

*Always a beautiful day in*

# RIVIERA BAY



*SUMMER TIME*  
**HEAT**

**Tips for Self-Care  
During the Summer**

*July/August 2021 Edition*  
*Riviera Bay Civic Association*



# 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**

**233 96th Av N - Pending Sale • 220 98th Av NE - Sold!!!!  
9008 Bay St NE - Sold!!! • 9466 Treasure Lane NE - Pending Sale  
9543 Treasure Lane NE - Pending Sale**







*From the RBCA President...*

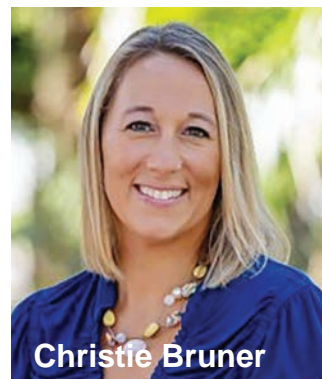
## Hello Neighbors,

Summer is upon us! Our usual afternoon storms have returned and so have the mosquitoes! Please make sure to empty areas of standing water around your homes!

Hopefully, things have returned to normal for you and yours after covid. We have begun to meet in person this year and have been utilizing the large, covered pavilion at Riviera Bay Park. Since things are heating up and so many folks travel over the summer, we will not have a regular gathering in the month of July. The board is deciding how to continue to meet in person and if we will return to an indoor location.

If you missed our last gathering in May, here are a few snapshots. Councilwoman Gabbard announced the upcoming District 2 hurricane preparedness session and how council approved additional pumps for the Riviera Bay/Rio Vista area. She also informed us of the agricultural ordinance in which residents can now grow and sell produce from their own homes.

Christie Bruner, the community engagement supervisor, from Healthy St Pete also joined us. She provided much information about all the different health and wellness programs Healthy St Pete offers including how you can get businesses, workplaces or other groups certified by taking an assessment.



As the summer continues to heat things up, please stay safe and hydrated and enjoy our beautiful Sunshine City! Happy Fourth of July!

Best,  
Vicki Shuman

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Do you love to read? Are you looking to discuss the book you just finished? Looking to get back into reading? Expand your reading genres?

Join the Riviera Bay readers for a lively discussion on the 2nd Thursday of the month. We meet at a neighbor's home and have dinner and a fun discussion of the monthly book. The first book club meeting was in May 2021 and we read *THE SYMPATHIZER* by Viet Thahn Nguyen. Our June 2021 pick was *THE CLOCK DANCE* by Anne Tyler. Each month the member that hosts gets to choose the book. The Dunedin library has a "Book Club in a Bag." They provide enough books for everyone in the group. Once we have finished reading the months selection we swap it out for the next month. There are currently 60 books on the list to choose from.

## JULY 8TH

*AMERICAN SPY* by Lauren Wilkinson. Named one of the ten best books of the year by Chicago Tribune and one of the best books of the year by The New York Times Book Review • Time • NPR • Entertainment Weekly • Esquire • BuzzFeed • Vulture • Real Simple • Good Housekeeping • The New York Public Library.

What if your sense of duty required you to betray the man you love?

