16 YEARS BUILDING IN ST. JAMES PLANTATION
2016 DIAMOND AWARD WINNER
FURNISHED MODEL HOME IN THE RESERVE
INTERIOR DESIGNER PROVIDED
VISIT WEBSITE TO VIEW OUR CUSTOM DESIGNS

www.firettibuilders.com | 910.477.6018
<table>
<thead>
<tr>
<th>CONTRIBUTORS</th>
<th>WHAT'S INSIDE</th>
<th>STAFF</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steve Brocker</td>
<td>4 POA President's Column</td>
<td>Please email photos, articles and comments to <a href="mailto:cattaleseditor@gmail.com">cattaleseditor@gmail.com</a></td>
</tr>
<tr>
<td>Jim Carey</td>
<td>5 TOSJ Mayor’s Column</td>
<td>Submit address changes to POA</td>
</tr>
<tr>
<td>Becky Dus</td>
<td>7 SJFD — Blocking Fire Hydrants</td>
<td>EDITORS</td>
</tr>
<tr>
<td>Bill Eberle</td>
<td></td>
<td>Linda Eyler</td>
</tr>
<tr>
<td>Jack Eyler</td>
<td></td>
<td>Arthur Hill</td>
</tr>
<tr>
<td>Linda Eyler</td>
<td></td>
<td>MANAGING EDITOR</td>
</tr>
<tr>
<td>Dave Filios</td>
<td></td>
<td>Cheryl L. Serra</td>
</tr>
<tr>
<td>K. Frances</td>
<td></td>
<td>ASSOCIATE EDITORS</td>
</tr>
<tr>
<td>JoAnn Franklin</td>
<td></td>
<td>Marilyn Rudolph</td>
</tr>
<tr>
<td>Jerry Iverson</td>
<td></td>
<td>Robyn Smith</td>
</tr>
<tr>
<td>Charlie Joyce</td>
<td></td>
<td>PHOTO EDITOR</td>
</tr>
<tr>
<td>Michael Kasavana</td>
<td></td>
<td>John Muuss</td>
</tr>
<tr>
<td>Amanda Kiel</td>
<td></td>
<td>POA COMMUNICATIONS COMMITTEE CHAIR</td>
</tr>
<tr>
<td>Harvey Lindenbaum</td>
<td></td>
<td>Linda Eyler</td>
</tr>
<tr>
<td>Marilyn Lippard</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gina Mancinelli</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Barbara McGreevy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rich Mina</td>
<td></td>
<td></td>
</tr>
<tr>
<td>John Muuss</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stuart Pike</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roberta Pukala</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Judy Rubin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dean and Gail Savell</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Denise Studt</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mary Helen Turek</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Barbara White</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>PRINTER/ADVERTISING</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Coastal Printing &amp; Graphics</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Melody Bellamy</td>
</tr>
<tr>
<td></td>
<td></td>
<td>910-754-5929</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="mailto:CatTales@atmc.net">CatTales@atmc.net</a></td>
</tr>
</tbody>
</table>

**CONTRIBUTORS:**

- Steve Brocker
- Jim Carey
- Becky Dus
- Bill Eberle
- Jack Eyler
- Linda Eyler
- Dave Filios
- K. Frances
- JoAnn Franklin
- Jerry Iverson
- Charlie Joyce
- Michael Kasavana
- Amanda Kiel
- Harvey Lindenbaum
- Marilyn Lippard
- Gina Mancinelli
- Barbara McGreevy
- Rich Mina
- John Muuss
- Stuart Pike
- Roberta Pukala
- Judy Rubin
- Dean and Gail Savell
- Denise Studt
- Mary Helen Turek
- Barbara White

**WHAT'S INSIDE**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>POA President’s Column</td>
</tr>
<tr>
<td>5</td>
<td>TOSJ Mayor’s Column</td>
</tr>
<tr>
<td>7</td>
<td>SJFD — Blocking Fire Hydrants</td>
</tr>
</tbody>
</table>

**FOR YOUR INFORMATION**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>11</td>
<td>The Clubs Advisory Committee</td>
</tr>
<tr>
<td>12</td>
<td>Ponds Committee: Making a Splash</td>
</tr>
<tr>
<td>13</td>
<td>Beneficial Bacteria for Ponds</td>
</tr>
<tr>
<td>15</td>
<td>Water Quality Tiger Team</td>
</tr>
<tr>
<td>16</td>
<td>Cheryl L. Serra: A New Face</td>
</tr>
</tbody>
</table>

**INSIDE THE COMMUNITY**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>17</td>
<td>Playing it Forward</td>
</tr>
<tr>
<td>18</td>
<td>St. James Low Country Homes</td>
</tr>
<tr>
<td>21</td>
<td>Tootie and Gary Tagtmeyer</td>
</tr>
<tr>
<td>22</td>
<td>SJSC Ides of March Fundraiser</td>
</tr>
<tr>
<td>23</td>
<td>Artisans</td>
</tr>
<tr>
<td>24</td>
<td>Photo Club Contest Winners</td>
</tr>
<tr>
<td>25</td>
<td>SeaSide Gardeners</td>
</tr>
<tr>
<td>27</td>
<td>SJAC’s Irish Pub Night</td>
</tr>
<tr>
<td>28</td>
<td>Tennis Pros at St. James</td>
</tr>
<tr>
<td>29</td>
<td>Harbormaster Ladies’ Luncheon</td>
</tr>
</tbody>
</table>

