



St. Pete Beach eNews

The Official Electronic Newsletter of St. Pete Beach

June 20, 2014

MARK YOUR CALENDAR

Family Fun Day

June 22nd 12-3p

at the Pool

~

Summer Dive In Movies

June 27

Frozen

Doors open at 8pm, cost \$4

Aquatic Center

POOL INFORMATION

Water temp. always 82°!

HOURS

Adult Lap Swim

Monday-Friday

7a-10a

M-Th 11a-4p (1 lane)

6-7p (3 lanes)

Fri. 11a-6p

Open Swim

Mon.-Fri.

10-11a

(Activity Pool Area Only)

M-Th 11a-4p, Fri 11a-6p

Sat. 10a-3p

Sun. 12-3p

Water Aerobics

Tues./Wed./Thurs.

10:15-11am

\$5 SPB Res./\$6 Non-Res.

UPCOMING MEETINGS

Held at City Hall

~

City Commission

Workshop

June 24,

4:30pm

Regular Meeting

6:00pm

~

Board of Adjustment

June 25, 2pm

-SUMMER DIVE-IN MOVIES - Bring your noodles, floats and chairs to lounge by the pool while watching a movie on our inflatable screen out under the stars. Snacks, drinks and glow jewelry will be sold. No outside coolers or food allowed. Doors open at 8:00 pm Admission is \$4.00 per person. The schedule for the Summer Dive-In Movies is: **TONIGHT June 20-Monsters University**, June 27-Frozen, July 11-Cars 2, July 18-The Lego Movie, July 25-Nut Job, August 1-Happy Feet, August 8-Despicable Me 2. Event will be cancelled in inclement weather.

-DIGITAL PHOTOGRAPHY FOR BEGINNERS - Introductory Digital Photography Workshop Held Once A Month At The St. Pete Beach Community Center. Do you feel overwhelmed by all the features your camera has to offer or not sure what features your camera has? The St. Pete Beach Community Center, 7701 Boca Ciega Dr, will be offering a Introductory Digital Photography Workshop once a month from 6-9p. The cost is only \$10 per class. This workshop is designed to give the complete novice a solid understanding of their compact digital camera and the fundamental knowledge needed to embark upon a lifetime's exploration of photography. For class dates and more information visit www.spbrec.com or call 727-363-9245.

-LIBRARY NEWS & EVENTS- Tuesday, 10:30 am, Book Discussion Group film, *The Good Earth*; 2:00-4:00 pm, Wednesday Wonderings, for ages 9-12 (birds); Thursday, 11:00 am, Mother Goose Story Time for ages 0-3 (counting); Thursday, 2:00-4:00 pm, Thursday Thrills (movement); Thursday, 4:00 pm, *I Want to Be a Skeeter Reader*, skill-building for beginning readers.

-MASTERS TENNIS - Every Monday at 10am at Lazarillo Park, come out and join a fun group in a newly adaptive form of tennis. It is Free and we provide the equipment. Call us at 727-363-9245 for more details.

-FROM THE SHERIFF'S OFFICE - Please lock your car doors and stow valuables out of sight. Check out the [Sheriff's website](http://www.spbrec.com) for access to programs and services to learn how to protect yourself, your family and your possessions. To contact our Community Policing Officer call 582-5721.

-FAMILY FUN DAY AT THE POOL - on Sunday, June 22nd from 12-3pm. Come enjoy music, family fun, slides, pool basketball, pool bingo and much more. Regular admission applied for entry in the event.

-AQUA ZUMBA AT ST. PETE BEACH FAMILY AQUATICS CENTER - Get all the fun and benefit of Zumba with low impact and all the resistance qualities of the water. This Class is perfect for all ages and fitness levels. Burn calories, tone your whole body and have fun while you're doing it. Class is offered at The St. Pete Beach Aquatic Center, 7701 Boca Ciega Dr. on Tuesdays & Thursdays 7-8p and Saturday 10:15 -11:15a. Cost is only \$5 SPB Residents and \$6 Non-Residents. This class also accepts Silver Sneakers! For more information call 727-363-9264 or visit our website at www.spbrec.com.

-4TH OF JULY FIREWORKS - The City will have a fireworks display on Friday, July 4 around 9pm. The fireworks will be staged on Upham Beach, therefore this portion of the beach will be closed to everyone, except essential personnel at 5pm.

