

2015

www.broadwaterfl.org

The Broadwater Breeze

News and information for the Broadwater Community in St. Petersburg, Florida

13th Annual Broadwater Association Adult Holiday Party

Saturday December 5, 2015 6:30 PM-11:00 PM

The Armory 3601 38th Ave South

360 Vodka, Tequila Rose, Beer and Wine Provided Along With Honey Baked Ham, Turkey, Sweet Potato and Green Bean Casserole Bring a side dish, salad, appetizer or dessert to share

Live Entertainment Provided by The Impacs

RSVP by December 1st at www.broadwaterfl.org or Email: hill.evelyn@hotmail.com or Phone 864-4188 (Provide name, address, phone #, number of guest & type of dish you will bring)

Donations for National Guard Families can be made by cash or check made payable to: Broadwater or Post of St. Petersburg FRG Donations will be matched dollar for dollar by Broadwater Civic Association

BROADWATER NEIGHBORHOOD WATCH

We welcome Glenn Brown as our new Broadwater Neighborhood Watch Coordinator. Glenn replaces Ted Seefeldt who has moved out of Broadwater but remains in the area. Glenn has been working with Ted and has been responsible for making the monthly schedules for patroller. Thanks for stepping up Glenn! We thank Ted for making the Broadwater Neighborhood Watch a model for the entire city! Many thanks to all of our patrollers whose presence helps keep Broadwater safe. *Continued on page 8*



SAVE THE DATE

Dec 5: Broadwater Holiday Party -National Guard Armory

Dec 12: Broadwater Boat Parade of Holiday Lights Dec 13: Family Scavenger Hunt - Details coming soon on Website, Nextdoor and Infolink!

2016 (Subject to Change)

Jan 28: Board of Directors Meeting Feb 5: Spring Broadwater Breeze Deadline Mar 3: General Meeting

Mar 5: Neighborhood Garage Sale

Apr 24: Broadwater Family Picnic

BEAUTIFICATION AWARD WINTER 2015

Congratulations! Jim Smith 4331 38th Way S

Check out the view from Jim's backyard as depicted on the garage door. View time lapse video of this project at www.broadwaterfl.org



Jim will receive a \$25 gift certificate compliments Debbie & Mike Zito and Lee Krueger, Realtors®

Smith &

727-865-TEAM (8326) • Homes@StPeteTeam.com

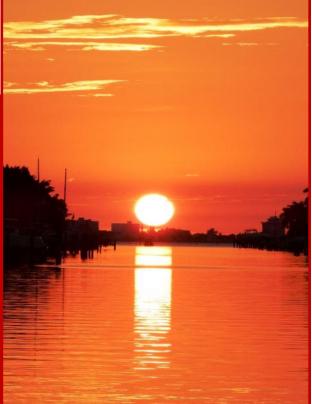
Sunset Social

The sun was setting directly down the canal leading to the Maximo Marina on September 23rd so why not celebrate! This semi-annual event drew quite a crowd from Broadwater and surrounding neighborhoods to Maximo Seafood Shack. Nobody was disappointed as the sun melted out of sight. Thanks to Margaret and her crew for keeping everyone hydrated and bringing Broadwater residents together! On a side note, IGY Marinas (www.igymarinas.com) is now managing Maximo Marina. We expect to see the continuation of the renovations as well as other improvements in the near future.









HALLOWEEN PARTY

The old Rahall Estate was an ideal setting for 3rd Annual Broadwater Halloween Party. It was a picture perfect night for a ghoulish party and 160 attendees did not disappoint with some great original costumes and some creative Halloween themed food and drinks. *Continued on page* 7 See more pictures at www.broadwaterfl.org



Zombie Cowgirl

The Hamiltons

Kids Contest

Hay Ride

The Volunteers



THE SKYWAY MARINA DISTRICT

Linda Bowler, the initial Executive Director of the Skyway Marina District (SMD), SKYWAY MARINA has resigned from her role due to family obligations. We thank Linda for doing a wonderful job getting the District up and running during her 15 months with the SMD and

wish her the best of luck. Since Linda's resignation a committee of the Board of Directors lead by President Jack Dougherty interviewed several candidates and approved the hiring of Keri Melshenker who started November 9th. Keri comes to the Skyway Marina District from Norfolk, Virginia with a decade's worth of leadership experience in community building. We hope that Keri can attend the Holiday Party.

