



# VENICE CITY SCENE

February 2012

A Publication for the Employees of the City of Venice, Florida

Venice City Scene is published by e-mail. Please address questions, concerns and news items to Marketing and Communications Officer Pam Johnson at [pjohnso@ci.venice.fl.us](mailto:pjohnso@ci.venice.fl.us).

Those on the city's computer system may access newsletters on the S drive or on the city's web site: [www.venice.gov](http://www.venice.gov), click on Employees, then Employee Corner, then Employee Newsletter.

## Weight Watchers comes to the city

By Babs Anderson

Results from the latest health risk assessment reveal that the city's number one health risk is employee nutrition and weight management. On Thursday, Jan. 26, the City of Venice Wellness Committee hosted a pre-registration meeting for employees to learn about and register with Weight Watchers. More than 20 employees enrolled in the program. Now, the buzz is on and we're talking "points." As a result, the Wellness Committee will provide tidbits of helpful information over the next few months to encourage healthy eating habits. Our first article introduces Hungry Girl.

Lisa Lillien is Hungry Girl. Learn how Hungry Girl came to be, and more! Lisa's cute personality and HUGE appetite are contagious. You can find her on the Food Network or the Internet. She distributes her tips, tricks and takes on new food products through her daily emails and website, [www.Hungry-Girl.com](http://www.Hungry-Girl.com). Some Hungry Girl tips are listed below that may help you make better choices with your eating habits.

## Hungry Girl goes in search of supersized foods

**It's massive food with miniscule stats - hooray! Read on, hungry humans...**

By Lisa Lillien

### Lavash

Never heard of this stuff? Better late than never. This Middle Eastern flatbread is larger and a bit thinner than your typical tortilla or wrap, and the



stats are very similar. It's perfect for making low-calorie, low-fat chips. (Just cut into squares and bake in a 425-degree oven for a few minutes until crispy.) So simple, and it goes great with a two-ingredient dip made from fat-free Greek yogurt and salsa (1 part yogurt; 2 parts salsa). Find it in the bakery section, bread aisle, or ethnic-food aisle of the supermarket.

Each 1-oz. serving (about 1

large piece or half an extra-large piece) has about 100 calories, 2g fat, 17g carbs, 2.5g fiber, 5.5g protein, and a PointsPlus® value of 3.

### Anisi Honey Wafer Thins

Want a sweet treat the size of your face that has just 90 calories? Here it is. Each one of these is made up of two light and crispy wafer cookies that sandwich-

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a honey filling - just the right amount of sweetness and crunch. The original ones are really good, but the chocolate ones are even better. They have a thin layer of chocolatey honey in the middle.

Each wafer has 90 calories, 0.5g fat, 21 - 22g carbs, 0g fiber, 1g protein, and a PointsPlus value of 3.

### **Cabbage**

This leafy veggie is totally underrated. I love it raw in slaw mixes as well as steamed until the leaves come off easily. Use the steamed leaves in place of tortillas, burger buns, and more - then fill them with all kinds of guilt-free stuff. Go, cabbage. Go, cabbage.

Each 3-oz. serving (about 1 cup chopped or 2 - 3 large leaves) has around 20 calories, < 0.5g fat, 4.5g carbs, 1.5g fiber, 1g protein, and a PointsPlus value of 0.

### **Grapefruit**

This large citrus fruit is slightly tart and sweet, and it's great as a breakfast side item, as a salad topper, or as a dessert (just sprinkle with a bit of sweetener and dig in). Refreshing and filling.

Each 12-oz. serving (about 1 large grapefruit) has around 109 calories, < 0.5g fat, 27.5g carbs, 3.5g fiber, 2g protein, and a PointsPlus value of 0.

### **94 Percent Fat-Free Microwave Popcorn**

When a salty/crunchy crav-

ing hits, that 1-oz. serving of chips can be pretty measly - sometimes fewer than 10 chips. Instead, pop up a bag of microwavable 94 percent fat-free popcorn. You get five cups for fewer calories and fat grams than those 10 chips. Plus, you get the added bonus of some fiber. Look for the single-serving 100-calorie bags for built-in portion control, and get popping.

Each 5-cup serving (popped) has about 100 calories, 1.5g fat, 22g carbs, 4g fiber, 2.5g protein, and a PointsPlus value 3.

