

# TOWER TALK

## THE NEWSLETTER OF THE ISLANDER CLUB



July—September 2023

### Happy 4th of July!



Also called Independence Day, the Fourth (4th) of July is a public holiday in the United States of America that commemorates the adoption of the Declaration of Independence on July 4, 1776, which declared the original colonies to be free from British rule.

There are so many 4th of July Weekend Events near Long Boat Key! Including Freedom Fest Celebration which begins the 4th of July at 9 a.m. with a parade, then into the park with games and crafts for the kids, a butterfly release, waffles with strawberries and whipped cream, ponies, the famous “Hot Diggety Dog” contest sponsored by the Longboat Key Rotary Club—Prizes awarded for most patriotic, most creative dog costume, and for best owner and dog combination. Kids are welcome to decorate their bikes, wagons, and themselves and march in the parade.

Sarasota has a whole weekend celebration for the 4th of July Including Fireworks.

Contributors to this Issue

Sally Kingston, Administrative Mgr.

Phyllis Radlinski, Editor

**INFO FROM THE OFFICE**

If you are interested in leasing your apartment, please notify the office.

Occasionally interested parties contact the office and your information will be posted.

Owners who would like to participate in Resident to Resident, please contact the office. This list is not published, owners who are interested in participating in a Resident-to-Resident occupancy may contact the office for the list and appropriate form.

**New Owners**

24 South Todd & Wendy Wyman

55 North Kevin & Carolyn Giordano

**APARTMENT FOR SALE**

2295 Gulf of Mexico Drive, Apt 84

\$849,900

Contact: Ratna Agharkar

941-315-4864 Homesmart

Myfloridahomes247@gmail.com

**APARTMENTS FOR LEASE**

OCT. 1, 2023 TO SEPT. 30, 2024

FOR LEASE

25 SOUTH

65 NORTH

P4 North

January – April

January - March

December - March

William Harvey

Ratna Agharkar

Lawrence Spoerl

937-313-5090

myfloridahomes247@gmail.com

610-416-0605

lsposcono@comcast.net

Zoom Board Meeting recordings are available from the office.

Board minutes are available after the Board has approved them.

\*REMINDER PLEASE CONTACT THE OFFICE BY E-MAIL OR PHONE (941-383-1766) PRIOR TO YOUR ARRIVAL ON THE PROPERTY.

HOPE TO SEE YOU SOON. THANK YOU!

**OFFICE CLOSED ON JULY 4TH**



Susan B. Turk

DECEMBER 27, 1937 – MAY 28, 2023

Susan B. Turk, age 85 passed away peacefully on Sunday, May 28, 2023. Susan's spark shone bright from an early age. At Irvington High School, where she met her beloved Michael, she was spirited and a social butterfly. Susan was always the life of the party, entertaining people and lighting up the room wherever she went. Whether it was her work with community theatre, time on the tennis courts, passion for skiing or just being with her family, Susan saw the positive in everyone and was devoted to making those around her smile. She took pride in her work with The Valerie Fund and various other charitable organizations. Susan will be remembered for all the love and positive energy she put into the world.

Susan is predeceased by her beloved husband Michael of 63 years. Sue was a past resident of 81 South.

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**Happy 100th Birthday Celebration  
For Richard Kanner  
Family came to celebrate his birthday!**



ISLANDER CLUB OF LONGBOAT

JUNE 27, 2023

Smoking is prohibited by State law in all common areas including, but not limited to: elevators, lobbies, hallways, utility rooms, pool and balconies.

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HAPPY 4TH OF JULY!

ISLANDER CLUB OFFICE WILL BE CLOSED ON JULY 4TH

NO WORKERS ALLOWED ON THE PROPERTY JULY 3 & 4

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REMINDER ALWAYS CLOSE THE UMBRELLAS

WHEN YOU LEAVE THE POOL DECK

BEACH CHAIRS MUST BE RETURNED TO THE DUNE LINE & STACKED

NO DRIPPING WET BATHING SUITS ALLOWED IN LOBBY & ELEVATORS

THANK YOU!

