

Estuary Exchange

October 2025



**ST. ANDREW & ST. JOSEPH BAYS
ESTUARY PROGRAM
at FSU PANAMA CITY**

Together for the Bays



Hello, October!

In this edition of Estuary Exchange, we're sharing highlights from the Race for the Bays, details on this month's Tides and Talks, and a look ahead at upcoming workshops and meetings, including our annual Community Action Committee meeting. To get into the Halloween spirit, we've got pumpkin carving stencils featuring estuary animals and a Science Corner that slithers into the world of snakes with some fun (and slightly spooky) facts.

There's plenty to enjoy this month, so grab your pumpkin and join us in celebrating our bays this October!

Race for the Bays Recap



THANK YOU to everyone who made the 2025 Race for the Bays a success!

Whether you volunteered to keep things running smoothly, sponsored the event, or laced up to run with us, we are so grateful for your support.

Our second Race for the Bays brought together 270 runners across the 1K, 5K, and 10K races, and together we raised funds to support projects that will help #ProtectAndRestore our bays.

- Race Results: <https://www.secondwindtiming.com/result-page/?id=364089>

- Race Photos: <https://runsignup.com/Race/Pho...>

We couldn't do it without this incredible community. Thank you for running, cheering, and supporting our program and bays. We'll see you next year for our Race for the Bays on September 26th, 2026. Be sure to follow us on social media to receive early information for next year's event.

#TogetherForTheBays #ProtectAndRestore

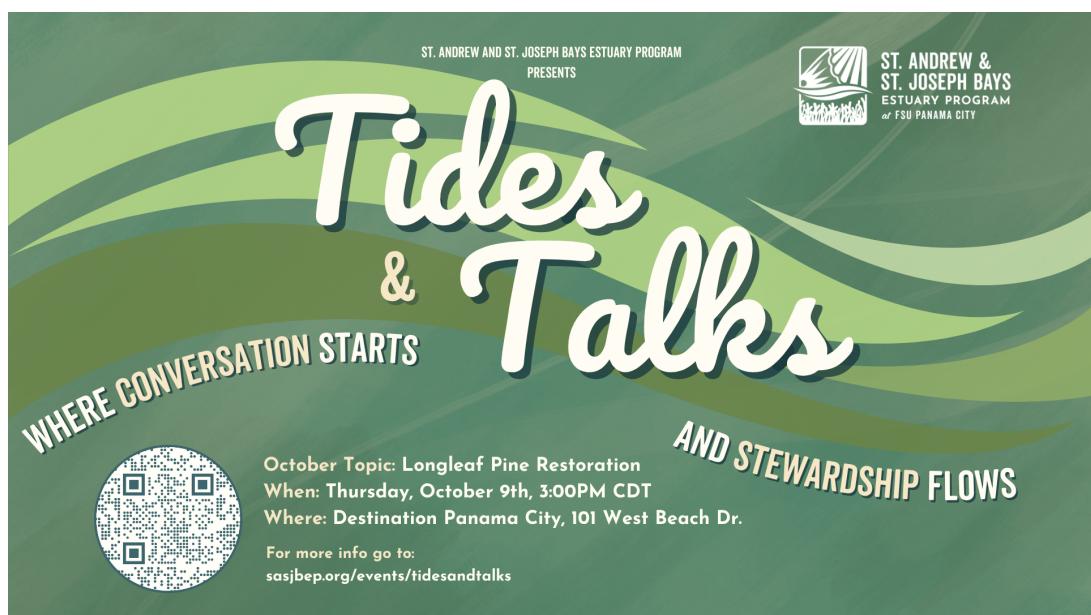
Halloween!



This Halloween, pick up a pumpkin and carve out your love for our bays! Download these free pumpkin carving stencils featuring animals from St. Andrew and St. Joseph Bays. You might even discover a fun fact or two!

[Download Stencils](#)

Tides & Talks



This month's Tides & Talks will feature a presentation on Longleaf Pine Restoration with a guest speaker from the Northwest Florida Water Management District. Join us to explore the

ecological importance of longleaf pine trees and the ongoing efforts to restore their populations across the Florida Panhandle.