**AROUND THE AREA**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>31</td>
<td>Oak Island Lighthouse</td>
</tr>
<tr>
<td>32</td>
<td>Behind the Scenes</td>
</tr>
</tbody>
</table>

**FUNDRAISERS**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>35</td>
<td>SJSC’s 20th Anniversary</td>
</tr>
<tr>
<td>36</td>
<td>Valentine’s Day Dinner-Dance</td>
</tr>
<tr>
<td>38</td>
<td>Kiwanis 5K Walk/Run</td>
</tr>
<tr>
<td>38</td>
<td>Brunswick Concert Band</td>
</tr>
</tbody>
</table>

**JUST RIGHT FOR NOW**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>39</td>
<td>Days of Whine and Noses</td>
</tr>
<tr>
<td>40</td>
<td>Purses, Hats and Shoes</td>
</tr>
<tr>
<td>41</td>
<td>Freshman 15: Fact or Fiction?</td>
</tr>
</tbody>
</table>

---

Cover photo: “Sailboats under the Milky Way”
By Jack Eyler

Cat-Tales is published monthly by the St. James Plantation Property Owners’ Association (POA) of St. James, North Carolina to communicate information of interest to its property owners. Reproduction in whole or parts is prohibited without permission from the publisher (POA). The views and opinions of the writers are their own and do not necessarily reflect that of the POA. Per the POA communications policy, the POA does not endorse commercial products, services, or does not publish advertorial, political or religious belief articles.
Well, it’s finally here! I’m referring to the new exit connecting St. James Plantation (SJP) to Middleton Avenue. On March 24, there was a ribbon cutting ceremony to dedicate the road that extends from SJP to Middleton Avenue. However, the Grove Gate will not open for vehicular traffic until later in April, due to delays in completing the gatehouse and gate control electronics. The POA will send a blast email when the Grove Gate is open for all traffic.

In October 2009, the Town of St James (TOSJ) decided to pursue an exit to connect St. James Drive to the “new bridge corridor road,” which was currently under construction. The primary reason for this initiative was the safety of the residents who lived south of Polly Gully, as it would provide an alternate means of egress and ingress in case of a catastrophic failure of the Polly Gully Bridge.

The new road is appropriately called Maxwell Drive. There have been several key players involved in this project, including three mayors, the POA, the Developer and many resident volunteers. The one common denominator has been Bruce Maxwell — a Town councilor for the past 10 years. Bruce has been the point man for this project since 2009 and has kept the project moving despite bureaucratic hurdles and other factors. Without Bruce’s efforts, we would not have the road today.

The Grove Gate and Maxwell Drive Project was a joint effort by the TOSJ, the Developer and your POA.

As part of the project, your POA also constructed a new emergency road that connects White Spruce Glenn to St. James Drive. This emergency road is a single lane, asphalt road used only if there is a catastrophic failure of the Woodlands covered bridge. While vehicular traffic will not be allowed for non-emergency travel, the road will be open for walking, jogging and bicycle traffic.

The opening of the new gate has cleared the way for the much-needed repair of the Polly Gully Causeway. We identified the need for this project several years ago and had set aside the funds to pay for the repair. A contract was awarded to D. Evans Contracting in February for $406,963 to do the work. We have also contracted with WSP consultants to provide oversight and inspections during the project. Work begins on April 10 and is scheduled for completion by the end of May.

During the repair, the Polly Gully Bridge and causeway are closed to normal traffic, with removable barricades placed at both ends. We have coordinated procedures with the St. James Fire Department to have these barricades temporarily removed, allowing emergency vehicles passage, if required. We have also coordinated this closure with the Brunswick County Schools and Waste Management services.

I understand that this project will have an impact on our residents, and I request your patience for the next two months. If you live south of Polly Gully, you will have to exit the Grove Gate and re-enter SJP at another gate to visit the golf courses or club houses. If you live outside of Polly Gully, you will have to exit SJP and re-enter through the Grove Gate to visit the marina, Tommy’s or Waterway Park.
The number of homes the SJFD protects has also grown, especially in SeaSide, the Reserve and the Grove, with more to come once the Oceanic Drive extension is completed. The commercial area outside the SeaSide Gate is also growing, with the Dosher Wellness Center on the south side of Seafield Drive and the Liberty facilities planned on the north.

With this growth, the SJFD needs a physical presence in the western part of the town so it can more quickly respond to these growing areas and balance its St. James Rural Fire District on Midway Road.

Homer Wright donated the SJFD property on St. James Drive because he understood the benefit of having our own emergency-response organization. He has stepped up once again, donating property on the Oceanic Drive extension for a substation that will house a fire truck and an ambulance and also provide space for the TOSJ’s Emergency Management Team.

The SJFD has designed the building and ordered equipment as construction is expected to begin this spring. The TOSJ is working with the SJFD on this project and will provide funds to help pay down the initial debt for the building and equipment and over time satisfy the loans. We believe this money to be well spent on such a valuable organization.

Hopefully, you will never need to sound the fire alarm. But it is quite possible that you may one day hear, or have already heard, the sound of a grinder alarm. Most of us had never heard of grinder pumps before moving to St. James. But if you’ve lived here long enough, you’ve probably had to replace yours at least once. If so, let’s hope your alarm sounded when the grinder pump failed.