CARPORT ROOF REPLACEMENT UNDERWAY

ON THE NORTH & SOUTH TOWER CARPORTS

USE CAUTION

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APARTMENTS UNDER RENOVATION

11, 16, 35, 93, P6 SOUTH 46, 105/106 NORTH

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ISLANDER CLUB OFFICE HOURS

MAY 1 to SEPTEMBER 30

8:00 A.M. TO 4:30 P.M.

NO WEEKEND OFFICE HOURS

PHONE # 941-383-1766

MANAGER ON DUTY TO ANSWER BUILDING EMERGENCIES

# Longboat Key Chamber of Commerce

# Longboat Key's 4<sup>TH</sup> of July FREEDOM FEST

9:15 to 11 a.m. Sunday, July 4, Bicentennial Park on Bay Isles Road

Parade

Food

Games

Face Painting

Balloon Artist

Ponies

Sand Art

Stilt Walker

Scarlett Jo "HAM"sson

"Hot Diggity Dog"

Contest w/ Prizes



**\$500 Prize.** Cannons Marina is offering a \$500 cash prize to the most patriotic business entry in the parade (as long as there is a minimum of 10 business entries). Floats may be any motorized vehicle with 4 wheels e.g. golf cart, auto, van, trailer, etc. To enter, please call the chamber at 383-2466. Registration fee is \$25 for business floats and there is no charge for non-profit floats.

**Kid Games & Butterfly Release.** Fun games for kids of all ages after the parade with loads of fun prizes for everyone. Kids can also take tours of Longboat Key's biggest fire truck and rescue unit. Kids will get to release dozens of butterflies into the park, organized by the Longboat Key Garden Club.

Presenting Sponsor

# Observer

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[YourObserver.com](http://YourObserver.com)

Supporting Sponsors

**Michael Saunders & Company.**

LICENSED REAL ESTATE BROKER

**CASA DEL MAR**  
A BEACH RESORT  
LONGBOAT KEY, FLORIDA



Food Sponsor



Beverage Sponsor



Venue Sponsor



Games Sponsor

**CANNONS MARINA**  
LONGBOAT KEY





Longboat Key's annual 15-minute parade along Bay Isles Road begins at 9 a.m. at Bicentennial Park. Attendees of all ages will throw on their most vibrant red, white and blue attire for a day of games, patriotism and celebration. Free. For more information, call 383-2466.



## Turtle nesting season off to a strong start on Longboat Key

Longboat has seen high numbers of sea turtle nests in the first month of the season. If not for the combined efforts of volunteers and public policy, hatchlings may live a more troubled life.

By Carter Weinhofer | 5:00 a.m. June 13, 2023



Connie Schindewolf and Caleb Jameson finish walking their zone by marking two nests next to each other. They both have a long history of volunteering with Longboat Key Turtle Watch. Photo by Carter Weinhofer

LONGBOAT KEY NEWS

The sun peeked through the horizon just before 6:45 a.m., providing backlight for the Turtle Watch volunteers and spectators gathered at the 4795 Gulf of Mexico Drive beach access. Cool wind whipped from the ocean and over the dunes, bringing with it the smell of saltwater.

Connie Schindewolf and her team were on the beach an hour before the first turtle walk event on June 4. She has been volunteering with Longboat Key Turtle Watch since 1983.



The group of spectators for the first turtle walk of the season begin their short trek to watch a turtle nest be marked by Longboat Key Turtle Watch volunteers.

Photo by Carter Weinhofer

Schindewolf often works alongside the Jameson family during these mornings. They are also volunteers with Longboat Key Turtle Watch and the youngest, Caleb, just graduated high school. He has been volunteering with the organization since he was 8 years old.

