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January 2010



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# Welcome!

Welcome to the debut issue of Snowbirds Gulf Coast – South.

Although we are new to you, the magazine itself is not new.

I started publishing Snowbirds Gulf Coast in the northern part of Florida and south Alabama four seasons ago.

And in the interim, I've fielded numerous inquiries from Snowbirds in this region who want to have a magazine of their own! I've lived in the Pensacola area for about 25 years but the central Gulf Coast was once my home. We lived in the St. Petersburg, Fla., suburb of Seminole when I was in the eighth and ninth grades and I always knew somehow I would work my way back to the area.

So, with the debut of this magazine, it means that I get to spend time in both areas I love so much! Many people ask me how I got the idea to launch a Snowbird magazine. After all, I'm still in my 40s (for a few more months, anyway), a working mom and southern born and bred.

My first exposure to Snowbirds was over the two years I spent in Seminole where there seemed to be an endless supply of suntanned seniors at the church I attended, beaches I played on and in the shops and restaurants. For the most part, they looked happy and relaxed.

Then I spent nearly 20 years living at Pensacola Beach as a young adult, and although, the weather is about 10-15 degrees cooler, the Snowbirds there are plentiful. And once again, for the most part they were smiling and happy to be out of the snow and ice and at the beach!

My background includes many years in journalism, public relations and marketing and when one door seemed to close – the magazine I worked for folded and I was laid off – I started looking at ideas for a business. So, you see, life does have rhyme and reason.

Our debut edition includes many features we include in our northern Gulf Coast edition.

Writer Jahna Jacobson – a Wisconsin native – takes a look at ways you can volunteer and organizations that will help you find opportunities. Most people understand the value of contributing their time and expertise and research has found that volunteers feel happy and rewarded. Jacobson also researches ways you can enrich your life through continuing education in the region. I've often thought how much more fun it would be to go back to college to study topics you are only interested in that didn't require worrying about a grade!

Our cover couple, Sharie and Dick Gibbs, are living the life many Snowbirds dream about. They travel the country stopping at destinations they are interested in but then settle down for the winter in Ocala. The retired couple enjoys the area so much they've recently purchased a park model home for their winter stay.

Canadian and American Snowbirds and retirees – some estimated 35,000 – will descend on Lakeland Jan. 26-27 for the Canadian Snowbird Association's annual Snowbird Extravaganza. You'll be able to pick up copies of this magazine at the C&L Marketing booth so be sure to stop by and register for our giveaways!

A beloved syndicated columnist from nearby Clearwater, Fla., Frank Kaiser occupies the back space and he offers his wisdom on senior-dom. We also take a look at an affordable municipal golf course many of you may already play – Airco Golf Course in Clearwater. Our dining feature is on Mugs on Missouri, also in Clearwater. Be sure to stop by this winter and try their oversized wings – yummy! We hope you'll enjoy our expansive calendar. We try to include things to do that you will be interested in.

Launching this publication during a time of economic hardship wasn't an easy decision but we are happy to be here. Many people also can't believe that I'm launching another print publication when the medium seems to be in so much trouble. But, the two things I know for sure – seniors still overwhelmingly prefer to read print vs. online and visitor habits haven't changed so much. What's the first thing you do upon arrival? Pick up a print publication that offers things to do!

Enjoy our debut edition and share the word that we are out there with your favorite businesses. There truly is no other publication that reaches the Snowbird market in the way that we do! If you have information you want included in our February or March editions, be sure to drop me an email. In the meantime, stay safe and enjoy yourselves. We are glad you are here!

All the Best,

Karen Harrell

Publisher@SnowbirdsGulfCoast.com or 850-291-1266



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**BILOXI**



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**ON THE COVER** Sharie and Dick Gibbs of Newcomb, NY enjoy the RV lifestyle. The couple spend most of the winter in Ocala, Fla Page 7

**FEBRUARY** We take a look at health care options, real estate, fun things to do and more!



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# On the Road Again

**Retirement has been a wonderful road of discovery in many ways for Sharie and Dick Gibbs of Newcomb, N.Y.**

The couple spends more than half the year on the road in their fifth wheel. They embark from their family home in the Adirondack Mountains usually in August or September and set out for Florida for the winter.

But Sharie and Dick recently made a big decision by purchasing a 45 x 14 park model home at Grand Lakes Golf and RV Resort for their winter stay in Ocala. The home features one bedroom, kitchen, full bath, washer and dryer and even a dishwasher.

It doesn't mean that they will give up RVing, however.

"Our plans are to either sell the fifth wheel or park it on our land at home by the lake," Sharie said. "But we'll probably use our truck camper or even buy a smaller fifth wheel when we set out west next August. We like having options."

Sharie, 63, a retired government secretary and Dick, 64, a retired heavy equipment operator, have discovered the value of new friendships in retirement.

"The man I've known for 47 years all of sudden is a social butterfly," Sharie said. "He really likes meeting all the people. I'm seeing a new side of my husband -- a good side."

The Gibbs' enjoy the many activities sponsored on-site at their RV park and they take advantage of Ocala's central location to nearby Gainesville, home of the University of Florida for extra entertainment.

Like many RVers – who savor the lifestyle – the Gibbs spend ample time seeing the sights as they travel to their winter destination.

A stopover at Harper's Ferry, West Va., and the Smithsonian Institute's Aviation Museum led the Gibbs to an unplanned destination in late fall -- the newly reopened campground at Ft. Pickens and the Gulf Islands National Seashore east of Pensacola Beach.

The campgrounds and Ft. Pickens had been closed for five years after being heavily damaged by Hurricane Ivan in 2004 and a second blow by Hurricane Dennis in 2005.

The couple made stopovers in Tennessee and Alabama before making the unplanned stop in Pensacola.

"We met some people and were telling them about the Smithsonian Aviation and they told us if we wanted to see a beautiful air museum go to Pensacola where the Blue

Angels are out of," said Sharie. "We ended up spending a full week at Ft. Pickens and we only intended to stay a few days. We found so many beautiful things to do we kept staying a couple more days."

The couple were duly impressed by the National Naval Aviation Museum but also found themselves enjoying other amenities, including walking the white-sand beaches, dining at the oyster bar at Peg Leg Pete's on Pensacola Beach and driving the length of the national seashore to the eastern end at Navarre Beach.

Although they love the beach, it's the rolling hills and serenity of the many horse farms found in the Ocala area that convinced them to make the area their winter home.

The journey back to New York in the spring will likely include stops along the way to visit new friends and visits to recommended attractions.

The Gibbs aren't on a timetable. They are enjoying retirement as it's meant to be.





# Resources

We have put together a resource list on a variety of topics as a service to our winter visitors. This list is meant to be helpful to our readers and is not comprehensive.

## This resource list is a service to our winter visitors.

This list is not comprehensive, but is meant to be helpful to our readers. Commercial ventures who wish to advertise your business: publisher@SnowbirdsGulfCoast.com.



### AIRPORTS

#### Sarasota-Bradenton International Airport

Sarasota Bradenton International serves over one million passengers a year as a gateway to the southwest Gulf coast of Florida. Major domestic and commuter airlines provide daily scheduled service, as do seasonal international and domestic charter carriers. Located at 6000 Airport Circle, service is provided by Delta, AirTran, US Airways, Northwest, Jet Blue and Air Canada. 941-359-2770 x4260

#### St. Petersburg-Clearwater International Airport

The St. Petersburg-Clearwater International Airport provides direct service to convenient destinations throughout the United States, Canada, and the Caribbean. The Airport also provides various chartered services to exciting domestic and international destinations. Located at 14700 Terminal Blvd in Clearwater. 727-453-7800. Flights are provided by Allegiant Air, Vision Airlines, USA3000 Airlines, Locair, Sunwing Airlines, Transat Holidays, SeaCoast Airlines

#### Tampa International Airport

Over the last 35 years, Tampa International Airport has strived to become the world-class facility we know today and it has grown to become one of the preeminent airports in the world. Located at 4100 George J. Bean Parkway, 813-870-8700, Tampa International hosts the following airlines: Air Canada, Air Tran, Air Wisconsin, American, Atlantic Southeast Airlines, British Airways, Cape Air, Cayman Airways, COMAIR, Continental Airlines, Continental Connection, Continental Express, Delta Air Lines, Freedom Airlines, Frontier, Gulfstream International, Jet Blue, KLM, Midwest Airlines, Northwest Airlines, Republic Airways, Southwest Airlines, Spirit Airlines, United, US Airways, WestJet

### FRESHWATER FISHING

#### Hillsborough River State Park

15402 N US Highway 301, Thonotosassa, FL (813)-987-6771

#### Lowry Park Tampa

7525 North Boulevard, Tampa, FL 33604, 813-274-8184

#### Edward Medard Park

5726 Panther Loop, Plant City, FL, 33567-3315, 813-757-3802

#### Al Lopez Park

Tampa, 4602 North Himes Ave, Tampa, FL 33614, 813-348-1172

#### St Petersburg Park

Dr Martin Luther King Jr St, St Petersburg, FL Walsingham Reservoir, Ulmerton Rd & 122ND Ave, Boca Ciega, FL

#### Myakka River State Park

13207 State Road 72, Sarasota, FL (941) 361-6511

#### Bradenton - Manatee Recreation Area

20007 E State Road 64, Bradenton, FL - 941- 741-3028

### Saltwater Fishing

#### Rod & Reel Pier, 875 North Shore Drive

Anna Maria, FL- 941-778-1885

#### Redington Long Pier, 17490 Gulf Boulevard,

Redington Shores, FL - 727-391-9398

#### Hart's Landing Inc

920 John Ringling Boulevard, Sarasota, FL, 941-955-0011

#### City of Clearwater Marine Dept Beaches

Harbormaster: Pier 60, 25 Causeway Blvd Slip 57, Clearwater Beach, FL- 727-462-6466

