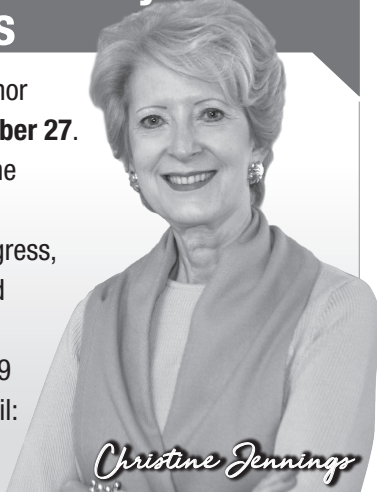


Democratic Women's Club Sarasota County Honors Christine Jennings

The Democratic Women's Club Sarasota County will honor **Christine Jennings** as their **Woman of the Year** on **October 27**.

Local leaders in politics, the arts, and businesses will come together to celebrate Christine's contribution to the community as immediate past chair of the SCDP and former candidate for US Congress, former CEO of the Westcoast Black Theatre Troupe, and Founder and President of Sarasota Bank. Proceeds from this event will benefit **Manasota Young Democrats**. The event is at Michael's On East, 6-9 p.m. Cost: \$175. For more info, visit <http://dwc4sarasota.org> or email: manasotayoungdemocrats@gmail.com or call 609-206-6937.



Christine Jennings

Epilepsy 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 at info@JoshProvides.org.

Annual Extension Plant Sale and Open House

■ **October 12** is a one-of-a-kind event featuring great plants for your landscape and information about Sarasota County Extension services. At this family-friendly event, choose from among hundreds of shrubs, trees, palms, annuals, herbs and other plant varieties identified as "Florida-friendly" by the University of Florida, and get gardening and landscaping advice from Extension-trained Master Gardener Volunteers.
EdFest booths and demonstrations will highlight the array of programs and services offered through Extension, from gardening advice to youth development.
Admission is free, with plant purchases available by cash or check. Proceeds from sales benefit the **Sarasota County Master Gardener** program efforts to support school gardens and community projects. For more information, call 941-861-5000, or visit <http://sarasota.ifas.ufl.edu/plantsale>.

Programs at the Manatee River Garden Club

■ **October 16, 1-2 p.m.** Program Topic: "**Birds of Prey: Raptors.**" Presenters: Cathy Turille, Theresa Rublacaza, and Debbie Burns. The presenters are volunteers at McGough Nature Park in Largo and have hundreds of hours of experience caring for the birds and educating the public. They will be bringing raptors from their Center. Open to the public. Free. Contact: Barb Beury at (941) 744-7553.

• **October 24, 10 am -noon.** Program Topic: "**Orchids 101**" Presenter: Ashley Palmer of Palmer Orchids. She'll give an introduction to the selection, planting and care of orchids. This is the first in a series for the Horticulture Study Group. Open to the public. Fee: \$10. Contact: Sharron Jones at sbj101sc@gmail.com.

• **October 10, 10 - 11:30am** Program Topic: "**Estate Planning in Florida**" Presenter: Jeffrey Goethe, Esq., a lawyer with Barnes Walker Legal Services in Bradenton. He will speak about estate and inheritance taxes, Florida tax law, documents needed for your estate, probate, living wills, trusts, and planning your legacy. Enjoy refreshments and door prizes. Open to the public. Reservations: www.manateerivergardenclub.com. Fee: No charge. Contact: Judy Boehm at (941) 870-2259.

All programs are at 3120 First Avenue West, Bradenton.

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.

Free Health Seminar

■ **The Renewal Point** has a free seminar on Thursday, November 21, 6-7pm, The topic is "No-Brainers for Brain Health" and will cover topics such as Neurotransmitters: How can we improve brain power?; The Aging Brain: Do we

have control?; Your Brain on Fire: Toxins that impact the brain How Genetics play a role: What can we do about it? and Extra Brain Power: 6 must-know nutrients.

Presented by Dr. Dan Watts, Founder/Director of The Renewal Point Age Management Center. Space is limited. RSVP to (941) 926-4905. The Renewal Point is located at 4905 Clark Rd, Sarasota. Open to men and women.

