

Coquina Key

"The Friendly Island"



NEWS

Volume XVII, No. 12

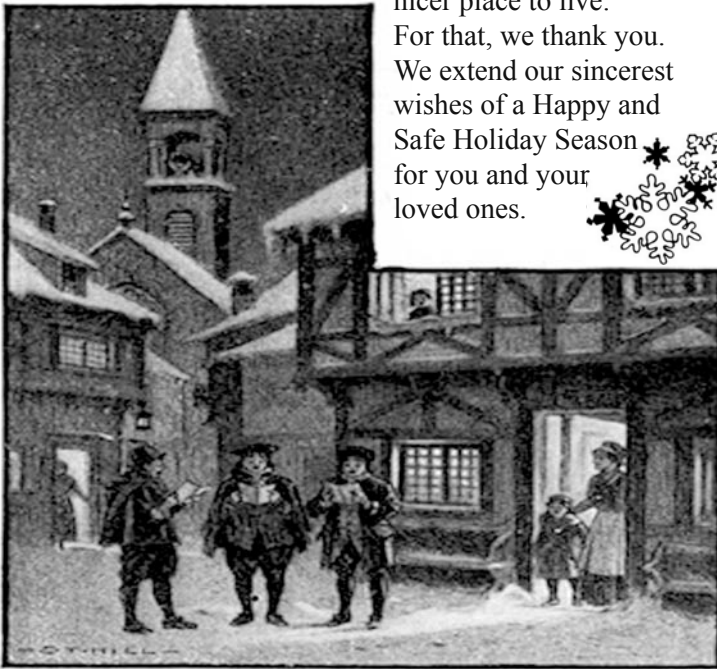
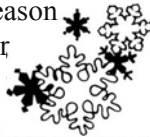
A Newsletter of the Coquina Key Neighborhood Association

Dec 08 / Jan 09

HAPPY HOLIDAYS COQUINA KEY RESIDENTS!

Can you believe that it is that time of year again? The CKNA Board would like to take this opportunity to thank all of you who have volunteered this year. You have helped on various committees, delivered Newsletters, called in code violations and suspicious activity, and made donations. Your actions contributed to making this community a nicer place to live.

For that, we thank you. We extend our sincerest wishes of a Happy and Safe Holiday Season for you and your loved ones.



What amazing artists we have on Coquina Key!

We enjoyed looking at some spectacular coloring pages from last month's Coloring Contest. It was VERY difficult to choose the winners, but we managed to come to a decision. Congratulations to our talented and caring kids. See Page 4 for the winners.

Come to the next Neighborhood Social
DECEMBER 23rd, 7:30 pm / CKNA Community Clubhouse
We'll enjoy some holiday goodies and discuss community goals for the New Year.

Holiday Home Decoration Contest.

Forget the power bill this month and let it shine. We would love to see your home decorated for the holidays. We have a few sweet prizes to give away to the top three houses. We've been driving around the island and enjoying the sites. Judging will continue through Jan 1st. Good luck and Happy Decorating!

Congratulations to our Early Bird renewal Turkey winners! We had a great response to the early renewal membership drive and 6 families enjoyed plump turkeys courtesy of our neighbors at Waterside. Don't miss out on the savings. The end of the year is creeping up on us fast. Remember to take advantage of the Early Bird CKNA Membership Renewal and pay only \$30.00 for 2009 membership. After the first of the year, fees will increase.

How's that Lawn looking?

Are you interested in a program that will help you install a sprinkler system and get you hooked up to reclaim water? The CKNA Board is exploring programs with the City of St. Petersburg, and we would like to hear from you. Call or email Torii Morgan for details. 727.388.2791, info@CKNA.org.

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ST. PETERSBURG EVENTS OF INTEREST What to do and see

PAGE 4

OUR NUMBER ONE INDUSTRY Any guesses?