The four of them patrol Zone D and mark the previous night's nests before the actual turtle watch event begins. Their zone covers about a 1.5 miles and Longboat Key Turtle Watch's full coverage area spans a little over 4 miles, from Greer Island to the Sarasota County line. Mote Marine Laboratory covers the rest of Longboat Key in Sarasota County.

"We usually have something," she said as she began her introduction to the morning's crew. With this year's nesting season, that would be a safe bet.





A diagram must be drawn of every nest that is marked, like the one that Schindewolf is looking at.

Photo by Carter Weinhofer

Nesting season officially began on May 1. As of June 3, the total number of nests on Longboat Key was 307. At that same time in 2022, the total nests on Longboat was 248. The year before that, it was 165.

On June 4 they recorded seven activities in their zone. Activities include both nests and false crawls, which are events when a turtle crawls up the beach but does not actually lay eggs. Schindewolf recalls the highest number of activities she's ever seen in one day was 23, while Caleb said 28.

At the nest closest to the start of the walk, Caleb began labeling stakes with nest info as Schindewolf talked to the audience. Brenda Jameson, Caleb's mother, took GPS coordinates of the nest and drew a diagram of the location and turtle tracks. The four stakes were then driven into the sand, making a square over the nest.



Schindewolf let Jameson take the lead and climb the dune to measure the distance the nest is away from vegetation.

Photo by Carter Weinhofer

When the talk is over and the nest is properly tracked, the audience is dismissed. Schindewolf and the Jamesons are then responsible for marking the remaining nests in their zone. With their combined experience, tracking seven activities was like clockwork. Brenda and her husband took one end of the zone while Schindewolf and Caleb handled the other.

After four decades of volunteering, Schindewolf is able to see how their work can make a large impact.

"The most rewarding part is knowing that you may not just be saving a turtle, but that you might be influencing a whole population," Schindewolf said.

## A long journey

Longboat Key Turtle Watch is permitted under Mote Marine Laboratory, where the research is based. Melissa Macksey has been the Sea Turtle Conservation manager with the program since 2018.

“We’re off to a really good start this year,” Macksey said.

However, Macksey warned that it’s still too early to tell how the season will go. Things could plateau or drop off at any point, according to Macksey. She said that warming waters have been altering nesting seasons over time due to the many cues sea turtles depend on in their nesting season.

Sea turtles use cues to determine much of their behavior, especially when it comes to reproduction. When the temperature starts to warm, they know that it is time to migrate back to their nesting grounds, find a mate and then nest. But, with global temperatures on the rise, increasingly warmer waters have led to early nesting seasons.

“They’re very complicated animals and there’s a whole bunch of stuff going into it, but the warmer waters do seem to be shifting the season earlier,” Macksey said.

Tracking the true number of nests laid also comes with caveats. Sea turtles could lay anywhere from four to eight nests in a single season. On top of that, many species take years off in between nesting, according to Macksey.

Once the eggs are laid, the turtles are completely on their own. The hatchlings receive no parental care to help guide them past beach chairs and towards the brightest horizon. In fact, they won’t even know their father. That’s one aspect “Finding Nemo” got wrong, Macksey said.

“They are counting on not being completely overrun by predators and for those beaches to be dark,” Macksey said.



Sea turtle nests are marked with bright yellow stakes connected with fluorescent tape. This is meant to protect them from beach rakers and everyday beachgoers.

Photo by Carter Weinhofer

Inland lighting can be a real problem, Macksey said. The hatchlings will travel toward the brightest horizon, which naturally should be the ocean. But, if the lights on shore are too bright, then the turtles might travel in the wrong direction. This wastes what little energy the hatchlings have coming from their yolk sac, a membrane that provides the embryo with nutrients prior to hatching. This energy is essential for their trip out to the ocean for about three days until reaching safety in the ocean’s “seaweed line.” The hatchlings spend most of their juvenile life in this natural floating sargassum, using it as a refuge to eat and to hide from predators.

Hatchlings need to make it to the water by sunrise. If they lose their way and aren’t found in time by volunteers like those of the Longboat Key Turtle Watch, the hatchlings may dry out and die, according to Macksey.

