

PARCELS



FROM
Paradise
Now in its 16th year of publication.

March 2026



IN WITH THE NEW...

Shopping Center Update

Basically, there is no new information regarding the “when’s” for the shopping center across the street. It appears that the phrase, you will know it when you see it, is appropriate in this case. There is also no update regarding the installation of a traffic light at the Venetian entrance.

And if you want to see what land clearing means in the shopping center world, take a trip down Laurel Road and look across from Laurel Nokomis School.

Special Grocery

Trader Joe’s has become a very popular specialized grocery but many Venetians wrestle with the idea of driving up 41 near Bee Ridge to shop there. We have good news for TJ shoppers. There will be a new Trader Joe’s on 41 at Beneva in a former Staples store. As most Floridians really don’t know street names, the location will be near the shopping center (which is also being transformed) that houses JC Penny and Costco. With the new Sprouts, Publix, the soon-to-be Walmart and now Trader Joe’s, your refrigerator (icebox for the older generation) should never be empty.



New “Brewery”

HTeaO has opened on Albee Rd W near 41 and across the street from Wawa. This store is not a Starbucks II. Their promo indicates “over 20 Flavors of Iced Tea Brewed Daily”. Unlike Starbucks, this store is operated as a franchise and owned by a local person who said he couldn’t tolerate the word “retired”. Give them a try...you will find an interesting store that also has a whole bunch of merchandise.



Answering the Call of Chicken Lovers

Rave reviews are coming from a new place on the Island named The Island Chick-N-Shack. It is located at 312 S Tamiami Trail. Don’t expect to grab a seat inside the restaurant...there are none. However, there are several outside benches under cover or what is called in the restaurant world, “open air seating”. The menu is probably not what your cardiologist recommends, but if you are a chicken lover, this is surely the place to go!



Thank you for reading PARCELS. If you have a story idea, click on “REPLY” and let us know!

VISIT: www.vgrcca.org

“Waver” Reminder

Parcels likes to remind readers of a few items that have been previously printed. Let's say you are at the River Club and a medical issue takes place. Naturally, folks gather around just to see what's happening. Not unusual. But to save that precious time, someone called the “waver” should go outside and direct the fire truck/ambulance to the exact location. Imagine if the incident is in the pool area where there is a locked gate. The waver also applies to your own home if there is an available person who could go outside. At night, turn on all available outside lights and consider opening the garage. Remember time is always of great importance in an emergency situation, especially if it is a heart-related emergency.



Falling Down

There have been many articles written about one of the major fears of seniors ... falling. If you fall, stay calm and make an assessment of injuries before moving. If uninjured, roll onto your side, get on your hands and knees, and crawl to a sturdy chair or object, such as a bathroom or kitchen sink, to help yourself up slowly. If you are injured or unable to rise, call 911, stay warm, and try to make noise to get attention.

Staying fit is so important especially to seniors. The River Club has provided a schedule of classes on the website, and also in the RC's weekly email blast.

If you have questions or need assistance, you can reach out to the River Club team at fitness@venetianriverclub.com.

Very Beneficial Seminar

On Tuesday, March 10th, the Community Association hosted their 17th “Knock Your Socks Off” seminar at the River Club titled “Preparing your Final Wishes”. The presenter, Mr. Darwin Reeck, spent an hour advising 50 community members about actions recommended for people to complete before the death of a loved one. Mr. Reeck has years of experience assisting people plan memorial and burial services as the Director of Lay Ministries at Our Lady of Mt Carmel Church along with being a Family Service Coordinator at Toale Brothers Funeral Home.



Darwin began his talk and repeated many times over the hour his mantra “Preplan, preplan, preplan”. His experience allowed him to develop a comprehensive checklist of actions needed to be completed in order to close the book of life for a loved one. This checklist includes knowing the wishes of the deceased concerning burial or cremation and who is the trusted survivor the deceased shared their electronics password with so their computer/phone can be accessed for important information. Knowing answers to these questions before someone's passing decreases the emotional burden inherent in these sad times. Darwin's list has 46 line items that are best considered before being faced with this situation. Each attendee received a copy of his “to do” list to help them hopefully preplan their final wishes.

Yes, a very serious seminar to attend, but as one attendee wrote regarding Mr. Reeck, “a knowledgeable speaker, whose thoughtful presentation addressed a sensitive topic with both insight and care. His engaging approach encouraged us to consider new perspectives and brought up important points we might not have realized on our own”.