Merry Pier, 801 Pass a Grille Way, St Pete Beach, FL - 727-360-1400

#### South Skyway Fishing Pier

7900 US Highway 19 S, Palmetto, FL - 941-729-0117

#### Redington Long Pier, 18298 Sunset Boulevard,

Redington Shores, FL, 727-399-2573

#### State of Florida: Skyway Fishing Pier State Park,

19th Street North, Saint Petersburg, FL- 727-865-0668

### HOSPITALS

#### Tampa Area

South Bay Hospital Acute Care 813-634-3301

Town & Country Hospital Acute Care 813-888-7060

University Community Hospital-Carrollwood Acute Care 813-932-2222

Tampa General Hospital Acute Care 813-844-7000

H. Lee Moffitt Cancer Ctr & Rsrch Inst Acute Care 813-745-4673

St. Joseph's Hospital, Inc. Acute Care 813-870-4000

South Florida Baptist Hospital Acute Care

813-757-1200

Memorial Hospital of Tampa Acute Care

813-873-6400

Brandon Regional Hospital Acute Care

813-681-5551

#### Ocala Area

West Marion Community Hospital Acute Care

352-291-3000

Munroe Regional Medical Center Acute Care

352-351-7200

Ocala Regional Medical Center Acute Care

352-401-1000

#### St Pete Area

Morton Plant Hospital Acute Care 727-462-7000

Mease Hospital/Dunedin Acute Care 727-733-1111

St. Anthony's Hospital Acute Care 727-825-1100

Palms of Pasadena Hospital Acute Care

727-381-1000

Bayfront Medical Center Acute Care 727-823-1234

St. Petersburg General Hospital Acute Care

727-384-1414

#### Northside Hospital and Heart Institute Acute Care

727-521-4411

#### Helen Ellis Memorial Hospital Acute Care

727-942-5000

Edward White Hospital Acute Care 727-323-1111

All Children's Hospital Acute Care 727-898-7451

Largo Medical Center Acute Care 727-588-5200

#### Sarasota Area

Englewood Community Hospital, Inc. Acute Care

941-475-6571

Venice Regional Medical Center Acute Care

941-485-7711

Doctors Hospital of Sarasota Acute Care

941-342-1100

#### Bradenton Area

Blake Medical Center Acute Care 941-792-6611

### LIBRARIES

#### Bradenton

##### Braden River Library

4915 53rd Avenue East, 941-727-6079

##### Manatee County Public Library

1301 Barcarrota Blvd. West, 941-748-5555

##### South Manatee County Branch

6081 26th Street W., 941-755-3892

##### Talking Book Service

6081 26th Street West, 941-742-5914

#### Ocala

##### Freedom Public Library

5870 S.W. 95th Street, 352-438-2580

##### Marion Oaks Public Library

294 Marion Oaks Lane, 352-438-2570

##### Ocala Public Library

2720 East Silver Springs Boulevard, 352-671-8551

#### Sarasota

##### Fruitville Public Library

100 Coburn Road, 941-861-2500

Gulf Gate Library, 7112 Curtiss Ave., 941-316-1213

##### North Sarasota Library

2801 Newtown Blvd., 941-861-9830

Selby Public Library, 1331 First Street, 941-861-1100

#### St Petersburg

##### James Weldon Johnson Branch Library

1059 18th Ave South, 727-893-7113

##### Mirror Lake Branch

280 5th Street N, 727-893-7268

##### North Branch Library

861 70th Ave North, 727-893-7214

##### South Branch Library

2300 Roy Hanna Dr. South, 727-893-7244

##### St. Petersburg Public Library

3745 Ninth Ave. N, 727-893-7724

#### Tampa Bay Area

##### 78th Street Community Library

7625 Palm River Road, 813-612-9123

##### Charles J. Fendig Library

3909 Neptune Street, 813-273-3680

##### College Hill Branch Library

2607 East Martin L. King Dr., 813-273-3681

##### Egypt Lake Partnership Library

3403 West Lambright Street, 813-554-5106

##### Hillsborough County Talking Books

3910 S. Manhattan Ave., 813-272-6024

##### Jan K. Platt Regional Library

3910 S. Manhattan Avenue, 813-272-6000

##### Jimmie B. Keel Regional Library

2902 W. Bearss Avenue, 813-264-3831

##### John F. Germany Public Library

900 North Ashley Drive, 813-273-3652

##### New Tampa Regional Library

10001 Cross Creek Blvd, 813-903-2284

##### North Tampa Branch Library

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**Seminole Heights Branch Library**  
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**West Gate Branch Library**  
7609 Paula Dr., 813-554-5031  
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2312 W. Union St., 813-273-3674  
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#### RECREATION CENTERS

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**Evalyn Sadlier Jones**  
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**Frank G Berlin Sr**, 1075 South Euclid Ave, 941-955-8194  
**St Petersburg Area**  
**Clearwater YMCA**  
1005 South Highland Ave, 727-461-9622  
**Bardmoor Branch**  
8787 Bryan Dairy Road, Largo, 727-394-9622  
**Hernando Branch** 1300 Mariner Boulevard, Spring Hill, 352 688-9622  
**High Point Branch**  
5345 Laurel Place, Clearwater, 727-507-9622  
**North Pinellas Branch**, 4550 Village Center Drive, Palm Harbor, 727-772-9622  
**James P. Gills Family Branch**  
8411 Photonics Drive (in Trinity), New Port Richey, 727- 375-9622  
**Greater Ridgecrest Branch**  
1801-119th Street North, Largo, 727-559-0500  
**Greater Palm Harbor Branch**  
1600 16th Street, Palm Harbor, 727-787-9622  
**Harbordale YMCA**, 2421 4th Street South, St. Petersburg, 727-821-9348  
**Jim & Heather Gills**, 3200 1st Avenue South, St. Petersburg, 727-328-9622  
**Tampa Bay Area**  
**Bob Sierra Family YMCA Family Branch**  
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**Bob Sierra Youth & Family Center**  
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3414 Culbreath Rd., 813-684-1371  
**Bob Gilbertson Central City Family YMCA**  
110 East Palm Ave., 813-229-9622  
**Dade City Family YMCA**  
38035 Meridian Ave., 352-521-0484  
**FishHawk Ranch YMCA Express**  
16144 Churchview Dr., Suite 201, 813-651-4200  
**Interbay-Glover Family YMCA**  
4411 S. Himes Ave., 813-839-0210  
**New Tampa Family YMCA**  
16221 Compton Dr., 813-866-9622  
**Downtown YMCA Fort Brooke**  
104 South Franklin St., 813-229-1305  
**Downtown YMCA 100 North**  
100 North Tampa St., 813-222-1334  
**East Pasco Family YMCA**  
37301 Chapel Hill Lp., 813-780-9622  
**Northwest Hillsborough Family YMCA**  
8950 W. Waters Ave., 813-249-8510  
**Plant City Family YMCA**  
1507 YMCA Pl., 813-757-6677  
**Tampa Metro YMCA Administrative Offices**  
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#### Senior Centers Bradenton

**Meals on Wheels Plus**,  
811 23rd. Ave. East, www.mealsonwheelsplus.org, 941-747-4655

#### Clearwater

**Golda Meir Kent Jewish Center**  
2010 Greenbriar Blvd.. 727-736-1494  
**Senior Citizens Services**  
940 Court Street, seniorcitizenservices.org, 727-442-8104

**Kent Jewish Community Center**  
2010 Greenbriar Blvd, 727-736-1494

#### Largo

**Largo Community Center**, 65 4th St NW, www.pgparcs.com/places/comm, 727-518-3131  
**Bethlehem Center**

10895 Hamlin Blvd, 727-596-9394

#### Ocala

**Harvey Fellowship Dining**  
1415 NW 5 Street, 352-622-2480

**Multi-Purpose Senior Center**  
2001 SE 32nd Avenue, 352-401-3919

**8th Avenue Senior Center**  
830 NE 8th Avenue, 352-629-8545

**Marion County Senior Center**  
1644 NE 22 Avenue, www.twinlakescommunity.org/, 352-629-8351

#### Sarasota

**Senior Friendship Center Inc.**  
1888 Brother Greenen Way, www.seniorfriendship.com, 941-955-2122

#### St. Petersburg

**Sunshine Senior Center**  
330 5th St. N., 727-893-7190

**Lakeview House**  
465 7th Ave. N., 727-898-3948

**Enoch Davis Center**, 1111 18th Ave. South, www.stpete.org/, 727-893-2237

**PARC Senior Center**, 3190 Tyrone Blvd, www.parc-fl.org, 727-345-9111

#### Tampa

**The Salvation Army**  
3101 Lake Ellen Lane, 813-962-6611  
**Life Enrichment Senior Center**  
9704 N. Boulevard, www.lifeenrichmenttampa.org, 813-932-0241  
**YMCA Camp Cristina**  
9840 Balm Riverview Rd., 813-677-8400

