

Un-Muugbook and Hitchhiker's
Guide - SWIM 2022

SWIMUU.ORG

**Together
Again!**

Dec 27 - Jan 1

SWIM 2022 - Tampa, FL

Our 50th SWIM

This Un-Mugbook is provided to allow people that either have not been to SWIM or could not participate this year to visually experience some of the activities. It is not to be used for any other purpose. Thank you. Jon Hoskin, 2022 President and the entire SWIM board.

FRANCISCAN CENTER

3010



FRANCISCAN CENTER, FOUNDED IN 1970

The Franciscan Sisters of Allegany, New York, came to Florida in the 1930s. They founded hospitals in Miami, West Palm Beach, St. Petersburg, and Tampa, including St. Anthony's in St. Petersburg and St. Joseph's in Tampa. The Franciscan Center's story began in the 1960s when Joseph Miyares, a Tampa attorney, got to know the Sisters at St. Joseph's. He was so impressed with their dedication and hospitality that he donated this Riverside Heights property, over 8 acres, to them. He initially suggested the site as a new location for St. Joseph's Hospital, which was originally located near Ybor City at E. 7th Avenue and N. Morgan Street. At that time, the local Provincial, Sister Lucian Walsh, OSF, recognized the property's outstanding natural beauty here along the Hillsborough River, and recommended building a retreat center. Sister Lucian initiated the clearing and development of the land, and erected a sea wall. Sister Lucian's vision was realized in October 1970, when the Franciscan Center opened as a mission for the Franciscan Sisters of Allegany. Welcoming to people of all faiths, the center evolved into an oasis for private reflection, retreats, spiritual direction, and hospitality.

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FRANCISCAN SISTERS OF ALLEGANY, NY,
AND THE FLORIDA DEPARTMENT OF STATE

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2021





















Coastal Habitat Trail & Observation Tower

WELCOME

Tampa Electric Company is proud to share this trail with you. Please respect our rules listed here so we may continue to allow you to appreciate this beautiful site. Please enjoy your walk and ensure that you **return by 4:00 PM.**

Visit our 50 foot tall observation tower where you will get a spectacular view of Tampa Bay and all of the surrounding area and visit the Clean Energy Demonstration Center to learn more about cutting edge energy technologies!

RULES & INFORMATION

- Use the trail and tower at your own risk.
- Open 10:00 AM to 4:00 PM.
- No Pets.
- Water and restroom facilities are located at the Manatee Viewing Center and the Clean Energy Demonstration Center.
- Foot traffic only. No motorized vehicles, devices or bicycles.
- Minors (under 18) require adult supervision at all times.
- Shoes and shirts are required. Bug spray, sunscreen, water are recommended.
- All plants and animals are protected. Hunting, trapping and firearms are prohibited.
- No alcoholic beverages, grills, smoking, tobacco products or drones.
- Leave the trail as you found it. No littering.
- Admittance is through approved access points only.
- Stay on the trail.





Do You See a Manatee?

As manatees move about in the water, you may see various parts of their anatomy.

SNOUT

If you hear a rushing sound like a swimmer blowing water out of a snorkel, scan the surface for an odd-shaped ball. A manatee is a mammal and needs to breathe air. When it comes up to take a breath, you might get a glimpse of its snout. Look for nose flaps that open and close to keep water out of its lungs. When resting, a manatee may surface every 7 to 20 minutes to breathe.

FLIPPER

You might see a small gray paddle-shaped object wave in the air and splash. That is a manatee's flipper. It uses its flippers to steer and to hold vegetation as it eats. The bumps near the tip are actually fingernails left over from years ago.



TAIL

Look for a small, dark, oval-shaped object that might wave into the air and splash. This is the tail propeller.

WATER

As a manatee moves through the water, it creates a half-circle of ripples.



BACK

On clear days, you might see an oval-shaped object that looks like a large rock with barnacles break the surface of the water and then disappear. You have just seen the back of a manatee as it was resting near the surface.











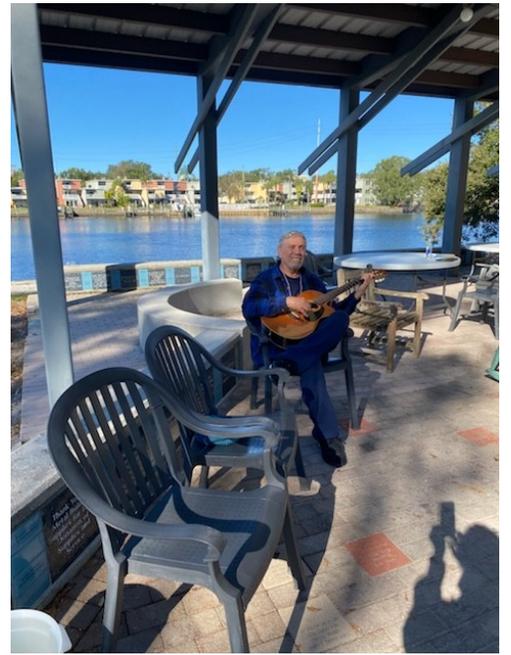
















Is

Finding Joy

The SWIM 2023 Theme?

Attend our Group Meetings
and voice your opinion!