The engineering design documents for the 3 gateway signs have been submitted to the Florida Department of Transportation (FDOT) for a second round of review and comment. We anticipate approval within two weeks. At that time, the City of St. Petersburg will give the go ahead to Thomas Signs, Inc. to begin the manufacture and subsequent installation of the signs. Thomas informs us that the manufacturing cycle will take 8-10 weeks and the installation 1 week for each sign. Unless there is some unforeseen issue that arises we may see the SMD gateway signs in place by the end of February. The signs are approximately 37 feet long and the tallest pylon is approximately 14 feet high. The yellow simulated Skyway Bridge cables will be lit from below with LED lighting. The lettering will have internal LED lighting and Bismarck Palms will create the background.

The City has engaged the consulting firm of Genesis Group to assist with design and recommendations for revamping the existing medians on 34th Street South between 30th Avenue South and 54th Avenue South that have existing green space currently existing. Combinations of Dwarf Schillings Holly, Dwarf Carissa, Parson's Juniper and Ice Plants will be planted where feasible. Larger medians (primarily those on the southern part of the District) will have one or more Bismarck palms installed. Depending on FDOT and City approval process the median work may begin by February.

Included in the SMD Plan is the addition of pedestrian lighting along both sides of 34th Street South from 30th Avenue South to 54th Avenue South. Unlike the gooseneck highway lights currently visible on 34th, these lights will have much shorter poles (15'-20'), will be much closer together (approximately 75' between lights) and will hold a decorative LED light. Light styles are currently being reviewed.

In other news, The Casino Night event held September 26th proved to be a great night. Over 150 people attended the 4 hour event held in the District at Grand Villa. The attendees came from all over the City and the event raised several thousand dollars for the District. There were raffles, games, and gift contributions that created much excitement at the event. All in all it was a fun night out and profitable for the District.

The SMD Business Association Improvement Meeting occurs the third Wednesday of each month at 9:30AM

at SPC Allstate Center. All are invited to attend and let our city officials know what needs to be improved in the area. The Skyway Marina District Business Association meets on the first Tuesday of every month at 5:00 PM at various locations within the district. All are invited to attend this one hour meeting to meet the business owners and stay up to date on what is happening in the SMD. For more information visit skywaymarinadistrict.org/



The area of 38th St S between 46th Ave S and 48th Ave S is in need

of improvements due to deteriorating bollards along the seawall. Mike Zito and John Sokol are working with the city to come up with a solution that will make this area beautiful again. This process may take some time so bear with us while we work toward a permanent fix. We are also working with the city to prevent future damage caused by dock companies unloading materials along the seawall. If you are having dock or seawall work done please let your contractor know that they are not allowed to park their barge at the end of the canal and use this area to load materials.





From The BCA Board

Season's Greetings from the BCA Board of Directors. I would like to thank all of our volunteers for their

time and energy in making Broadwater and the Skyway Marina District stand out in the City of St. Petersburg. We can all be proud to say that we represent a wonderful neighborhood! Please continue to attend city events and be neighborhood ambassadors to let our leaders know why we call Broadwater home. We would like to commend the Alliance for Bayway Communities (ABC) for their diligence in monitoring the sewage issues resulting from the heavy rains we experienced in August. Broadwater supports this group for their approach to solving issues that affect the Bayway and surrounding neighborhoods. We sadly said goodbye to Ted and Linda Seefeldt at the last General Meeting. They were presented with a plaque for making Broadwater a better place and we wish them the best in their future endeavors and expect to see them around in the winter months. On December 5th, we will hold our 13th Annual Holiday Party at the newly renovated Armory. Please plan to attend especially if you are a new neighbor. We will have the election of the 2016 Board and a short Annual Meeting. The Impacs will be playing once again and we will be accepting and matching donations for our National Guard families. See the front cover for more details and be sure to RSVP now. We will also be holding the 5th Annual Broadwater Boat Parade on the night of December 12th. This event is great whether you participate on the water or the shore. If you are having a Holiday gathering this is the perfect night to plan it. Judges can vote via text or email and the decorated boats are a sight to see! Everything we do to make Broadwater great is made possible by our dues paying members and our loyal advertisers who underwrite our activities and the Broadwater Breeze. The 2016 membership form is enclosed so please fill it out and send in your \$30 (or more if you care to) or bring it to the party. I will close by wishing you and your family a safe Holiday Season and a prosperous 2016.