#### Social Security Offices

**Ocala**  
217 Se 1 Ave, Ocala, FL 34471, 352-629-1850, 800-772-1213, Tty 1-352-401-0088

**Sarasota**  
Suite 301, 2001 Siesta Dr, Sarasota, FL 34239, 800-772-1213, Tty 800-325-0778

**St Petersburg**  
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#### Visitor Centers

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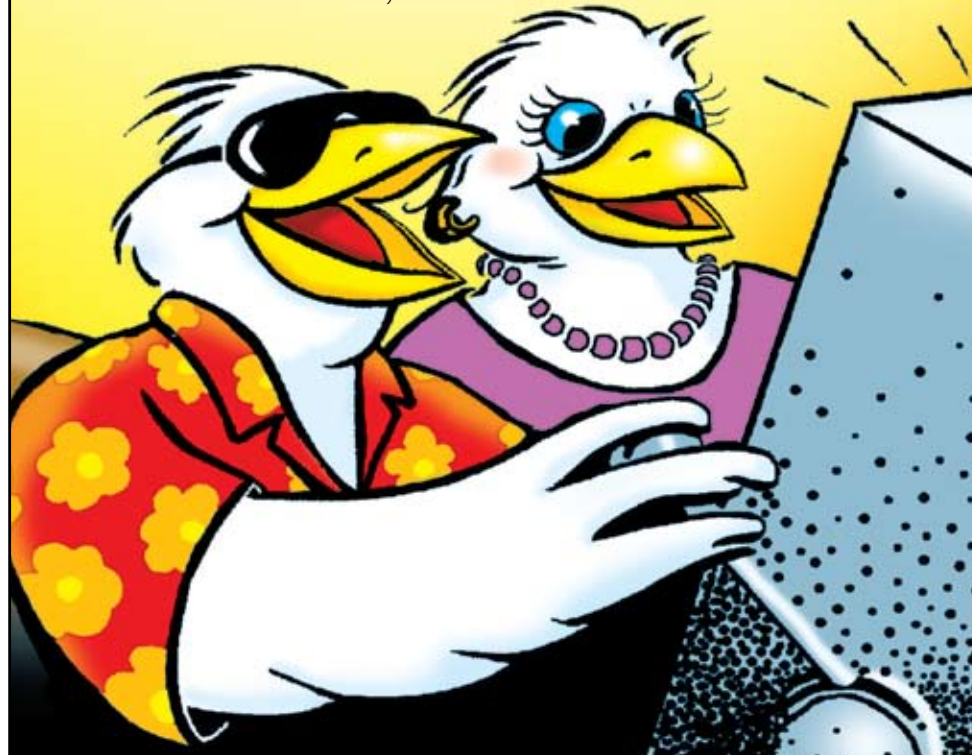
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FL01



# Snowbird Volunteers

By Jahna Jacobson



## Volunteering does more than help others, it helps those who do the helping, too.

Studies show that volunteering helps you live longer and promotes a positive outlook on life. And, a life's worth of knowledge and experience makes senior and snowbird volunteers critical to the success of many organizations.

Many South Florida senior volunteers find the perfect opportunity through local branches of RSVP, the Retired & Senior Volunteer Program, a national program funded through the Corporation for National and Community Service.

In St. Petersburg, the Pinellas County RSVP volunteers serve a wide range of organizations. Program specialist Sandra Devaughn said seniors and Snowbird volunteers are a dedicated group that has enormous impact on local organizations.

"We have a lot of people who come back year after year," Devaughn said. "They are here for six months, and some of them like to stay with what they have been doing for years, and some of them like to try something new."

Pinellas RSVP places volunteers with schools, libraries, hospitals, museums, social services, and community and public safety. Some organizations have simple applications while others have more extensive screening processes for potential volunteers, she said. Health and public safety organizations are most likely to require screenings and training.

"These organizations are dependent on their senior volunteers," Devaughn said.

"They really are dedicated to what they are doing and they have the experience. They are willing to share and give back to the community, whether it is with a senior one-on-one or a child.

"They see the need is there and they go and try to resolve by using their skills and talents," she said. "They volunteer at home and they volunteer here. They are really dedicated in what they do."

Established in 1971 and now one of the largest senior volunteer organizations in the nation, nationally RSVP engages over 400,000 people age 55 and better in a diverse range of volunteer activities. RSVP volunteers choose how, where, and how often they want to serve, with commitments ranging from a few hours to 40 hours per week.

In the Ocala area, RSVP volunteers serve in nonprofit organizations within Marion County. Many volunteers use their experience to tutor and mentor children or

adults, serve in hospitals, assist in the delivery of meals, act as museum docents, work with community patrols, help with administrative responsibilities, and use professional experiences in the role of career coach.

In Ocala, RSVP has collaborated with the Senior Institute of Central Florida Community College in offering free admission to classes from the lifelong learning catalog. RSVP volunteers will receive one fee waiver per semester for an opportunity to take college level classes, on a space available basis, without the worry of tests or grades.

Sarasota's own program, Volunteer Sarasota, offers programs for regular volunteers and annual event volunteers. Regular volunteers can choose to join specific groups and dedicate their volunteer efforts to a special area, event or activity. These volunteers are a critical part of running and maintaining area libraries, parks, beaches, community centers (including tennis clubs), and even Chuck Reiter Stadium.

Annual event volunteers can join others in dedicating their time to a special reoccurring event or activity such as beach clean ups, anniversary celebrations and more.

But Snowbirds looking for an outlet for their experience can also follow their passions and find their own volunteer opportunities.

The Sarasota Orchestra, for example, invites volunteers to "whistle while you work."

"We have a general volunteer list or things we need to have done, or they can tell us what to do," said administrative receptionist Sandra Jahnke, who helps organize volunteers. "They are not only doing good work for us, they are reaching out to the community."

Orchestra volunteers do everything from helping to organize and host events and parties to working at the Sarasota Music Festival to fundraising and helping the nationally recognized Youth Orchestra program.

Snowbird volunteers stay in touch with the organization year round so they can hit the ground running when they return for the winter months, Jahnke said.

"They are very active," she said. Several of the programs are run entirely by volunteers. "They are very autonomous, and it's great!"

"The people who are in our associations have experience, they know how to organize and get things done," Jahnke said. "And besides that, they have fun!"

## Volunteer opportunities through RSVP programs

No matter what your skill or interest, there is a volunteer opportunity that can optimize your skills for the greater good of individuals, organizations and the community. RSVP programs have an ongoing need for volunteers in the following areas:

**Hospitals** - There are numerous opportunities to serve in local hospitals. Some activities include: information desk agents, gift shop attendants, patient escorts, meal mates, assistance in inpatient and outpatient areas, clerical workers, pharmacy assistants, and more.

**Museums & Theaters** - If volunteering in museums or theaters spark your interest, the following are opportunities: museum docents, ushers, box office ticket assistants, gift shop attendants, archive and collection department servers, and more.

**City & County Government** - Pinellas County and its cities are always in need of volunteer service. Serving city/county government could mean acting as: a gardening assistant, a docent for historic locations, an animal assistant at the local shelter, a library attendant, or assisting in special city/county events.

**Local Nursing Homes** - Volunteers are needed in areas such as: music entertainment, arts & crafts, supervising game activities, and spending time with residents.



**Food Collection & Delivery** - If food is your thing, then we have opportunities for you. Volunteers are needed in sorting, bagging, and distributing food to local shut-in residents. Think of yourself as a personal delivery service of hope.

**Ocean Watchers** - Do you enjoy spending time at the beach? If so, you can be a volunteer! Volunteer wanted for: reporting daily ocean conditions via computer, working with public agencies and other volunteers, and/or sending alerts via computer. Note- you must have access to an Internet-capable computer for this opportunity.

**Mentors & Tutors** - Children are our future. Educate and inspire young people by mentoring or tutoring. Volunteers and their matched child do everything from riding bikes, to reading books together. By acting as a role model, you are impacting a child. Make a difference, become a mentor or tutor!

**Security and Safety** - "To protect and serve", is law enforcement's motto. If you would like to assist in this area, local police departments could use your help! Volunteer opportunities such as: beach patrol, illegal parking, and clerical assistance help keep our police officers focused on protecting the community.

**Photographers** - If your hobby is taking pictures, this opportunity will keep you in focus! Photographers are needed to take digital pictures of items that will be displayed for online computer auctions. The proceeds of the sold items benefit a local non-profit.

**Thrift Stores** - "Shop 'til you drop" has never been so rewarding as when you become a volunteer for a thrift store. Opportunities such as: cashiers, floor assistants, customer service representatives, and baggers are some of the ways to serve thrift stores.

Source: RSVP program at [www.poc-inc.org](http://www.poc-inc.org)

## RSVP Contacts

### RSVP at Central Florida Community College

Ocala  
Dian Booth, RSVP Manager  
3001 SW College Rd Ocala, FL 34474-4415  
<http://pathways.cf.edu/rsvp/index.htm>  
352-291-4444 352-873-5800

### Pinellas County RSVP

St. Petersburg  
(727) 327-8690 ext.22 or (727) 443-1916.  
[www.poc-inc.org](http://www.poc-inc.org)

### Volunteer Sarasota

941-861-5000  
<https://www.scgov.net/volunteers/>

### Sarasota Orchestra

Sarasota  
709 N. Tamiami Trail  
Sarasota, FL 34236  
(941) 953-4252  
[www.sarasotaorchestra.org/volunteeryourtime.cfm](http://www.sarasotaorchestra.org/volunteeryourtime.cfm)

Looking for more volunteer opportunities? Search by area at [www.volunteermatch.org](http://www.volunteermatch.org).



# Finding the local greats

One of the best ways to find a great place to eat is to ask the locals.

That's the way we found the newly renamed "Mugs Grill and Bar" in Clearwater. The restaurant is also known as Mugs on Missouri as a reference to its street location.

Formerly called Mugs and Jugs, the restaurant is in the process of rebranding from a sports bar to a great place to watch sports in a family atmosphere.

"We have great food and great service – we don't need short shorts," said owner Abraham Moussa. "So we changed the uniform and changed the name. And we are putting more customers in our seats."