For those who attended this very worthwhile Community Association seminar and appreciated the information, the best way to show gratitude to Mr. Reeck is to “Preplan, preplan, preplan”. For those unable to attend and wish to get a copy so you can “preplan, preplan, preplan”, visit the Community Association website, www.vgrcca.org to download a copy.

SMH Seminars

At the end of Parcels is information regarding some excellent seminars held at our good neighbors, SMH- Venice.

CHANGES ON THE HORIZON

NFL Coach Seminar Changed

We are fortunate to have a current NFL Assistant Coach living in the VGRC who will be conducting an informal seminar as to what it is like to be in the big leagues of professional football. The seminar was originally scheduled for this month but due to his scheduling conflicts, it has been changed to **June 16th at 5pm**. Flag it on your calendar.



TAKE NOTE....Major Changes Coming April 1st

The following changes will take place on **April 1st**.

- Given the heavy traffic and congestion expected with the new Jacaranda and Laurel shopping center, to the delight of many N. Venice residents, the shopping center will be replaced by a casino with a five-story hotel overlooking the one remaining lake.
- Due to simply miserable golf play by its members, the Venetian golf course will be converted to a putt-putt course with 8 windmills.
- Based on complaints that the game is not really of any significance, all Trivial Pursuit games on property will be abolished.
- To reduce expected anxiety, outdoor movies will be shown on arena-type Lerida Ct., 12 hours in advance of a hurricane. The first outdoor movie will be "The Perfect Storm" starring George Clooney.
- The Venice City Council will vote on April 1st whether to cordon off part of Venice Beach to serve as a nude beach for those aged 75+ years old. Council most likely will reject the expected motion of banning phone cameras mainly due to no one would want to see the pictures.
- Residents of the VGRC may hear words of "Smother, Covered, Drop, Chunked and Pull" coming from the Welcome Center when Waffle House converts it to their training center on April 1st.

April Fools!

ARE YOU PAYING ATTENTION?

South Jetty

Based on the latest news from the City, your great, great, grandchildren MAY be able to enjoy the South Jetty on the Venice side of the Gulf. The repair cost is exorbitant and unaffordable for the city. The severe damage took place with both Hurricanes Helene and Milton. It's an area that was once packed with both residents and visitors who enjoyed seeing the water pound up against the rocks. You could even get a hot dog at the concession stand that was a permanent fixture at the jetty. As a substitute, perhaps go to the North Jetty, by heading straight down Laurel. Even that Jetty, although open, has remnants of the destructive forces of a hurricane.

Electric Bike Education

In partnership with Sarasota Manatee Bicycle Club, Coastal Cruisers Bicycle Club and Bicycles International, the City of Venice and the Venice Police Department will hold an E-bike Safety Class, "Pedal Safe, Pedal Smart" from 10am to 2pm on Wednesday, March 25th at the Venice Community Center located at 326 Nokomis Avenue S.



Wall of Something

The Wall is getting plenty of play. Have you seen it lately? Remember it's only open to Venetian residents to avoid outside scammers. Thanks to all those who have used it for various purposes. Give it a look. Click on website, www.vgrcca.org to download

Northeast Park

As you can see driving down Laurel Rd., slowly but surely the park is becoming a reality. We should see a completed park in a few months. The Community Association has great interest in the park and we have been awarded by the city to "Adopt" this park and will have a sign indicating so.

THE WALL OF SOMETHING

An Electronic Bulletin Board for all Venetian Residents!



Visit us at www.vgrcca.us and Click the wall of something

STANDING OVATION

Superstar Predictor

The Community Association had its first SBP ...Super Bowl Prediction...this year and is pleased with the approximately 80 entries. The winner was resident (Parcels was given an Executive order by the VGRC Mayor to dispense with the rule of not naming residents in the publication) **Tad Johnson**, who selected the Seahawks by 13 points. The final score was Seattle 29, New England, 13, a difference of 16 points. Congrats, Tad.



Shredding and Junking Success

Parcels really doesn't need to write an article about Shredfest/Junkfest and Goodwill. Just ask anyone who attended this annual event who surely would be willing to share their experience. There were approximately 200-plus cars which went through the event in two hours. Over 15 resident volunteers were on duty to direct traffic and assist in lifting "stuff" out of cars. It may be a long way off but start collecting for the 2027 edition of one of the best events sponsored by the Community Association.