Tom Ando BCA President



Holiday Trash & Recycling Schedule

Trash Collection for Christmas week will be on Monday and Wednesday. No change for New Year's week for trash or recycling.



Our Welcome Aboard representatives are Kris Holtman, Maria Roesner and Mary Lisan. Kris, Maria, and Mary all live on 44th St S and have teamed up to make sure all new residents are welcomed in a timely manner. If you need to let our Welcome Aboard ladies know about a new resident please email <u>infolink@broadwaterfl.org</u> or call Kris at 867-3172, Maria at 498-6899 or Mary at 215-962-8814

A Warm Welcome to our Newest Neighbors

- * Lucien & Cheryl Miranne 4263 45th St S
- * Marvin Muncie Jr 4380 45th St S
- * Michael Cloutier & Annie Lavigne 4029 38th Way S
- * Eric & Mary Von Kaenel 4560 38th Way S
- * Reginaldo Barosa & Megan Page 4429 39th St S
- * Michael Valerio 4425 46th Ave S
- * Jeff & Anne McAtee 4000 48th Ave S
- * Sarah Savage & Cameron Fifer 4160 39th St S
- * Henriques Hamilton Jr. & Amy Pate 4490 40th St S



Dec 13: Family Scavenger Hunt Details coming soon on Website, Nextdoor and Infolink!

National Guard Donations

We are once again showing our support for our local National Guard Families by taking donations for the holidays. Broadwater will match your donation dollar for dollar. Please bring

your cash or check donation to the Holiday Party or you may mail a check to our Treasurer Vicki Linkovich at 4316 44th St S. Checks may be made out to St. Petersburg Post FRG or Broadwater Civic Association. Thanks for supporting our neighbors who support Broadwater!



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Membership 2015

Your dues are appreciated and support the many activities of the Broadwater Civic Association. Thanks to our 304 paid members in 2015. We ended up at 57% and 6 more members than last year's total. The 2016 membership form is included in this newsletter. Please feel free to add a donation to your membership fee to allow us to do more to improve our already great neighborhood. Please mail it in the envelope provided or pay in person at the Holiday Party on December 5th. <u>Please be sure to fill out your membership form completely</u> even if your information has not changed. This will insure that we have your information up to date. Please insert it in the envelope and bring it with you if you choose to pay in person.

BROADWATER REFERRAL LIST

Connie Beckman now maintains a list of referrals from Broadwater Residents for various home services. The list, which is available at <u>www.broadwaterfl.org</u>, is updated regularly. We are tracking the number of positive referrals for each contractor. We ask that you <u>review the current list</u> and email Connie at <u>conbek@kenbek.com</u> with the name of any of the contractors on the list that you have utilized and would recommend. You may also email her with any new referrals for home services you have utilized and would recommend. Please include the company (or individual's) name, phone number, and service type. You may still request referrals via infolink but we suggest you use the referral list and Nextdoor Broadwater first. If you do not have access to the internet, Connie may be reached at 727-867-3088.