-PASS-A-GRILLE PATHWAY TO THE FUTURE PROJECT - Thank you to everyone who has contributed so far to this project. Check out all of the comments we received at the Workshop and Design Fair <http://www.stpetebeach.org/component/k2/item/55.html> and let Chelsey know if you have any additional input cwelden@stpetebeach.org.



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A MESSAGE FROM MAYOR MARIA LOWE - 20 JUNE 2014 Summer is moving swiftly !! Our city calendar stays is bustling with activity and business endeavors!! Below are a few updates for the past two weeks on events and topics in the city!!

NEWSLETTER, It's easier than ever to sign up for the St Pete Beach e-newsletter. Please encourage others to go to the City website and click on the scroll bar for quick access to the subscription link. <http://www.stpetebeach.org>

TAMPA BAY REGIONAL PLANNING COUNCIL EMPHASIZES HURRICANE PREPAREDNESS, MONDAY, 9 JUNE 2014, I had the pleasure of attending my first meeting as the city representative on the Tampa Bay Regional Planning Council. <http://www.tbrpc.org> The council covers a broad range of topics across the entire Tampa Bay region. I was disappointed to learn that the Governor did not support State funding for the Council in this year's budget. Nonetheless, the Council continues to work closely with the counties and cities to promote awareness and quality planning. Of most significance at this time of the year, the Council received updates on Hurricane preparedness. I encourage you to take a look at this website to learn more about our regional evacuation procedures. Also, please take a moment and review/update the contents of your Hurricane evacuation materials. http://www.tbrpc.org/tampabaydisaster/pdf/2014_hurricane_guide/TampaBayHurricaneGuide2014.pdf

YOUTH COUNCIL GETS TO WORK, TUESDAY, 10 JUNE 2014 and THURSDAY, 19 JUNE 2014, The City of St. Pete Beach Commission approved the formation of a City Youth Council to fall under the direction of the City Recreation Department on 10 June 2014. Within a week, the first five members of the youth of our city were already making progress!!! The Youth Council met for the first time on 19 June 2014 to work on a project to submit to the Florida League of Cities (FLC). The Council decided to focus the project on beach cleanup. The city welcomes all middle and high school students (Grades 6-12) living in the city to participate!! For more information, call the Recreation Department at 727-363-9245. The next meeting for the Council will be on 25 June 2014 when they welcome the Mayors of the Barrier Islands Government Council (BIG-C) to our city! The council will participate in the meeting at 0830 that morning. The council will then reconvene at 1100 to continue work for the FLC beach clean up project. If you know a youth that would be interested, please invite them to participate!!! They are the FUTURE of our city!!!

HOTEL ZAMORA OPEN FOR BUSINESS, WEDNESDAY, 11 JUNE 2014, Hotel Zamora drew dignitaries and neighbors alike as they opened their doors for the public last weekend. By all accounts, the hotel is a welcomed addition to our community. Castile restaurant offers an intimate setting for their fine cuisine. The roof top vistas feature views of our new Bayway bridge across the intracoastal! Visitors are also enjoying the lush hotel suites and sharp interior decor. Take a look at the menu on their webpage if you're interested in a evening out!! Reservations are easily made on-line as well!! <http://www.thehotelzamora.com>

ROTARY CLUB, WEDNESDAY, 11 JUNE 2014, The St. Pete West Rotary Club invited me to their meeting as the guest speaker...what an honor!! These men and women are the heartbeat of our community as small business owners and community volunteers. I was asked to reflect on my combat deployment in Afghanistan and share what lessons were learned through that experience that have helped me with my responsibilities as Mayor. While the lessons were many, an interesting insight arose through a question presented by a retired High School principal in the Rotary Club. She asked, "what part did your high school play in your choices in life". I realized that High School was actually a defining point in my life which set the tone for my entire military career. My mentors, teachers, and guidance counselors have supported me through every step in my career, both in the military and after. I still speak with them frequently and get letters of support from high school students who learn of my experiences from my former teachers. This question emphasized to me the value of creating a Youth Council in our City that will help foster at an early age an appreciation for good governance. Thank you for the invite and inspiration ROTARY!!



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A MESSAGE FROM MAYOR MARIA LOWE CONTINUED. . .