WHO'S WHO AND WHERE TO CALL

CKNA Board of Directors

Phone: 727.821.5526

Email: info@CKNA.org

President	James Gee	599.9159
Past President	Mike Gulley	244.8374
Vice President	Luke Phillips	709.7979
Treasurer	Ron Klemme	480.2542
Secretary	Torii Morgan	388.2791
Director	Bert Bussey	827.1204
Director	Andy Fivecoat	896.5596
Director	John Fossum	466.8871
Director	James Harris	896.1392
Director	Mike Kehoe	481.1700
Director	Rich Lander	823.1209
Director	Donna Talbert	424.3577
Director	Lois Witkowski	895.5905

OTHER USEFUL NUMBERS:

Emergency	911
Non-Emergency Police	893.7780
Police District Service Line	551.3181
Report Code Violations	893.7373
Refuse Pick Up	893.7398
Drug Tip Hot Line (anonymous)	522.5900

IMPORTANT DATES:

CKNA Board Meeting	1 st Tuesday 7:30 pm
Neighborhood Meeting	4 th Tuesday 7:30 pm
Newsletter Preparation	2 nd Friday 7:00 pm

Neighborhood Meeting and Newsletter Preparation are at the Coquina Key Community Center 3850 Pompano Dr. SE

**It is perhaps
a more fortunate destiny
to have a taste
for collecting shells
than to be born
a millionaire**

-Robert Louis Stevenson

Coquina Key News

Want to Place an Ad? (Monthly Rates)

Business Card Size (1/8 page)	\$17.00
1/4 Page	\$30.00
1/2 Page	\$50.00
Full Page	\$100.00
Insert (Prepared by Advertiser)	\$50.00

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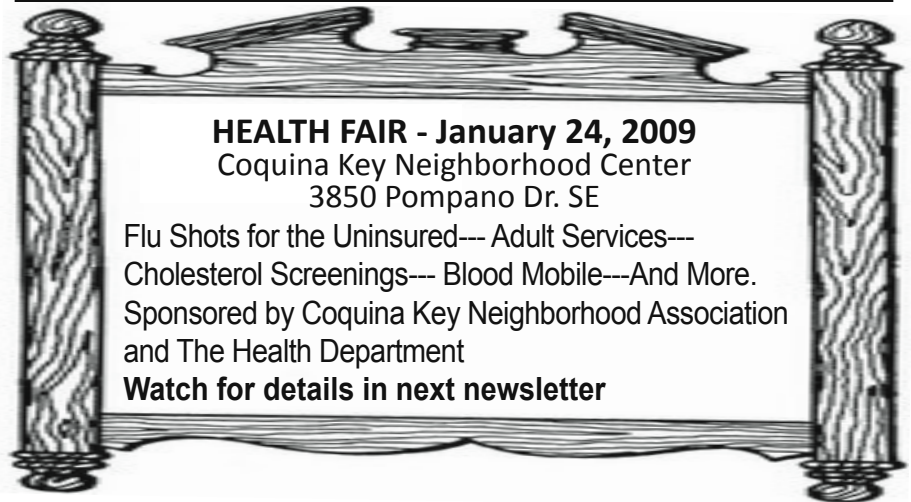
Editor:	Torii Morgan	388-2791
Advertising:	Donna Talbert	424-3577
Printing:	Olympus Printing Inc.	302-0919

To be considered for publication all material must be submitted by the first Tuesday of the month.

E-mail articles or topics to torii.morgan@gmail.com OR deliver or mail to Coquina Key Community Center, 3850 Pompano Drive SE, St. Petersburg, FL 33705.

Please mark envelope "Newsletter."

Articles must be accompanied with a name and phone number or address so source can be contacted if required.



HEALTH FAIR - January 24, 2009

Coquina Key Neighborhood Center
3850 Pompano Dr. SE

Flu Shots for the Uninsured--- Adult Services---
Cholesterol Screenings--- Blood Mobile---And More.
Sponsored by Coquina Key Neighborhood Association
and The Health Department

Watch for details in next newsletter

COMMITTEE UPDATES

Pool and Clubhouse

Continuing improvements. Call Ron Klemme if you can volunteer on the committee. Continue to monitor this space – we've got some surprises around the corner.