Ordinances like the ones spelled out in Longboat Key’s Chapter 100 – Marine Turtle Protection aim to give the turtles

the best chance at survival. Turning off unnecessary artificial lights after sunset, or using turtle-safe lighting is necessary during the nesting season. Additionally, any holes made on the beach must be filled and beach chairs must be stored and out of the way during nesting hours.

Code Enforcement Officer David Woods said that the city received 127 infraction notifications from May 1 to June 10. From that, 75 were lighting violations and 52 were because of obstructions on the beach. The process, he said, begins with a courtesy warning but could lead to the special magistrate for a court hearing if the infractions recur. Woods said he frequently goes on what he calls “turtle patrol,” either after sunset or before sunrise to check for potential infractions.

Ensuring the survival of these turtles is crucial, especially for loggerheads, according to Macksey. The southeast United States is home to the largest population of loggerhead turtles in the world. Of that population, 90% of the individuals nest in Florida, Macksey said.

Longboat Key Turtle Watch hosts free public turtle walk events every Saturday morning at 6:45 a.m. until the end of July. These events begin at 4795 Gulf of Mexico Drive. To stay up to date on the turtle nest count, visit Mote’s website or check out the front page of the Observer every week during the nesting season.



AUTHOR

Carter Weinhofer

Carter Weinhofer is the Longboat Key news reporter for the Observer. Originally from a small town in Pennsylvania, he moved to St. Petersburg to attend Eckerd College until graduating in 2023. During his entire undergraduate career, he worked at the student newspaper, The Current, holding positions from science reporter to editor-in-chief.

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Did I tell you that I love turtles? Back in Maryland, I have even stopped my car, got out and carried a big turtle across the road so he wouldn’t get hit by a car. I know that I must carry the turtle in the direction that he is crossing the road or he will just go back out and try to cross it again. Phyllis Radlinski





Lesley Dwyer

# Books, bargains and lobster on the lawn

Jean Markell picks out the perfect book for her husband Lee, a landscape architect.

The Longboat Library brought the books outside for a sale on Saturday.

**LESLEY DWYER**  
STAFF WRITER

**T**he Longboat Library threw a lawn party on Saturday — not exactly, but it looked and felt like one. An ordinary book sale doesn't have cafe tables set up and the Maine Line lobster truck parked next door.

There was also a broad selection of books at bargain prices. Nothing was tagged over \$5 except the vintage and antique titles. Volunteers researched each old book online and discounted them 60% from their Amazon prices.

"There was something from the late 1800s, but somebody bought it," library President Mary Baker said. "It was a first edition with uncut pages, and it's gone, so somebody recognized the value of that."

Still on the table was a hardcover of Walt Whitman's "Leaves of Grass," printed in 1926 and still in its original slipcase. The Amazon price is

\$123.80; the library's price was \$20.

Not on the table was a machete and a reproduction of an antique fire-arm; both were donated with a box of books and good intentions. The strangest of donations to date, the weapons were passed on to Goodwill.

Every shelf in the library is stocked with donations. It's a completely self-funded and volunteer-run operation, and with that comes a level of personal service that can't be matched.

"We get to know our customers, and we try to make them happy," Baker said. "It's a service we provide."

## BOOK RECOMMENDATIONS

Here are five of Baker's recent favorites. She says many of the library's patrons have enjoyed them too.

1. "Lessons in Chemistry" by Bonnie Garmus
2. "Mad Honey" by Jodi Picoult and Jennifer Finney Boylan
3. "West with Giraffes" by Lynda Rutledge
4. "Horse" by Geraldine Brooks
5. "Remarkably Bright Creatures" by Shelby Van Pelt



**FREE**

# HANDS-ONLY CPR & AED TRAINING

Presented by The Town  
of Longboat Key Fire  
Rescue Department

*Learn the  
lifesaving skills  
of Hands-Only  
CPR & use of an  
AED in this FREE  
1 hour course*

Space is limited to 16  
attendees per class.  
Register today!

