

Citizens' Academy Returns for 2019

City of Sarasota residents, property owners and business owners interested in learning more about their local government are encouraged to register and participate in the upcoming **Citizens' Academy**, an interactive, eight-week educational course. Most sessions will be held Thursday evenings from **5:30-8 p.m. beginning Jan. 24**. Space is limited to 25 participants.

The Citizens' Academy shows participants how municipal government operates through interesting, interactive learning sessions, with a different City department featured each week. Participants will get a chance to see how our Utilities Department treats and maintains healthy drinking water; visit the Robert L. Taylor Community Center and learn what it takes to operate city parks; step on stage at the Van Wezel and see how Broadway shows are brought to Sarasota; and get a hands-on demonstration of how the Sarasota Police Department protects the community.



There is no charge for the eight-week course, but participants are asked to commit to attending the eight sessions. A graduation ceremony will be held during the March 18 City Commission meeting. View the full Citizens' Academy schedule and complete an online application at sarasotafl.gov/government/planning/neighborhoods.

For information, contact Neighborhood Planner Nancy Kelly at **941-954-2612**.

Sandy Claws Beach Run set for Dec. 8

■ Kick off the holiday season by participating in the **42nd annual Sandy Claws Beach Run, December 8** on Siesta Beach. Limited race-day registration will begin at **7 a.m.** With many participants wearing fun holiday costumes, this annual event presented by Sarasota County Parks, Recreation and Natural Resources and Dr. Heidi K. Anderson draws hundreds of runners, walkers and joggers for the 5K run and one-mile fun run.

5K finishers receive a custom medal and one-mile participants will receive a ribbon. Custom awards will be given to overall categories and age group winners, first through sixth place. Kinesiology (body movement) taping and holiday photo opportunities will be available pre-and post-race. All runners are invited to participate in a holiday-themed costume contest.

The 5K run is sanctioned by the Manasota Track Club and proceeds benefit the "Summer in the Parks" Adopt-A-Camper scholarship program.

For online registration or a full schedule of events, visit scgov.net/parks or active.com. Registration forms are also available for pick-up at any county recreation center, library or government building. Mail completed forms to Twin Lakes Park, Building C, 6700 Clark Road, Sarasota, FL 34241.

Early packet pickup will be from 3-6 p.m., Dec. 6 at the New Balance Sarasota store, 1872 Stickney Point Road. Siesta Beach is located at 948 Beach Road, Sarasota. Race-day registration starts at 7 a.m. The one-mile fun run begins at 8 a.m., and the 5K run is at 8:20 a.m. The holiday-themed costume contest winners will be announced at 9:15 a.m.

For more information, call the Sarasota County Contact Center at 941-861-5000.

Learn to Flyfish

■ **CB's Saltwater Outfitters**, 1249 Stickney Point Rd, Sarasota, have announced dates for their Orvis-Endorsed fly fishing schools for the upcoming season; **Jan 19, Feb. 23, Mar. 16, and Apr 13, 2019**.

The schools will cover flycasting basics, line control, shooting line and the roll cast. Instructors, Capt.

Rick Grasset and Capt. Ed Hurst, will also cover leader construction, fly selection and saltwater flyfishing techniques. The course, designed for beginning and intermediate fly casters, will focus on basics but also work with intermediate casters on correcting faults and improving casting skills. Cost for the schools, which will run from 8:30 AM to 2 PM, is \$195 and includes the use of Orvis fly tackle and lunch. Contact CB's Saltwater Outfitters at (941) 349-4400 or info@cbsoutfitters.com to make reservations.

Holistic Chamber of Commerce Welcomes New Chapter in Sarasota

■ **The Holistic Chamber of Commerce** The Holistic Chamber of Commerce (HCC) has started a local chapter. Patricia Ann Starr is president of the HCC in Sarasota. Meetings are in the planning stages, but visit <http://www.HolisticChamberOfCommerce.com/Sarasota> for updates.

The HCC is an international organization serving as a bridge and bringing consumers together with holistic and eco-friendly businesses. Now with almost 1,500 Professional Members throughout North America, all members of the Holistic Chamber of Commerce are reference-checked prior to being represented in the Member Directory at www.HolisticChamberOfCommerce.com.

Info: Patricia Ann Starr, Chapter President 941-677-3418 Sarasota@HolisticChamberOfCommerce.com.

Clubs

■ **The Manatee Genealogical Society** meets on **December 4, 10:00 a.m. to 12:30 p.m.**, at Manatee County Central Library, 1301 Barcarota Blvd. W., Bradenton. Cathy Slusser, author of four historical novels about families who settled in Manatee County in the 19th century, will speak on "**Every Family Has a Story**." Cathy will share her methods and techniques in family history research and writing.

Following the principal presentation there will be a question and answer period with the speaker and then a moderated open dis-

ussion period. Attendees are encouraged to ask questions relative to their issues or "brick walls" and obtain help from MGS members and meeting attendees. Society information: <https://mgsfl.org>. Facebook: www.facebook.com/ManateeGenealogicalSociety

Email questions: info@mgsfl.org
Visit the Manatee Genealogical Society Web site: <https://mgsfl.org/>.

■ **Manatee River Garden Club** meets on **December 6** from **10 a.m.-noon** at 3120 First Avenue West, Bradenton. Program Topic: Floral Design Study Group: "Parallel Design and the Principle of Scale" presented by Rita Mixer. Rita is a MRGC member and National Garden Clubs Student Judge. Fee: none.

