

Always a beautiful day in
RIVIERA**BAY**

INDEPENDENCE DAY
GOLF CART
PARADE



July / August 2022 Edition
Riviera Bay Civic Association



Award due to our collaborative efforts to address aftereffects of Ida and preparation for future storms. This was such an honor, and the award will be available for viewing at the next couple General Meetings to ensure all neighbors get a chance to view it. Congratulations to our community for this. Next years awards are going to be for 2022 Neighborhood Activities & Efforts. If you see something awesome happening, please

email info@rivierabay.org so that we can get that information and nominations into the city.

In the last issue of On the Riviera, we began a new section for youth. We've added some new things this time and hope everyone is enjoying it! I also wanted to remind everyone to keep an eye out for communication regarding our efforts to Stuff the Bus this month! We'll

If we all haven't noticed...it's dang hot Out! Summertime is surely making its presence known here on the Riviera! Normally, we kick-off Summer with a sandbar concert, but live music or not, our neighbors showed up for an epic Memorial Weekend sandbar party. Riviera Bay was there to represent! We'd also like to thank our neighborhood realtor, Mr. Brad Bess, for the flags that he puts out every year!

In May, the Mayor hosted a Neighborhood Awards Night for all St. Petersburg Neighborhood Associations at the St. Petersburg Shuffleboard Club. Our amazing neighborhood won the In-Touch



be collaborating with Pinellas County School's Education Foundation over the summer to collect backpacks and schools supplies in a partnership with Stuff the Bus of Pinellas County.

If you are a member of our association and have an email on file, you'll receive digital newsletters monthly, upcoming event details and opportunities to help and meet new neighbors. Remember that we live in paradise, so smile and always try to make it a great day here in Riviera Bay!

Erin Osburn
President RBCA

RIVIERA BAY CIVIC ASSOCIATION

GENERAL MEETING

JULY 12
6:30 PM

Riviera Bay Park
8131 Macoma Dr NE

RIVIERA BAY
SAINT PETERSBURG

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2022 RBCA EVENTS

Please check with our Facebook page or website for updates

GENERAL MEETINGS –
July 12, Sept 13, Nov 15
STUFF THE BUS - Save the Date - July 2022
FALL FESTIVAL - Nov 19



Summertime is here and most of us are in a Summer State of Mind...but, while we're planning and scheduling activities or trips we often forget to talk to our kids and see how they're feeling about Summer. Remember, in most cases, they've just spent 9+ months in a structured environment or routine and now their whole world changes for a couple of months.

All kids do better with structure. That's even more true for kids with emotional or developmental issues. Structure makes kids with anxiety, ADHD or autism feel safe and comfortable. So, summer vacation can be a challenge for all kids and their parents, especially those who need a little

more attention. But following some basic rules can make summer easier to handle and more fun for everyone.

Keeping to your child's usual bedtimes and mealtimes is important. Posting the day's schedule helps kids move from one activity to another. Planning activities ahead of time, like going to the playground or pool every day, gives kids structure they can depend on. Then you can schedule other activities around that. Rules for behavior are important, too. It's good to pick a few "good" behaviors you want your child to work on. You can reward kids for good behaviors with stickers or a special outing. And ignoring as many minor "bad" behaviors as you can teaches kids that acting out won't get them what they want.

Meet-ups and other online groups are a great way of connecting your child with other kids and families who might make good matches for playdates. Outdoor activities are important for kids. If day camp is an option, it can provide great structure and fun outdoor activities that keep kids from spending too much time in front of screens. If your kid has anxiety, it's good to figure out what's triggering it. Then you can take baby steps to make those fears less scary.



Even if you do everything you can to prepare for summer, it's normal for kids to act out more over vacation. That's tiring for parents. It's important take care of yourself during the long summer break, too. Hiring a sitter for a few hours or asking family members to pitch can make a big difference. Remember, you we're a community and you're not alone. There are so many families and friendly neighbors that are willing to help or listen. Don't be afraid to reach out or email the neighborhood association for help in finding some neighbors to plan fun activities with.



Easy Recipes

THAT

KIDS CAN MAKE

TURKEY RANCH WRAPS

TOTAL TIME: Prep/Total Time: 10 min. **YIELD:** 4 servings.