FIRE DEPARTMENT RIDE ALONG, THURSDAY, 12 JUNE 2014, The St Pete Beach firefighters invited me to spend a day with them in order to learn more of their roles and responsibilities in the city. I toured the fire stations and learned of the incredible amount of training that they are required to do in order to maintain their qualifications on equipment and safety standards. We went to the new Gulf Beaches Elementary to inspect their fire system. The intricacies of fire prevention and maintenance inspections are complex!! We also responded to one emergency call. I must admit having a sense of apprehension as we approached the location to respond to a call about a young child that had fallen into a pool. Fortunately, the child was responsive, but just imagine the burden that these firefighters carry when they must respond to calls that do not always have a happy ending. My admiration for our first responders grows with each day that I learn more of what they do for us, our visitors, and our city's safety. **THANK YOU ST PETE BEACH FIREFIGHTERS!!**

ATTRIBUTE ANALYSIS FOR NEW CITY MANAGER, FRIDAY, 13 JUNE 2014, Stakeholders through out the city gathered at City Hall to work through a process to define the characteristics and attributes that they would like to see in our new city manager. Five groups gathered in total representing businesses, residents, City employees, direct reports to the city manager and the City Commission. The Pinellas County Human Resources Department guided us through the process and have graciously offered their services free of charge. They will synthesize the inputs from each representative. The outcome will help guide the recruitment and interview process. I offer my deepest gratitude to every participant that took time out of their busy schedules to help support the city in this important decision making process.

FISH GUTS GALORE, MONDAY, 16 JUNE 2014, The City Recreation Department continues to support summer fun through their camps. Seen here are a few participants in the Fishing Camp occurring this week. They have fished from Merry Pier, McKenney Dock and even enjoyed a deep sea fishing experience!



BRACE for the Storm Workshops



There are three BRACE for the Storm Workshops scheduled for the last of June.

If you were unable to participate in a workshop or believe others should take the opportunity to prepare their home for a hurricane please register for one of the following workshops or share this information with others.

Florida's [Division of Emergency Management](#), in partnership with [Volunteer Florida](#) and the [Be Ready Alliance Coordinating for Emergencies](#) presents the **BRACE for the Storm Workshop**.

The registration page for the above internet based workshop can be accessed below:

| | |
|----------------------|--|
| June 26 – 7:00PM ET | Registration Information |
| June 27 – 10:00AM ET | Registration Information |
| June 27 – 2:00PM ET | Registration Information |

A complete listing of BRACE for the Storm Workshops being conducted throughout Florida can be accessed below:

| | |
|---|------------------------------------|
| Florida BRACE for the Storm Workshops | Statewide Calendar |
|---|------------------------------------|

The **FREE** internet based **BRACE for the Storm Workshop** is designed to provide information to homeowners on disaster mitigation techniques that can reduce damage to their homes from hurricanes and other disasters that threaten Floridians.

In addition, homeowners will learn how they can **save money** on the windstorm portion of their homeowner's insurance premium.

For information on the Be Ready Florida initiative visit:

www.BeReadyFlorida.org

Help others prepare their home for the 2014 Hurricane Season by sharing this e-mail with your friends, neighbors and co-workers

Hot Weather Can Kill You

If you work outdoors in hot weather, or work in other hot environments, you are at risk for heat illnesses. The most serious of these illnesses is heat stroke, a life-threatening condition requiring immediate medical attention.

Take these precautions to avoid heat illness:

- **Take it easy.** Working in a hot environment is a stress on your body, so don't overdo it. Take frequent short breaks.
- **Drink plenty of water, and drink it frequently.** Avoid alcoholic beverages and drinks containing caffeine which can contribute to dehydration.
- **Dress in lightweight fabrics that provide ventilation.** Light colors are cooler than dark colors which absorb the sun's heat.
- **Know you are at particular risk for heat illness** if you are overweight, in poor health, poor physical condition, have heart disease, diabetes or other medical conditions.

Know the symptoms of heat illness:

- **Heat cramps** are caused by heavy sweating which can deplete the body of salt. They may be accompanied by hot, moist skin and a slightly elevated body temperature. The cramps in the arms, legs or stomach can occur while you are working, or when you are relaxing after your shift. Heat cramps are a danger signal of heat stress.
- **Heat exhaustion** may be characterized by heavy sweating, strong thirst, cool and moist skin, a quick pulse, rapid breathing, nausea, a

feeling of fatigue and possibly fainting.

Heat exhaustion indicates the **body's**

mechanism for controlling heat is

beginning to break down.

- **Heat stroke is a serious medical emergency** that can quickly proceed to unconsciousness and death. It occurs when the body loses too much salt and water so that sweating stops. At that point, **the body's temperature control** mechanism fails and body temperature increases rapidly. Symptoms include hot, red, dry skin, a quick pulse, difficulty breathing, dizziness, confusion, strange behavior, weakness and nausea. Heat stroke can quickly progress to convulsions, coma, loss of pulse and an extreme body temperature. Death can follow rapidly.