## **Class Dates Available:**

- JULY 24TH
- AUGUST 21ST
- SEPTEMBER 27TH
- OCTOBER 31ST
- DECEMBER 1ST

**All classes start at 10am  
and will be held at:**

LBK Fire Rescue Station 91  
5490 Gulf of Mexico Drive

**REGISTER TODAY: EMAIL  
RBURGER@LONGBOATKEY.ORG OR CALL  
941.316.1944**



**JAZZ**  
Thursdays  
at SAM

**Thursday July 13**

**5:30 - 8:00 pm**

**Sarasota Art Museum  
1001 S. Tamiami Trail**



Sarasota Art Museum invites you to be our guest at our Jazz Thursday at SAM, featuring

***The David Pruyn Quartet***

Sarasota Art Museum is partnering with the Jazz Club of Sarasota for Jazz Thursdays. Join us for our special late-night performances on the Marcy & Michael Klein Plaza.



*The David Pruyn Quartet with  
Eddie Tobin, Cameron Kayne and Mark DeRose*

Outdoor Concert - Galleries + Bistro + Shop will be open

Tickets: Free for Art Museum Members \$20 for Guests - <https://www.sarasotaartmuseum.org/learn/>

**Brandon Robertson Trio**  
with  
**Zach Bartholomew** - piano  
**Max Marsillo** - drums

**Monday Night Jazz Cabaret**  
July 24 7:30 - Dinner 6:30  
Court Cabaret - Florida Studio Theatre  
1st Street & Coconut Ave



# MONDAY NIGHT JAZZ CABARET

Presented by



**John C. Court Cabaret**  
at the Florida Studio Theatre  
1st St Cocoanut Ave. Sarasota

Jazz Club Sarasota 941-260-9951  
www.jazzclubsarasota.org

**FSI** florida  
studio  
theatre

*August 14 - The Dan Heck Trio*



All seats reserved

Tickets: Members \$34 Non Members \$39



Full Bar and dinner menu available

Doors open 6:30 for dinner - Show time 7:30 pm

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studio  
theatre

*September 11 - Bossa Nova & More*  
*Patrick Bettison with Phill Fest*



Patrick Bettison

Phill Fest

Tickets: Members \$34 Non Members \$39



Full Bar and dinner menu available

Doors open 6:30 for dinner - Show time 7:30 pm

**Monday  
Night  
Jazz  
Cabaret**

**James Suggs and Friends**

October 16 - 7:30 pm



**THE jazz club**  
OF SARASOTA  
**John C. Court Cabaret**  
First St & Coconut Ave  
All Seats Reserved



Like Us on  
Facebook

*"I'm all about sound and James has it. It's bright, but never brash. And on ballads, it's burnished, like a soft light." .....*Houston Person

**Full Bar and dinner menu available  
Doors open 6:30 for dinner - Show time 7:30 pm**

**Jazz Club of Sarasota**

July 14, Jazz Thursday at the Sarasota Art Museum

July 18, Monday Night Jazz at the Cabaret

August 11 Jazz Thursday at the Sarasota Art Museum

August 15 Monday Night Jazz at the Cabaret

September 8 Jazz Thursday at the Sarasota Art Museum

September 12, Monday Night Jazz at the Cabaret

For additional information go to:

<https://jazzclubsarasota.org/events>



## RACIAL JUSTICE ESSAY CONTEST

### AWARDS CELEBRATION



#### THE WINNERS ARE ANNOUNCED!

On Thursday, March 30, 2023 at the Unitarian Universalist Church of Sarasota, 16 local high school participants of the Manasota Remembers Racial Justice Essay Contest were recognized for their compelling and insightful essays which examined the history of racial injustice and discussing its legacy today.

Students were asked to write a 800-1000 word essay that explained a chosen topic of racial injustice using a specific historical event(s), exploring how the injustice persists, and imagining solutions for a future free from racial injustice.