Historical Society of Sarasota County 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 to make a reservation. **Dates: October 19, November 16, December 7, January 11 & 25, February 8 & 22, March 14 & 28 and April 4.**

• **The 35th Historical LeBarge Cruise** is on **November 3** from **11am to 1pm**. Local historian John McCarthy narrates a history lesson from the water view. A great munchie brunch is included. Reservations are required. \$50 regular and \$75 VIP which includes early boarding, a complimentary drink coupon and a thank you gift.

• **Phillippi Estate** has a new program, **Afternoons at the Mansion**, with historical presentations on **Sundays at 2pm**. Tickets: \$20. Reservations: 941-861-7275. Light refreshments will be served. [Here's the schedule:](#)

• **October 13—Bertha Palmer breezes by with brownies** with Kate Holmes

• **November 10—Sarasota Roaring Through the 1920s** with Jeff LaHurd

• **December 8—Rising tides, shifting sands, ancient sites in peril** with John McCarthy

• **January 5, 2020—Newtown Alive** with Vickie Oldham and singer Troy Nichols & Newtown History Makers
Info or tickets: email hsosc1@gmail.com or call 941-364-9076. Visit www.hsosc.com.

Sarasota County to Host Educational Flood Zone Workshops

■ **Sarasota County** will host a series of **educational flood zone workshops** throughout 2019 at several county libraries.

The workshops are intended to educate residents, lenders and insurance and real estate agents about flood risks, zones, maps, regulations and mandatory insurance purchase requirements. Attendees will also find out why flood zone maps are continuously updated. All workshops are from **10:15 a.m. to noon**. No registration is required. Upcoming workshop dates and locations include:

- **Gulf Gate Library**, 7112 Curtiss Ave., Sarasota: **Oct. 8, Oct. 29.**
- **Elsie Quirk Library**, 100 Dearborn St., Englewood: **Nov. 6.**
- **Fruitville Library**, 100 Coburn Road, Sarasota: **Oct. 23.**
- **Selby Library**, 1331 First St., Sarasota: **Nov. 5.**

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

14th Annual Sustainable Communities Workshop

■ Early-bird registration is now open for **Sarasota County's 14th Annual Sustainable Communities Workshop** on **Nov. 14**, a day-long event to showcase strategies for healthy, resilient, thriving communities.

Under the "Growing Greener Generations" theme, the workshop will draw together residents of all ages, business owners and employees, non-profit leaders, and government officials to learn about environmental, economic and social aspects of sustainability. Multi-generational panelists will discuss the latest sustainability strategies, resources and best practices, and opportunities for involvement locally.

Early-bird registration of \$35 is available through Oct. 14, and \$45 after. All registrations include continental breakfast, lunch, and afternoon snack by a Sarasota County Green Business Partner.

The 2019 workshop, set for **8 a.m. to 4:30 p.m.** at the Girl Scouts of Gulfcoast Florida Event and Conference Center, at 4740 Cattleman Road in Sarasota, will tackle resiliency, food production, social equity, biodiversity, green economy and other topics through our multi-generational panels and three keynote speakers:
• **Josh Tickell**, an author and film director whose work provides young people with tools to reshape political power, change the climate conversation, and save Earth's ecosystems; **Chris Castro**, director of Orlando's Office of Sustainability & Resilience and developer of Fleet Farming, a social enterprise that

redefines local food systems by building organic farms on residential lawns; and **Syd Kitson**, chairman and CEO of Kitson & Partners, a firm that specializes in creating and developing master-planned communities focused on sustainable, responsible growth.

For more information, visit www.scgov.net/SustainableCommunities or call 941-861-5000. Register at ufarasotaeventbrite.com.

At the Friendship Center

■ **The Friendship Center** for Aging Studies has this events:

• **Near-Death Experience Intimate Fireside Chat** on **October 17, 6:30 p.m.** reception with wine and hors d'oeuvres. From **7-8:30 p.m.** panel discussion in The Caregiving Place Living Room. Cost: \$45

An intimate discussion with near-death experiencers who will share their firsthand accounts of life-transforming journeys beyond our world and answer questions about their experiences. Panelists: Carol Costanzo Vengroff, Sue Lanier, Juliette Gay Jones, and Lisa Cedrone. They'll share their personal near-death experiences and discuss the impact they have had on their lives, consciousness and spiritual perspectives.

Call 941-556-3263 to register. Location: 1888 Brother Geenen Way I Sarasota.

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 **Bradley 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: Sarasota: <http://na-win.com/sarasota>. 📍

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