

Adapting to a Changing Climate

From hurricanes to red tide to sea-level rise, learn how a changing climate affects Sarasota-Manatee and Florida. On **Friday, Jan. 25, from 8:30 a.m. to 3 p.m.**, USF Sarasota-Manatee will host a panel of experts to discuss how climate change impacts coastal areas, local and state economies, and public infrastructure, and the possible solutions ahead. Tickets are \$50 (includes lunch). For more or to register, visit usfsm.edu/climate.



Dr. Robert Corell & Bob Bunting; Moderator: David Kotok

Speakers include: Dr. Greg Smogard, Innovation & Business Development Officer, USF Sarasota-Manatee, David R. Kotok, CIO, Cumberland Advisors, GIC Board Member, Dr. Karen Holbrook, Regional Chancellor, USF Sarasota-Manatee and Bob Bunting, Scientist/ Entrepreneur and CEO Waterstone Strategies

Highlights of the Schedule:

- **Session I: A Florida-Centric Perspective of a Changing Climate;** Moderator: Bob Bunting
- **9-9:45 a.m.** Climate Change & Sea Level Rise: Implications for Florida & the Region with Dr. Robert Corell, Principal, Global Environment Technology Foundation/Professor
- **10-10:45 a.m.** Climate Warming & Hurricanes: Impacts for Florida May Be Changing For The Worse with Bob Bunting, CEO, Waterstone Strategies; Scientist/Entrepreneur
- **10:45-11:30 a.m.** Is Climate Warming Increasing Red Tide? With Lenny Landau, Data Analyst/Engineer
- **11:30 a.m.-12:15 p.m.** Panel: Florida & Climate Change with

■ **Session II: Local Impacts & Adaptive Strategies: An Optimist View.** Moderator: Greg Smogard

- **1-1:45 p.m.** Perspectives from a Florida Town Manager with Tom Harmer, Manager, Town of Longboat Key; former Administrator, Sarasota County Manager
- **1:45-2:15 p.m.** Climate, Municipal Bonds and Infrastructure with Patricia Healy, SVP, Cumberland Advisors
- **2:15-2:40 p.m.** Panel: Local Solutions. Bay Front Park Redevelopment – Climate considerations for one of the largest art redevelopment projects in the USA. Nano-Bubbles and Red Tide Mitigation – Science and Entrepreneurship Collide. “Oyster Farms Inc.” - Adapting to rising sea temperatures – Ed Chiles, CEO. Moderator: Jennifer Shafer, Shafer Consulting Inc.

Need to Lose Weight in 2019?

■ On **Thursday, January 17, 6:30-7:30 p.m.**, **The Renewal Point** will have a free seminar “The Hormone Connection for Weight Loss Seminar” which will explore how metabolic and hormone balancing have been found to be major components in long term weight loss. Learn about what contributes to yo-yo weight fluctuations and why unique and proven medical weight loss program can help you lose weight for good. Also learn how hormones can make it or break it when it comes to weight loss- almost everyone who has a weight problem has hidden imbalances, making it practically impossible to lose weight.

Held at Sarasota Specialty Pharmacy, 2075 Siesta Drive, Sarasota. RSVP (941) 926-4905. Open to men and women.

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 a.m. to 2 p.m., is \$195 and includes the use of Orvis fly tackle and lunch. Contact CB’s Saltwater Outfitters at (941) 349-4400 or info@cboutfitters.com to make reservations.

Holistic Chamber of Commerce Welcomes New

Chapter in Sarasota

■ **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** meeting will be held on **January 8, 10 a.m. to 12:30 p.m.**, at Manatee County Central Library, 1301 Barcarrota Blvd. W., Bradenton. Drew Smith, acclaimed genealogy consultant, speaker, and co-host of “Genealogy Guys Podcast” and “Genealogy Connections” Podcasts will present “Finding Cousins and Ancestors Using DNA Testing.” Following the presentation there will be a Q & A period with the speaker and then a moderated open discussion period. Attendees are encouraged to ask questions relative to their own issues or “brick walls” and get help from MGS members and meeting attendees.

Society information: Facebook: www.facebook.com/ManateeGenealogicalSociety or visit the Manatee Genealogical Society Web site: <https://mgsfl.org/>.

■ **Women’s College Club** of the Venice area invites you to join us them on **January 8** for a **11:30 a.m.** luncheon and program at the Pelican Pointe Golf & Country Club, 499 Derbyshire Dr, Venice.

The program is about alligators. Come enjoy this interesting topic and meet new friends. The club is a non-profit organization, supports the South County Food Pantry with food and \$ donations, awards yearly educational scholarships. Call Carrolle 612-597-2299 for reservations (\$18 lunch) or for more information about the club. Seeking new members.