Ingredients

- 8 thin slices cooked turkey
- 4 flour tortillas (6 inches), room temperature
- 1 large tomato, thinly sliced
- 1 medium green pepper, cut into thin strips
- 1 cup shredded lettuce
- 1 cup shredded cheddar cheese
- 1/3 cup ranch salad dressing

Directions

Place 2 slices of turkey on each tortilla. Layer with tomato, green pepper, lettuce and cheese. Drizzle with salad dressing. Roll up tightly.





SUMMER

Word Scramble



ebahc _____

wiustsim _____

riecema _____

danelome _____

cgainnp _____

picpsloe _____

laensdscta _____

rteavl _____

bbrcaeue _____

ntavioca _____

ursmem _____

cneao _____

gfnisih _____

asndlas _____

olop _____



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YOUR LOCAL RIVIERA BAY REAL ESTATE AGENT!!

BRAD BESS



I love our wonderful neighborhood and love helping my neighbors achieve their Real Estate Goals.

Our neighborhood is consistently one of the most desirable areas in St. Petersburg.

Feel free to contact me anytime with advice on selling your home or simply asking about our current Market. I take calls all the time from neighbors asking me about what they should or should not do to their home.

My family and I are committed to making this neighborhood the best that it can be, whether it is the 4th of July Flags, Footballs leading up to the big game, or sponsoring the Memorial Day Concert at the Sandbar!

**I am a neighbor first, so feel free to call anytime
with questions or assistance!**



Hear what your neighbors have to say about me:

"Purchasing or selling a home can be the most stressful undertaking a family can endure. From the first day we met Brad, me and my wife were 110% satisfied with not only his professionalism, but the fact that he truly cared about our purchase." — *Trevor L McCarthy*

"Brad Bess is hands down the best Realtor we have ever worked with. He is incredibly knowledgeable, energetic and attentive." — *Wayne & Rebekkah Perry*

"Brad adeptly walked us through an internet purchase of our new home while we were living overseas. He went above and beyond even after the sale, connecting us the services required to set up housekeeping." — *Desiree and Rick Panlilio*

"Brad Bess recently helped my wife and I purchase and sell a home. He was an aggressive advocate for us on our purchase and literally worked day and night to make sure everything went smoothly. He was honest and knowledgeable, especially about the Riviera Bay market. I would highly recommend Brad to anyone buying or selling a home!" — *Brenton J. Ross, Esq.*



Call Today: 727-324-3077
Email: BradBess@gmail.com

***These neighbors have trusted me with marketing and selling their home!
Call me anytime and I would be happy to assist you as well!***

727-324-3077

9791 Oak Street NE - Sold!!!



RBCA's Impact On Our Environment

RBCA has two long-standing events to keep our neighborhood looking great.

We held our second Adopt-a-Road event of the year cleaning trash on 83rd Avenue from 4th street to the San Martin bridge on June 11th. It was a good day for picking, as this small crew gathered over 45 lbs of trash in just over an hour! Imagine, that's trash that won't clutter our road, clog up our



sewers when summer storms come, or make their way to our precious Riviera Bay. We're grateful for Riviera Bay board member Toni Michalove who setup the event and connected us to the 5 volunteers from St Petersburg Presbyterian.

The following weekend, another small but determined group took on the challenge of mulching the Butterfly Garden at Riviera Bay park on one of the hottest days of the year! The temperature of 91 and real feel over 100 gave us motivation to take this huge pile of mulch up the hill and distribute it throughout the garden quickly, and

we wrapped up in less than 90 minutes.

Many thanks to Riviera Bay residents Lor and Lauren Chenibel, Marc and Colleen Esposito, and our council vice chair's Legislative Aide Asher, Kimberly Amos and fiancé Asher for



hauling this mulch up a hill to make this place beautiful again!

We're always looking for more hands to keep our neighborhood beautiful, please reach out to vp@rivierabay.org if you'd like to help in one of our upcoming cleanups!

Join us on St. Pete's Road to Zero Waste by Recycling!

St. Pete is on the Road to Zero Waste. The City has made a goal to be a

zero-waste city by 2050 and recycling is a great way to make a difference.

These items are recyclable:

1. Glass containers
2. Aluminum and steel cans, steel jar lids
3. Milk and juice cartons, drink boxes



4. Plastics numbered #1-7 (no plastic bags)

5. Newspapers, magazines, mail, shopping ads, windowed envelopes

6. Mixed paper/cardboard

Learn about recycling in St. Pete and what can go in the bin at stpete.org/recycle or call 727-893-7838.

Recycling at home helps reduce waste and turn recyclable materials into new products. Recycling also helps conserve natural resources and prevent pollution.