I’d like to be able to say that everyone’s alarm functioned as intended. But I’m sure we know someone who discovered a failed grinder pump because of the odor or the puddle, not the alarm. Alarm failures seem to be related to the way the pumps and alarms are wired — on the same circuit — although there doesn’t seem to be an explanation why only some alarms fail.

Regardless, the Town Council has amended the Unified Development Ordinance (UDO) to require that for all new construction, the pump and the alarm operate on separate circuits. This change should guarantee that the alarm will sound if the pump fails. The added cost for a single-family home should be approximately $200, insignificant compared to the structure’s total construction cost.

What about existing homes? The cost to modify the wiring may be higher than $200, depending on several factors, such as whether the house is on a slab or has a crawl space and the distance to the circuit breaker box. For this reason, homeowners will have the option to modify their wiring when their failed pump is replaced, but will not be required to do so. However, you might want to think about spending the extra money to ensure that the alarm works should your pump fail.
Come tour one of the finest model homes open in the Carolinas
Winner of the Arthur Rutenberg Homes 2016 Best Model Interior Design award

Wrightsville model in Moss Hammock Wynd, St. James Plantation
3239 Moss Hammock Wynd, Southport, NC

For more information call:
Amy Schaeffer
ASchaeffer@arhomes.com
910-548-0402
R
c
ecent news broadcasts have shown
f
fires destroying mansions in fashionable
n
eighborhoods. The reason for the destruction
of
these multi-million-dollar homes was that water
s
supplies weren’t available for firefighters to combat
b
the blaze. Tankers had to shuttle water in from distant
l
locations to supply the fire trucks.

Your St. James Fire Department (SJFD) is fortunate to have adequate
w
water supplies to fight fires in our
f
community. That isn’t necessarily
n
ture true when we provide support to
m
our more rural neighbors. We have
o
on occasion had to shuttle in water,

but only in rare and very remote
i
instances.

St. James’ adequate water supply system features the
y
yellow fire hydrants with their various colored caps.

But the hydrants are useless if they’re not accessible.
T
Two reasons cause fire hydrants to be inaccessible —
f
foliage and discourteous car owners.

We wouldn’t normally place a
p
piece of large diameter hose (LDH) through a car’s windows. But it’s
n
not unheard of to place it across the vehicle. A section of LDH carrying
w
water is heavy, and the hose is not
f
smooth. So, there might be damage
t
to the illegally parked vehicle.

Why wouldn’t firefighters place LDH
r
around the car? Depending on the location of the fire
n
truck and the hydrant, the “pony,” a piece of LDH in
v
various lengths used only to supply water from the
h
hydrant to the fire engine, might not be long enough
t
to make the connection. And making up a pony takes
m
valuable time firefighters might not have.

In short, please don’t plant foliage to conceal a fire
h
hydrant or block a hydrant with your vehicle.

Changing subjects, we wrote about camaraderie in
f
the SJFD a while back. As a follow-up, our illustrious
h
chief noticed that many of his firefighters, fire police
w
and EMTs suffer from follicle deficiencies. Chief Dahill
d
doesn’t have that affliction. But to show his empathy,

he got a haircut — a very short haircut. Those of us
b
who are follicly-challenged appreciate his support.

If you’re considering joining the SJFD as a firefighter,
E
fire police or emergency medical technician, stop
n
by the fire house or call the non-emergency number
E
(910-253-9990) to discuss your interest.
The Nantucket Model Home Now Open!
3832 Bancroft Place, St. James Plantation

The craftsman-style Nantucket model is an example of our innovative custom designs and quality craftsmanship. Visit Thursdays and Fridays 12:30-4 P.M. or by appointment.

Serving Southeastern North Carolina Since 1980

Yes: We Are Open To The Public!

LARGE MATERIAL YARD
FULLY PERMITTED VEGETATIVE DUMPSITE

SAND  GRAVELS  RIVER ROCK
LANDSCAPE BOULDERS  RECYCLED GRANITE
CYPRUS BASED MULCH  HAND BALED PINE STRAW
AND MUCH MORE...

Ask about our Organic Screened Topsoil

4923 Trails End Rd
Southport, NC 28461
HoffmanEcoworks.com

Window Film Professionals

COASTAL GLASS TINTING

Call For Free Estimate
STJ Resident Sales Representative
Frank Galtieri  910-854-0028
WWW.COASTALGLASSTINTING.COM
Serving Southeastern North Carolina Since 1980

SHALLOTTE ELECTRIC-SOUTHPORT
4871 Southport-Supply Rd SE,
Showroom Hours:
Mon - Friday: 9:00 - 4:30
(910) 457-1117

Your Dream Home is in Our Showroom
Skin Cancer is Serious... Wear a hat!

Aussie Air Conditioners

Floaters for Boaters

Ultraights

See us at Southport Market on Wednesdays
See us at Oak Island Market on Mondays

To view more styles and hat bling go to:
www.TerryTheHatGuy.com
or call 252-475-7359

Southeastern North Carolina’s Premier Homebuilder

Your Community, Your Budget, Your Dream Home

Created by Bill Clark Homes, an award-winning homebuilder in the Carolinas since 1977. Legacy Homes by Bill Clark is focused on building homes of extreme quality with our clients’ lifestyles in mind.

We proudly build in St. James Plantation!

Affordable Blinds and More
910-602-1648
5751 Suite 6 Oleander Dr., Wilmington

www.AffordableBlindsAndMore.com

Blinds • Shutters • Shades • Closets, and more.