BROADWATER WEBSITE



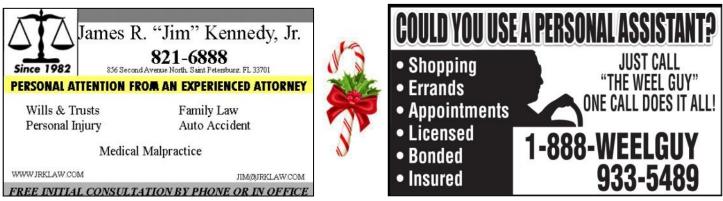
Our website at www.broadwaterfl.org is full of useful links, information and details of past and future Broadwater events. This should be your first stop if you are looking for answers to neighborhood or city questions. The Resources area on the top menu bar can direct you to city codes, street light outage reporting, trash & recycling pick-up schedules and much more. If you would like to see a useful link added please let us know via email infolink@broadwaterfl.org

Reminders

- ✓ Be sure to lock your vehicles when unattended and do not leave valuables in them overnight
- Please be mindful of the speed limit in Broadwater
- ✓ Please remind your contractors and guests to observe the "No Parking" signs on the north side of 46th Ave S.
- Please clean up after your pet. It is against city ordinance to not pick up their waste so carry a bag and help keep Broadwater Beautiful!
- Please Remember To Thank and Support Our Broadwater Breeze Advertisers

Lost or Found Pet?

If you lose or find a pet we ask that you post a picture on Nextdoor Broadwater and provide as much detail as possible. Also report it to your Block Captain and email <u>t.ando@turtlese.com</u>. This method has reunited many pets with their owners.



Real Estate Report Fourth Quarter 2015

Prepared exclusively for the Broadwater/Maximo neighborhood by Sharon Simms, CIPS, CLHMS, CRS

Construction **Dumpsters**

Those big construction dumpsters are a frequent site in the neighborhood. Buyers are often renovating or gutting the homes they buy. We also see owners renovating or adding a second story. If you walk, bike or drive around the neighborhood, you can see all that's going on. If you join the Broadwater Security Patrol, this is a good way to keep track of what's happening when you patrol once a month.

More on seawalls

Most buyers will want seawall repairs done before closing. They don't want the mess and more importantly, they don't want the risk that the contractor won't finish the job or won't do it properly. Just having money in escrow usually doesn't work for them. So - if you're thinking of selling your home, have a seawall inspection done first, and have the work completed first.

Please share if you have a great seawall contractor!

HOMESTEAD EXEMPTION, SAVE-OUR-HOMES CAP, PORTABILITY

If you own a residence in Florida and occupy it as your primary residence on January 1st of any year, you can apply for a **homestead exemption** of up to \$50,000. You must file by March 1st and can do that either online or in person. Once you do the initial filing, you won't have to do it again - it's up to you to notify the Property Appraiser if you no longer qualify.

Save-Our-Homes has been in effect since 1995. On homesteaded property, this limits the annual increases in assessed value to 3% or the change in the Consumer Price Index, whichever is less.

Portability allows homestead property owners to transfer their Save-Our-Homes benefit (up to \$500,000) to a new homestead residence in Florida. If the value of the new home is higher than the previous home's value, the entire cap value can be transferred. If

the new home has a lower just value, a percentage will be transferred. You must transfer the property by the end of the year



SHARON SIMMS Waterfront Specialist Your neighbor at 4372 48th Avenue S.

following the sale - i.e., whether you sell in January 2015 or December 2015, you have until December 31, 2016 to purchase and occupy your new primary residence.

For information on your property, you can contact the Pinellas County Property Appraiser or access their online site, www.pcpao.org. Search their database and enter your address. The difference between the market value and the assessed value is your saveour-home differential. You can click on Portability Calculator to estimate the results of various purchases. A

Broadwater waterfront inventory less than other St Pete waterfront neighbórhoods.

The average supply of waterfront homes in various neighborhoods is 10 months this ranges from a low in Broadwater of 2.4 months supply to Pasadena Yacht & Country Club with a 20 month supply. So far this year, three waterfront homes have sold over \$1,000,000. A



Office 727.898.2582 E-mail: Info@SimmsTeam.com www.SimmsTeam.com

Coastal Properties Group International, LLC 238 Beach Drive NE | St. Petersburg, FL 33701





4400 38th Street S - Offered for \$575,000 3 Bedrooms / 2 Baths - 2,036 sq ft - Pool Pie-shaped lot with roughly 200 feet of waterfront!