The Equal Justice Initiative (EJI) offered this opportunity in partnership with the Sarasota & Manatee Community Remembrance Project (Manasota Remembers) which focuses on memorializing African American victims of racial terror lynching. Communities across our nation have been profoundly impacted by the legacies off the eras of enslavement, racial terror lynching, and segregation in ways that continue to influence our social, political, and personal practices and institutions. EJI and Manasota Remembers are working together to help advance a more truthful understanding of this history.

Thank you to everyone who helped make this event a success.

Dan and Litten

Boxser Diversity Initiative

EJI awarded \$5,500 in scholarships to the four winners of the 2023 Racial Justice Essay Contest. Booker High School senior, Nora Mitchell, was awarded 1st place and a \$2,500 scholarship. Elijah Roberson, a senior from Palmetto High School was awarded 2nd place and a \$1,250 scholarship. Tiffany Anderson (not pictured above), a Sarasota High School senior was awarded 3rd place and a \$1,000 scholarship. Hannah Silva, a junior from Suncoast Polytechnical High School was awarded 4th place and a \$750 scholarship.

Honorable mentions were awarded to Daniel Molina a senior from Team Success and Noelani Forsythe, a sophomore from Booker High School.

All participants shared with the audience the inspiration for writing their essay and what they learned from thee experience. Nora Mitchell read her winning essay during the ceremony.

**Sea turtle nesting season: The season started on May 1 and runs through Oct. 31. The new and revised requirements in our Town Code adopted in 2021, are effective this nesting season. Thank you to our partners Mote Marine, Longboat Key Turtle Watch, and the Longboat Key Garden Club. Call Code Enforcement Officer Chris Kopp at 941-316-1966 with any questions or to schedule discussions about the new code for your condominium or HOA meetings.**



**It's shorebird nesting season, too: Shorebird nesting season runs through the summer but wraps up in September providing birds adequate time for a successful nesting period. 2021 didn't produce a high number of nests but those that we had were more productive than prior years. Least terns, black skimmers and snowy plovers are among those who call Longboat Key beaches home. Nests are laid on the very top of a patch of sand which makes them vulnerable to predators like raccoons, etc., and also includes dogs, and people. Our beach permit conditions require shorebird monitoring to ensure beach conditions are favorable for nesting, and that nests are properly marked to protect eggs and hatchlings.**





**BOAT EXPLOSION OFF LONGBOAT KEY SENDS SIX TO HOSPITAL,  
UNDER STATE INVESTIGATION.**

**A boat explosion that occurred Saturday afternoon in New Pass, off the south end of Longboat Key, sent six to the hospital and drew multiple agencies to respond.**

**Authorities were alerted to the incident at approximately 4:45 p.m. June 24, according to the Florida Fish and Wildlife Conservation Commission. Longboat Key Police and Fire Rescue departments were called along with the FWC, U.S. Coast Guard, and Sarasota Police Department and Fire Rescue.**

**All six individuals on the 24-foot Yellowfin boat were transported to a nearby hospital. Longboat Key Fire Rescue assisted in the treatment and transportation of some of the patients, according to Public Information Officer Tina Adams. One had been transported as a trauma alert, and all others were transported as nonemergency, Adams said in an email.**

**The FWC is currently investigating the incident, but no further updates are available as of Tuesday evening.**

**Correction: This article has been updated to clarify that the Sarasota Police Department was among the responding agencies.**

**By: Carter Weinhofer 9:15 p.m. June 27, 2023**

## The LBK Paradise Center

### On Going Programs

#### MONDAYS

10-11am – Stretch & Strengthen

Try this 1-hour class designed for increased flexibility, strength and balance. All exercises are done standing or seated in a chair. Feel free to bring light hand weights! And please bring your own towel and water bottle.

1-3pm Thinking Out Loud: Discussion Group

Mike Karp moderates this lively group discussion with varying topics (suggestions emailed ahead of time). Issues may include world affairs, U.S. politics, local news, popular culture and topics relevant to seniors. Bring your questions, your convictions...and your open mind!