40% off Select Window Coverings

Explore our award-winning design center

Four ways to get started

• Purchase a completed home
• Choose from our portfolio of plans
• Customize one of our many home plans
• Design a custom home that’s one-of-a-kind!

Make Your Next Home a Legacy!

Legacy Homes by Bill Clark

910.363.1682
www.LegacyHomesbyBillClark.com
$1 Million Marketing Budget Brings 2,000+ Prospects To Our Office Annually!

Of our Total Sales, two-thirds are Resales.

Listing Agents: Ben Styers, Karen Gaspar and Lisa Frye
The Membership Plan for St. James established an Advisory Committee to serve as a liaison between the Clubs owner and members of the Clubs. The purpose of this committee is to provide input on programs and activities, without having the authority to negotiate or otherwise act on behalf of the owner, management or membership. As a result, the Advisory Committee’s primary focus revolves around continuous improvement of the member experience.

Specifically, the Advisory Committee improves the member experience by:

- Representing membership issues to Clubs management.
- Providing a communications link between membership and Clubs management.
- Prioritizing and clarifying ideas and concerns of membership to Clubs management.
- Providing feedback to management on projects, policies, programs and procedures.

The Advisory Committee is composed of an Executive Committee and three subcommittees. The Executive Committee’s members include the chair of the Advisory Committee and each of its subcommittees, along with Clubs General Manager Ken Kosak, Assistant General Manager David Flinchbaugh and POA President Jerry Iverson.

- **The Executive Committee** is responsible for identifying, reviewing or evaluating strategic developments likely to impact the membership (Chair, Michael Kasavana).
- **The House Committee** addresses food and beverage, catering, special events, new member orientation and related matters (Chair, Michael Kasavana).
- **The Golf Committee** deliberates all matters related to the golf program, including course conditions, course play by members and groups, as well as overall offerings for golf programming (Chair, Richard Chapman).
- **The Sports Committee** is charged with addressing matters directly and indirectly related to tennis, swimming, wellness facilities and related programming (Chair, Ann Bobeck).

The Clubs Advisory Committee is not involved in the operation of amenities, facilities, programming, staffing, accounting, and/or related business functions. Operational management is exclusively reserved to the professionals of Troon Management. Management does, however, involve Advisory Committee members in decision making, strategic planning and capital projects.

**Editors’ Note:** In future issues of Cat-Tales, we plan to provide readers with more information on how the Advisory Committee is helping make the Clubs an even more central feature of the St. James experience.
The Ponds Committee chairman, Tom Jividen, started fishing at the age of three, when he caught a largemouth bass. The sport has followed him throughout his life, and along the way morphed into something more.

“I built a nine-acre lake from scratch in a large retirement center, so I understand what it takes,” Tom said. “I had so much fun doing it that I thought I might help here.”

Tending to the ponds enriches lives, the community and those otters, foxes, turtles, snakes, birds, rabbits, raccoons and opossum that come to drink and play.

Under his leadership, the committee, which the POA formed three years ago, continues to evolve from just focusing on better fishing in St. James ponds to enhancing and maintaining their health, beauty and recreational usage. The committee also collaborates with the community on pond-related issues and education.

One way of doing that is to match a major pond with a committee member. The pairings provide continuity of knowledge and problem-solving with residents living near the ponds. Whatever the problem — cat tails, silting, algae or stocking — members believe that helping people tend to their ponds enriches lives, the community and those otters, foxes, turtles, snakes, birds, rabbits, raccoons, opossum and more that come to drink and play.

Committee members are Tom (chairman), Keith Knauer, Bob Paloncy, Dennis Algozer, Bob Leach, Tom Milner, Bob Malanga, Vicki Fuhrman, Kenneth Waddell, Jack Eyler and Garrett VanKoughnett. Liaisons are Gary Krupp (Finance Committee) and Mike Farage (POA Board).

Committee members bring a range of expertise to the table; for example, one is a hydrogeologist, another a master gardener. And more than half don’t fish.

Three members of this committee are also on the joint POA-Town of St. James Water Quality Tiger Team to attain and preserve water quality in the ponds. The Tiger Team also includes representatives from Brunswick County and Troon (the Developer’s management company for the Clubs).

Pond development and management within St. James are complex. The Developer builds the ponds within the residential areas, then deeds them to the POA. Ponds provide fill dirt during excavation and then beauty to...
the neighborhood when filled with water. “Most ponds are six feet deep, but some are up to 20 feet deep,” says Tom. In addition, some ponds have 45-degree angle sides, and “there’s major intervention required” to prevent those banks from eroding and the pond from silting in.

In addition, ownership of the more than 250 ponds varies. The POA owns half the ponds. The Developer owns and maintains the other half, located primarily on the golf courses. Only about five ponds are owned by residents.

To further complicate that, Troon uses a different pond maintenance company than Dragonfly, the one under contract with the POA.

Some ponds are spring-fed while others are maintained with a well. Those ponds are not as vulnerable to algae because the water is periodically refreshed. Other ponds are filled only by rain run-off.

“Warm weather triggers algae bloom in them, but Dragonfly stays on top of that,” Tom said.

“It’s fun helping people,” Tom added. “They are appreciative, and it’s rewarding to help them take care of the ponds.”