What Moussa hasn't changed is the quality of his food – particularly the restaurant's signature oversized wings.

"Most restaurants buy eight to 10 (wings) per count," Moussa said. "We buy five to seven per count."

Mugs' wings are "crispy, crunchy, big and tasty," Moussa said. His sauce recipes are top secret and have been kitchen tested since he opened his first store 12 years ago. Another key to the great reputation his wings enjoy is that the vegetable oil is kept fresh and changed daily.

If you aren't in the mood for wings, Moussa suggests you try the oversized hamburger fashioned from fresh premium ground chuck or the barbeque ribs which literally "fall off the bone." Salads are made fresh to order for those looking for lighter fare. If you've saved room sample one of the signature half dozen desserts including

**What:** Mugs Grill and Bar "Mugs on Missouri"

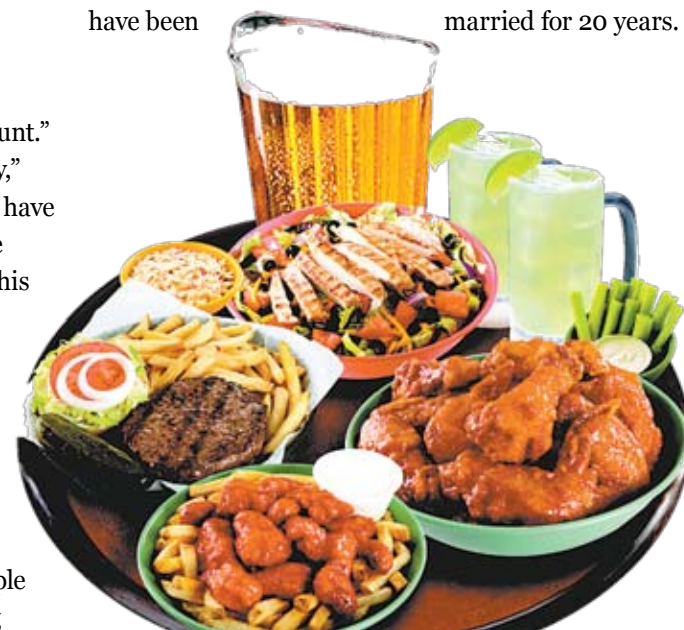
**Location:** 1250 South Missouri Ave., Clearwater, Fla

**Phone:** 727-446-0797

the Fried Cheesecake and Key Lime White Chocolate Cheese Brulee.

The restaurant offers karaoke served up by their own D.J. two nights per week. Happy hour is observed all day and Mugs gives away a basket of wings from 5 p.m. to 6 p.m. each Monday and Thursday.

Moussa has worked his way up from bus boy to restaurant owner since emigrating from Lebanon in the 1980s. He met his "biggest fan" - American wife, Denise when working in the business and the pair have been married for 20 years.







# January Events

**1/30 Gasparilla Pirate Fest.** Downtown Tampa, Fla., Downtown Tampa, along Ashley Drive. from Kennedy Blvd. to Cass Street. 10 a.m. – 10 p.m. Downtown Tampa is transformed by music, merriment, and a midway. Flush with the wealth of beads, doubloons and other treasures – the Captain of Ye Mystic Krewe of Gasparilla and his band of marauding buccaneers celebrate their successful invasion with a Pirate Fest Street Festival. Free. Sponsored by the Seminole Hard Rock Casino. Details: 813-251-8844 or gasparillapiratefest.com

## All Month 1/1-1/31

**Hockey - Tampa Bay Lightning** at St Pete Times Forum, 401 Channelside Drive, Tampa, FL. Home dates include: Jan. 2, 12, 14, 21, 23, 27, 29. Tickets are available at McDonald's box office at the St. Pete Times Forum and all Ticketmaster Outlets including FYE. Ticketmaster 800-745-3000.

**Heritage Village,** 11909 25th St. N., Largo, FL This living museum features a fascinating collection of restored homes and buildings on 21 wooded acres. The park features two museum galleries with exhibits. Spinning, weaving and other exhibitions are regularly held. Open Wed. - Sat. 10 a.m. - 4 p.m.; Sun. 1 - 4 p.m. Closed Mon., Tues. and major holidays. No admission fee. Donations are benefit Heritage Village. 727-582-2123

**Tampa Bay Automobile Museum,** 3301 Gateway Centre Blvd., Pinellas Park, FL See a unique collection of vintage automobiles including pioneering front wheel drive and rear engine cars from the 1920s and '30s. The collection contains many of the significant "firsts" in automotive engineering. Hours are Mon. Wed. Sat. 10 a.m. to 4 p.m. Sun. noon - 4 p.m. Closed Tues. \$8 adults, \$6 seniors, \$5 students and free under six. Group rates are available. Details: 727-579-8226

**Ybor City Museum State Park,** 1818 Ninth Ave. Tampa, FL. Tampa's rich immigrant history is preserved in this unique museum, which includes a recreation of the homes and workplace of the Spanish, Cuban and Italian communities. Details: 813-247-6323 or floridastateparks.org/Yborcity/Events.cfm

**Bradenton Courthouse Square Concerts,** Manatee Avenue West, between 10th and 12th Streets, Bradenton, FL. Details: 941-704-4366. Free outdoor concerts every Friday from 11 a.m. - 1 p.m.. October through May. Bring your lunch or order local take-out. Performers change every week.

**Get Down Downtown –** Bradenton. 5 p.m. -10 p.m. every third Thursday on Old Main Street (except for July and August). Vendors selling foods and drinks, arts and crafts and more. Live music from a different local band every month. Details: 941-524-2347.

**Free Art Demo.** Stained Glass Artist Susan Oberender. Free art demos every Saturday morning in season. 5368 Gulf Dr., Holmes Beach, FL. Details: 941-778-6648 or www.islandgallerywest.com

## 1/1

**Whole Foods.** 1451 First Street, Sarasota, Florida. Walkers enjoy a tour of beautiful bay front neighborhoods, renowned cultural facilities, and eclectic shops. Open 8 a.m. to 9 p.m., Mon-Sat; 9 a.m. to 9 p.m., Sun.

## 1/1 – 10

**"Art of the Chopper"** Appleton Museum of Art, 4333 E Silver Springs Blvd. Ocala, FL as the first collection of custom motorcycles built as contemporary art, Art of the Chopper exhibition showcases 30 ostentatious yet beautiful bikes designed and constructed by such well known builders as Indian Larry, Jerry Graves, Rick Fairless and Mike Brown. Details: 352-291-4455 or www.appletonmuseum.org/exhibi

**Quilt Exhibits.** Florida International Museum at St. Petersburg College, 244 Second Ave. N., St. Petersburg, FL. View dozens of quilts from the Rocky Mountain Quilt Museum, which chronicles the history of the art quilt movement from 1980 to the present.

## 1/5-6

**Glen Campbell.** Lakeland Center, 701 West Lime St., Lakeland, FL. Celebrate a career that spans forty years with living legend and renowned guitarist Glen Campbell! He became a crossover sensation with the release of his songs "By The Time I Get To Phoenix," "I Wanna Live," "The Dream Of The Everyday Housewife," and "Gentle On My Mind," "Wichita Lineman" and "Galveston." Campbell's #1 singles "Rhinestone Cowboy" and "Southern Nights". Details: 863-834-8111 www.thelakelandcenter.com

## 1/5-9

**Steve Solomon: "My Mother's Italian, My Father's Jewish, and I'm in Therapy"** Ruth Eckerd Hall, 1111 McMullen Booth

Road, Clearwater, FL. An evening with Steve Solomon is like being with dozens of hilarious friends and eccentric members of your family. Details: 727-791-7400 or www.rutheckerdhall.com

## 1/6

**Tony Bennett.** Ruth Eckerd Hall, 1111 McMullen Booth Road, Clearwater, FL. Tony Bennett's natural singing style touches the hearts and souls of multiple generations. With fifteen Grammys® and albums charting in each of the last six decades, this icon's two dozen Top 40 hits include "I Wanna Be Around", "The Good Life", "Who Can I Turn To" and, of course, "I Left My Heart in San Francisco." Details: 727-791-7400 or www.rutheckerdhall.com

**Canadian/ American Snowbirds Dance,** 5 p.m. to 9:30 p.m. at Bay Indies Community Hall, Bay Indies Blvd Venice, FL. Potluck supper. Followed by dancing to "Sound Investment". The main meat course will be supplied. Bring a side dish to be shared enough for 8 people. One couple to bring a dessert for their table. Dancing and door prizes from 7 p.m.- 9:30 p.m.. Come and enjoy the fellowship. Price: \$7 per person. Details: 941-484-8079

## 1/8

**Bunco Babes Ocala Tournament.** Hilton Ocala, Ocala, FL. The Bunco Babes Ocala are hosting their second annual fundraising Bunco Tournament from 6 p.m. to 11 p.m., Jan. 8. Come for a girls' night out playing Bunco. Proceeds benefit "Making Strides Against Breast Cancer" through the Marion ACS. Special Hilton Room packages for this event. Cost: \$30. Details: 812-361-7983 or buncobabesocala.com/

**Anthony Bourdain.** Lakeland Center, 701 West Lime St., Lakeland, FL, Anthony Bourdain, the internationally acclaimed chef, author, and host of Travel Channel's "No Reservations," has traveled to the



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farthest reaches of the globe – and now Tony's coming to Lakeland. He has been dubbed "the bad boy of cuisine" for his rock star looks and blunt observations about the world of restaurants, chefs and cooking. In this rare, uncensored, live appearance, Tony will share the fascinating, hysterical, and sometimes shocking stories behind his life, books, travels, and his hit show. And he'll even take questions from the audience. Details: 863-834-8111 [www.thelakelandcenter.com](http://www.thelakelandcenter.com)