For more info, visit: www.manateerivergardenclub.com or call (941) 870-2259.

■ **Sarasota Opera Guild's** Coming Events:

• **December 7 - 34th Annual Poinsettia Luncheon "Diamonds Are the Guild's Best Friend"** at **11 a.m.** at the Bird Key Yacht Club in Sarasota. In celebration of Sarasota Opera's 60th Anniversary, join them for a spectacular fashion show of glittering gowns by Ana Molinari with diamond accessories in a beautiful venue. There's also the opportunity to win a \$3,000 diamond necklace. Cost: \$65 for members/guests; \$100, patrons. Register with Carolyn Lyons, 17017 Seaford Way, Lakewood Ranch, FL 34202; 215-893-1151.

At the Expressive Arts Florida Institute

■ **Expressive Arts Florida Institute** has programs designed to enrich one's life and to develop creative life skills for personal, professional and social change through the arts.

Expressive Arts Florida Institute offers a variety of workshops in art and expressive arts to connect you with your own creativity. Whether you identify with being an artist or you have felt out of touch with your artist self for a long time, you can explore new art processes, and have fun doing it.

• **Wednesday mornings 10 a.m.-1 p.m. "Open Studio"**.

In this open format, they invite you to come join in and engage in quality creative time for yourself. Bring a project you are working and your favorite supplies or use studio supplies and start something new. You do not have to be an artist to enjoy the benefits of being creative; all levels welcome. By donation. Held every Wednesday.

Held at 200 S Washington Blvd, Suite 1 in the Towles Court Pavilion. For information or to register, call 941-366-9595 or visit expressiveartsflorida.com.

Volunteer Drivers Needed

■ Just a few hours a month can change someone's life. **ITN Sun-Coast** is Sarasota and Manatee's nonprofit ride service for people age 60+ and adults with vision challenges. Help your neighbors maintain their independence by driving for us! Call 941-364-7530. Get mileage reimbursement or bank your miles for the future!

Free Support Group

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

JFCS Cancer Support and Wellness Programs

■ **JFCS of the Suncoast Cancer** offers **Support & Wellness Programs**. All cancer support and wellness programs are offered free of charge.

• **CANCER & NUTRITION: Navigating the Holidays** - on **December 19** from **1-2 p.m.** Guest speaker is Nora Clemens, RDN, CLT, LD, Registered Dietician Nutritionist. The holidays can be nutritionally daunting for anyone who has been diagnosed with cancer. Join Nora for an active discussion and suggestions for making healthy food choices while not depriving yourself of the enjoyment of holiday favorites. With over 39 years of expertise in the field of nutrition, Nora brings a wealth of valuable resources and knowledge. Learn strategies to maintain a healthy eating regimen during and following treatment.

• **NEW: Mindful Stress Management -Thursdays: 3-4 p.m.** at the JFCS S. Tuttle

Campus. Stress impacts the body's natural immune system responses resulting in increased levels of harmful stress hormones. Join Nancy Saum as she guides you in the exploration of valuable tools with an emphasis on different meditation techniques that can help manage symptoms and side effects of treatment to improve day-to-day life. (3rd Thursday Mindful Nature Walk at Arlington Park. Call to reserve your spot.)

• **Multiple Myeloma Support Group: 4th Wednesday of each month-1-2:30 p.m.** This is a support group for people and/or support persons affected by a multiple myeloma diagnosis.

• **Newcomer's Support Group: Thursdays, 11 a.m.-noon.** This is a small group format tailored to meet the needs of patients, survivors, caregivers and family members on a more individualized level.

Location: JFCS South Tuttle Campus, 1050 S. Tuttle Ave., Sarasota. Call 366-2224 x167 or visit www.jfcs-cares.org.

New Race at Benderson Park

■ **HITS Triathlon Series** and **SANCA** have a new triathlon race event that will take place at Nathan Benderson Park, Sarasota, on **Sunday, January 6, 2019**. Race distances will include Sprint, Olympic and Half with options for Relays and Aquabike in all three distances.

HITS has designed a flat, fast bike course that travels through local streets and a flat, fast run course that is contained completely inside the park away from vehicular traffic.

For more information, go to www.HITSTriathlonSeries.com. Online registration closes January 2, 2019.

Book Club at Bookstore1

■ On **January 3** at **1 p.m.** **Anne's Favorite Memoirs Book Club** with Anne Arsenault with focus on the book **Home Before Dark** by Susan Cheever at **BookStore1**. Purchase of the book at **BookStore1** required for participation.

In **Home Before Dark**, Susan Cheever, daughter of the writer John Cheever, uses previously unpublished letters, journals, and her own precious memories to create a candid and insightful tribute to her father.

While producing some of the most beloved and celebrated American literature of this century, John Cheever wrestled with personal demons that affected his family life as well as his career. In this memoir of a man driven by boundless genius and ambition, Susan Cheever writes with heart wrenching honesty of family life with the father, the writer, and the man she loved.

BookStore1 is at 12 South Palm Avenue Sarasota. More event info at www.sarasotabooks.com. ☺

Send your listing to:
WCWNewspaper@aol.com
DEADLINE:
DECEMBER 5
Datebook is also available at
WestCoastWoman.com