Know how to treat heat illness:

- **Treat heat cramps** by moving into the shade and loosening clothing. Drink a lightly salted liquid. If cramps persist, seek medical help.
- **For heat exhaustion, cool the victim** as fast as possible, fanning and pouring water on the victim if necessary. Have the victim drink water and call immediately for medical help.
- **For heat stroke, immediately begin** cooling the victim to lower the body temperature as fast as possible.



Immerse him in water or use ice to cool his body. Call for an ambulance immediately.

Other hot weather hazards:

- **Sunburn is another hazard of hot weather.** Not only is sunburn a painful condition, but it can contribute to skin cancer. Cover up to prevent sunburn. A hat with a brim, long-sleeved shirt and pants rather than shorts can help prevent burning. Use a sunblock with a sun protection factor (SPF) of at least 15. Try to stay out of the sun during the peak hours of 10 a.m. to 3 p.m.
- **Too much bright sunlight can cause temporary eyestrain and permanent eye damage.** Exposure to the sun can damage the retina inside the eye, and contribute to the development of cataracts which cloud the vision. Protect your eyes from exposure to the **sun's rays. Wear sunglasses** which provide protection against both UVA and UVB ultraviolet radiation.

Hot weather can bring a host of hazards. Take precautions to prevent heat illness and sunburn.

CITY OF
ST. PETE BEACH
RECREATION

PRESENTED BY
SEMINOLE LANDSHARK
YOUTH TRIATHLON TEAM &
ST. PETE BEACH RECREATION

**KIDS
SPLASH & DASH
AQUATHON
AGES 6-15**

USA TRIATHLON
2014 SPLASH AND DASH
YOUTH AQUATHLON SERIES



ENTRY INFO

ENTRY FEE: \$25.00 (PLUS A \$10 ONE DAY USA TRIATHLON MEMBERSHIP IN NOT A CURRENT MEMBER)

MAKE CHECKS PAYABLE TO:
FRPM

SEND FORM AND PAYMENT TO:
JIM SHEETS
1047 HONEYSUCKLE ROAD
LARGO, FLORIDA 33770

THE RACE IS LIMITED TO 200 PARTICIPANTS, REGISTER EARLY!

RACE DISTANCES

| AGE | RUN | SWIM |
|--------------|-----|-----------|
| 6 - 10 YRS. | 1K | 100 YARDS |
| 11 - 15 YRS. | 2K | 200 YARDS |

ALL PARTICIPANTS WILL RECEIVE A RACE T-SHIRT, FINISHERS MEDAL, AND POST RACE POOL PARTY. THERE WILL NOT BE TIMING OR AWARDS FOR THIS FUN NON-COMPETITIVE EVENT.

RACE INFORMATION

ALL PARTICIPANTS MUST PICK UP RACE PACKETS ON SATURDAY, JULY 12 BETWEEN 7:00 AM & 7:45 AM

THIS RACE IS USAT SANCTIONED, PLEASE BRING YOUR VALID USAT MEMBERSHIP

SATURDAY, JULY 12, 2014 8:00 A.M.

ST. PETE BEACH COMMUNITY CENTER
7701 BOCA CIEGA DRIVE, ST. PETE BEACH, FL (727) 363-9245

2014 'SPLASH & DASH! REGISTRATION FORM

First: _____ M.I. _____ Last: _____
D.O.B. _____ Age: _____ Sex: _____ Phone: _____
Address: _____ City: _____ Zip: _____
E-mail: _____ T-Shirt Size: YS ___ YM ___ YL ___ AS ___ AM ___ AL ___

I, the parent/legal guardian of the named child on this form, do hereby assume all risks and hazards incidental to my participation in activities, use of the equipment and facilities or my child's participation in activities, use of equipment and facilities of the City of St. Pete Beach Community Center, and I do hereby agree to waive, release, absolve, defend and hold harmless the City of St. Pete Beach, its employees, officers, agents, volunteers, and elected officials from any and all claims, damages, losses or injuries of any kind, resulting from the participation in activities, use of equipment and facilities of the City of St. Pete Beach Community Center. This release includes a release for any and all losses or injuries arising out of any act or omission or negligence, either active or passive of the City of St. Pete Beach, its employees, officers, agents, volunteers, and elected officials. This release is given and signed of my own free act and will.

Signature of Parent/Legal Guardian: _____ Date: _____