In terms of results:

- The City reported the 40-yard garbage dumpster weighed **2.01 tons** (4,020 pounds)
- The 20-yard metal roll-off dumpster had about 12 yards of metal collected.
- The 8-yard cardboard dumpster was completely filled.
- The Shredding Company reported approximately 6,000 pounds of paper were shredded.



Please note the letter from Goodwill at the end of Parcels thanking our community.

Plus, the infamous Bucket Boys collected over \$1K which will help defray the cost of this very costly event. A special thanks to all of our Community Association members who provided the funds to have such a great event. If you attended this event, but are not a member, we hope as they say, you will do the right thing, by signing up today...see the membership application at the end of Parcels.



FINAL THOUGHTS

We Salute the Volunteer...whomever (s)he is

This is the height of volunteerism. If you ever drive down Jacaranda you may see perhaps a man or woman walking along picking up litter. The individual has taken upon himself/herself to keep the community, in a broader sense, clean. We applaud this person and curious about what motivates an individual to do what he or she does. It is the pinnacle of volunteerism...doing something for his/her community. You have a chance to volunteer within the walls of our community, which is not a far walk as compared to the Jacaranda helper. The POA has advisory positions for 10 residents and the CDD for 30 residents. Hope you will consider raising your hand for one of these 40 volunteer opportunities and, in the end, help the community you chose to live in.

From Rich Cautero, Venetian Resident and Goodwill Industries Board Member...

On behalf of the entire Goodwill organization, a heartfelt thanks to all Venetian residents who donated during the recent neighborhood Junkfest event. In the course of two hours, 132 donations were received which necessitated approximately two truckloads to transport all the used clothing, furniture and other hard goods. These donations provide much needed inventory for our stores to fulfill our stated mission of "Changing Lives Through the Power of Work". Over 60% of Goodwill employees have a significant barrier to employment or a disabling condition. Without Goodwill, most would require public assistance. Goodwill offers hope, training, education and lifelong learning mentorship that provides both dignity and upward mobility. In addition, the organization provides a robust military veterans assistance program, staffed by veterans, which provides comprehensive case management, networking opportunities and assistance navigating the wide array of available social service programs. Also, the Goodwill Job Connection provides free job placement services to individuals seeking community-based employment. This service is available to the public.

We couldn't accomplish this without your generous donations. Together we are building a stronger community. A special thanks to our Community Association for their hospitality and inviting us to this extremely well run and organized event. Once again, thank you for your support!

With gratitude, Rich Cautero



HealthConnection – Venice

March 2026



Join Sarasota Memorial's physicians and healthcare professionals in HealthConnection. Located on the hospital's first floor, HealthConnection is a welcoming community space that offers informative health and wellness events.

Fall Prevention Education + Screening

Wednesday, March 11th | 2:00-3:00 pm

Falls are among the most common causes of injury for older adults. Learn how to prevent falls with advice from Sarasota Memorial Hospital's Rehabilitation team! Receive a free balance screening.

RSVP required.

Hands-Only CPR + AED Training

Thursday, March 12th | 9:30-10:30 am

Join the experts at SMH to learn two life-saving skills: hands-only CPR and how to use an *AED*, or automated external defibrillator. After this training, you'll not only be able to recognize cardiac arrest in the moment but also know how to respond quickly. *This course is not for certification purposes.*

RSVP required.

Stop The Bleed Training

Thursday, March 12th | 11:00 am-12:00 pm

In the event of an emergency, would you be able to help? In this class you will learn from a Sarasota Memorial Trauma Expert about how to recognize a life-threatening bleed and how to intervene effectively.

RSVP required.

Healthy Thinking, Healthy Living: Insights from Cognitive Behavioral Therapy

Tuesday, March 24th | 10:00-11:00 am

The way we think has a powerful impact on how we feel and how we live our daily lives. This engaging psychoeducational presentation introduces key concepts from evidence-based Cognitive Behavioral Therapy (CBT), highlighting the connection between thoughts, emotions, and well-being. **RSVP requested.**

Owning a Pelvis 101

Wednesday, March 25th | 2:00-3:00 pm

Join us for an informative presentation on pelvic health for men and women. We will explore pelvic anatomy, common pelvic dysfunctions, the role of breathing mechanics, and practical lifestyle habits that support long-term pelvic health and care. **RSVP requested.**

Brain Health & Memory as We Age

Monday, March 30th | 9:00-10:00 am

Join this engaging presentation to understand how the brain changes with normal aging. This session will explore ways on how to support memory, reduce risks for dementia, review brain games, and cognitive activities. **RSVP requested.**

All HealthConnection events are free and open to the public. RSVP is requested, but not required, as seating is limited. Please call (941) 261-7011 or email Health-Connection-Venice@smh.com to reserve a seat or for more information.

