

WCW PICK

## Explore Your World Kit available at Sarasota Libraries

**Y**ou and your family can make amazing scientific discoveries in your yard, your neighborhood or just about anywhere you venture, with the “Explore Your World” backpack kits at Sarasota County public libraries.

Designed by UF/IFAS Extension and Sustainability, in collaboration with Sarasota County Libraries, the Explore Your World kit helps adventurers of all ages explore the wonders of nature around them.

**Includes:** child-friendly binoculars, compass, magnifying lens, underwater explorer boat, planisphere (night sky map), field guides, an array of outdoor exploration activities, and library books for all ages.

Use the Explore Your World kit just about anywhere, from city sites to state parks, and from the backyard to the beach or to Sarasota County parks.

Look for the backpack kits at Sarasota County Libraries. You also can join in for a family-friendly hour of nature discovery with the backpack creator, at **free classes March 14** at the Betty J. Johnson North Sarasota Public Library and the Shannon Staub Public Library, in North Port.

Learn more and register at [http://tiny.cc/uf Sarasota\\_exploreevents](http://tiny.cc/uf Sarasota_exploreevents). For more information, call **941-861-5000**, or visit [http://tiny.cc/uf Saraext\\_explorebackpack](http://tiny.cc/uf Saraext_explorebackpack).



there are others going through the same struggles and challenges. For information contact JoshProvides at [info@JoshProvides.org](mailto:info@JoshProvides.org).

### ■ Epilepsy Support Group meetings are being offered by Epilepsy Services of Southwest Florida.

The group meetings are held on the **1st Wednesday of each month from 6-7:30 p.m.** at Senior Friendship Center, Rubin Center for Healthy Aging- Dwyer Room, 1920 Brother Geenen Way, Sarasota.

This support group is offered to adults over 18 living with epilepsy as well as their family, friends and caregivers. A safe, supportive environment is provided where people can share concerns and help others. Monthly topics such as medications, stress, depression, relationships and current medical treatments will be presented and discussed. Connect with others, gain support and make friends. Refreshments served.

For more information, email Barbara Coleman at [bcoleman@esswfl.org](mailto:bcoleman@esswfl.org) or call (941) 953-5988.

### At The Women's Resource Center

■ **Authentic Fusion Yoga:** \$5. This Yoga is perfect for beginners of all ages. All equipment is provided. Offered in Venice, **Tuesdays, 5:30-6:30 p.m.** 101 West Venice Ave #24, Venice. Info: (941) 485-9724  
 • **Mentoring:** No fee. It can be difficult to see our goals through to the end, and sometimes, we need someone to help us. This program is offered to clients who would benefit from additional support and experience from a qualified mentor. **Call for an appointment.** Manatee: (941) 747-6797; Sarasota: (941) 366-1700; Venice: (941) 485-9724.

### Free Vein Screenings

■ Allure Medical believes in curing advanced vein disease, not just managing its symptoms. They offer **free vein screenings** in their Lakewood Ranch and Venice offices, and use the latest technology and minimally invasive procedures to stop vein disease in its tracks. No need for years of pain and discomfort. Call 941-214-9412 to **schedule your free screening today.** Same-day or early/late appointments, available.

### Historical Society Events

■ Dates are set for their **Historical Trolley Tours.** Narrated by local historian Sue Blue, this is a fun history lesson of the downtown historical sites. Tours are on **Saturday** mornings from **10 a.m. to noon.** Tour leaves and returns to the Crocker Memorial Church on 12th Street between US41 and Coconut Avenue. Cost: \$35. Call 941-364-9076 or email at [hsosc1@gmail.com](mailto:hsosc1@gmail.com) to make a reservation. **Dates: March 14 & 28 and April 4.**

■ Join the **HSOSC** for their **Sunday afternoon socials at 2 p.m.** HSOSC members: \$5; Guests: \$10. Light refreshments. No reservations required.

• **March 22** - Deborah Walk hosts some inter-generational folks who grew up in Sarasota and attended Sarasota High School.

Info or tickets: email [hsosc1@gmail.com](mailto:hsosc1@gmail.com) or call 941-364-9076. Visit [www.hsosc.com](http://www.hsosc.com).

### Beach Walk

■ **Sarasota County Parks, Recreation and Natural Resources** are offering a weekly, self-guided beach walk along Sarasota County's most beautiful beaches in March.

This is a 1-mile self-guided walk with a \$5 one-time registration fee. Complete four walks and earn a custom event shirt. [Here's the schedule:](#)

- **Tuesdays:** Ted Sperling Park at South Lido Beach. Check in at playground.
- **Wednesdays:** Siesta Beach. Check in at main pavilion.
- **Wednesdays:** Nokomis Beach. Check in at plaza community room

Check in with staff before or after your walk from 8-9:30 a.m. For information, call the Sarasota County Contact Center at 941-861-5000.

### Fibromyalgia & Chronic Pain Support Group

■ Join in for a **Fibromyalgia and Chronic Pain Support Group.** They meet the **first Tuesday of every month** at the Braden River Library on SR 70 from **noon to 2 p.m.**

This group is free and a good chance to share with others that understand. Any questions, call Edie Anderson at 941-447-5024 or Lorraine McDonough at 941-896-8942.

### Women's Networking Event

■ **WIN (women's interactive network)** is a small group based out of Pittsburgh and Sarasota. They have a **Lunch & Learn Monthly Meetup** for professional women. Join them at Mediterraneo Restaurant, the **2nd Thursday of every month, 11:30 a.m. to 1 p.m.** This is a great opportunity to showcase your business, learn about your professional colleagues and expand your network. All Attendees are responsible for their own lunch and beverage. Remember to bring a donation for the Women's Resource Center of new or gently used clothing or accessories. Visit their website to learn more: <http://na-win.com/sarasota>. ☺

**EMAIL YOUR EVENTS TO:** [westcoastwoman@comcast.net](mailto:westcoastwoman@comcast.net)  
 Follow us on Facebook at *West Coast Woman* and you'll find even more events that come up each month.