727-954-6365

<ul style="list-style-type: none"> - Live Shrimp - Frozen Bait - Tackle - Rods & Reels - Ice 	<p>Open 7 days</p> <p>Mon-Sat 6am-7pm</p> <p>Sundays 6am-5pm</p>	<p>Come in and say Hello</p> <p>1106 94th Ave N</p> <p>St. Petersburg, FL</p>
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Convenient Parking for all trucks and trailers



This is Captain Bill Aston of Central Marine.

I've been living and boating on Riviera Bay with my family for more than 25 years, and I'm passionate about helping others enjoy the boating lifestyle.

I have more than 25 years of experience in boat sales and would love to show you what we have at Central Marine. We carry new boats from Jupiter, World Cat, Cobia, and Parker. We also specialize in used, consigned, and brokerage boats.

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Finding

HOPE

Patients find relief with fewer pills in breakthrough new clinic in St. Petersburg. For those battling with pain, but unable or unwilling to alleviate their condition with potentially addictive pills it can feel as if they are on pins and needles waiting for a solution. However, for some suffering from pain, pins and needles ARE the solution.

Dr. Matthew Mann, DAOM, an Acupuncture Physician who trained internationally with some of the leading practitioners in China, practices acupuncture and other advanced procedures at St. Petersburg Acupuncture & Integrative Medicine. Dr. Mann said almost all of his patients cannot or prefer not to take medications to relieve their conditions. Prior to opening his doors in St. Petersburg, Dr. Mann practiced in Texas working in high volume clinics. He currently consults with practitioners all across the country and helps on their unique cases in addition to treating and overseeing cases in the Sunshine City. One such case was Lily T's, where pills were no longer an option.

"I have nerve damage in my hands and feet from my chemo treatments for colon cancer. While the cancer is gone, the burning needle sensation keeps me from enjoying my remission as much as I'd like to. Things like my favorite hobby, making origami became impossible with my hands and fingers. When the medications the doctors prescribed me didn't help, they all told me that there was nothing else they could do for me. I'd be up all night hurting," Lily said. Initially Dr. Mann had told Lily that she could not be accepted as a patient. He was skeptical that acupuncture could help Lily's neuropathy (nerve damage) because it was so severe. Lily said, "I did not have high hopes, but I needed to do something to get some relief. I did not expect the treatments to work so well but I'm thankful they did! My pain is mostly resolved and now I am able to enjoy my life again. There is more I still want to do! I have resumed so many activities I hadn't even realize I'd stopped."

Dr. Mann says, "while we see these seemingly miraculous results day in and day out, Lily turned out to be an unusually fast responder. Typically, I expect patients to take a few more weeks to report these kinds of changes, I'm very happy for her, and all of us here at St. Pete AIM are excited to see this look of amazement on our patients' faces."

Dr. Ralph Becker, pain management physician for the Mayo Clinic recommends acupuncture and said Lily's comments are common.

"Patients today realize that there are non-invasive options out there and want to avoid surgery and long term use of pain medications if possible. If people ask me, I encourage them to try it. Our saying is, can't hurt, often helps."

Lily said, "I have wonderful caring friends who are always willing to help out but I tell them, I can do it now that I don't have the pain anymore. I've made so much progress in gaining back my independence."

Dr. Becker, who has been practicing 20 years, said he learned about acupuncture during his fellowship and has been recommending it to his patients for years. He has found that acupuncture helps with many of those who have chronic pain and neurological conditions. "You give them less medication, there are less uncomfortable side effects, and they become more active." Also, because of the opioid epidemic, many in the pain management field are now more cautious about prescribing medication.

For some struggling with pain management like Harold W. from Clearwater, who began seeing Dr. Mann when his migraines became so severe he went to the emergency room multiple times a week, the pills just stopped working. "I was so stressed out because I knew I needed to get checked out immediately but I also knew I couldn't keep going to the ER. I was maxed out on meds for my migraines, and the pain was still so bad some days that I went the ER. All the doctors just told me I was going to have to learn to live with the pain. That wasn't working for me so I started searching online for an alternative solution and found Dr. Mann. Acupuncture was my last hope and it gave me the best results. Dr. Mann has changed my life! Before I started seeing him I couldn't sleep because of the pain but being awake was painful too. I couldn't keep up with my work anymore, I didn't have much of a life. I didn't know anything about acupuncture, but I was desperate. I'm so glad I gave it a chance after the pain meds failed to help me."