When: October 9thth 3-4pm CDT

Where: Destination Panama City

[Facebook Event](#)

[Zoom](#)

[Youtube](#)

Science Corner



Slither Into Fall

With the arrival of “spooky season”, we’d like to introduce you to some neighbors you might not readily appreciate: snakes! These misunderstood reptiles can be found in every type of habitat across the watershed. They provide valuable services by controlling rodent populations and are a vital food source for birds of prey and other wildlife. While their appearance may be startling, these creatures would much rather hide or slither away than bite. So, if you see a snake, the best thing you can do is leave it alone.

Florida is home to 44 different kinds of snakes, and 12 of them are found only in North Florida. Some of these, like the smooth earth snake, are small, harmless snakes you might spot right in your garden, wriggling through leaves or using their snouts to dig for small prey. By the water, you might see non-venomous water snakes basking on riverbanks or resting on low branches, and if you’re hiking in the pines, you might even come across an eastern diamondback rattlesnake. Some snakes in our watershed are rare, including the eastern kingsnake, Gulf salt marsh snake, and Florida pine snake. You can help FWC scientists document some of

these rare species by filling out this survey if you see any of them:

<https://app.myfwc.com/fwri/raresnakes/userhome.aspx>

This fall, take a moment to appreciate your quiet, slithering neighbors and check out these resources for more information: [Living with Snakes](#) [Gardening with Wildlife](#) and [Snakes of the Florida Panhandle](#)

Recent Relevant Research

Click the images to view articles.



U.S. Geological Survey simulations of hydrodynamics and morphodynamics during Hurricane Michael (2018.)

Fig. 3



Shorelines stabilized with shell bags (A), cement-jute volcanos (B), and gabions (C)

Examining the Relationship Between Nearshore Seagrass and Living Shorelines in a Subtropical Estuary.

Community Events

Click the images to explore upcoming events throughout the St. Andrew Bay Watershed!



Events in Panama City



Events in Panama City Beach



Events in South Walton County



Events in Gulf County

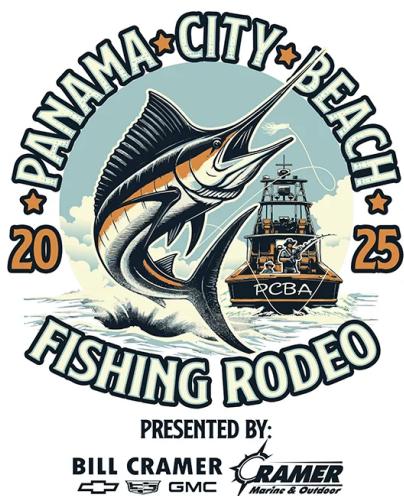


Events in Mexico Beach



Gulf County Chamber of Commerce - Events

Find the Estuary Program



October 3rd - 12th

4th Annual Panama City Beach Fishing Rodeo

The Panama City Beach Fishing Rodeo is back again for a week of fun! From October 3rd through the 12th, participate in events from a Kids Fishing Clinic, Daily tournament check in and prizes, a Seafood Festival, and more.



October 18th, 2025

Operation H2O: Youth Water Quest

Join us on Saturday, October 18th from 10 AM to 2 PM at Earl Gilbert Park in Parker, FL for a FREE day on the water. Activities will include: Boating, Kayaking/Canoeing, Jet Ski Rides, Water Safety Lessons. Food & Drinks Provided.

Upcoming Meetings

Annual Community Action Committee Meeting

COMMUNITY ACTION COMMITTEE MEETING

Join us for our annual Community Action Committee meeting!

- Become a "citizen ambassador" for the Estuary Program.
- Help us determine the needs and interests of the community.
- Lunch Provided! RSVP to save your plate.

Contact: estuaryprogram@pc.fsu.edu



11.6.2025
11 am-1 pm CST

Destination Panama City
101 W. Beach Drive
Panama City, FL



ST. ANDREW &
ST. JOSEPH BAYS
ESTUARY PROGRAM
at FSU PANAMA CITY

Become a citizen steward for our bays!

Join us on Thursday, November 6th from 11 am-1 pm CST for the Estuary Program's annual Community Action Committee Meeting. This gathering is your chance to share ideas, highlight community needs and interests, and strengthen the connection between our community and the estuary program. Help us determine our focus for the next year on activities that align with our Comprehensive Conservation and Management Plan (CCMP). Together, we'll build the partnerships needed to ensure the program's lasting impact.