Park Committee and Crime Watch Committee

Park is getting cleaner and safer thanks to involved neighbors. Keep calling in those suspicious characters on the non-emergency police line: 893.7780. Or, use the anonymous Drug Tip Hotline at 522.5900.

EVENTS AND ACTIVITIES AROUND ST. PETERSBURG

FOR A COMPLETE LIST, LOG ONTO WWW.CKNA.ORG

Get out and Enjoy the Holiday Activities around St. Pete

Dec. 19 and 20 - The Great Russian Nutcracker.

Mahaffey Theater at Progress Energy Center for the Arts, 400 1st St. S. www.mahaffeytheater.com or 727-892-5798.

Dec. 21- Holiday Shop and Stroll down The Pier, 6 to 10 p.m.

The Pier's FIRST "Holiday Shop and Stroll" will be held on Sunday, December 21st, from 6:00-10:00 p.m. Discover the treasures that await you at The Pier shops, galleries and boutiques. This will be YOUR opportunity to find that special gift for that special someone. www.stpetepier.com or 727-821-6443.



Through Dec. 21 - A Christmas Carol

St. Petersburg Little Theatre, 4025 31st St. S. Shows Fri. and Sat. 8 p.m., Sun. 2 p.m. This spectacular, new version of the Dickens' holiday treat ushers in the Christmas season. www.splt.org or 727-866-1973.

Enjoy a festive season of lights during the holidays in North Straub Park. Visit with Santa and tell him that you've been a good girl or boy on Dec. 18 to 23 from 6 to 9 p.m. free. Then go ice skating on the newly enlarged Glisce skating rink. Bring your socks and rent skates for \$5.

Dec. 31 - Swingin' the New Year.

Coliseum, 535 Fourth Ave. N. 8 p.m. to 1 a.m. (doors open at 7:30pm), swing dance lesson from 8pm to 9pm, \$15 in advance, \$20 at the door. Swing Time and Swing Gang present Swingin' the New Year, a New Year's Eve celebration for all ages! The evening features music, dancing and celebration. There will be a midnight countdown and balloon drop with party favors and chocolates, prize giveaways and a cash bar (champagne bottles and toasts available). Vintage costumes are encouraged (but optional) and all ages are welcome. For more information or group sales visit tampabayswing.com, www.stpete.org/coliseum or 727.892.5202.

Holiday Lights, visit Santa and go Ice Skating in the Park.

Prepare for the Holidays

William Proffitt, St. Petersburg Police Department

With the current economic woes, many will be looking for bargains, but we know that criminals will be shopping for some good deals too. So here are some timeless tips to help everyone enjoy a safe and crime-free holiday season.

- Avoid shopping along. There is safety in numbers.
- Stay aware of your surroundings, especially in retail parking areas where there is a lot of traffic.
- Lock your car and never leave purses or gifts in plain view. A random check of cars in retail parking lots last year found many with packages and valuables in view.
- Keep your car keys in your hand when you leave a store. Scan the parking lot for suspicious people or cars as you walk alertly and confidently to your vehicle. If your key fob has a panic alarm, use it if you are approached by a suspicious person.
- Be careful when using an ATM. Stand directly in front of it to keep anyone from seeing your PIN.

Criminals consider a distracted person an easy victim, and our hectic schedules make us more vulnerable to crime this time of year.

The St. Petersburg Police Department has prepared for the holiday shopping season by assigning officers to monitor major retail centers in the city for crime. The Department's Volunteer Road Patrol will provide patrols in many parking lots and will cite vehicles parked in spaces for the handicapped without a permit.

Remember to stay alert, follow these simple precautions and enjoy the holidays.