Most people who think about bacteria usually associate it with the “ick” factor. But science continues to find different bacteria that can greatly help resolve our daily problems. Many people use probiotics for intestinal difficulties. Other strains of bacteria can digest oil spills.

A recent addition to the pond maintenance field is a bacteria product that helps control the sediment on pond bottoms and limit excess nutrients in pond water.

In the past, copper algaecide was used to treat pond algae problems, but that treatment could be toxic to fish. Later, chelated (bonded) copper algaecide was used, which was much safer for fish and the pond’s health in general because there was less active ingredient. However, both types of treatment addressed the symptoms of algae growth, not the underlying problem of excess nutrients.

As a plant, algae needs sunlight and nutrients to grow. In our nice warm and sunny North Carolina climate, not much can be done about the sunlight. Recently, however, a strain of beneficial bacteria has been found that consumes detritus (the organic decaying matter from grass clippings, sticks to dead fish) on the pond’s bottom.

The bacteria, in pellet form, is cast out onto the pond. Once the pellets sink to the bottom, the bacteria goes to work eating the muck and removing excess nutrients at the same time.

Last year, two ponds in St. James did not respond to standard algae treatment. Instead, the algae, treated with a traditional method, died, sank to the bottom to decompose and then released a multitude of nutrients into the pond. This created an algae bloom and a repeat of the cycle.

Adding the new bacteria every other treatment to digest the dead organic matter ended the cycle. This natural and organic treatment was very successful. The POA’s pond maintenance company, Dragonfly, is now using this treatment more often. It seems to keep the ponds algae-free much longer, requiring less standard treatments.

A lot goes on to keep our ponds healthy — more than most residents realize. Ponds Committee members are continually researching new products and methods to better maintain the ponds, and also staying in touch with residents, Troon Golf, other committees and Dragonfly. Fortunately, Dragonfly is willing to try new methods so we can continue enjoying our beautiful ponds.
Will Thornton
Custom Homes, Inc.

Building Custom Homes in
St. James for 15 years

Www.WillThorntonCustomHomes.com
WillThornton80@Gmail.com
910-343-8434

Custom Plan Design • Energy Efficient
Sealed Crawl Space • Spray Foam
Insulation • No Hidden Fees

Locally Owned and Operated!

Call for a Free Design Consultation
Or to Visit Our Showroom.

www.CarolinaCustomClosets.com
4320 Southport-Supply Rd., Ste 400 Southport

910-253-9745
Locally Owned and Operated
Call for a Free Design Consultation
Or Visit Our Showroom.

Sunroom Additions & Patio Enclosures

Neighbors Serving Neighbors
Bob Accardino, St. James Designer
910-777-3363
6821 Market St. Wilmington, NC
Last September, the POA’s Board of Directors established a St. James Pond & Water Shed Water Quality Tiger Team to investigate and recommend ways to mitigate the presence of human fecal coliform found in some ponds and other watershed areas within St. James. Specifically, the team’s mission is to “assist in the attainment and preservation of optimal pond water quality levels throughout St. James.”

According to Wikipedia, a “tiger team” is a diverse group of experts brought together for a single project, need, or event. The group is usually assigned to investigate, solve, build or recommend possible solutions to unique situations or problems.

The Tiger Team is comprised of representatives from the POA Board, the POA Ponds Committee, the Town of St. James Storm Water Committee, Troon, Brunswick County Public Utilities, Southeast Brunswick Sanitary District and the North Carolina Cooperative Extension at Brunswick County. St. James resident George Freeman is the Tiger Team chair.

One of the systems that potentially has a direct impact on water quality is the St. James waste handling system. In February, the Tiger Team provided the POA Board a formal report titled, “Recommendations for Sanitary Sewer System Piping and Grinder Pump Monitoring.”

This report details the results of the team’s research into the waste water system serving St. James. Across seven different major areas, the report contains recommendations for “25 specific building code additions, modifications to current practices and clarifications based upon our newly gained knowledge of how the waste water system operates...,” according to the cover letter sent with the report.

Tiger Team and Ponds Committee member Dennis Algozer prepared the report, with contributions from the entire team. The report’s recommendations, if implemented, will reduce waste water system failures that cause discharge of raw sewage “onto and into the soils of St. James.” One of the primary positive effects will be the reduction of incidents that have the potential of contributing to pond and groundwater contamination.

This key Tiger Team deliverable will be followed by another report, currently in progress. The next report will focus on pond management best practices (not related to sewer systems) for maintaining desirable levels of water quality in St. James’ ponds and watersheds.
The POA has selected Cheryl L. Serra of Southport to be the new, part-time managing editor for *Cat-Tales*.

Cheryl majored in journalism and is a former reporter and editor for newspapers in Connecticut and Rhode Island. Her career has included the creation and distribution of two publications in a developing country — a newsletter for English-speaking investors and a lifestyles magazine written in English and translated into Spanish. Both publications were widely distributed and profitable.

Currently a marketing communications consultant and freelance writer, Cheryl’s clients include government agencies, a New York Times bestselling author and the head of a private school. She also writes stories for a variety of publications, including several in southeastern North Carolina.

Cheryl will work with the *Cat-Tales* volunteer staff to create engaging copy and an aesthetically pleasing publication that highlights all that St. James offers. You can reach Cheryl at cattaleseditor@gmail.com.

