

SESHCA Board Members and Contact Info

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Ellie Baggett

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Rebecca Rosenthal

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Liz Hudson

Sylvia Lopez Vanacore

Jason Marlow

Beverly Morrow

Website

www.seseminoleheights.com

Email

SESHCApresident@gmail.com

Facebook

[https://www.facebook.com/
SESEminoleHeights](https://www.facebook.com/SESEminoleHeights)

Instagram

@seshcagram

Letter from the President

Dear Southeast Seminole Heights Neighbor,

As we continue to navigate the disruptions caused by the COVID-19 pandemic, I'd like to take a moment to express my gratitude for how our community has been responding to the changes and reflect on what guides us during this challenging time.

We have learned many lessons since March of 2020, but no lesson as important as the strength and value of our community. I've been inspired by the way our neighborhood has worked together to combat COVID-19 – from our local small business owners to our public health employees and to each of you. In these efforts, I remain grateful for the tireless service of our medical professionals who protect the health, safety, and well-being of our community; all the front-line workers making sure we have access to groceries and all necessary supplies; as well as our dedicated teachers who continue to serve our future leaders in these unprecedented circumstances. From the bottom of our hearts, thank you.

As a reminder, we host our general session meetings on the third Tuesday of every third month, currently virtually via Zoom. I hope you'll join us for our next virtual meeting on April 20th at 7pm; meeting details will be posted on the association's Facebook page and website [www.seseminoleheights.com]. On a personal note, I would like to take a moment to express how especially thankful I am for the support and encouragement of our Vice President of SESHCA, Courtney Bumgarner. Believe me when I say I could not do this without her and our association is extremely lucky to have someone so driven and dedicated in our midst. Additionally- during this pandemic I've been lucky enough to wave hello to many of you on my regular evening walks up and down our tree-lined streets with my rescue dog, Charlie- I hope you wave hello and introduce yourself if you see us out walking! If you don't see us out on our nightly strolls, please keep in mind I'm available via email- do not hesitate to contact me at SESHCApresident@gmail.com to discuss any questions or concerns you may have. I want you to love this neighborhood as much as I do, and if I can help to make that happen, please reach out!

As we prepare for the unknown world ahead, let us come together and renew our commitments to health, to hope and to each other. I am confident that the day is coming when this pandemic will be part of our shared memory—something we went through together and came through together- something we reflect back on while at a future Taste of the Heights event, once again hugging and cheers-ing our neighbors. I hope you keep that goal of the future always at top of your mind, and please know we are working as diligently as possible to keep our community safe, united, and ready to continue the work at hand, together.

Ellie Baggett

President, Southeast Seminole Heights Civic Association

pictured at left:

Courtney Baumgarner, Vice President; Ellie Baggett, President



Local City and County Contact Information:

Mayor, City of Tampa
Jane Castor

City Council Representatives Serving SESH:

Orlando Gudes (District 5)
Joe Citro (District 1 - at large)
Charlie Miranda (District 2 - at large)
John Dingfelder (District 3 - at large)
tampacitycouncil@tampagov.net

TPD Non-Emergency:
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Code Enforcement
(813) 274-6600

TECO 24 hrs
(877) 588-1010

**Wastewater Emergency Repair/
Sewer Backup**
813-247-3451

**Water Department
Emergency Services**
(24 hours) : 813-274-8811, Option 1

Emergency Drainage/Flooding
(24 hours) : 813-274-3101

Tree Hotline/Emergency
Illegal Tree Removal (24 hours)
813-258-8733

Fallen Tree
business hours 8am to 5pm
813-274-5744
after hours 5pm to Midnight
813-931-2168
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Get to Know a



Board Member Becca Rosenthal, Secretary

A Port. St. Lucie native, SESHCA secretary, Becca Rosenthal graduated from UCF in 2007. She left the sunshine state to pursue her Masters in Speech Language Pathology at the University of Virginia. A few years after returning to Orlando post grad school, Becca made the move to Tampa and never looked back. In 2016 she bought her first home in SESH at the gentle nudging of her longtime friend (and current SESHCA VP) Courtney Bumgarner.

Becca embodies the phrase "live life to its fullest." She has seemingly unlimited energy allowing her to excel in a demanding career, generously giving her time to SESHCA serving on both our executive board and the social committee. Becca also serves on the board of The Crisis Center of Tampa Bay.

In addition to her busy work and philanthropic schedules, Becca maintains an active social calendar taking advantage of everything Tampa and Seminole Heights have to offer. *The South-eastern* recently sat down with her to get more insight into what she loves about SESH, and how to make the most of our wonderful neighborhood. Here's snapshot of that conversation:

SE: If someone just moved to the neighborhood and wanted to get more involved how would you suggest they do that?