## 1/8 – 1/10

**Pete 'N' Keely, Weekend Broadway Series.** Largo Cultural Center, 105 Central Park Drive, Largo, FL., Show times are 8 p.m. Jan. 8 & 9 and 2 p.m. Jan. 10. A show that features a "Steve and Eydie" type couple in this highly acclaimed musical comedy. Hits include: "Fever", "Black Coffee", "Lover", "Love", and "It's Us Again". Tickets are \$30 VIP, \$27 Advance, \$30 Day of show, \$25 Senior (60+) 727-587-6793 or [www.largo.com](http://www.largo.com)

## 1/9

**Master Works 3 on Tour.** Van Wezel – Sarasota. Van Wezel Performing Arts. 777 N Tamiami Trail, Sarasota, FL 8 p.m. on Friday, 8 p.m. on Saturday, and 2:30 p.m. on Sunday. A musical expedition beginning with George Gershwin's Cuban Overture. Daniel Jordan, concertmaster, takes the stage for a solo performance of Max Bruch's Scottish Fantasy. You'll also travel to Dvorák's homeland of Bohemia with four of his Slavonic Dances. Enjoy a guided tour of Rome, courtesy of Respighi's magnificent masterpiece Pines of Rome. Visual images enhance the celebration. Details: 941-953-3368 or [www.SarasotaOrchestra.org](http://www.SarasotaOrchestra.org)

**The Fab Four.** Lakeland Center, 701 West Lime St., Lakeland, FL. The Fab Four is elevated far above every other Beatles Tribute due to their precise attention to detail. With uncanny, note-for-note live renditions of "Can't Buy Me Love," "Yesterday,"

"A Day In The Life," "Penny Lane," "Here Comes the Sun," and "Hey Jude." Details: 863-834-8111 [www.thelakelandcenter.com](http://www.thelakelandcenter.com)

## 1/10

**Bob Newhart,** Ruth Eckerd Hall, 1111 McMullen Booth Road, Clearwater, FL. Who would have guessed that a Chicago accountant could morph into a successful entertainer with award-winning television shows, multi-platinum albums, fourteen feature films, a book, and sold-out stand-up shows across the country and abroad? Bob Newhart has done all of that, and is the subject of a PBS American Masters documentary. Stand-up remains his first love. Share the laughs with this "American Master." Details: 727-791-7400 or [www.rutheckerdhall.com](http://www.rutheckerdhall.com)

## 1/13-14

**Lily Tomlin.** Lakeland Center, 701 West Lime St., Lakeland, FL. Enjoy An Evening of Classic Lily Tomlin as the six-time Emmy award winner presents a nostalgic and side-splitting show with more than a dozen of her famous characters. Laugh out loud with precocious 6-year-old Edith Ann, the irascible telephone operator Ernestine, and Lily's most profound character, Trudy, the schizophrenic street lady who starred in The Search for Signs of Intelligent Life in the Universe. Details: 863-834-8111 [www.thelakelandcenter.com](http://www.thelakelandcenter.com)



## 1/15

**The Vogues at Largo Cultural Center.** 105 Central Park Drive, Largo, Fla., Show time is 2 p.m. The Vogues are members of The Vocal Group Hall of Fame. Their unique vocal blend made them a regular on the Billboard charts in the 60's. Hits include: "You're the One, Five O'Clock

World, Magic Town, Turn, Turn Turn and more! Tickets are \$30 VIP, \$27 Advance or \$25 Seniors (60+) 727-587-6793 or [www.largo.com](http://www.largo.com)

## 1/16

**Downtown Historic Trolley Tours.** All Tours leave from the Crocker Memorial Church, located at 1260 12th Street, between N. Trail and Coconut Ave. Sue Blue, narrator will take you on a Two-Hour tour of Historic Downtown Sarasota. Tours cost \$25 per person and leave at 10 a.m. Details: Sue Blue: 941-365-5204

**The Ultimate Doo-Wap Show.** Van Wezel Performing Arts Hall, 777 N. Tamiami Trail, Sarasota, FL, Details: 941-955-3368.

## 1/17

**The Temptations and the Stylistics.** Van Wezel Performing Arts Hall, 777 N. Tamiami Trail, Sarasota, FL, Details: 941-955-3368.

**"Swingin' The Benny Goodman Songbook".** Largo Cultural Center, 105 Central Park Drive, Largo, Fla. Show time is 2 p.m. This Quintet including famed vocalist Terry Blaine will feature Benny Goodman's classic jazz music that transformed the Swing Era. Tickets are \$35 VIP, \$30 Advance, \$35 Day of Show or \$27 Senior (60+). Details: Office 727-587-6793 or [www.largo.com](http://www.largo.com).

## 1/18



**Glenn Miller Orchestra.** Ruth Eckerd Hall, 1111 McMullen Booth Road, Clearwater, FL. Need a reminder of why the Glenn Miller Orchestra broke attendance records? "Tuxedo Junction," "In the Mood,"

"Pennsylvania 6-5000," "Moonlight Serenade," "Chattanooga Choo Choo" and "String of Pearls" are just a few reasons. Bandleader Larry O'Brien skillfully re-creates the swing feeling and Glenn Miller spirit. Details: 727-791-7400 or [www.rutheckerdhall.com](http://www.rutheckerdhall.com)

## 1/19

**The Glenn Miller Orchestra.** Van Wezel Performing Arts Hall, 777 N. Tamiami Trail, Sarasota, FL, Details: 941-955-3368.

## 1/20

**Chita Rivera: My Broadway.** Van Wezel Performing Arts Hall, 777 N. Tamiami Trail, Sarasota, FL, Details: 941-955-3368.

**Motown 60s Review.** Art Center Sarasota, 707 N. Tamiami Trail, Sarasota, FL, 8 p.m./2 p.m. Wed., Fri. and Sat. and Sun. matinee. Details: 941-366-1505 or [www.wbtroupe.org](http://www.wbtroupe.org)

## 1/28

**Vince Gill.** Ruth Eckerd Hall, 1111 McMullen Booth Road, Clearwater, FL. With 18 CMA Awards, Vince Gill is second only to Brooks and Dunn for having earned the most CMA Awards in history. His 19 Grammy® Awards outnumber all other male country artists. This guitarist, singer, songwriter and humanitarian's numerous hits include "Don't Let Our Love Start Slippin' Away", "One More Last Chance", "What The Cowgirls Do" and "Pretty Little Adriana". Details: 727-791-7400 or [www.rutheckerdhall.com](http://www.rutheckerdhall.com)

## 1/29

**Paul Anka.** Ruth Eckerd Hall, 1111 McMullen Booth Road, Clearwater, FL. One-time teen idol Paul Anka, credited with 900 songs and 125 albums bring his rich, warm voice and songwriting ability to Ruth Eckerd Hall with hits like The Longest Day, Tonight Show Theme, Diana, Lonely Boy, You're Having My Baby, She's a Lady, Put Your Head On My Shoulder and My Way. Details: 727-791-7400 or [www.rutheckerdhall.com](http://www.rutheckerdhall.com)

## 1/27

**"Sweet Dreams": A Patsy Cline Tribute.** 2 p.m. and 7 p.m. at the Largo Cultural Center, 105 Central Park Drive, Largo, Fla. CJ Harding recreates the sentimental sound, style, personality of the legendary Patsy Cline. Hits include: "Crazy", "Walkin' After Midnight", "I Fall To Pieces" and "A Closer Walk With Thee". Tickets: \$28 VIP, \$25 Advance, 727-587-6793 or [www.largo.com](http://www.largo.com)

## 1/29-31

**Sarasota Native American Indian Festival.** Sarasota Fairgrounds, 3000 Ringling Blvd from 9-5 Fri., 10-6 Sat. and 10-5 on Sunday. Find hand made, authentic, fine arts and crafts, paintings, pottery, jewelry, sculpture, bead work, leather work, and traditional Seminole and Navajo food. Features East meets West, a reenactment of the Native American way-of-life with traditional drumming, singing and dance. Enjoy storytelling and flute music performances. Tickets \$6 adult, \$3 ages 6-12, 5 and under are free. Details 941-924-2784 or [www.myspace.com/sarasotaindianfestival](http://www.myspace.com/sarasotaindianfestival)

## 1/30-31

**7th Annual St. Armands Winter Art Festival.** 10 a.m.- 5:30 p.m. St. Armands Circle Association presents over 175 artists and craftsman display their original artwork. Pottery, Oils, watercolors, ceramics, jewelry, and sculpture. This show was ranked in the top 50 out of 10,000 shows held each year in this country!

## 1/31

**History Day In The Park II.** Phillippi Estate Park, 5500 S Tamiami Trail, Sarasota, FL, 10 a.m. - 4 p.m. Admission is \$5 per carload. Antiques, Arts, Crafts, Spinning and Weaving Demonstrations, Flea Market, Books, Quilts, Live Music, Antique Car and Tractor Show, Face Painting, Puppet Shows, Historic Demonstrations, Foods, History Tours of Phillippi Park, Children's Activities, fun for all ages.



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# Take a class

By Jahna Jacobson

Think adult education is all about sitting in a chair, listening to dry, boring lectures?

Of course not. Leave that for the kids. Adults have options.

Community colleges and universities offer a staggering variety of courses in their adult education rosters, from the Girlz Garage motorcycle course at State College of Florida, Manatee-Sarasota, to learning the fine art of eBay at Central Florida Community College in Ocala.

The Central Florida Community College, offers leisure learning courses through the CFCC Senior Institute, where seniors can take courses in everything from learning about eBay and digital photography to traditional portraiture, Spanish and history courses.