---

**The Cedar Creek Cottage**

2829 Pine Forest Drive | St. James Plantation

$439,000

Heated sq.ft. 2,428

Certified High Performance Home

For more information contact Cameron Smith 910.443.5080 or clsmithgc@aol.com

[Visit Website]
“We are the music makers, and we are the dreamers of dreams.” - Arthur O’Shaughnessy

This poetic line captures the musical essence of St. James residents John Staryak and Marty Wozniak.

John is the lead singer and keyboardist for Mike’s Garage Band, and Marty is a former drummer with the group. For the past few months, the two musicians have been composing and recording original music just outside our gates. Along the way, they’re mentoring Parker Lanier, a gifted 18-year-old singer and songwriter from nearby Winnabow who dreams of a life as a professional musician. Their collaboration is a labor of love for all three.

Creation Station Studios is Marty’s dream come true. His wish is that a recording from his studio will someday get play on K-LOVE, a Christian music station. He loves the process of making music. With John on keyboard, he lays down some trial tracks that they critique on playback and rework as needed. When it’s a keeper, Marty says, “We’re catching lightning in a bottle!”

John’s goal in returning to writing and recording is an extension of his love for language and music. After recording “Long Way to Go,” he is now well into completing his second CD with Marty. John draws inspiration for his clever lyrics from his notebook of everyday life phrases. As a lifetime musician, his music is self-described as a blend of rock, blues and jazz. Listen to John’s work at johnjamesinstudio.com.

As Parker draws on his mentors’ 90-plus years of musical experience, he is humbled by the experience and knowledge they share. His goal is to make it to Nashville or, at least, become a self-sustaining musician. In his reflective song, “Stuck in a Moment,” he has his mind in Nashville, his heart in Virginia and his body in North Carolina. They symbolize his career, a girl and life today.

“Make the Pay” portrays the loneliness of playing to a nearly empty or indifferent room. In “Picture of Love,” he recalls his grandpa’s tender love for his ailing wife. This is heady stuff for such a young man.

During a recent recording session, Parker walked into Creation Station Studios, inhaled his Bojangles dinner, and launched into (appropriately enough) a cover of “California Dreamin’.” As John jumped in on keyboard and Marty manned his drum set, the studio came to life. The voice is Neil Young. The guitar play is Claptonesque.

So, while Marty and John are enjoying a renaissance with their music, they’re paying forward their talents, experiences and insights into creating new music. Parker, for now, is listening closely, taking notes and dreaming of what might be.

“You can’t pay anyone back for what has happened to you, so you try to find someone you can pay forward.” - Christian Science Monitor, 1944.
St. James has a great variety of homes in all shapes, sizes and styles. Its architectural diversity is one of the features that makes the community interesting. But architecture has a lot to do with context, and St. James is in coastal Carolina, where the low country style has developed for more than 200 years. The original low country house that evolved was simple with gable ends, a porch across the front and a metal roof.

The 2010 “Comprehensive Historical/Architectural Survey of Brunswick County, North Carolina” identified what is believed to be the oldest existing house in Brunswick County, and it’s a perfect example of the low country style. The porch, called the piazza, was a place to sit in the shade and catch the breezes. Later, gable dormers were added to the upper-floor rooms.

These architectural elements became Greek Revival styles with round columns and often dentil (from the Latin word for “tooth”) molding, where builders used blocks as a repeating ornament. Houses became larger as the area became more prosperous, eventually culminating in such antebellum houses as the Orton Plantation house and the Bellamy Mansion in Wilmington. These are prime examples of the Greek Revival style.

In various locations in this coastal plain, the style evolved to include Charleston, Tidewater, Beaufort and other designs that featured hipped roofs, multilevel porches, lower-level arches and other elements.

Southport became known for its metal roofs and porches, with houses of the more prosperous sporting two-level porches overlooking the harbor with a widow’s walk (or watch). This feature of waterfront homes enabled those left behind to watch for the return of their sailors.

This is the context into which Homer Wright ventured when he created St. James. To design his model homes and set the architectural tone for St. James, Homer commissioned William Poole of Wilmington, one of the foremost designers of southern homes. Together, they built five model houses at the intersection of St. James and Beaver Creek Drives. Southern Living magazine showcased these houses, which generated substantial publicity for Mr. Poole and St. James. With its core of simple, yet elegant low country homes, St. James was off and running.

Poole of Wilmington, one of the foremost designers of southern homes. Together, they built five model houses at the intersection of St. James and Beaver Creek Drives. Southern Living magazine showcased these houses, which generated substantial publicity for Mr. Poole and St. James. With its core of simple, yet elegant low country homes, St. James was off and running.

The simplest and perhaps most authentic of the house models is the Edisto Cottage, the white house with the colonial red metal roof on the first eyebrow off St. James Drive. The metal roof became common here in the early 1800s, when manufacturers began producing rolled sheets of tin. The metal could be nailed to the roof, and it prevented fires caused by cinders from cooking fires. Red paint hid the rust produced by the metal. The classic porch across the front, the three-gable dormers, wide-plank, interior floors and the garage tucked discreetly in the rear all are components of this classic, low country style.

“With its core of simple, yet elegant low country homes, St. James was off and running.”
Another of Mr. Poole’s models is the Sulphur Springs Cottage. It’s the first house on the corner of St. James and Beaver Creek drives and has welcomed visitors for more than 20 years. The house has the requisite classic front façade with full porch, Doric columns and dormers. A small element connects the house with the carriage house and its distinctive gambrel roof.