Benefits of Tourism

OUR #1 INDUSTRY

The St. Petersburg/Clearwater Conventions and Visitors Bureau are running a tourism education campaign to let the citizens of Pinellas County know about the impact of tourism and benefits to our local economy. They began the campaign several months ago with inserts in the St. Pete Times and community newspapers, as well as radio spots with testimonials from local business owners.



Visit St. Pete/Clearwater is a part of the county government and works in a variety of ways to promote Pinellas County as a premier destination. Many residents don't realize that Tourism is our #1 industry and the money that we collect through the bed tax, filters back into the economy is a variety of ways that benefit us all as citizens. Come to the CKNA Neighborhood Social on January 27th and meet Rhonda Sanborn, Hospitality Education Director for Visit St. Petersburg/Clearwater.

COLORING CONTEST WINNERS *(continued from front page)*

Sara – Age 4 is thankful for her mommy and daddy

Jonathan – Age 8 is thankful for his friends on Coquina Key and his mom and dad who love him.

Keyanna – Age 11 is thankful for many things including her family because of the love and strength they give her to believe in herself.

Each artist received a Chick-fil-A meal and a stuffed toy.

Thank you all for participating.

Now Enter the Next Contest: You create the picture. Draw and color a picture that you feel best represents the holiday season and tell us why. Same conditions apply – write your name and age on the picture and have your parent/guardian write their contact information on the back. Then drop it off at the clubhouse by Jan 1st. Good Luck!

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COQUINA KEY NEIGHBORHOOD ASSOCIATION

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MEMBERSHIP & POOL USE APPLICATION \$30

Our united voice is a powerful tool for improvement of our island neighborhood. Join your neighbors supporting events, clubs and projects. Please complete the form below and include it with your annual dues of only \$30 to the club house address above. Annual Membership Period is from March 1st through February 28th. Dues received after December 31st will be applied to the 2009 Membership Period and will also provide membership for the remainder of 2008.

CLIP AND MAIL BACK WITH YOUR \$30 CHECK TO THE ADDRESS AT THE TOP

Name: _____

Phone: _____ e-mail: _____

Address: _____

- E-mail me a copy of the newsletter. The pool membership is included in the Association membership.
- I am interested in using the pool. Send me the required releases and key information.

VOLUNTEER & INTEREST AREAS I would like more information or to VOLUNTEER for (check interests):

- Key Social & Garden Club Club House Maintenance Island Beautification
- Cruise Club Newsletter Island Security Grant Writing

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Declutter Your Mind

By Isabelle Simon

You may have read articles about how to declutter your home or your desk, but if anything needs decluttering, it's your mind.

While your brain is a complex and confusing organ -- and your mind is certainly not like an inbox that can be sorted through -- decluttering your mind is actually not difficult if you give it a little thought: simplifying shouldn't be made complex.

Little things that can make a big difference, especially when used in combination. Choose a few to try out, and see if they work for you.

- 1. Breathe:** So simple, and yet so effective. Take a few deep breaths and then just focus on your breathing for a few minutes. It has a calming effect, and allows other thoughts to just float away.
- 2. Write it down:** If you have a bunch of things on your mind, get them on paper and off your mind. This keeps your head from being filled with everything you need to do and remember.

3. Let go. Worrying about something? Angry about somebody? Frustrated? Harboring a grudge? While these are all natural emotions and thoughts, none of them are really necessary. See if you can let go of them. More difficult than it sounds, I know, but it's worth the effort.

4. Take a walk: Get outside and do some kind of physical activity; it clears your mind.

5. Do less: Cross half the things off your to-do list; just pick a few things to get done today, and focus on those.

6. Declutter your surroundings: Having a lot of stuff around you occupies part of your mind, even if you don't realize it.

7. Identify the essential: This means figuring out what is most important in your life, and focusing on these things.

8. Eliminate. Now that you've identified the essential, you can identify what's not essential. What things in your life are not truly necessary or important to you? What are you thinking about right now that's not on your short list? By eliminating as many of these things as possible, you can get a bunch of junk off your mind.