American Jewish Committee Lecture & Lunch

■ On **January 14, 11:30 a.m.-1:30 p.m.** David Rosen, AJC’s Director of International Inter-religious Affairs will give a talk, “**Three Popes I Have Known.**” AJC’s Jerusalem based, Rabbi David Rosen is one of the few Jews who has had close interaction with Popes John Paul II, Benedict XVI, and Francis. He is the only Orthodox rabbi and the only Israeli rabbi to have ever been knighted by the Pope and is a Commander of the Order of Gregory the Great. Advance reservations required. Call AJC at 941-365-4955 or email sarasota@ajc.org. Held at Michael’s On East, Sarasota. Cost: \$28 including lunch.

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 at Info@JoshProvides.org.

JFCS Support and Wellness Programs

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

• **ZENTANGLE** with Julie Burch – **January 4, 1:30-3:15 p.m.** Zentangle is a meditative drawing experience unlike any other and it requires no special abilities or talents. Join Julie Burch as she guides you on a line by line journey into this life changing art form. You will be amazed at the beauty of the finished product and come away with the added benefits of increased feelings of calm and well-being. Space is limited. Preregistration required. Call (941) 366-2224 ext. 167.

• **Free Skin Cancer Screening – January 7, 9 a.m. to noon.** Sponsored by 21st Century C.A.R.E. and hosted by JFCS of the Suncoast Cancer Support & Wellness Programs. Appointments required. Call 888-850-1622 to schedule an appointment.

• **Ask the Pharmacist - January 16, 1-2:30 p.m.** Pharmacist will Tara Vogt speak on the topic of Connected Care – helping the patient and caregiver navigate treatment. Financial assistance, home delivery and other information will also be discussed.

• **Breast Cancer Support Group: Let’s talk about lymphedema – January 22, 1-2:30 p.m.** with guest speaker Sherry Ireland, MS, PT, CLT Physical Therapist, Certified Lymphedema Therapist. Breast Cancer is the most frequently diagnosed cancer. Sherry will discuss treatment options for managing lymphedema and regaining mobility and strength for return to function. JFCS South Tuttle Campus, 1050 S. Tuttle Ave., Bldg. 1, Room 2, Lyle Street Courtyard Entrance.

• **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 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. (Nancy will facilitate monthly walking meditation at Arlington Park that began in December).

• **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.

• **North Sarasota Group: 2nd Tuesday of each month. 6-7:30 p.m.** at 2801 Newtown Blvd, Sarasota. Join facilitator Elizabeth Bornstein, LCSW to discuss and learn ways to reduce and manage stress while coping with a cancer diagnosis. Meetings include “Ask Dr. Lisa”- an informal question and answer session with Lisa Merritt, M.D. Group begins with a light and nutritious meal.

• **Breast Cancer Networking Support Group: 2nd Saturday of each month, 10-11:30 a.m.** at Lakewood Ranch Medical Center, Conf. Room One. A support group for people with breast cancer and/or support persons.

Unless otherwise noted, the location is JFCS South Tuttle Campus, 1050 S. Tuttle Ave., Sarasota. Call 366-2224 x167 or visit www.jfcs-cares.org.

Workshop on Relationships

■ **SMART Couples Workshops** with **UF/IFAS Extension Manatee County** are being offered for couples wanting to take their relationship to the next level and improve their relationship. Relationship education workshops are starting **January 8.**

The workshops are: **Elevate: Take It to the Next Level - A** powerful relationship enrichment program for couples who want to improve their communication skills and to strengthen their relationship and Before You Tie the Knot - A dynamic premarital program for couples who are striving to start their marriages out right.

- **Elevate: Three workshops at three sites:**
- Goodwill, 8750 E. St. Rd 70 E, Bradenton, starting January 8, 6-8:30 p.m.
- State College of Florida- SCE, 5840 26th St. W., Bradenton, starting January 9th, 5:30-8 p.m.
- Goodwill, 3465Cortez Road W., Bradenton, starting January 10, 6-8:30 p.m.
- **Before You Tie the Knot:**
- BT Bray Recreation Center, 5502 33rd Ave. Dr. W., Bradenton, starting January 10, 6-8:30 p.m.

The sessions are free. For more information or to register, visit the SMARTcouples.org / Classes and Events – Manatee County Government page or contact UF/IFAS Extension Manatee County at (941) 722-4524. Pre-registration is required and closes two days before class starts. Couples will receive a light meal and incentives for participation. ☺

EMAIL YOUR EVENTS TO:
westcoastwoman@comcast.net
DEADLINE:
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