Perhaps the best-known low country design is the Charleston House. It usually has porches on two or three levels of the house oriented to catch the prevailing breeze.

The Beaufort-style house typically has a lower level on arches to elevate it above high water, two levels of porches on at least two sides, a hipped roof, a large front gable dormer and often a metal roof.

As St. James continues to grow, these original William Poole designs continue to be the architectural foundation of our diverse community.

Special thanks to Steve Dragos’ consulting support.

Editors’ Note: St. James resident Dave Filios is a retired architect from New York. He will cover other distinctive homes styles in St. James in the next issue of Cat-Tales. Also, a more comprehensive compendium will be available in an upcoming book, “The Houses of St. James Plantation.”
Clearly superior.

- Premier heat rejection provides energy savings and enhanced comfort.
- Low reflectivity enhances views and overall beauty.
- Proprietary 3M nano-technology provides supreme performance with no metals or corrosion.
- Reduces glare and eye discomfort.
- Premium 3M manufacturer's warranty.
- Increases personal safety by minimizing flying glass.

CAROLINA SOLAR SECURITY
www.carolina-solar.com
910.791.5820
Since 1985
Once, they were number 11, but they’ve recently moved up to No. 1. Tootie and Gary Tagtmeyer are now the longest living residents of Saint James (not the oldest, as Tootie is quick to point out, but the longest length of stay).

Gary and Tootie grew up in Nebraska and Kansas, respectively. After meeting and marrying on an Army base in Nebraska, their careers took them to Okinawa, mainland Japan and four different states. They raised their three children and completed their careers at the Pentagon. Retirement loomed.

The grandkids approved of the move immediately! With only a few residents, the rules were more “flexible.” A late afternoon bike ride along the Gauntlet trails hawking golf balls was popular. They put up a small stand on the empty lot at the seventh hole and (no surprise) could easily sell their wares. They loved crab fishing with Grandpa, who was the first resident to catch a King Mackerel.

Homer Wright lived in the condo by the first hole. Homeowners thought nothing of approaching him with the good and bad of St. James.

Property Owners’ Weekend was the biggest event of the year, followed by the annual Y’all Come Anniversary Party. People were anxious to meet non-residents destined to be future neighbors. Residents played the role of hosts and Homer credits them for being his best sales force. Communication included the monthly paper Cat-Tales delivered to the mailbox kiosk adjacent to the main gate’s community bulletin board.

Homer involved the property owners in managing the POA by appointing a homeowner as president in 1993. In doing so, these early residents (often referred to as pioneers) worked diligently to make St. James a great place to live and protect their investments. Tootie was a founding member and the first Ladies Golf Association treasurer in 1994. Gary became the POA president in 1999, during which time through the efforts of volunteers, both the Town of St. James and the Fire Department were established.

Not only did these early pioneers plant seeds for committees and activities, but that tradition continues as residents make meaningful contributions to St. James, the community and their churches.
Et tu, Brute?

Photos by John Muuss

The St. James Service Club held an “Ides of March” dance fundraiser, with attendees sporting togas, St. Patrick’s Day or elegantly casual attire — St. James style. Mike’s Garage Band, once again, contributed time and music to the event.
Judith Atherton Dragos
Basket weaving is one of civilization’s oldest crafts. The oldest known baskets have been carbon dated to be 10-12,000 years old.

Judith began this ancient craft in 2011, in a class taught by expert weavers Gary and Vangy Peterson, at the Oak Island Senior Center. Her weekly companionship with a wonderful group of women allows her to learn and create in an uplifting environment.

Now Judith is continually expanding the quality and range of her baskets by using new techniques. Each basket speaks to her through its beauty and function. She wants each person who has one of her baskets to love it as much as she does — which makes parting with it difficult. She’s always looking for new ideas and designs to add variety to her line of work. “For me, the challenge of weaving each basket is to make it irresistible,” she says.

Peggy Calenda
Peggy is one of the gallery’s vibrant oil and watercolor artists. The diversity of the St. James landscape is the inspiration for her creativity — from the beach, the marshes and the marina to her own slice of heaven (her backyard). She enjoys the freedom to roam and explore these environments.

When she retired in 2009, Peggy moved from a left-brain finance career to a right-brain artistic life. She lived first in mountainous Asheville and then moved to the coast and St. James. Both locales stimulated her artistic fire, although her favorite place is St. James by the sea.

Peggy’s outlook on life is to use your best crystal and silverware, give yourself flowers and have a positive attitude every day. Time is promised to no one and money isn’t very important. Follow your dreams and hold your loved ones close. Those secrets to happiness keep her inspirations fresh.

Stepping up for SUFA
Stepping Up for Arts (SUFA), the nonprofit organization of St. James Artisans, awarded almost $3,000 to Brunswick County schools in 2016 to support a wide range of fine arts projects. The Artisans held fundraisers throughout the year, including raffle ticket sales for hand-crafted baskets at the Holiday Boutique. The group also raised money through various art workshops, speakers and events and donations from individual and corporate sponsors. SUFA was overwhelmed with the creativity and variety of art projects that our schools will now be able to provide their students.

SUFA relies heavily on the generosity of the surrounding community. If you’re interested in our Donor/Corporate sponsor program, we offer four levels of participation. More information is available by contacting Peggy Calenda, peggyc255@gmail.com and on our website at www.stjamesartisans.com.