### Love Gardens and Gardening?

■ **Manatee River Garden Club** meets on **March 18, 1-2 p.m.** Program topic: “*The Worms Crawl In and the Worms Crawl Out*” presented by Sean Moore. Moore, of Earth Worm Farm in Zolfo Springs, will speak about the benefits of earthworms, green farming and gardening. There will be products for sale. The public is welcome. Free. Info: [www.manateerivergardenclub.com](http://www.manateerivergardenclub.com). Location: 3120 First Avenue West, Bradenton.

• **Manatee River Garden Club, Horticulture Study Group** meets on **March 18, 10-11:30 a.m.** Program topic: “*Container Gardening*” presented by Nancy Hammer and Norma Kisida. These Master Gardeners will discuss types of containers, soils, watering, fertilization, pest and disease management, plants and design. Two containers will be planted during the demonstration which will be raffled off to participants. The public is welcome. Fee: \$10 at the door. Info: [www.manateerivergardenclub.com](http://www.manateerivergardenclub.com). Location: 3120 First Avenue West, Bradenton.

### Manatee County Clerk of Court Passport Application Event

■ **The Manatee County Clerk of the Circuit Court and Comptroller** has a **passport application event** from **8:30 a.m. to noon on Saturday, March 14** As an added convenience, the Clerk's office is equipped to take passport photos onsite for a fee of \$16.05. Clerk staff will be available to assist customers throughout the passport application process.

They encourage customers who are unable to apply during regular business hours to take advantage of these special Saturday hours.

To save time when visiting their office, you can complete and print your passport application form in advance at <https://travel.state.gov/content/travel/en/passports/requirements/forms.html>.

To prepare for the passport application process, the U. S. Depart-

ment of State provides a tool guide to help you to apply at <https://travel.state.gov/content/travel/en/passports/apply-renew-passport/form-finder.html>

The most common reason the passport application process is not completed is due to incorrect payment. Find more info at [www.manateeclerk.com/departments/passports](http://www.manateeclerk.com/departments/passports).

For more information, contact the Marriage and Passport department at 941-741-4020 or [marriageandpassports@manateeclerk.com](mailto:marriageandpassports@manateeclerk.com).

### Kennedy-King Dinner March 15

■ **The Sarasota County Democratic Party** has its annual **Kennedy-King Dinner** on **March 15, 5:30-9 p.m.**

The dinner is at the Hyatt Regency Sarasota 1000 Boulevard of the Arts. For more info, call 941-953-1234 or email [kennedyking@sarasotadems.org](mailto:kennedyking@sarasotadems.org). Cocktails start at 5:30; dinner at 7. Seating is first come, first serve based on receipt of payment.

### At The Libraries

■ **Sarasota Libraries:**

• **Cirque D' Book**—in the Conference Room at **Selby Library, 10:30 a.m.-noon.** Librarian Charlotte Thompson leads a monthly book discussion group.

**Here's the schedule:**

- **March 9:** Eli Saslow. *Rising Out of Hatred: The Awakening of a Former White Nationalist.*
- **April 13:** Kate More. *Radium Girls; Dark Story of America's Shining Women.*
- **May 11:** Delia Owens. *Where the Crawdads Sing.*
- **June 8:** Rebecca Makkai. *Great Believers.*

At Selby Library, 1331 First St., Sarasota. Info: (941) 861-1100.

### Clubs

■ **Sarasota Toastmasters** meets **Wednesday** mornings from **7:45-8:50** at the Waldemere fire station in the upstairs classroom. Guests are always welcome. Find out how Toastmasters can help you be your best and upgrade your communication skills for professional

and personal excellence. Meeting weekly except for holidays. <https://www.toastmasters.org/Find-a-Club/00001958-sarasota-toastmasters-club>.

■ **The Venice Area Women's College Club** invites you to their monthly luncheon and guest speaker on **March 10, 11:30 a.m. - 2 p.m.** at Plantation Golf & Country Club, 500 Rockley Blvd, Venice. The program will be the Venice Theatre Scenery with Tim Wisgerhof, Scenic Designer. College club is a non-profit organization that supports the South Country Food Pantry, and awards yearly college educational scholarships. To inquire about the club, membership or lunch reservations (\$22) call 941-202-4034. New members welcome.

■ **The Manatee Genealogical Society** meeting will be held on **March 18, 7-8:30 p.m.** at Westminster Courtyard, 222 12th St W, Bradenton. Topic: “Dealing with the Empire.” Join them for a presentation on the records of New York. Do you have ancestors from New York or who traveled through New York? This session is for you. Society information: Web site: <https://mgsfl.org/> Facebook: [www.facebook.com/ManateeGenealogicalSociety](https://www.facebook.com/ManateeGenealogicalSociety). Email questions: [info@mgsfl.org](mailto:info@mgsfl.org).

### Epilepsy Support Groups

■ **Epilepsy Support Group** meetings offered by JoshProvides. **Epilepsy support group meetings** are held on the **1st Tuesday of each month from 6:30-8 p.m.** at State College of Florida, Lakewood Ranch Campus, Selby Rooms. This support group is offered to people living with epilepsy as well as their family, friends and caregivers and provides the opportunity to receive information about resources as well as share experiences, ask questions, receive emotional support and practical advice that may help parents and caregivers.

For those who have epilepsy, feelings of loneliness and isolation have been replaced with lifelong friendships and understanding that