 25-year-olds.

Q. In the old days, surgery often required large incisions and several days stay at a hospital. Are there any particular type of surgeries that you do regularly today that would have required that type of treatment?

Dr. Coyle: Yes, most of the surgeries that I do using the DaVinci system where once open surgeries that required inpatient hospital stays. Now they are outpatient procedures.

Dr. Schurman: In the early 1990's almost all surgeons adopted laparoscopic gallbladder surgery. I have noticed with the single site gallbladder surgery the post-operative pain in the upper abdomen is much less because we are not placing instruments



Dr. Coyle



Dr. Schurman

thru those muscles.

Q. Many of our readers are here from between two-and-a-half months to six months, how do you coordinate with the patient's "primary" doctor remotely?

Dr. Coyle: We use Electronic Medical Records for all of our patients. In addition, I personally will call and speak to the primary care and make sure that the lines of communication are open.

Dr. Schurman: If patients will carry with them not just the name but the office phone numbers of their doctors we can generally share records very easily. Most doctors from "back home" are very interested in maintaining communication when their patients travel.

Q. What kind of support do you offer spouses and caregivers? Many live 600-1000 miles away from loved ones. Their "family" become the friends they've made during their winter stay. What information will you need from them to allow them to participate in the patient's care (particularly access to information.)

Dr. Coyle: That is a great question. First I have to say that there is a law called HIPAA. Basically, this law protects patients' personal information. Therefore, we are not allowed to discuss a patient's case with anyone that we have not been given permission (by the patient) to do so. Therefore, the patient should carry along with their medical conditions, medications and allergies is a list of all of their family members and loved ones that we have permission to talk with and their contact information.

Dr. Schurman: This is a military community as well as a snowbird community. We understand you don't need to have a blood connection for people to be your family. Of course the proper HIPAA paperwork needs to be signed for us to talk to anyone but if you consider them your family so will we. Legally however only a legal next of kin or POA can make medical decisions if a patient is incapable.

Q. When you first entered the thought of becoming a physician, did you envision the types of surgery and care that now are now available.

Dr. Coyle: Never, I have wanted to be a doctor since I was 3 years old. Growing up I had no idea of the amazing things that we are able to achieve now.

Dr. Schurman: I had the good fortune of training in the cross over era from open to laparoscopic cholecystectomy so we went from "hands on" to "instruments on" but the instrument do not have all the mobility of the hands. With robotic assisted surgery the instruments have multiple joints so it is like putting our hands back in the surgery. I feel like we have come full circle with the advantage of better precision.

Q. What's on the horizon (3-5 years) that will most impact the type of procedures you offer?

Dr. Coyle: A portion of the Coyle Institute for Female Pelvic Medicine and Reconstructive Surgery mission statement, is to provide the BEST patient experience EVER! Therefore, over the next 3-5 years we will continue to focus on the most cutting edge procedures with the best outcomes, while improving the patient experience.

Dr. Schurman: As the technology advances I think there will be more surgeries that can be offered as a laparoscopic surgery.

Q. Is there anything I haven't asked that you want to share?

Dr. Coyle: The benefits of Minimally Invasive Surgery are well documented. Unfortunately, there are still women that are having open surgery when they could benefit from a Minimally Invasive Single Site Surgery. I encourage all women to Know Your Options! Get second or maybe even third opinions. Take Charge of your Health care, and seek the surgeon and options that are right for you.

Dr. Schurman: Go Bucks!

About:
Michael J. Coyle DO FACOOG, FPMRS, Board Certified Urogynecologist. President and CEO of COYLE INSTITUTE FOR FEMALE PELVIC MEDICINE AND RECONSTRUCTIVE SURGERY.
www.CoyleInstitute.com

Pamela Schurman, DO is a general surgeon at Santa Rosa Medical Center

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Sports

College Baseball



Snowbirds itching to watch some major college baseball action can attend the Cox Diamond Invitational on March 4-6 at the Blue Wahoos Stadium at the Pensacola Maritime Park.