Statistically Speaking

These figures show the current market and the recent Broadwater sales history according to the Multiple Listing Service (MLS). Prices vary by size, condition and location, so the \$/square feet has a tremendous range and is *"nice to know"* rather than a useful criteria.

Broadwater:		١	Naterfront		Non-Waterfront								
	#	\$ Low	\$ High	Average	\$/SF		#	\$ Low	\$ High	Average	\$/SF		
Avail 11/16/15	5	550,000	995,000	738,600	266-440		4	369,999	379,900	373,475	133-199		
Pndg 11/16/15	3	550,000	875,000	666,667	150-356		1	325,000	325,000	325,000	204		
Sold YTD '15	24	440,000	1,100,000	595,717	208-349		7	179,000	305,000	234,143	64-140		
Sold 2014*	12	305,500	675,000	478,921	150-289		8	168,000	275,000	238,500	73-165		

*Excludes the \$2,310,000 Sale

Many people ask me about market activity in neighboring communities as well. Here is a look at what's happening on the waterfront* in some other popular areas:

Waterfront	Ac	tive/Pndg a	as of 11/16/2	15	Sold YTD	2015		Sold 2014	
NEIGHBORHOOD	#	\$ Low	\$ High	#	\$ Low	\$ High	#	\$ Low	\$ High
Broadwater	5	550,000	995,000	24	440,000	1,100,000	12	305,500	675,000
Bayway Isles	5	950,000	5,295,000	7	605,000	1,370,000	7	787,000	2,400,000
Causeway Isles	7	429,500	575,000	18	325,000	650,000	19	285,000	950,000
Pasadena Yacht/Country Club	21	699,000	2,495,000	12	647,500	3,275,000	15	590,000	1,900,000
Pinellas Point/Bahama Shores	5	639,900	1,599,000	6	465,000	1,400,000	11	528,000	1,462,500
Snell Isle/Coffee Pot/Old NE	14	1,649,000	3,595,000	12	842,000	3,300,000	24	885,000	3,640,000
St. Pete Beach/Pass-a-Grille	39	449,000	3,875,000	44	380,000	2,150,000	58	425,000	2,550,000
Tierra Verde	31	459,900	6,400,000	21	630,000	1,875,000	21	682,500	3,000,000
Treasure Island	43	285,000	3,900,000	59	420,000	3,700,000	60	300,000	2,400,000
Venetian Isles	14	560,000	950,000	23	515,000	2,100,000	27	350,000	1,750,000
Yacht Club Estates	13	474,900	1,790,000	13	480,000	1,550,000	22	450,000	1,550,000

*This includes only "navigable water to the Gulf" properties - not lakes, ponds, etc.



Sharon Simms sells real estate, and she's good at it. Just ask your neighbors!

Contract Pending

Tierra Verde Condo - Offered for \$325,000 Ciega Verde - 2 Bedrooms / 2 Baths - 1,240 sq ft Totally remodeled, with deeded boat slip

Skyway Marina District:

If you're interested in getting more upscale restaurants into the area, adding more businesses, improving the appearance of the area - get involved in the Skyway Marina District. You can contact Keri Melshenker at 727-866-2696. The next Skyway Marina District Business Association meeting will be December 1st at 5 pm in the Pinellas Room of the St Pete College Allstate Campus on 34th St S.

Team News:

Tami has been promoted to Lead Trainer for the **Institute for Luxury Home Marketing**, based out of Dallas, TX. You may have noticed references to Tami's involvement over the years with the Institute - she's been teaching their two-day course around the country for almost nine years.

Rob recently earned the prestigious **Certified Residential Specialist** (CRS) designation, which is a combination of education and performance. Sharon and Tami also hold the CRS designation.