Sarasota Memorial's HealthConnection – Venice

2600 Laurel Road E., North Venice, FL 34275-3226

Health-Connection-Venice@smh.com • (941) 261-7011



Sarasota Memorial Presents

FREE LECTURE SERIES

March 2026

The Pace of Progress: New Frontiers in Modern Oncology

A cancer diagnosis can feel overwhelming, but cancer care at Sarasota Memorial is more advanced—and more personalized—than ever before. Whether you're navigating a diagnosis, know someone who is, or simply want to learn more, join this free lecture series for practical insights, real-world perspectives, and an inside look at how cancer is detected, treated, and managed in the modern era. A brief Q&A follows each presentation.

Monday, March 2, 4:00-5:00pm

- ▶ **Sharfi S. Sarker, MD, MPH, FACS | General Surgery**
Updates in Breast Cancer Treatment

Thursday, March 12, 4:00-5:00pm

- ▶ **Andres O. Soriano, MD | Medical Oncology and Hematology**
Cancer 101: Diagnosis, Treatment, Recovery & Prevention

Tuesday, March 24, 4:00-5:00pm

- ▶ **Scott Perrin, MD | Vascular, Interventional and Diagnostic Radiology**
Diagnostic and Interventional Radiology in Cancer Care

Thursday, March 26, 4:00-5:00pm

- ▶ **Mehnaz Junagadhwalla, MD | Medical Oncology and Hematology**
Lung Cancer: Prevention, Screening and Advances with Treatment

SMH-VENICE

Sarasota Memorial Hospital Education Room - 2nd Floor
2600 Laurel Road E., North Venice, FL 34275

This is a **FREE LECTURE SERIES** with **FREE VALET PARKING** at main hospital entrance. Light refreshments served. **RSVP required.** Reserve your space by phone at (941) 261-7777 or online at www.smhvenice.com/lectures.

FEATURED DOCS



Sharfi S. Sarker, MD, MPH, FACS



Andres O. Soriano, MD



Scott Perrin, MD



Mehnaz Junagadhwalla, MD



smhvenice.com

“Alone we can do so little;
together we can do so much”
~ H. Keller



COMMUNITY ASSOCIATION

Advocating for the Community

Membership Enrollment Form

Your Venetian Golf and River Club Community Association membership demonstrates the value you place on living in this community. For more information, visit our informative website, www.vgrcca.org

Your membership will provide the necessary financial support providing for the:

- Publication of the monthly Parcels from Paradise distributed to all Venetian households
- Continuation of the Hurricane Response Team, activated during an approaching hurricane
- Support for the Wall of Something, an electronic messaging board for members
- Scheduling of exciting seminars and events including Shredfest, Bike-O-Rama, CPR training and a host of presentations made by local experts

Quick Facts about the VGRCCA:

- Formed in 2008, the Community Association has a long and successful record of community engagement with a strong emphasis on communication to residents.
- For more information about the Community Association including a calendar of events and a list of accomplishments, go to our website: <https://vgrcca.org/about/>

There are two ways to join:

1. On-line at <http://www.vgrcca.org/membership>
We accept credit cards and use Pay Pal as our secure server.
2. Write a check, payable to **VGRC Community Association** and mail with this form to:
Membership
230 Padova Way
North Venice, FL 34275

Membership Dues Per Household

(Please Check Appropriate Line):

SIGN UP	TERM DUES
<input type="checkbox"/> Three Years (best deal)	\$70 (\$20 discount)
<input type="checkbox"/> Two Years	\$50 (\$10 discount)
<input type="checkbox"/> One Year	\$30

ADDITIONAL VOLUNTARY DONATION: \$ _____

If you appreciate the value of Parcels, Seminars, Hurricane Response and other contributions of the Community Association, please consider making a donation in excess of required dues.

MEMBER INFORMATION (PLEASE PRINT AND PROVIDE ALL INFORMATION):

NAME: _____

PREFERRED TELEPHONE #: _____

E-MAIL ADDRESS: _____

ADDITIONAL NAME: _____

PREFERRED TELEPHONE #: _____

E-MAIL ADDRESS: _____

VENETIAN ADDRESS: _____

OTHER MAILING ADDRESS: _____