Courses are based on the feedback the program gets from students, and therefore the offerings are regularly adjusted to fit students needs, said coordinator Betty Green.

“One of our more popular classes are Zen spirituality and enlightenment, and we had added yoga and managing stress,” she said. “We have also added tai chi, which is popular and will be available this spring.”

Arts courses are also popular, whether it is drawing from live models or “Come Play With Me,” in which students produce and act a one-act play.

Students have also shown an increased interest in history, and the program now offers classes in African Americans in American History, The JFK Years, and Beat to Beatnik: A Look at the Beat Generation.

Membership is available for \$100 for the calendar year and includes unlimited access to all courses offered through the program for an additional fee of \$5 per course. A few courses require buying books or supplies. As an added bonus, all members are considered CFCC students and are accorded various student discounts and privileges - including access to Appleton Museum of Art activities, trips and tours at a student rate.

In Sarasota and Manatee, The State College of Florida offers Ageless Ed-Ventures, personal enrichment courses geared toward older learners. Senior students can choose from a variety of languages, including Japanese, Italian, Russian or Sign Language, or try their hand at Tai Chi, travel writing, or even becoming a private investigator among dozens of other course offerings.

Courses are offered at campus locations in Bradenton, Lakewood Ranch and Venice.

More than just an opportunity to learn a new skill or expand your intellectual horizons, continuing education is a way to meet new people and to keep the mind



sharp for every endeavor.

Eckerd College in St. Petersburg, is home to one of Florida’s five Osher Lifelong Learning Institutes. The Bernard Osher Foundation of San Francisco selected over 70 innovative colleges and universities from across the U.S. to be part of this unique program. Each program has the common thread of providing intellectually stimulating, non-credit learning opportunities for adults age 50 and better.

OLLI at Eckerd College includes classes, trips, interest groups and programs are an experience in active thought. Courses ranges from culinary classes and current events to film courses, science, and spirituality.

Lifelong-learning courses can also offer the unique opportunity to explore the area and its history.

Courses in the Lifelong Learning program at St. Petersburg College offer students the chance to have a guided tour through the streets, sites and the history of one of the nation’s oldest cities.

The program also offers several other history courses, including Native American culture and The History of Scotland, Shortbread and Golf.

Those who wish to pursue the arts can sign up for creative writing courses such as memoir writing or crime fiction writing; music course ranging from chorus to steel drums; or get extensive training in photography techniques for portraiture and travel, digital photography, and Photoshop work.

Courses are held at various campus and off-campus locations, which means there is something convenient no matter where you are in the St. Pete area.

So, whether you want to get your hands dirty or clear your mind with meditation, there are offerings available at some of Florida’s best schools. Try something new, expand your knowledge and expertise, or just meet new people and have fun – that’s the advantage of adult education.

## For more information:

### Central Florida Community College

Ocala  
CFCC Senior Institute  
Ewers Century Center, Building 40,  
Room 105  
3001 SW College Road  
352-291-4444  
Betty Green, Coordinator, Senior  
Institute/Life Services  
greenb@cf.edu  
[http://pathways.cf.edu/senior\\_institute.htm](http://pathways.cf.edu/senior_institute.htm)

### State College of Florida

Manatee-Sarasota  
Bradenton - (941) 752-5203  
Lakewood Ranch - (941) 363-7199  
Venice (941) 408-1412  
<http://www.mccfl.edu/CorporateCommunityDevelopment/>

### Osher Lifelong Learning Institute Eckerd College

St. Petersburg  
4200 54th Avenue South  
St. Petersburg, Florida 33711  
Toll-free: (800) 456-9009  
<http://www.eckerd.edu/olli/>

### St. Petersburg College

Lifelong Learning  
Various locations  
Phone: 727-341-3000  
<http://www.spcollege.edu/ac/lifelong/>



## Want to learn more?

- Gardening is a year round pursuit on the Gulf Coast. Check with local gardening clubs and extension services for upcoming classes.
- The Gulf Coast celebrates and supports the arts for all ages. Many communities have local arts organizations that offer workshops, lectures and outings.
- State parks offer workshops and events focused on the Gulf Coast’s diverse environments and the extensive local history. Check with your local state or national park for tours of forts, historic sites, and nature outings.



# Canadian Snowbird Extravaganza



We'll let you in on a little secret – Americans enjoy the annual Canadian Snowbird Association's Snowbird Extravaganza as much as their neighbors to the north.



Each year an estimated 35,000 Snowbirds attend the two-day event Jan. 26-27 at the Lakeland Center in Lakeland, Fla.

About 60 percent of the attendees are Canadian and the rest are American and European Snowbirds.

Sponsored by Medipac and the CSA, Snowbirds are drawn to the variety of vendors who display their services and wares, entertainment and helpful information to help them enjoy their stay.

An event highlight is autograph sessions with Dave Hunter, author of "Along Interstate 75" ([www.i75online.com](http://www.i75online.com)). Headliner entertainment includes Grammy award winner Walter Ostanek; former Ringling Bros. and Barnum & Bailey Circus performer, Sean Emery; Tom Leadbetter, a tenor from Nova Scotia; The Harmonicats and jazz legend Peter Appleyard.

Event vendors include representatives from health care organizations, winter destinations, recreation, travel, dining and retirement communities. A free internet café is a popular time out spot and there is ample space to sit and rest. Door prizes and giveaways are plentiful and are a big draw for the event.

Canadian winter travelers number upwards to a million according to some accounts but the CSA puts that number much lower for Snowbirds.

"We estimate that long term seasonal travelers (from Canada) are about



## If you go

**What:** Canadian Snowbird Association (CSA) Snowbird Extravaganza

**Dates:** January 26 and 27, 2010

**Where:** Lakeland Center

**Address:** 701 West Lime St., Lakeland, FL.

**Details:** 863-834-8100

200,000," said CSA spokesperson Michael McKenzie. "About 74 percent travel to Florida."

Florida's recent correction in real estate prices have made the state once again attractive to Canadians. McKenzie also said his countrymen weren't affected as harshly in the recent economic meltdown as Americans and they have more discretionary money to spend.

The Extravaganza was started nearly a decade ago and the CSA was formed in 1992 specifically to assist traveling Snowbirds.

Many spend the whole winter – up to six months – the maximum allowed by the Canadian government for those who wish to still be covered under the country's health plan.

Along with health care, the CSA offers a popular currency exchange program that will automatically transfer money from a Canadian account into an American account. The organization also keeps members up to date on political topics by province and serves as an advocacy group for issues such as American property taxes, insurance and more.



## Snowbird Events

Is your club or group sponsoring an upcoming Snowbird event? If so, please email information no later than Jan. 14 for inclusion in our February edition. Please include name of event, date, time, location and address and contact information. We look forward to hearing from you! Email to: [publisher@snowbirdsgulfoast.com](mailto:publisher@snowbirdsgulfoast.com). Questions? Call 850-291-1266.

**1<sup>st</sup> Mondays of the Month**, Canada Club of Colony Cove, 4313 Kings Dr., Ellenton, Fl. held 1<sup>st</sup> Monday of each month, 9 a.m. in Ellenton Hall through March. Annual events include Just for Fun Shuffleboard contest and more. Details: Dale Healey, 941-776-0100.

**1<sup>st</sup> Thursday of the Month**, Canadian Club of Ocala, monthly luncheons held first Thursdays of each month through April. Held at China Lee Restaurant, 3743 E. Silver Springs Blvd., Ocala. Details: Jack Wells 352-746-1571.

**1/6 Canadian/ American Snowbirds Dance**, 5 p.m. to 9:30 p.m. at Bay Indies Community Hall, Bay Indies Blvd Venice, FL. Potluck supper. Followed by dancing to "Sound Investment". The main meat course will be supplied.. Bring a side dish to be shared enough for 8 people. One couple to bring a dessert for their table. Dancing and door prizes from 7 p.m.- 9.30 p.m.. Come and enjoy the fellowship. Price: \$7 per person. Details: 941-484-8079

**1/6-7 12th Annual Siesta Key Beach Snowbirds Fine Arts & Fine Crafts Show** Wed. 10-5/Thurs. 10 a.m.-4.p.m. Outdoor event (on grass) at Siesta Beach ball field Beach Road, Siesta Key (Sarasota). Details: [www.communityaffair.com](http://www.communityaffair.com).

**1/15 28<sup>th</sup> Annual Canadian Florida Shuffleboard Tournament** at Silver Lake Mobile Resort, 4000 24<sup>th</sup> St. North, St. Petersburg, FL. Entry is \$5 per player. Details: Betty Granter 727-343-3979 or [davidtgranter@verizon.net](mailto:davidtgranter@verizon.net)

**2/15 Nova Scotia Annual Picnic**, 10:30 at Lake Seminole Park 10015 Park Blvd., St. Petersburg, FL. Shelter No. 13. Bring your own chair and lunch. Details: Nancy and Jud Richards 727-726-2564.

**2/15 New Brunswick Annual Picnic**, 10:30 a.m. – 3 p.m. at Fort DeSoto Park, Shelter No. 6, 3500 Pinellas Bayway South, Tierra Verde, FL. Bring picnic lunch and lawn chairs. Details: Ron and Judy Steeves 727-475-8347.

**2/20 Bolton/Brampton Snowbirds Annual Luncheon**, Stacey's Restaurant, 1451 N. Missouri Ave., Largo, FL. Details: Mary and Howard McKeowan 727-712-0304.