### **Eggplant**

This beautiful purple veggie is quite the multi-tasker. Slice it super-thin and use it to replace noodles in every other layer of your lasagna. It can also be an awesome, non-carby pizza crust. Just bake a thin slice, add your toppings, and bake again until heated through. But the best thing about it? A large one has just 130 calories and a whopping 18 grams of fiber! So slice away...

Each 3-oz. serving (about 2 thin slices, cut lengthwise) has around 20 calories, < 0.5g fat, 5g carbs, 3g fiber, 1g protein, and a PointsPlus value of 0.

### **House Foods Tofu Shirataki Noodle Substitute**

Made from Japanese yam flour and tofu, these noodles don't taste exactly like pasta, but the difference is worth the super-low calorie count. A serving of cooked pasta has about 10 times the amount of calories as a serving

of these noodles. Just keep in mind that you have to rinse and dry them very well, and they work best when topped with low-fat creamy sauces, as opposed to tomato-based ones.

Each 4-oz. serving has 20 calories, 0.5g fat, 3g carbs, 2g fiber, 1g protein, and a PointsPlus value 0.

### **Spaghetti Squash**

While tofu Shirataki noodles are closest in taste and texture to regular pasta, spaghetti squash is a delicious pasta-like swap, too. It's great with the usual pasta toppings and sauce. But it's also delicious plain. I'm eating big bowls of it, steamed and mixed with other good stuff, for breakfast, lunch or dinner. So much food for so few calories.

Each 5.5-oz. serving (about 1 cup) boiled or baked squash has around 42 calories, < 0.5g fat, 10g carbs, 2g fiber, 1g protein, and a PointsPlus value of 0.

### **Portabella Mushroom Caps**

If you haven't noticed, there's a theme here. The produce aisle is loaded with awesome picks that give you the best bang for your calorie buck. These oversized mushrooms are no exception. They work great as a burger swap, pizza crust, or salad topper.

Each 5-oz. serving (about 1 large cap) has around 37 calories, < 0.5g fat, 7g carbs, 2g fiber, 3.5g protein, and a PointsPlus value of 0.

## COMING UP

**Farmer's Market, every Saturday in Centennial Park, 8 a.m. - noon.**

*Check the city's Web site: [www.venicegov.com](http://www.venicegov.com) for the next special event. (Check the Venice City E-News and [www.venicegov.com](http://www.venicegov.com) online special event calendar for more things to do.)*



**Friday, Feb. 10, Friday Night Live** free concert by Swinging Bridge in Centennial Park, 7 p.m.

**Sunday, Feb. 12, Cruisin' at the Gazebo**, Centennial Park, 1 - 3:30 p.m., Venice Regional Antique Auto Club.

**Saturday, Feb. 18, 85th Anniversary Beach Bash**, Venice Beach, 11 a.m. - sunset. See Page 7 for details

**Sunday, Feb. 19, Joy of Jazz**, Centennial Park, 2 p.m.

**Monday, Feb. 20, Presidents Day** City Hall is closed. Garbage, recycling and yard waste collected as usual.

**Italian Feast and Carnival**, Airport Festival Grounds, 4 p.m.

**Friday, Feb. 24, Arts District Walk**, downtown, 6 p.m.

**Friday Night Live** free concert by Countrytime Singers in Centennial Park, 7 p.m.

**Italian Feast and Carnival**, Airport Festival Grounds, 4 p.m.

**Saturday, Feb. 25, Italian Feast and Carnival**, Airport Festival Grounds, noon.

**Sunday, Feb. 26, Italian Feast and Carnival**, Airport Festival Grounds, noon



**Saturday and Sunday, March 3-4, Venice MainStreet Downtown Art Classic**, 10 a.m. - 5 p.m.

**Friday, March 9, Friday Night Live** free concert by Gator Creek Band in Centennial Park, 7 p.m.

**Sunday, March 11, Daylight Saving Time** begins. Turn clocks one hour ahead and change the batteries in smoke alarms.

**Venice Joy of Jazz**, Centennial Park, 2 p.m.

**Saturday, March 17, 85th Anniversary free pops concert by the Venice Symphony** at Maxine Barritt Park, 4 p.m.

**Sunday, March 18, Annual Corvettes in Venice**, sponsored by the Venice Corvette Club, Centennial Park, 7 a.m. - 3 p.m.