MEET THE TEAM:

Sharon Simms, Team Leader

Tami Simms, Director of Marketing & Concierge Services

Amy Dinovo, Strategic Execution Officer & Client Care Manager

Rob Johnson, Certified Residential Specialist



HALLOWEEN PARTY continued from page 3

Forty kids showed off their creative costumes, including 4 pirates, 4 ninja warriors, 3 Disney princesses and queens, and 4 superheroes! All neighbors 14 and under were invited to participate in the Kid's Costume Contest. All of the contestants gathered up front and the winners were called forward to be recognized and to choose their prizes which included giant cockroaches, fake vampire teeth, flashlights, finger lights, puzzles, art supplies, nerf balls, and dinosaurs. Great job on the costumes kids and parents!! Many really great adult costumes made for a very competitive contest that consisted of 3 categories. Most original costume was won by Erwin Danneels and Selenia Rodriguez as the Hamiltons, Kirk Price won for funniest costume as the Mystery Monkey and Kim Burnett took the trophy for the scariest costume as the Zombie Cowgirl. The maze was full of special effects, questionable characters and many surprises. For those who wanted nothing to do with the maze there was a little less scary graveyard and havride driven by Sean Nyitray. The food contest brought out our creative Broadwater chefs. When the votes were tallied up there was a tie for first place as Kira Sokol's Bloody Fingers and Luke Feter's Owl Cake took top honors. Thank you to all who participated in this fun contest as it really spooked up the food table! All of this fun was made possible through the planning and hard work of Sean, Jennifer & Nova Nyitray, Charlie & Christy Phillips, Gia & Ray Ockuly, Mark & Patti Ewin, Tim Stevenson, Mike Pezze & Margaret Stone, Dick Collins, Tom Ando, Tim & Kristie Wagner, and our photographers Edie Creter and Chuck Goes. And of course none of this would have been possible without our gracious hosts who allowed us to take over a large portion of their property for a week and have expressed interest in hosting again next year. We also want to thank the City of St. Petersburg Neighborhood Partnership for a \$500 mini grant to help pay for the event. The grant is designed to support events that bring residents together and create a more cohesive neighborhood.

BROADWATER HELPING HANDS



If you or a neighbor in Broadwater needs a helping hand, please contact Kristen Mory at 727-688-

9597 or kristenmory@yahoo.com. We have a wonderful group of volunteers and professionals who can assist you with a wide range of services. If we are not able to provide you with the needed services, we can at least help you find the resources you need. If you would like to be a Helping Hands volunteer, please contact Kristen. Broadwater Cares!

New Crime Reporting Tool

The Police department now reports crimes to RAIDS Online (www.raidsonline.com) instead of crimereports.com. You can customize the area you wish to monitor by entering your address into the filter on the left and designating a radius. You can also choose filter by crime type if you wish. Unfortunately the email notification does not seem to be working yet so you need to check the site regularly. There are many other useful tools and you have the ability to report crimes such as theft, criminal mischief, harassing phone calls, lost property, identity theft, or vehicle burglary online at www.stpete.org/police

Visit www.Broadwaterfl.org to see more picture from this event.



McMannis Preschool and Childcare Center

At

St. Andrew Lutheran Church 1901 62nd Avenue South St. Petersburg, Fl. 33712 727-557-5810/727-864-3140 License#C690075

Hours: 7:00 am - 6:00 pm Preschool - 2 yrs thru 5 yrs of age (VPK) Elementary After School - K thru 5th grade *Bay Point, Bay Vista, Perkins and Jamerson

BLOCK CAPTAINS



We recently said goodbye to Block Captain Cindy Johnson moved out of the area. Deb Kedersha has volunteered to take over the block which covers 4200 to 4476 46th Ave. S. We also regret having to say goodbye to Ted and Linda Seefeldt who have been very active as Block BLOCK CAPTAINS Captains on 40th St. S (south side) and with Neighborhood Watch.