The round-robin format features Southern Miss vs. Michigan State and Troy vs. Auburn on March 4; Auburn vs. Michigan State and Troy vs. Southern Miss on March 5; and Michigan State vs. Troy and Southern Miss vs. Auburn on March 6.

Single-day tickets are \$11 and a weekend pass is \$26. There are senior, military and children under 15 discounts.

It's the second year of the tourney, which developed almost as a fluke. Teams were scheduled to play at the new minor-league stadium in Biloxi in 2015, but, because the stadium wasn't ready, the Pensacola Sports Association set up the tournament in Pensacola.

The Blue Wahoos Stadium, along the waterfront in downtown Pensacola, has been honored numerous times in minor-league publications. In 2014, fans watched the Florida Gators play Southern Miss and Alabama play Troy.



Minor-League Baseball

If minor-league baseball appeals your sports viewing list, then the Gulf Coast offers three choices in the Southern League.

In Pensacola, the Blue Wahoos are the Double-A affiliate of the Cincinnati Reds. They play in the Class AA Southern League.

Their season opens April 7 at the Mississippi Braves in Jackson and their home opener is Tuesday, April 12 against Jacksonville.

The Blue Wahoos are as popular as ever. In just four seasons, they have drawn more than 1.25 million fans. That's despite the fact that their stadium has the smallest capacity (5,038 seats) in the Southern League and are in the third-smallest market.

The Biloxi Shuckers open their second season April 7 at home against Chattanooga. They are the Double-A affiliate of the Milwaukee Brewers. They will host their major-league team at 1:10 p.m., Saturday, April 2 in Biloxi.

The Mobile BayBears are the Double-A affiliate of the Arizona Diamondbacks. They play in Hank Aaron Stadium and open the season April 7 at Tennessee, followed by their home opener April 14 against Biloxi.



Want to go?

What: Cox Diamond Invitational college baseball event
When: March 4-6
Where: Blue Wahoos Stadium at Maritime Park, downtown Pensacola

Ticket Information: bit.ly/1oyeGGR

What: Pensacola Blue Wahoos
When: Opens 2016 play April 7 at Mississippi, followed by home opener April 12
Where: Blue Wahoos Stadium at Maritime Park, downtown Pensacola

More Information: <http://www.milb.com/tickets/tickets.jsp?sid=t4124>

What: Biloxi Shuckers
When: Opens 2016 play April 7 at home vs. Chattanooga
Where: Stadium, MGM Park, Biloxi, Miss.
More Information: atmilb.com/1L7bBrL



Pensacola Ice Flyers

Snowbirds who want to watch more sports native to their home state than in sunny Florida can go to the Bay Center in Pensacola to watch the Pensacola Ice Flyers wrap up their season.

The Ice Flyers are members of the Southern Professional Hockey League. As of Feb. 15, the team was in third place.

Remaining home games:
 Saturday, March 12
 vs. Mississippi River Kings, 7:05 p.m.
 Friday, March 18
 vs. Peoria Rivermen, 7:05 p.m.
 Saturday, March 19
 vs. Peoria Rivermen, 7:05 p.m.
 Sunday, March 20
 vs. Peoria Rivermen, 4:05 p.m.
 Friday, March 25
 vs. Louisiana IceGators, 7:05 p.m.

Friday, April 1
 vs. Huntsville Havoc, 7:05 p.m.
 Saturday, April 2
 vs. Huntsville Havoc, 7:05 p.m.

More information: <https://pensacolaiceflyers.com>



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Casino Fun

3-4 Michael Bolton

8 p.m., Beau Rivage Resort & Casino, 875 Beach Blvd, Biloxi, Miss., Details: 888-566-7469 or www.beaurivage.com

3-4 Kansas

8 p.m. Hard Rock Casino 777 Beach Blvd., Biloxi, Miss. Details: (877) 877-6256 or (228) 374-7625 or www.hardrockbiloxi.com.