#### TUESDAYS

10-11am Qi Gong

Taught by experienced instructor Sandi Love, Qi Gong is an ancient healing art designed to improve your mental and physical wellbeing. Its gentle moves can benefit those who play golf or tennis and/or who suffer with hip or back pain, such as sciatica. The stretching movements support agility and flexibility, making you less likely to injure yourself while exercising, and the breathing techniques and focused intent can help calm your mind and ease anxiety.

#### WEDNESDAYS

10-11am Beginner Tai Chi

with Certified Instructor Reuben Fernandez

Held outdoors (weather permitting), this beginner Chen Tai Chi class is recommended for those who are interested in improving their overall health and wellbeing by utilizing simple, easy-to-follow exercises and breathing techniques. Tai Chi is an ancient art with roots in the philosophy known as Taoism. Its purpose is to learn how to relax internally, improve your sense of balance and release anxiety and stress. No special equipment is required; closed shoes with low heels are recommended (not running shoes). All experience and fitness levels welcome!

## THURSDAYS

10-11am Zumba & Mat Pilates  
with Certified Instructor Suzy Brenner

This class, designed for active seniors, is so much fun, you'll forget you're exercising! Begin with 30 minutes of Zumba: move your body to Latin and upbeat music...tone muscles, improve balance & coordination. Then finish with mat Pilates – working on flexibility and strengthening core muscles. Come for 30 or 60 minutes!

1-3pm Mah Jongg  
Join us for fun Mah Jongg!  
RSVP Required: [MaryAnnBrady@TheParadiseCenter.org](mailto:MaryAnnBrady@TheParadiseCenter.org)

## FRIDAYS

10-11am Intermediate Tai Chi  
with Certified Instructor Reuben Fernandez

Held outdoors (weather permitting), this intermediate class will include all of the elements of Wednesday's beginner class, but will focus more intensively on the Chen Style form, Lao Da Djia.

This Chen Tai Chi class is recommended for those who are interested in improving their overall health and wellbeing by utilizing simple, easy-to-follow exercises and breathing techniques. Tai Chi is an ancient art with roots in the philosophy known as Taoism. Its purpose is to learn how to relax internally, improve your sense of balance and release anxiety and stress. No special equipment is required; closed shoes with low heels are recommended (not running shoes).

11:15am-12:15pm Qi Gong & Meditation  
Taught by experienced instructor Sandi Love, Qi Gong is an ancient healing art designed to improve your mental and physical wellbeing. Its gentle moves can benefit those who play golf or tennis and/or who suffer with hip or back pain, such as sciatica. The stretching movements support agility and flexibility, making you less likely to injure yourself while exercising, and the breathing techniques and focused intent can help calm your mind and ease anxiety. This class will close with 10 minutes of guided meditation.

**If you would like more information please go to their website: [Theparadisecenter.org](http://Theparadisecenter.org)**

## July—September 2023 Interfaith Calendar

July 10\* – Martyrdom of the Bab: A day remembering the execution of one of the founders of the Baha'i faith

July 18\* – Hijri New Year: This holiday begins the Islamic lunar calendar. You may also hear it called Islamic New Year. It begins when the crescent moon is spotted

July 23 – Haile Selassie's Birthday: The birthday of Emperor Haile Selassie, which is celebrated in Rastafarianism

July 24 – Pioneer Day: A holiday celebrated in the state of Utah that marks the settling of LDS pioneers in the Great Salt Lake area

July 27\* – Tisha B'Av: A holiday in the Jewish faith that commemorates the destruction of the Jewish temple that occurred once in 586 BCE and once in 70 CE in Jerusalem

Learn more about the religious holidays and diversity days in the July 2023 Diversity Calendar.