**3/11 Newfoundland & Labrador Society of Florida Annual Picnic**, Noon at Fort DeSoto Park, East Beach, Shelter No. 14, St. Petersburg, FL. Details: Gerry Matthews 727-217-9819

**3/13 Ballantrae Golf and Country Club Annual Picnic**, 11 a.m. to dusk at Fort DeSoto State Park, Shelter No. 5. Cost: \$5 per couple. Details: Julia Bryan 727-584-1601 or Barb Breckles 727-797-5924.

**3/14 Prince Edward Island Day**, 10:30 a.m. to 4 p.m. at Fort Desoto Park, Shelter No. 14, St. Petersburg. Music, prizes and largest picnic of the season. Details: Alex Campbell 727-530-9499.



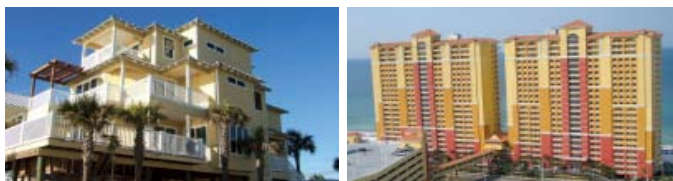


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## Pet Resources

### BRADENTON

**Happy Trails Canine Park** is located on 51st

**St. West at G.T. Bray Park** about half way between Manatee Avenue and Cortez Rd.

**De Soto National Memorial** is located at the northern terminus of 75th Street North West in Bradenton, Florida

### OCALA

**Millennium Dog Park** Located at 2573 SE 32nd Ave, Ocala, FL

### SARASOTA

**Red Bug Slough Preserve** Located at 5200 Beneva Road in Sarasota. This 72-acre wildlife refuge is dog friendly, but dogs MUST BE leashed.

**Sarasota Paw Park** Located at 4570 17th Street, east of Beneva Road, west of Honore Avenue.

**Lakeview Park** Located at 7150 Lago Street.

**Bird Key Park** Located on the John Ringling Causeway, on the way to St. Armands Circle, just east of the bridge. The kind reader who informed us about this dog-friendly beach says it's Sarasota's only beach allowing dogs and cats!

**Oscar Scherer State Park** Located at 1843 South Tamiami Trail in Osprey, just south of Blackburn Point Road.

**Sun Circle Park** Located in the city's Indian Beach Sapphire Shores neighborhood

**Woodmere Park** Located on Jacaranda Boulevard, 2 blocks north of U. S. 41

**Ken Thompson Park** Located at 1700 Ken Thompson Parkway, on City Island by Mote Marine Laboratory.

**Bay Front Park** Located at U. S. 41 & Ringling in the Marina Jack area

**Gillespie Park** Located at 710 N. Osprey, Downtown at Gillespie and N. Osprey

**Arlington Park** Located at 2650 Waldemere Street pets are allowed on trail area only and must be on leashes.

### TAMPA BAY AREA - OFFICIAL DOG PARKS WITH BEACHES

**Ft. DeSoto Dog Park**, 3500 Pinellas Bayway S., Tierra Verde FL 33715  
**Davis Island Dog**, 1002 Severn Rd., (near Peter O. Knight Airport), Tampa FL

### PARKS WITH WATER ACCESS

**Bicentennial Park**, Tom Stuart Causeway, Madeira Beach, Florida  
**Abercrombie Park**, 3800 Park St. N., St. Petersburg, Florida  
**Honeymoon Island Pet Beach**, 1 Causeway Dr., Dunedin, Florida

### OFFICIAL DOG PARKS WITHOUT BEACHES

**Walter Fuller Park**, 7901 30th Ave. N., St. Petersburg, Florida  
**Chase Dog Park**, Bounded by 28 and 27 Ave. S. and 53rd and 54th St. S., Gulfport FL  
**Boca Ciega Millenium Park**, 12410 74th Ave. N., Seminole FL  
**North Shore Dog Park** often called "Vinoy Dog Park", 901 North Shore Dr. N.E., St. Petersburg, Florida  
**Freedom Lake Park** 9990 46th St. N., Pinellas Park, Florida  
**Walsingham Park** 12615 102nd Ave. N., Largo, Florida  
**Sand Key Park and Paw Playground** 1060 Gulf Blvd., Clearwater, Florida 3767  
**Crest Lake Park**, 201 Glenwood Ave., Clearwater, Florida 33755  
**Happy Tails Dog Park** 3051 Garrison Rd., in the Louis A. Vanech Recreational Complex, Dunedin, Florida  
**Lake Vista Park** 1401 62nd Ave. S., St. Petersburg, Florida

### GOOD PARKS FOR DOG-WALKING AND PEOPLE-WALKING

**War Veterans' Memorial Park at Bay Pines** 9600 Bay Pines Blvd. N., St. Petersburg, Florida  
**Abercrombie Park**, 3800 Park St. N., St. Petersburg, Florida  
**Walter Fuller Park** 7901 30th Ave. N., St. Petersburg, Florida  
**Crescent Lake Park** 1320 5th St. N., St. Petersburg, Florida  
**Pinellas Trail and Seminole City Hall Park** 7464 Ridge Rd., Seminole, Florida  
**Lake Seminole Park** 10015 Park Blvd. N., Seminole, Florida  
**Taylor Reservoir Park and Pinellas Trail**, 1100 8th Ave. SW, Largo, Florida  
**Walsingham Park** 12615 102nd Ave. N., Largo, Florida

### Pet Savvy



# The Scoop on the Poop

By Michelle Harrell

If there ever was a pet peeve, I'd have to say that mine is "the non-poop scooper".

We've all seen them and perhaps been guilty of the same from time to time. However, there is no real excuse. We all know that taking the dog for a walk will most likely result in the need for a plastic baggie or two.

I think most will also agree that there's nothing worse than that dreaded moment when discovering that we've just stepped in the wrong direction. However, cleaning off a shoe is the least of the problems with this. The first thing that comes to my mind is the potential health hazard. Feces of any kind will always attract flies, which in turn spread disease. This alone is the best, most polite way to encourage the non-poop scooper to get on board.

Another way to gently handle this situation is to carry extra baggies and offer them by saying, "I have extras, please take one of mine". While this might result in an awkward moment, most will oblige. I've found the cheapest baggies to be at the local Dollar store. Or, if the economy has hit your home really hard, Walmart gives my favorite doggie baggies out for free.

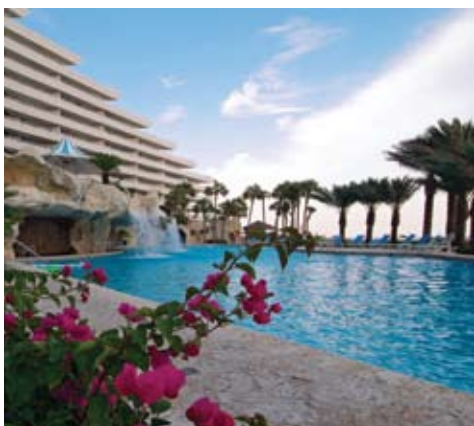
While living in Key West, Fla., I once saw a yard with a very cleverly worded, decorative sign about picking up after your pooch. This made for some very interesting yard art. But, it's also a great, non-aggressive way to politely ask your neighbors to avoid your lawn if they're not willing to clean up afterward.

And, while it might not be the most popular subject, it certainly needs to be addressed, in the cleanest manner possible. Perhaps we can even adopt a catchy phrase much like the seatbelt law, "click it or ticket". Any suggestions?

*Until next time....Happy Trails and Tails*

Michelle Harrell, otherwise known as "PoodleMama" travels and performs at specials events, festivals and fairs throughout the country with her four beloved poodles - Cupid, Blondie, Emilio and Pirouette. She also performs as a Living Statue. Check out her website at [www.statueviva.com](http://www.statueviva.com).

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# Airco Golf

When playing Airco Golf Course, Gabriel Cooke, a Snowbird from Toronto, is oblivious to the airplanes taking off at nearby St. Petersburg-Clearwater International Airport.

“What noise?” Cooke says, with a chuckle. “The only thing I hear are the birdies.”

And Cooke is talking about the birdies he makes on the 18-hole golf course in Clearwater, one of the few championship public courses in Pinellas County, just west of Tampa.

Cooke and his wife like to get out on the course at 7 a.m., play a round, then spend the rest of the day doing other things.

“It’s well-kept and it’s well-run,” he said of Airco. “The course is not too punitive and the price is right.”

That’s what Larry Thomas, Director of Golf Operations, is trying to do.

He joined the golf club 10 years ago, about the same time that the county took it over.

The golf course receives no tax revenue from the county so all profits are turned back into improving the course.

“We’re trying to do some creative things,” Thomas said. “It’s all about a good golf experience. We want people to say we’re affordable and we’re really nice people.”

The course opened in 1961 and was designed by Chick Adams. The course record is 61, set by PGA Tour player Greg Craft.

Thomas says the highest fee the course charges is \$46 with a cart. In the off-season, prices run around \$25.

An annual pass is about 25 percent off for greens fees. A Canadian league plays each



Gabriel Cooke



Larry Thomas



## If you go

Airco Golf Course, 12690 Stoneybrook Dr.  
Clearwater, FL 727-573-4653 or [www.aircogolfcourse.com](http://www.aircogolfcourse.com)

Monday and Friday.

The course includes chipping and putting greens, pro shop, a warm-up station with net that was built after the driving range was lost when the airport runway was extended.

Airco’s website, [www.aircogolfcourse.com](http://www.aircogolfcourse.com) will soon have online tee times.

“The thing to do is surround yourself with good people,” he said. “My staff are people persons.”

They are working on an Audubon certification.

A private restaurant, Stonybrook Pub, is located on the second floor upstairs.