(continued on page 6)

"Declutter" (continued from page 5)

9. Go slower: Walk slower, talk slower, drive slower and even work slower. All of these things tell your mind that you're not in a hurry, and that you want to take life at your own, non-rushed pace.

10. Single-task: Multi-tasking fills your mind with a lot of clutter, without a lot of productivity. Instead of multi-tasking, single-task by focusing on just one thing at a time.

11. Watch less TV. For me, television doesn't relax me, it actually causes stress. Although it might seem that vegging in front of the TV is good for relaxation, TV fills your head with noise, rapid most often violent images without the redeeming qualities of music or reading or good conversation. Watch less TV, and you'll notice your mind begin to become quieter.

12. Get in touch with nature: Looking at the ocean, a river, some trees or anything "green" can be calming and focusing at the same time.

U.S. CENSUS BUREAU Is Presently Testing Applicants for Jobs in the Tampa Bay Area

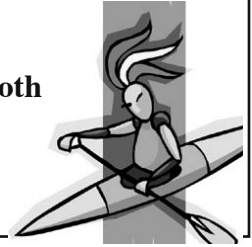
Opportunities for employment are presently being offered by the U.S. Census Bureau in preparation of the 2010 Census. There are both part-time and full-time jobs in the Tampa Bay Area as well as throughout the State of Florida. Individuals will be compensated for participating in training, if selected for employment. Mileage is reimbursed and wages are paid weekly. Applicants must take and pass a basic skills test. Testing sites are located throughout the Tampa Bay area at various times and dates for convenience purposes. For additional information and to schedule a test, please call the toll free number at 1-866-861-2010 or contact Regina A. Martin-Tuthill at RMartinTuthill@aol.com.

Public Safety Committee presents results on Questionnaire

Public Service Committee chair Jeff Frank presented the results of the community policing questionnaire sent to all neighborhoods earlier this year at the November CONA Board meeting. Jeff discussed the methodology and general conclusions. The results have been shared with the Police Department and can also be viewed on our website at www.conastpete.com.

CLUBS and ORGANIZATIONS

KAYAK GROUP forming for weekly trips both local and state wide. Interested?
Call 727.821.5526



The **TENNIS GROUP** meets every Sunday at 8:00 am at Tennis Courts at Coquina Key Park.
Come and join the game!

KEY SOCIAL & GARDEN CLUB

Join Us for the Events at Sunken Gardens:

Dec. 22 - Poinsettia Photo Opportunity.

Sunken Gardens, 1825 4th St. N. Create a holiday tradition and take a portrait in front of the Poinsettia Tree. www.sunkengardens.org or 727-5510-3100.

Jan. 15 - "Principles of Landscape Design 101" Lunch n Learn.

Sunken Gardens, 1825 4th St. N. 11 a.m. to 1 p.m. Want to learn more about gardening while lingering over lunch and a glass of wine? Well, you need to call your friends and join us at Sunken Gardens' new Lunch n Learn programs! Programs will be lead by Bill O'Grady, Horticultural Enthusiast. A box lunch will be served and a cash bar will be available. Pre-registration is required and the fee is \$15 for members and \$20 for nonmembers. 727-551-3102 to register. www.sunkengardens.org

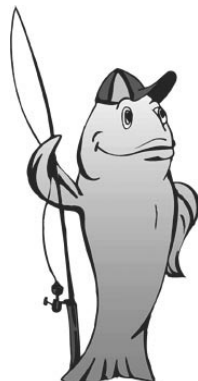


BICYCLE CLUB

See the ride schedule at stpetecycling.com.



Come out and visit the bike club!
We ride every Saturday and Sunday mornings and most weekdays.



SOUTH PINELLAS FISHING REPORT

by Captain Paul Hawkins 727.560.6762

Redfish abound in this area. Pompano are in the passes and on the beaches - or if not today, they will be when the winds are down. There are lots of big trout, and you can have a blast throwing topwater lures at them.



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