Tom Hobgood stepped up to fill the void on 40th St. Welcome Tom and Deb and thanks to Ted, Linda and Cindy for their time and dedication to making Broadwater a better place to live! Our 23 Block Captains are your street level representatives in Broadwater. Each street or area has a Block Captain assigned to be your first contact for neighborhood questions or concerns as well as lost and found pets. Block Captains also hand deliver the Broadwater Breeze and can collect your 2016 membership dues. They provide a presence on your block and are a key to the success of Broadwater. You can find a list of the Block Captains under the Contact Us tab at www.Broadwaterfl.org. The top Block Captains for membership in 2015 were Paul & Lee Krueger (3800 -4150 46th Ave) at 78%, **Thom Burton** (3900 – 4095 48th Ave. S) at 75%, **Tom Ando** (38th St. & 37th St South of 42nd Ave) at 74%, **Jack Maynard** (43rd St S) and **Megan Feter** (4100 - 4293 48th Ave S) at 73% and Janice McWilliams (3800-4250 42nd Ave S) at 70%. Thanks to all of our Block Captains for their time and efforts making Broadwater a great place to live!!



Treasurer's Report submitted by Vicki Linkovich

Cash and Certificates of Deposit as of October 31, 2015 total \$37,231.

Revenues year-to-date through October 31, 2015 of \$13,936 compared to \$17,036 for the same period in the prior year. The decrease is primarily due to a large membership donation of \$2,000 made in October 2014. 2015 year-to-date expenses of \$13,728 compared to \$11,917 for 2014. The 2015 expenditures include \$2,817 for landscaping expenses, the cost of name recognition expenses of \$1,613 (shirts purchased in the amount of \$1,445 and name tags in amount of \$168 recorded as miscellaneous expense), a \$500 sponsorship to the May Day Race (in advertising), \$390 for security patrol signs and the expenses recorded through October 31st for the 2015 Halloween Party (we did not have a 2014 Halloween Party). 2014 expenses included Neighborhood Sign Maintenance in the amount of \$1,439. Other variances are primarily timing differences.



Broadwater Neighborhood Watch

continued from front page

We need 4 or 5 more volunteers to hold a one night training class to add to our list of patrollers. If you wish to participate in the Neighborhood Watch Patrol, please contact Glenn at 727-642-7651 or calmseas@tampabay.rr.com. We also wish to thank our Community Service Officer Dennis Kelly for being a vital part of keeping Broadwater safe!! We ask all residents to always be observant for any potential criminals looking for an opportunity. Report anything suspicious to the police at 893-7780. This has proven to be a great deterrent in the past and assists our police department in preventing crime trends in **Broadwater.** We also ask that you do not give work to individuals that solicit door-to-door. You are taking a risk if an uninsured person is injured on your property. Do not leave valuables in your vehicle overnight and remember to lock your vehicles and garage door when unattended. An unlocked vehicle with a garage door opener is an easy way for a thief to enter your garage or home. Remember if calling the police even crosses your mind, do so! If you have surveillance cameras, please consider registering them with the St. Petersburg Police's Eagle Eye program. Signing up is simple and only takes 5 minutes. You can go online and register or print the form and mail it in. When a crime is committed nearby the police will contact those with registered cameras to help identify suspects. The police post video and still photos on their Facebook page with great response from the public. More Eagle Eye info can be found at www.stpete.org/police

Broadwater Breeze Health and Wellness Column



Keeping Your Energy High During the Holidays

submitted by Kristen Mory

Tis the season for lots of wonderful things like giving, friends and family, food, festivities and much more. That holiday goodness also includes socializing, lack of sleep, extra work, un-

healthy food and alcohol. The holidays can be very taxing on your body, mind and your wallet. Here are a few tips on keeping up with the holiday spirit!

Engage in a morning energizing routine that does not involve caffeine. To start the routine, think of something that you are grateful for. Then, take a few deep breaths in through your nose and out through your mouth. Continue with a few favorite exercises and stretches that energize you. There are also some great, short routines available online that you can follow if you are fresh out of ideas.

When you feel as though you are getting overbooked and overcommitted, learn how to graciously decline additional invitations. It is a skill and takes some practice, so do some additional research and practice to get better at this one!