Thomas said they usually play about 40,000 rounds of golf at the course. The signature hole is the par-3 17th.

“The fairways are open and the rough is forgiving,” Thomas said. “Plus, you get to see the planes take off.”



## Thirsty for Golf?

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# Seniors & Alcohol

## If you plan to drink, don't drive! Call a cab.

Here are a few area taxi services for the following communities:

### St. Pete/Tampa

**Bats Taxi Co**  
(727) 367-3702

**Beach Express Taxi**  
(727) 896-8888

**Beach Taxi & Airport Services**  
(727) 797-2230

**Blue Star Cab**  
1311 22nd St S



### St Petersburg

**Clearwater Yellow Cab Co**  
(727) 525-3333

**Checker Cab of St Petersburg, FL**  
(727) 595-7433

**Checked Cab Of Tampa**  
(813) 229-1888

**Pinellas Bay Taxi**  
(727) 546-4955

**St Petersburg Beach Airport Taxi**  
(727) 490-4060

**St Petersburg Yellow Cab**  
(727) 328-8685

**Yellow Cab St Pete**  
(727) 328-8685

### Ocala

**Best Way Taxi**  
352-622-4444

**Cab Reporting**  
352-401-0080

**Continental Cab**  
352-380-0193

**USA Taxi & Airport Shuttle**  
386-755-1717

### Sarasota

**Yellow Cab of Sarasota**  
941-955-3341

**Metro Taxi**  
941-365-4075

### Bradenton

**Diplomat Taxi Services**  
941-355-5155  
**Suncoast**  
941-727-3333

## Are you or is someone you know a binge-drinker?

**One of the largest surveys of substance use has found a remarkable amount of binge-drinking among older Americans.**

The findings, published in The American Journal of Psychiatry, were reported by researchers at Duke University Medical Center.

The National Survey on Drug Use and Health found that 22 percent of men and 9 percent of women aged 50 to 64 reported binge drinking -- five or more drinks at a time -- within the last month. In this age group, "at-risk" drinking -- two or more drinks per day -- was found among 19 percent of men and 13 percent of women.

The group aged 65 and up reported binge drinking in 14 percent of men and 3 percent of women. "At-risk" drinking was found among 13 percent of men and eight percent of women in this age group.

"A surprising number of older Americans are engaging in drinking patterns that are putting their health at risk, yet these problems often go unrecognized," said Dan G. Blazer MD, PhD, the study's lead author and JP Gibbons Professor of Psychiatry and Behavioral Sciences at Duke. "With this study we've learned that adults, especially those in their fifties, are carrying a heavier drinking burden into late life."

Blazer explained that this trend illustrates a potentially greater problem in the future as the baby boomer generation ages. He said that if their current drinking habits continue into their senior years, they could be compounding health problems that typically arise as the body's natural defenses are weakened. The negative health effects of binge drinking can range from minor injuries to more serious problems, such as stroke, cardiovascular disease, liver disease, neurological damage and poor diabetes control.

The authors propose a more rigorous use of screening for substance use and brief intervention or counseling to address the rise in alcohol use.

"Middle age and older adults may be easy to miss for at-risk or binge drinking because most clinicians are focused on excessive drinking behaviors among young people, such as those in college," Blazer said. "They also don't show the typical signs of alcohol dependence."

A nationally representative survey of nearly 11,000 men and women over 50 asked about their use of alcohol over the last year and the usual number of drinks they consumed on a drinking day during the past 30 days. The survey was conducted in 2005 and 2006. Binge drinking and at-risk drinking were defined by American Geriatrics Society Guidelines.

Source: Duke Medicine News and Communications

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# Take a Cruise!

Winter visitors who stay in the central Gulf Coast region generally are within a two-hour radius of the Port of Tampa making it quick and easy to take a cruise vacation.

Three cruise lines featuring four ships sail from Tampa on four to seven day cruises to the Western Caribbean. Prices range from \$299 and up on select sailings.

Carnival Cruise Lines has two ships in Tampa. The Fantasy-class Carnival Inspiration includes 10 passenger decks, two dining rooms, ice cream parlor, pizzeria, five bars, casino, library, dance club, showroom, video room and more.

Itineraries include four day sailings with port call in Cozumel or five days that include Cozumel and Grand Cayman.

The Carnival Legend is a Spirit-class vessel and features 12 passenger decks, three pools (including one indoor), hair salon, four hot tubs, sauna, spa, steam room, seven bars, casino, two dance clubs and more.

The seven-day itinerary includes port calls in Grand Cayman, Belize, Isla Roatan and Cozumel.

The Royal Caribbean Grandeur hosts up to 2,446 guests. Other highlights include a rock climbing wall, full service spa, six whirlpools, an outdoor jogging track and numerous bars and restaurants.

The four-day itinerary includes a port call in Cozumel and the five-day itinerary include stops in Costa Maya and Cozumel.

The 1270-passenger Holland America Ryndam is a mid-sized ship and easy to navigate. The ship includes an on-site culinary arts center demonstration kitchen presented by Food & Wine Magazine, a reservations-only dining option, spa and salon and more.

Seven-day itineraries include port stops in Key West, Fla.; Belize City, Belize; Mahogany Bay, Honduras and Costa Maya, Mexico.

Special deals are often available online at the cruise lines' websites. Be sure to check with a travel agent though as they often can match or beat online deals and if a problem arises, they will be available for assistance.

To check online: [www.carnival.com](http://www.carnival.com), [www.royalcaribbean.com](http://www.royalcaribbean.com) and [www.hollandamerica.com](http://www.hollandamerica.com).

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By Frank Kaiser



# Maturity Works and not for peanuts

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That's the image marketers love to sell.

And you can bet your Rudy Vallee megaphone that you'll never see an ad for Lipitor, AARP, or a retirement community picturing a grim, real-life, moth-eaten, desk-bound working coot. Yet, millions of us past the age of 65 trudge off to work daily.

Some, like my friend, Larry, wouldn't have it any other way. "What else am I going to do?" he asks. Indeed, he has a secure position in a job he loves. He'll probably be there till he croaks.

But for many others of our certain age and uncertain economy, bagging groceries or asking, "Do you want fries with that?" seem the only career opportunities available. For many of us, it appears that F. Scott was right when he said, "There are no second acts in American lives."

It's my experience — and that of readers of Suddenly Senior — that most employers would rather hire a callow teenager than an experienced senior who's worked hard all his or her life.

No doubt, it's part psychological: Who wants to hire Mom? Or Dad? Or worse, Grandpa? And part is US law. The best way to avoid an age discrimination suit is to avoid hiring aged people in the first place.

But that may be changing. Some employers are learning that today's seniors work hard and steady, with little to no absenteeism. Indeed, we have a stronger work ethic than any other age group.

There are also some jobs only older folks can do. The reinvigoration of an ancient, currently untaught computer language called COBOL has put thousands of over-the-hill computer coders back to work. Cruise lines hire gray-hairs as dance and dinner escorts for widows traveling alone.

Sagacity, wit, and stability occasionally trump vitality and exuberance. Still, of all the reader mail I've received recently, next to Medicare Part D, the biggest gripe among seniors is the lack of decent employment opportunities, especially for those aged 50 to 65. This is when employer health insurance rates skyrocket, trumping even genius old-timers.

I recommend that readers use the Internet to find work. If they don't have a computer, their public library certainly does.

At [www.SuddenlySenior.com](http://www.SuddenlySenior.com) ever renewing "222 Best Senior Sites," there are at least 40 links to good, living-wage jobs for seniors. To the right are a few that may help get you started toward a job like my friend Larry's.

**Whatever happens, let  
"cunning and experience win out  
over youth and exuberance"  
be your mantra.**

**Because old and poor just don't cut it.**

Copyright © 2009 – Frank Kaiser. Frank Kaiser is a nationally syndicated columnist living in Clearwater, Florida. His Web site, [www.suddenlysenior.com](http://www.suddenlysenior.com), includes nostalgia, trivia, senior humor and "222 Best Senior Links." Write Frank c/o this paper or e-mail him at [frank@suddenlysenior.com](mailto:frank@suddenlysenior.com).

## AARP Working Options

[http://www.aarp.org/working\\_options/home.html](http://www.aarp.org/working_options/home.html)

AARP, with its powerful base of 37-million seniors, often shrivels to wimp size when it comes to fighting for prescription drug benefits and other important senior issues. But for finding work, this site is where every senior should begin. There are no jobs here, but there is help with everything from writing a new resume to turning your passion into a business. Good and current discussion board and a useful links page, too. (In fact, all sites mentioned have valuable links.)

## Experience Works

<http://www.experienceworks.org/>

This is the oldest government employment, training, and community service program for disadvantaged (low- or no-income) mature Americans. Experience Works claims that over the last three decades, nearly half a million older workers have participated in, and been helped by, this program.

## Senior Job Bank

<http://www.seniorjobbank.com/>

Here's an easy, effective and free method to find occasional, part-time, flexible, temporary and even full-time jobs. Links to employment by state and county.

## Combine Work and Play

- Want to RV the country but don't quite have the budget?  
Go to <http://www.workamper.com/>
- Long to sail the world? Work a cruise ship casino or as a tour guide.  
Go to <http://www.cruisejobfinder.com/>
- Couples are also needed for Caribbean resorts, small hotels, and marinas.  
Go to <http://www.tropicjobs.com/>.
- Many, many other employment sites can be found at  
<http://www.suddenlysenior.com/links.html>

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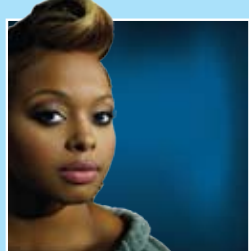
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