### August 2023 Religious Festivals Calendar

August 1 – Lughnasadh: This Pagan and Wiccan festival designates the start of the harvest season

August 15 – Feast of the Assumption: This is a holy day in the Catholic faith when Mary, the mother of Jesus, was assumed (body and soul) into Heaven

September 6\* – Arbaeen: The day marking the end of the 40-day mourning period after the Day of Ashura for Shia Muslims

September 11 – Coptic New Year: A feast day (also called Nayrouz) that commemorates martyrs and confessors in Coptic Orthodox Christianity

September 15 to September 17 – Rosh Hashanah: The two-day Jewish New Year that highlights rest and reflection, and is one of the most important Jewish holy days

September 21 to September 29 – Mabon: Pagan and Wiccan religions use this day to mark the autumnal equinox

September 24 to September 25 – Yom Kippur: This is one of the most important Jewish high holy days in the Jewish faith. The central themes of Yom Kippur are atonement and repentance

September 27\* – Mawlid: The celebration of the birth of the Prophet Muhammad in the Islamic faith



## What's happening at St. Armand's Circle!

### SEPTEMBER 9

Exotic Cars on the Circle. We are excited to welcome back Exotic Cars On The Circle! Admire exotic supercars and find a new favorite during this free event in St. Armand's Circle .

Event Details

9am-3pm

sponsored by Ferrari Drivers SRQ

### SEPTEMBER 30 & OCTOBER 1

St. Armand's Craft Festival & Sidewalk Sale. This popular, free, outdoor event takes place inside St. Armand's Circle Park. For two days, guests will enjoy works from over 175 artisans...

Event Details

10am-4pm

sponsored by ArtFestival.com

### OCTOBER 28

Jaguar Festival d'Elegance The annual Jaguar Festival d'Elegance attracts the finest Jaguar automobiles, including antiques, current classics, and modified prototypes....

Event Details

9am-3pm

sponsored by Wilde Jaguar

### OCTOBER 31

Fright Night on St. Armand's Circle Our fabulous Halloween event, in its 15th year, returns for the young, and spooky at heart. Fright Night transforms St. Armand's Circle from...

Event Details

6pm-8:30pm

hosted by the merchants of St. Armand's Circle

## NOVEMBER 4

Ferraris on the Circle We are excited to present another spectacular Ferrari's on the Circle! Stroll through St. Armand's Circle Park while enjoying Ferrari's of al...

Event Details

9am-3pm

sponsored by Ferrari Drivers SRQ

## More Events

STORE HAPPENINGS Discover upcoming promotions and events for your favorite businesses!

Thursday, June 22

Kathy Groob Art Exhibition & Open House Join us for wine, cheese, and some great art at The Ancient Olive 26 North Blvd of Presidents.

Visit [KathyGroob.com](http://KathyGroob.com) for more information

4pm- 7pm

The Ancient Olive 26 N. Blvd of Presidents

Every Tuesday

Networking on the Water Meet other professionals that are interested in Word of Mouth Marketing. Join us for lunch, and stay for the referrals! For more information...

Event Details

11:30am- 1pm

Every Third Saturday

St. Armand's Cars & Coffee Lynches Pub is excited to host a monthly St. Armand's Cars & Coffee every 3rd Saturday from 8am to 10am.

All cars are welcome to attend this ...

Event Details

8am- 10am

Hosted by Lynches Pub 19 North Blvd of Presidents

#StArmandsCircle

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WELCOME TO ST. ARMANDS

SHOP | DINE | RELAX

EVENTS & HAPPENINGS

EXPLORE

ABOUT US



**Tower Talk Contact Information**

**Islander Club of Longboat**

2295 Gulf of Mexico Dr.

**Longboat Key FL 34228**

**Give us a call if you have any questions, suggestions or would like to join our Team!**

**(941)383-1766**

**Or contact [sally@theislanderclub.com](mailto:sally@theislanderclub.com)**

**Or [islanderclubtowertalk@gmail.com](mailto:islanderclubtowertalk@gmail.com)**

**The website address is: [www.Islanderclub.org](http://www.Islanderclub.org)**