Try to focus on eating more protein, fruits and vegetables and avoid simple carbohydrates and sugary treats. If you can fill up on healthy staples, you can avoid eating more of the foods that will drain your energy. Try to minimize eating crackers, chips, dips, and limit sweets to taking a few little bites here and there.

Drink plenty of water every day. To calculate how much you need, divide your body weight by two. That number is equivalent to the number of ounces you should drink each day plus extra to replenish from sweating. For example, for a 150 lb. individual, 75 ounces of water would be an appropriate amount. Keep a reusable water bottle with you, including when you are out shopping and spending time decorating, cleaning or cooking.

Try to limit alcohol and pace yourself. If you are partaking, make sure you are also drinking a lot of water. If both of those fail, and you find yourself with holiday hangover, try some pickle juice the next morning or another drink with plenty of electrolytes.

Be strict about maintaining a healthy amount of sleep for you and your children. Sleep deprivation will only increase your stress and lower your productivity. Getting that extra hour over night, or sneaking in a power nap will result in a high rate of energy return.

Keep up your fitness routine, including those all-important yoga classes! Working out is often a source of energy, and sticking closely to your routine can help keep you stay balanced.

Most importantly, when you start feeling overwhelmed, take a deep breath and think about what is truly important to you – don't sweat the insignificant stuff!

Kristen Mory is a fitness instructor and owner of Generations Yoga and Fitness.

Nextdoor Broadwater

Nextdoor Broadwater is a free private network, limited to just Broadwater subscribers, that connects Broadwater neighbors. You are able to post events, items wanted or for sale, crime and safety alerts, recommendations for local businesses and more. Nextdoor is also a great place to post about lost or found pets and suspicious activity you may see. To join, request an invitation by emailing your name and address to <u>in-folink@broadwaterfl.org</u>. For tips on how to adjust your Nextdoor settings go to <u>www.broadwaterfl.org</u> and look under the Resources Tab near the top of the home page.

Local Business Spotlight SPARE ROOM MINI STORAGE, INC.

Family-owned businesses are special. You get personal service, real people who are resourceful, creative, supportive, accommodating and caring. Gene and Sherry Pringle have been taking excellent care of their customers for the last 20 years. Proof of this is 70% of their business is either repeat or referral. They put the customer first rather than the rules and regulations of a corporate office. They do their best to fit their customers into exactly the size they need. Storage is another bite out of your budget and you don't need to be paying for empty space. When you approach the door at Spare Room, you will be warmly welcomed by one of their exceptional staff: Leon, Danita or Fred. They are committed to making your storage experience easy, pleasant and efficient. They do not govern their business by sales goals, occupancy numbers or accounts receivables. The true measure of their success is a satisfied customer who can trust them and know that their belongings are safe. After all, isn't that what business is all about....The customer!!!

Christmas is coming, full of joy and cheer, why not store your holiday decorations and gifts here.



5th Annual Broadwater **Boat Parade of** Holiday Lights Sat Dec. 12th

Join us on the sea or the land for the 2015 Broadwater Boat Parade starting at 6:45 PM. We had a great turnout on the water and shore last year and expect more of the same this vear. Enter your boat or register to judge by emailing broadwaterholidayboatparade@gmail.com. More information and a map of the route will be posted at www.broadwaterfl.org





DebbieCunninghamTeam@gmail.com Successfully serving the St Pete and beach areas for over 22 years!

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CAREFEST 2015

On September 26th the City of St. Petersburg took part

Carefest is a national event dedicated to organizing volunteers for a variety of projects designed to improve the quality of life for neighborhoods and individuals in need. Seven Broadwater volunteers staffed the registration tent at Lake Vista Park and efficiently checked-in volunteer groups out to their projects helping St. Petersburg win the Compassion Cup once again. Thanks to Paul & Lee Krueger, Paul & Kathy Farmer, Dick Collins,



Melissa Hartinger, Vicki Linkovich and Tom Ando for taking the time to care. Broadwater intends to participate in this event every year and we encourage everyone to get involved and be Bee Caretagious!





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Broadwater Homes sold by the St Pete Team in 2015



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