3-11 Chaka Khan

8 p.m., Beau Rivage Resort & Casino, 875 Beach Blvd, Biloxi, Miss., Details: 888-566-7469 or www.beaurivage.com

3-11 Little River Band

Golden Nugget Biloxi, 151 Beach Blvd, Biloxi, Miss. Details: 1-800-745-3000 or www.goldennugget.com

3-12 John Michael Montgomery

8 p.m. Island View Casino, 3300 W. Beach Blvd., Gulfport, Miss. Details: 1-877-774-VIEW (8439) or www.islandviewcasino.com.

3-18 Rodney Carrington

8 p.m. Beau Rivage Resort & Casino, 875 Beach Blvd, Biloxi, Miss., Details: 888-566-7469 or www.beaurivage.com



3-18 Aaron Lewis

8 p.m. Hard Rock Casino 777 Beach Blvd., Biloxi, Miss. Details: (877) 877-6256 or (228) 374-7625 or www.hardrockbiloxi.com.

4-1 Leon Russell

8 p.m. Golden Nugget Biloxi, 151 Beach Blvd, Biloxi, Miss. Details: 1-800-745-3000 or www.goldennugget.com



4-2 Moody Blues

8 p.m., Beau Rivage Resort & Casino, 875 Beach Blvd, Biloxi, Miss., Details: 888-566-7469 or www.beaurivage.com

4-15 Gladys Knight

8 p.m., Beau Rivage Resort & Casino, 875 Beach Blvd, Biloxi, Miss., Details: 888-566-7469 or www.beaurivage.com

4-15 Aaron Neville

Golden Nugget Biloxi, 151 Beach Blvd, Biloxi, Miss. Details: 1-800-745-3000 or www.goldennugget.com

4-23 Foreigner

8 p.m. Hard Rock Casino 777 Beach Blvd., Biloxi, Miss. (877) 877-6256, (228) 374-7625 or www.hardrockbiloxi.com.

4-22 ZZ Top

8 p.m., Beau Rivage Resort & Casino, 875 Beach Blvd, Biloxi, Miss., Details: 888-566-7469 or www.beaurivage.com



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CP20384



Prime Festival Season!

24th Annual Panama City Scott Festival & Highland Games: 9 a.m. - 4 p.m. March 5 at a new location at the expansive Frank Brown Park in Panama City Beach, Fla.

The event includes a variety of activities including the Scottish Highland Games, the modern continuation of an ancient Celtic tradition. Held long ago by the clans of Northern Scotland, they began far earlier among the Celts of Ireland during Roman times. The games include the Tossing of the Caber, Stone of Strength, Braemer Stone, Scottish Hammer, Weight for Height, Sheaf Toss and the Farmers Walk. Also featured is a British Car Show, Bagpipe Bands, Irish Step Dancers, Scottish and Irish Musical performances.

The highlight is the Welcoming Ceremony and Parade of Tartans at noon. There also will be a number of vendors featuring Scottish and Irish food and merchandise; beer tents and a tea room hosted by the Miracle Strip Jr. Women's Club. The Ceilidh runs from 4 p.m. - 9 p.m. This event is billed for adults and features Celtic jokes, music, dance and a jam session.

Other off-site events include the Scott Whiskey Tasting, 5 p.m. March 4 at Seahaven Conference Center hosted by whiskey connoisseur, Ken Waringa. This event features five "wee drams" of fine Scotch whiskeys. Tickets: \$30 per person.

The Kikin O' Tartans: 10:30 a.m. March 6 at Grace Presbyterian Church, the founders of the Panama City Scottish Festival. Full details can be found at: <https://pcscotfestival.com/festival>.

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16th Annual Gulf Coast Renaissance Faire & Pirate

Festival: 10 a.m. - 5 p.m. March 5-6 at the Pensacola Interstate Fairgrounds. Features Jousting knights, Wizards, Jesters, The Black Dragon, Jugglers, Fire Breathers, Dancers, Pirates Falconry, Swordfighters, Music, Food, Games, crafts Vendors and Merchants of all kinds and more. Details: (850)429-8462 or www.gcrf.us

64th Annual Arts and Crafts Festival:

Staged March 18-20 in the quaint Fairhope, Ala., community, the event is one of the most highly regarded spring arts festivals in the nation. Festival hours are Friday and Saturday from 10 a.m. to 6 p.m. and Sunday from 10 a.m. to 5 p.m.