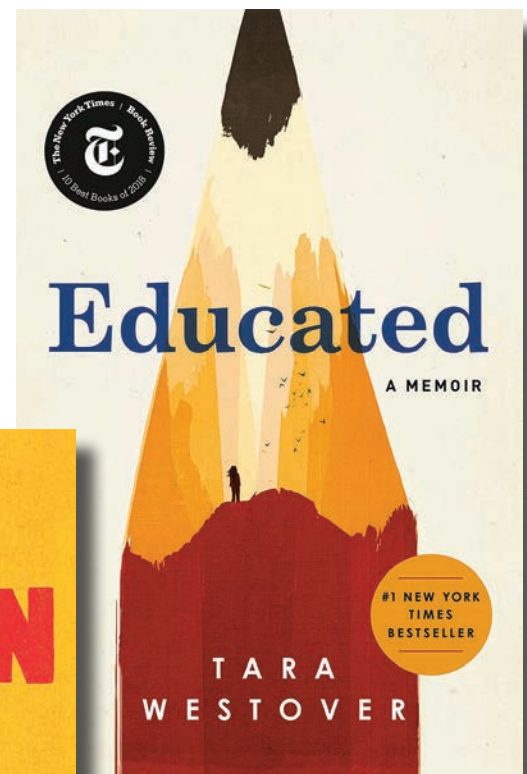
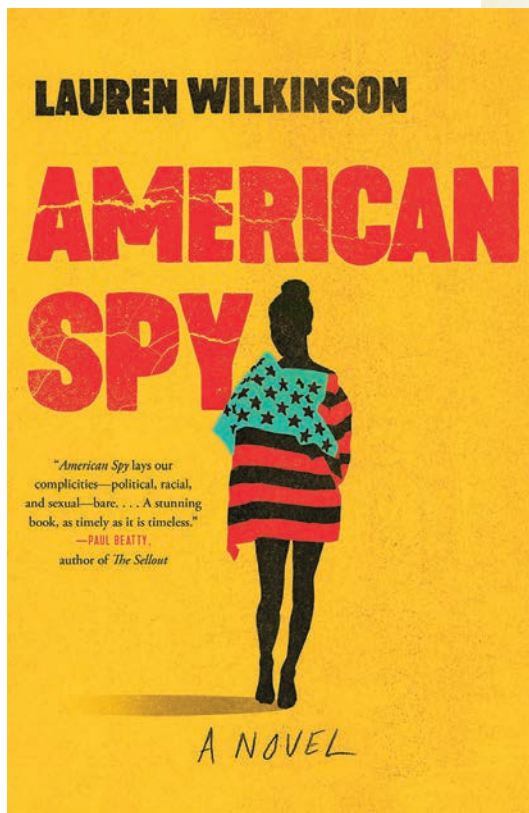
## AUGUST 12TH

*EDUCATED* by Tara Westover. #1 New York Times, Wall Street Journal,

and Boston Globe bestseller. One of the most acclaimed books of our time.

An unforgettable memoir about a young woman who, kept out of school, leaves her survivalist family and goes on to earn a PhD from Cambridge University.

"An amazing story, and truly inspiring. It's even better than



you've heard."—Bill Gates

If you are new in town or just looking for a new monthly event please join us. Everyone welcome!

Please email Trisha @ [trilind@hotmail.com](mailto:trilind@hotmail.com) or call at 720-985-6947 to get more information and to be added to the list.







The warmth and flexibility that summer brings can be an exciting time for filled with vacations, sunshine, and relaxation. But for some, summer months can have the potential to trigger feelings of being overwhelmed and losing control. Expectations of being carefree can put a lot of pressure on those who are struggling with depression or anxiety. Individuals need to keep in mind that we do not have to keep up with the

Joneses to enjoy summertime. Below are self-care tips and tricks that can be used to maintain your mental health during the summer months.

**GET OUTSIDE.** Exposure to natural sunlight increases levels of vitamin D and serotonin, which are known to boost your mood. Taking a moment to step outdoors, smell the roses, feel the sand under your toes, and watch a sunset can provide a sense of calming and

well being. Pick up a new outdoor hobby where you can spend 30 minutes in the sunshine. Whether it is gardening, hiking, or paddle boarding, spending time outdoors is an essential element of self-care.

**ENJOY VACATION TIME.** Don't use your paid vacation time to accomplish tasks around the house that we neglect during our busy workweeks. Instead of cleaning out the closet, organizing the garage, and attending long-overdue appointments, use your vacation to enjoy yourself. Such activities can include reading a book at home or traveling to a new place – spend the time unwinding and enjoying time away from your to-do lists.

**PLAN A GETAWAY.** Getting out of town and experiencing a change in scenery is a great way to unwind and re-focus your energy on the present. Whether it is an overnight getaway or a multi-week international trip, escaping the business from the daily grind can help clear your mind and boost your mood. This can help you immensely on your return home back to your everyday routine.

**MAINTAIN YOUR SLEEP.** Just because school is out for summer and your kids can stay up late and sleep in does not mean they should. As parents, we should always try to maintain a healthy and steady sleep schedule for ourselves and our kids, regardless of our work and school schedules, have become more lenient. Sleep hygiene is

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ARE YOU:

- Thinking of buying or selling a home?
- Confused about today's changing home values?
- Unsure of Current Real Estate Values?

I am a 16+ year Riviera Bay Resident, helping Friends and Neighbors Buy and Sell Homes right here in our Neighborhood for more than 10 Years.