**To see if you are a candidate
for the procedures used by Dr. Mann,
call 727-235-0435 to schedule
a consultation today.**



Water Safety

Beaches and pools are a favorite destination during the summer months, which creates an increased risk of accidents. Following the tips below will also ensure you have the most amount of fun by reducing the risks and hazards that come with water fun.

1. Swim at your level. The pool and beaches and lakes have designated times where swimming is allowed and flags and ropes indicate borders in which people can swim. At a pool, children should only swim in shallow areas that aren't above their head until they can swim without assistance for more than 10 minutes.

2. When in doubt, get out. Whether the ocean or lake current is getting rough, rain has started to fall or you have fatigue or muscle cramps, trust your instincts and return to the water another day.

3. Know the conditions. Check the water temperature and weather conditions before hitting the water. If the water temperature is low, your best option would be to swim with a wetsuit and don't stay too long in the water. It's not safe to swim in the rain, particularly if there is thunder and

lightning.

4. Never Swim Alone. At the pool, or when you head out into the open water, go with a "swim buddy", someone who's looking out for you and who you're looking out for in turn. Remember the lifeguard has lots of people to track when on duty and cannot be concerned with a particular person's safety.



5. Choose the right equipment. Choose wetsuits if the water is cold, goggles if swimming, and so on. Please note that if water temperatures are over 75-80 degrees, a wetsuit might not be a good idea and could even cause heat exhaustion.

6. Understand currents in open bodies of water. At the ocean or in lakes, rip tides, other currents and waves can all sweep you away from your swimming route. By choosing a static "beacon" on your boat or

at the shore you'll be able to determine if you are being swept away or not. If you do get caught in a rip tide, don't panic. Try to remain calm and swim parallel to shore to get out of it. If you try to swim against the current, you might get exhausted and panic even more.

7. No Alcohol. Alcohol affects your perception of danger, making you more likely to take unnecessary risks. Alcohol also impairs your balance and coordination – all essential for swimming and boating and avoiding hazards in the water.

8. Wear USCG-approved life vest. Young children, weak swimmers and everybody in general should wear life jackets whenever they are in, on or around the water, even at a pool or a waterpark. It should not be taken off until you return to dry land.

9. Have A Plan For Emergencies. Tell someone else where you are going. Having someone watching from the shore, ready to take action should you need any help, is a wise decision. Eliminate as much uncertainty as possible.

10. Don't run on the deck when you're wet. Running on the pool or boat deck can cause major injuries, especially when you've got wet feet. Keep the sliding for your next dance party!

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- **Unsure of Current Real Estate Values?**

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As red pavement appears, don't drive, park, load or unload vehicles in the lane.



Vehicles are only allowed in lanes to make a turn.



Only PSTA buses and emergency vehicles are allowed to drive in the red lanes.

PSTA.NET/SUNRUNNER

BUS AND TURN LANE LOCATIONS



SR-693/ Pasadena Avenue

right lane between Central Avenue and Huffman Way, both northbound and southbound

1st Avenue S.

left lane eastbound between Pasadena Avenue and 20th Street N.

1st Avenue N.

left lane westbound between 3rd Street N. and 66 Street N.

right lane eastbound between 16th Street S. and 4th Street S.

PSTA.NET/SUNRUNNER

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893-7111 (For any dept in the city)
NON-EMERGENCY POLICE -
893-7780

**COMMUNITY POLICE SERVICE
SQUAD - 551-3182.** For ongoing
problems and response within 24 hours

MAYOR KEN WELCH -
727-893-7201, Mayor@stpete.org

DISTRICT 2 COUNCILWOMAN
Brandi Gabbard - 893-7117
Brandi.Gabbard@stpete.org

Membership Renewal Info

The Riviera Bay Civic Association works for the neighborhood to maintain, improve and create community events for all ages. As a member of the association, it allows you a say in neighborhood plans, event incentives and perks within our community. If you have not joined, please scan the QR code or fill out the form below and mail it to the PO Box address provided. Please show your support by sending at least \$10 (larger amounts are always welcomed) and memberships are per household which include your spouse/partner and children. Memberships should be renewed each calendar year.

I would like to join/rejoin the Riviera Bay Civic Association. Enclosed please find at least \$10. (more is always appreciated) association dues for our family for January through December.

Name: _____

Address: _____

Phone: _____ Email: _____

Please make checks payable to: Riviera Bay Civic Association

Mail to: Riviera Bay Civic Association, PO Box 55883, St. Petersburg, FL 33732



SCAN ME