**Friday, March 23, Friday Night Live** free concert by Patchouli in Centennial Park, 7 p.m.

**Saturday, March 24, 85th Anniversary at Historic Venice Train Depot**, 303 East Venice Ave., 10 a.m. - 6 p.m.

**Sunday, March 25, 85th Anniversary Tour de Parks** bicycle ride, Historic Venice Train Depot, 7 a.m.

**85th Anniversary** history celebration continues at the Train Depot, 10 a.m. - 4 p.m.

**Fire Ant Follies Car Show**, Centennial Park, 8 a.m. - 3:30 p.m.

**Friday, March 30, Arts District Walk**, downtown, 6 p.m.

## Service Anniversaries

*The following employees celebrate one of the 5-year milestones of service to the city:*

**30 years**, Payroll Specialist JoAnne Lounsbury, Finance Department, Jan. 25.

**30 years**, Acting Solid Waste Superintendent **Bob Moroni**, Public Works Department, Solid Waste, Feb. 4.

**25 years**, Heavy Equipment Operator I **James Williamson**, Public Works Department, Parks Division, Feb. 17.

**20 years**, Plant Operator B **Eric Barr**, Utilities Department, Water Production Division, Jan. 13.

**20 years**, Lead Environmental Technician **Dennis Rodriguez**, Utilities Department, Field Operations, Feb. 3

**15 years**, Heavy Equipment Operator I **John Parrish** Public Works Department, Parks Division, Feb. 24.

**10 years**, Firemedic **Jerry Collins**, Fire Department, Jan. 7.

**10 years**, Utility Locate Specialist **Marko Tucak**, Utilities Department, Field Operations Division, Jan. 8.

**10 years**, Lt./EMT **Frank Giddens**, Fire Department, Feb. 4.

**10 years**, Firemedic **Steve Worobel**, Fire Department, Feb. 4.

**10 years**, Meter Reader II **Jeff Balog**, Utilities Department, Field Operations, Feb. 19

**5 years**, Utility Mechanic II **Scott Hart**, Utilities Department, Water Reclamation Division, Jan. 2.

**5 years**, Heavy Equipment Operator/Welder **Chase Banyas**, Public Works Department, Solid Waste Division, Jan. 3.

**5 years**, Firemedic **Chad Meyers**, Fire Department, Jan. 29.

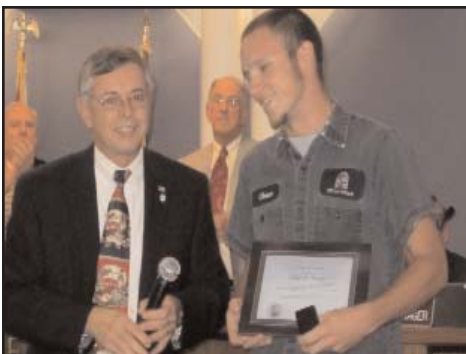
**5 years**, Firemedic **Matt Tomer**, Fire Department, Jan. 29.

**5 years**, Heavy Equipment Operator **Fred Rhines**, Public Works Department, Jan. 31

**5 years**, Dispatcher **Patricia Karaffa**, Police Department, Feb. 26.

**5 years**, Officer **Andre Levesque**, Police Department, Feb. 26

**5 years**, Officer **Brett Woodworth**, Police Department, Feb. 26.



Mayor John Holic presents service awards. Left, Public Works Heavy Equipment Operator Chase Banyas receives his for 5 years of service. Right, Utilities Maintenance Supervisor Tim Merritt is honored for ten years.



## Welcome to the City Team

The following were recently hired by the city:

Dispatcher **Aliya Bunn**, Police Department, on Jan. 9.

Equipment Operator **Lance Bursler**, Public Works Department, Solid Waste Division, on Jan. 9.

Stormwater Engineer **James Clinch** Engineering Department, on Jan. 17.

# Take a Bow

## Police Department

A resident wrote, "Recently, while dealing with the death of my husband, I became a victim of a career criminal. This predator's criminal actions caused a significant emotional and financial toll and directly contributed to my life spiraling out of control. During this troublesome period, I was fortunate to have Venice Police Detective **Ron Perisho** assist me with the case."