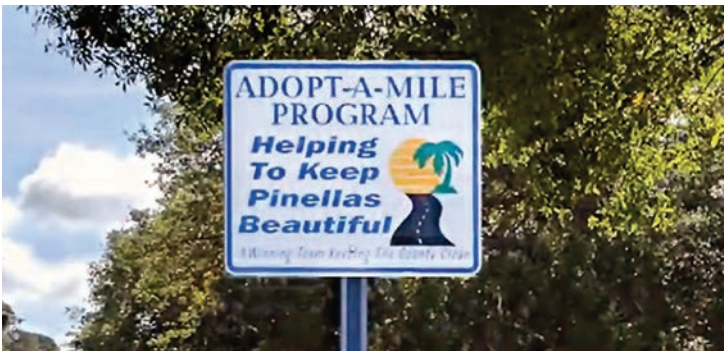
Convenient Office location at: 9079 4th St North, St. Petersburg

727-235-3810 • email: TerriHammer@aol.com



an essential component of our mental health.

**STAY ACTIVE.** Whether it is going to the gym, signing up for a yoga class or taking a walk outside, physical activity is known to boost your mood. During the summer months, it is easy to stay on the couch and binge-watch the latest television series. However, an idle activity can promote negative consequences on our physical and mental health. Try to maintain 20-30 minutes of cardiovascular exercise each day, and you may be surprised how good you feel.



## RBCA Adopt-A-Mile

By Vicki Shuman

Please join us on July 31st and Nov 6th to clean up 83rd Ave from 4th Street to the San Martin Bridge. We meet at the St Petersburg Presbyterian Church parking lot at 9am. We supply gloves, pickers and garbage bags. We partner with Keep Pinellas Beautiful who's mission is to conserve and beautify our natural environment by means of community engagement and education. Four focal areas are: Litter Prevention, Waste Reduction, Conversation and Beautification & Community Greening. To learn more about KPBC and how you can get involved, please visit [Kpbcares.org/](http://Kpbcares.org/)

In the meantime, if you see trash or debris around our neighborhood, please consider picking it up and helping keep Riviera Bay a great place to live and play!

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# JULY MEETING CANCELLED

**NEXT GENERAL MEETING  
TUESDAY, SEPTEMBER 21st**

**Starting at 6:30 pm**

**LOCATION: RIVIERA BAY PARK**

*Under main covered pavilion.*

**Neighborhood Resident**

**AL'S SUPER**

**LAWN CARE**



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**343-7477**

## 2021 RBCA EVENTS

*Please check with our Facebook page  
or website for updates*

**GENERAL GATHERINGS - Sept 21, Nov 16**

**BOARD OF DIRECTORS MEET - Aug 10, Oct 12,  
Dec 14**

**ADOPT-A-MILE - July 31, Nov 6**

**YARD SALES - Oct 1-3**

**THANKSGIVING DINNER - Nov 16**



**NEIGHBORS!**



**Join FaceBook & NextDoor**

You can see what your neighbors are  
up to, post pictures, events, and more!

**[www.facebook.com/RivieraBaySTPETE](http://www.facebook.com/RivieraBaySTPETE)**

**[WWW.RivieraBay.NextDoor.com](http://WWW.RivieraBay.NextDoor.com)**

## RBCA OFFICERS

### **PRESIDENT:**

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**[vickifour@yahoo.com](mailto:vickifour@yahoo.com)**

### **VICE-PRESIDENT:**

**Erin Osburn -**

**[geosburn@gmail.com](mailto:geosburn@gmail.com)**

### **SECRETARY/MEMBERSHIP:**

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**[intravichit1@gmail.com](mailto:intravichit1@gmail.com)**

### **TREASURER: TBD**

### **DIRECTORS:**

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**[dtpgilbert@gmail.com](mailto:dtpgilbert@gmail.com)**

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**Layout: Missy Martino - [RBCAnews@aol.com](mailto:RBCAnews@aol.com)**

### **MAYOR'S ACTION LINE -**

**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 RICK KRISEMAN -**

**893-7201, [Mayor@stpete.org](mailto:Mayor@stpete.org) /**

### **DISTRICT 2 COUNCILWOMAN**

**Brandi Gabbard - 893-7117**

**[Brandi.Gabbard@stpete.org](mailto:Brandi.Gabbard@stpete.org)**

## Membership Renewal Info

We are your neighborhood civic association and we work for you to maintain and improve your neighborhood. If you have not joined or renewed your membership in the Riviera Bay Civic Association, please take a moment to fill out this membership form and bring it to the next meeting or send your dues to the address below. Please show your support by sending in at least \$10. (A larger amount would be appreciated!) One association membership per household includes your spouse and children, to be purchased 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