Lunch will be provided.

Please RSVP to reserve your plate!

RSVP

Policy Board Meeting

+

October 22nd, 2025

1:00pm-3:00pm CDT; Room A301 Deans Conference Room; FSU PC Holley Building
<https://fsu.zoom.us/j/93469785995>

Join Zoom

Management Council Meeting

+

October 10th, 2025

10am-12pm CDT; Room A301, Deans Conference Room; FSU PC Holley Building Join Via Zoom: <https://fsu.zoom.us/j/91728868009> Meeting ID: **917 2886 8009**

[Join Zoom](#)

Science and Technical Committee Meeting +

October 16th, 2025

1:00 - 2:00 PM CDT; Virtual Only

[Join Zoom](#)

Stormwater Working Group +

November 12th, 2025

10am-11am CDT; Virtual only. Join on Teams: o Meeting ID: **269 531 401 617** o Passcode: aq2fz3Ni

Community Action Committee Meeting +

November 6th, 2025

11 am - 1 pm CST Join us for our annual CAC meeting and help us determine our action plan for the next year. Lunch will be provided. Please RSVP to reserve your plate.

[RSVP](#)

Teen Outreach Committee Meeting +

October 11th, 2025

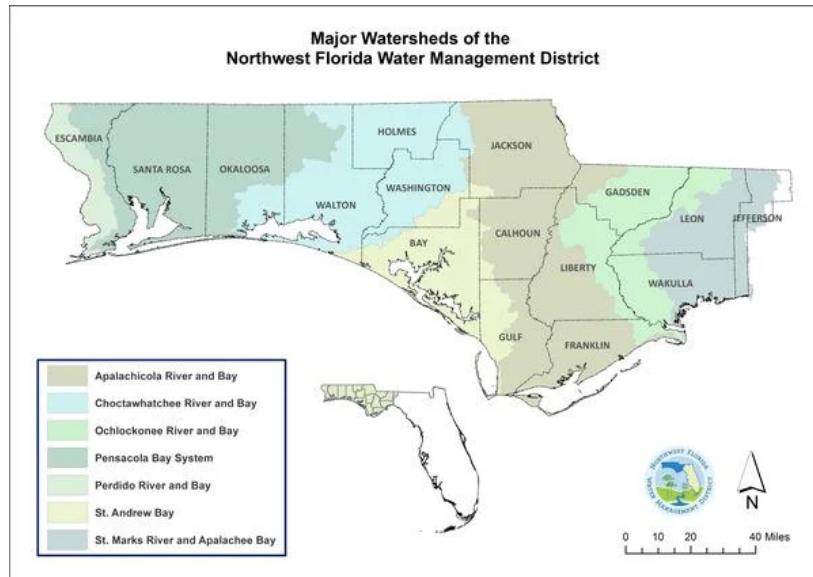
10 am - 11:00 am CDT

[Join the TOC](#)

To access all past meeting materials, notes, and presentations, visit our Library of Resources page on our website. Link directly by clicking below!

[Library of Resources](#)

Florida State University Panama City Campus Map



Northwest Florida Water Management District Partnership Program Workshop

The Northwest Florida Water Management District is launching the NFWPP, a new program that will fund projects to improve water quality, habitat, and water supply in our region. Public workshops will gather input on project needs and priorities, helping shape which efforts move forward.

St. Andrew Bay Watershed Workshop:

Where: FSU Panama City Bayside Auditorium

When: October 7th, 6-8pm CDT

[Find Out More](#)

Volunteer Opportunities



The SASJ Bays Volunteer Network connects organizations with passionate members of the community that are interested getting involved. Join the email list to receive updates on upcoming volunteer opportunities from across the partners across the watershed and share organized events with others!

[Join the Email List](#)

Job Opportunities

University of Northwest Florida

- [Assistant Professor of Biology, Coastal Ecologist](#)

FSU Coastal Marine Lab

- [Algae Technician](#)

Choctawhatchee Basin Alliance

- [Ecology Technician](#)

Emerald and Forgotten Coast Adventures

- [Marine Science Instructor](#)

Contact us at estuaryprogram@pc.fsu.edu



St. Andrew and St. Joseph Bays Estuary
Program

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