Last year the event attracted more than 300,000 attendees. The festival is free to the public and a shuttle service will be available. More than 230 exhibitors will bring their best works from all over the country, including many from the Southeast, to showcase at this prestigious juried show. The event also features live entertainment and an expansive food court. For details and a festival map: <http://annualartsandcraftsfestivalfairhope.com> or 251-928-6387.



Jazz & Heritage Festival:

Staged over two weekends, April 22-23 and April 30-May 1, the event features and

all-star lineup with artists from all eras and genres. Hear the jazz sounds of Trombone Shorty and Orleans Avenue and the Preservation Hall Jazz band. There will be a tribute to jazz great Allen Touissant. Among the dozens of other acts are Aaron Neville, Steely Dan, Paul Simon, Neil Young, Stevie Wonder and many more. There are shuttles for transportation to the venue. Details: www.nojazzfest.org.

18th Annual Gulf Coast Winter Classic Horse Show:

Staged on Sundays through March 20 at the Harrison County Fairgrounds in Gulfport, Miss. This six-week event also features some of the finest equine athletes from around the country competing on different days each week. The horse show has three all-weather rings close to each other for exceptional viewing, a large beautiful grass field, and a covered arena with bleachers. Admission is free. Details: (228) 832-3691 or (843) 768-5503 or www.gulfcoastclassiccompany.com.

32nd Annual Navarre Fun Fest:

April 30. Staged 9 a.m. - 10 p.m. at Navarre Beach, this year the event adds the "Taste of Navarre" - a local chef's challenge. Featured are local entertainment, a kid's area, food court, unique vendors capped by fireworks. Details: (850) 939-3267 or www.navarrechamber.com.

23rd Annual Festival of Flowers:

Staged March 10, this year's festival, "Taking Flight to a World of Gardens," showcases life-size gardens designed by regionally acclaimed landscape architects and designers. This year, the gardens will offer creative interpretations of English, Spanish, American, Japanese, Italian and French styles. Our garden will represent France with a central pool and fountains surrounded by colorful patterned floral displays. The world-class Bellingrath Gardens and Home participates in this event and offers a package that includes a day at the festival and at the home. Details: www.bellingrath.org or Shanna Bennett 251.973.2217 ext. 163 or www.festivalofflowers.com.



40th Saturday in the Park Heritage Festival:

Staged 8 a.m. - 4 p.m. April 30 at the Heritage Museum of Northwest Florida in Fort Walton Beach. The event begins with the Heritage 5K Run/Walk at 8 a.m., then a day filled with re-enactments, traditional heritage craft demonstrations, live entertainment, craft and food vendors, car show and flower show, old-fashioned games and contests, a kid zone with crafts and much more. Details: 850-678-2615 or www.heritagemuseum.org.

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The 30A Farmers' Market, in the Rosemary Beach Community

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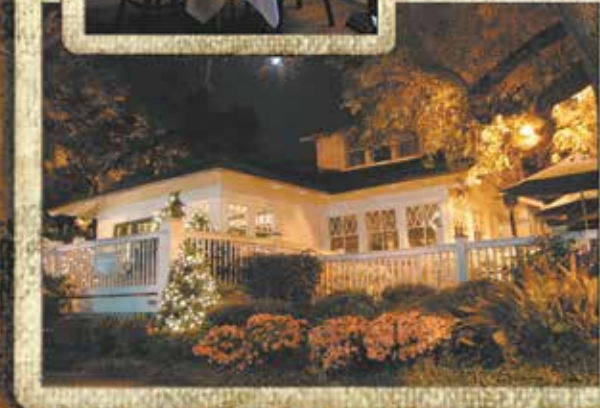
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E-NEWSLETTER



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