"I found him to be approachable and transparent where the case allowed. Despite his busy schedule, he was always available to assist me throughout the investigation. He is truly a dignified problem solver with empathy and compassion. He is an asset to the entire Venice community. His conduct reflects great credit upon himself, the Venice Police Department, and all who protect and serve."

A boat anchored in Roberts Bay broke free of its mooring while its owner was out of town. The owner returned to find the boat secured to the police dock.

"We called the department immediately and spoke to **Officer Phil Phillips**, who couldn't have been nicer or more helpful. **Officer Paul Joyce**, who was every bit as accommodating as Officer Phillips, helped with the removal of the boat from the dock," one of the owners wrote.

After having an accident, a woman called to say Lt. **Eric Hill** and **Officer Michelle LaRock** are two of the most professional officers she has ever met in her 60 years in Venice. She said the officers were helpful and courteous. She also complimented Dispatcher **Kelli Peyton**, who she said remembered her from another call.

Detective **J Chappa** was commended for her work to successfully prosecute a child molester. "Detective Chappa has been nothing but a pleasure to work with, prepared and professional at every turn," an assistant state attorney wrote.

## Public Works Department

**Rob Bondurant, Cary Patterson, Kevin Barrett and Al Conrad** "did an amazing job with the remodification to the Finance Department offices. I could not have asked for a better group to work with. They were all so helpful and worked together as a team. When some changes had to be made for electrical situations, Al said 'Don't worry, we can fix it and it will all work out.' I thought we were going to have to change everything, but they worked together and got the job done.

"I don't know how to thank them enough for all their hard work, the office looks more amazing than I could have imagined. Please let them know they are greatly appreciated for all their patience and hard work.

"Finance loves the new office!!" Kelly Treat wrote.

## Fire Department



# Happy Birthday!

The following employees celebrate birthdays during the month of **February:**

- 2, Solid Waste Equipment Operator **Mark Woodford**, Public Works Department, Solid Waste Division
- 3, Administrative Assistant **Rick Napoli**, Police Department
- 5, Network Technician **Cory Baker**, Information Systems Department
- 5, Council Member **Bob Daniels**, City Council
- 5, Firemedic **Steve Roberts**, Fire Department
- 6, Administrative Coordinator **Heather LeDuc**, Airport Department
- 8, Stormwater/Engineering Research Analyst **Val Raney**, Engineering Department
- 10, Chief Operator **Steve Park**, Utilities Department, Water Production Division
- 10, Office Manager **Colleen Winkler**, Utilities Department
- 15, Payroll Specialist **JoAnne Lounsbury**, Finance Department
- 16, Firemedic **Matt Tomer**, Fire Department
- 18, Officer **Demitri Serianni**, Police Department
- 20, Sgt. **Troy Crepeau**, Police Department
- 24, Plant Mechanic **Wayne Hill**, Utilities Department, Water Production Division
- 25, City Engineer **Kathleen Weeden**, Engineering Department
- 26, Projects Coordinator **Cathy Dubre**, Engineering Department
- 27, Heavy Equipment Operator **Robert Thomas**, Public Works Department
- 28, Planner **Roger Clark**, Planning and Zoning Department
- 28, Lt. **Eric Hill**, Police Department
- 28, Officer **Joe McGee**, Police Department
- 28, Firemedic **Brett Wasserman**, Fire Department

*Birthday calendars may be found on the S-Drive, under Administrative Services.*



# CITY OF VENICE 85TH ANNIVERSARY BEACH BASH

**FEBRUARY 18, 2012  
11 A.M. - SUNSET  
VENICE BEACH  
101 THE ESPLANADE**

**FREE  
Admission**

### Demonstrations

- 11 a.m. - **Yoga** with Elin
- Noon - **Paddleboarding** with Elin
- 1 p.m. - **Sailing** with Venice Youth Boating
- 2 p.m. **Kayaking** with Nancy Simonetti

### Exhibits

- Sharks' teeth** and **fossils**
- Old Betsy**
- Historic **Photos** of Venice
- Bounce House for Kids**
- \$2 all day

### MUSIC

- The Cry'n Shames**
- Jimmy Mazz**
- Drum Circle at Sunset**

Food and beverages available for purchase.