BR: I normally name drop our VP and President, and tell them we have a very active board. I also suggest they check out our facebook pages and groups to stay informed, and connect with me if they need help with anything.

SE: What have you done for the neighborhood that you're most proud of?

BR: I think being involved in Light the Heights, and being pulled into the social committee. The social committee has set a standard of social events with Crib Crawls and happy hours. I've been really proud to be a part of facilitating bringing our neighborhood together, and also other parts of the Heights along with representatives from the City. It's been a really positive experience, and we've never had any problems and it's just really been a bright spot in the neighborhood for me.

SE: If you were going to recommend a date night for someone in Seminole Heights, where would you tell them to go?

BR: Drinks for sure at Mandarin Heights. I really enjoy Front Porch. I think it's consistent, and it's just a cool vibe and they have live music. Ella's is a great date place, too. I love Ella's.

SE: What are your go-to places for a quick lunch or dinner?

BR: Nebraska Mini-Mart for the Rosé Sangria and Chicken Sandwich. I recently discovered Rene's Mexican Kitchen, which has been a bit of an addiction. Outside of SESH, Harvest Bowl.

SE: What SESH Event from pre-Covid times do you miss the most?

BR: Crib Crawls. Overall I really miss them, they're so fun. And of course Taste of the Heights.

SE: If someone was debating between moving to SESH or South Tampa, what would you say to convince them to move here...other than saving a lot of money.

BR: I don't think the sense of community we have exists anywhere else. I know a lot of people who have moved from other parts of the city, and they talk about how involved everybody is, how nice everyone is, how fun, and different it is. I just think it's a really cool and eclectic place with a lot of growth left. It's so close to downtown, and easy to get anywhere. Also, everyone is so accepting and no one makes you feel like you don't belong here. You can just come here and be who you are.



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Southeastern Spotlight: The SHAC



When you think about a gym, you might not immediately think of community. But The Seminole Heights Athletic Center (The SHAC) was started with the idea of community at the heart of their mission. The owners, Karen and Marlo Tamayo, are Seminole Heights residents who saw a real need for a gym that could better their neighborhood. When they started the gym in their garage in 2015, they had no idea how big that need was and that within a couple short years they'd have a full gym on Florida Ave--the first of its kind in Seminole Heights.

Karen, who is also the Head Coach, remembered "My biggest goal for The SHAC was to have it be a place where people who live in the neighborhood could come get a workout while also feeling like a part of the community. I knew this was a void in our neighborhood and I was eager to change that."

A couple minutes scrolling through online reviews about The SHAC will show you that the Tamayos have accomplished just that, and more. You'll see numerous mentions of how the gym is "welcoming", "diverse", "inclusive", and "feels like a community".

As member, Megan Jordan, says "More than a gym, it's a great way to get to know your neighbors and strengthen that sense of community."

To that end, The SHAC is involved in numerous community activities outside of the gym, as well. They regularly clean up a stretch of Florida Ave through Keeping Tampa Bay Beautiful's Adopt-A-Road program, have done several fundraising drives for Feeding Tampa Bay, and are the first to volunteer on the neighborhood community page when residents and businesses need a helping hand.

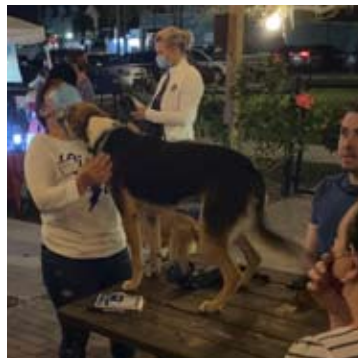
Your first two classes are free, so what are you waiting for? Head on over and drop in for a class! The SHAC welcomes all ages and fitness levels. More info on class schedule and details can be found at <https://www.shathleticcenter.com/>

Yappy Hour at Hair of the Dog Park!



On February 11th the SESHCA held our first "Yappy Hour" at Hair of the Dog Park. Our two legged neighbors enjoyed socially distanced drinks, while their four legged friends had their own puppy pawty.

Thank you to Hair of the Dog Park for hosting, and generously offering free entry for our furry pals. We can't wait to do it again!





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Upcoming Events ...

April 12, 2021 at 7:00 p.m.
Traffic Committee Meeting
via Zoom*

April 20, 2021 at 7:00 p.m.
General Membership Meeting
via Zoom*
Special Guest from
Crossroads of Tampa Bay

**See Facebook for
Zoom Meeting Information*



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