The Artisans will host a reception for Judith and Peggy at the gallery on Thursday, April 13, 4-6 p.m.
The St. James Photography Club recently held a photo contest for its members. Even though the submissions were grouped by the photographers’ experience level, many photos could have competed in any group.

Prior to announcing the winners, judges Nick Noble, Jack Eyler and Robert Schottenfeld provided feedback on the submitted digital images when projected on a screen — what they liked and what could have made the photo better. This insight was a valuable learning tool for the audience. However, contest judging was based on printed and matted photo format. Congratulations to the winners!

(l-r) Beginner Group winners: Lilly Patten (Second Place), Bob Paloncy (First Place and Best in Show) and Bertie Belvin (Third Place)

(l-r) Intermediate Group winners: Carol Scott (Second Place), Pat McGarry (First Place) and Sam Falvo (Third Place)

(l-r) Advanced Group winners: Lou Bruno (Third Place), David Paxton (First Place) and Cliff Bennett (Second Place)
Spring cleanup: No critters allowed
By Amanda Kiel

Gardeners at the SeaSide Community Garden have installed 300 feet of rabbit fencing, pruned vegetation and power-washed the storage areas.

They are ready to plant!

Building St. James, one home at a time!

DIAMOND AWARD WINNER 2015

Your custom home from True North Building Company will be everything you ever wanted: the highest quality materials, the best construction techniques, the most meticulous attention to detail.

We are True North: Trusted and True.

www.TrueNorthBuild.com ~ 910-294-1098
4705 Southport Supply Road, Suite 105 ~ Southport, NC 28461
Fully furnished model home at 3045 Moss Hammock Wynd
Keep checking for more updates - www.jsatterwhite.com

Wynd Song

• Building in St. James for over 15 years.
• Unlimited licensed N.C. builders, No Hidden Fees, licensed real estate agents, an interior designer and licensed landscape contractor all on staff.
• COMING SOON our latest model home at 3045 Moss Hammock Wynd, located in St. James.

What to Do When Death Occurs...

GARLAND E. LOWE
Attorney At Law
Private Practice Since 1969
Former Estate and Gift Tax Attorney for the IRS
4493 Lenox Ct. St. James (910) 454-9007

Estate Planning
Wills and Trusts
Living Wills
Power of Attorney
Probate
Probate Litigation

SEABREEZE DRY CARPET AND TILE CLEANING, LLC
Dry Extraction • Carpet Ready for Immediate Use
Eco Friendly/Pet Safe • Spots Won't Return
Wool Safe Certified
Southport/Oak Island & Surrounding Areas
Insured and Bonded - Call for a Free Estimate
910.284.6078

Brunswick Funeral Service Memorial Gardens

Southport/Oak Island Chapel
(910) 253-7900
Shallotte Chapel
(910) 754-6363
Serving Brunswick County Since 1983
'Twas a fabulous night of Irish Blarney and song!

Tom O’Carroll provided an evening of wonderful Irish tales and great songs. His wife, Debby, entertained us with Irish magic. The many attendees were in the spirit of the evening — and all wearing green!

The food, catered by Middle of the Island, was an Irish fare of corned beef and cabbage, bangers and mash and pasta (for those less inclined for a taste of Ireland).

It was a wonderful way to get an early start to the celebration of St. Patrick’s Day. Slainté to all who attended and helped with this event planned by the St. James Activities Committee.
If you’re new to St. James, and if tennis is your game, a stop in the tennis pro shop provides a rewarding experience.

Meet Brian Preston, director of tennis, and Rob Currier, assistant director. Together, they run the tennis programs at St. James.

Brian grew up in New Bern, North Carolina. At age 10, he began playing tennis, practicing three hours a day. He played in the number one position for New Bern High School and was recruited to play for UNCW. Brian played for the Seahawks for two years before he started teaching as an assistant pro at Cape Fear Community College.

In 2000, Brian arrived at St. James as a contracted, part-time tennis pro. Over the next two years, he was a pro for St. James, Echo Farms and Figure Eight Island, working about 70 hours a week. In 2003, St. James offered him a full-time position as director of tennis. Recognizing the growth potential of St. James, Brian accepted the position. He has been here for 14 years, dedicated to fostering the growth of tennis and nurturing a welcoming atmosphere where players enjoy the game of tennis — and now pickleball.

Rob also played tennis in high school, and then for Methodist University in Fayetteville, N.C. Rob earned a degree in business with a concentration in professional tennis management. He credits friends Chris Fletcher and Carla Simpson-McKenzie for increasing his tennis game proficiency and his business knowledge.

In 2012, after various coaching and tennis staffing positions, Rob underwent ankle surgery. Following his recovery, a position at St. James became available. He had always told his family that the Raleigh area or the beach was where he hoped to live. He started at St. James in July 2012 and has enjoyed every minute of his time here. Most rewarding to Rob is teaching the game he loves to so many people who are passionate about tennis and improving their game.

Recently, pickleball was introduced in St. James and has been gaining in popularity. Brian and Rob have already taught more than 100 players how to play the game. They continue to offer weekly Intro-to-pickleball clinics. Both pros have found pickleball fun and rewarding, although Rob comments maybe it’s not meant for someone who is six-feet-six-inches tall.

Brian and Rob look forward to Mats Wilander’s arrival May 2. Playing with a former number one, internationally ranked player and grand-slam champion has been extremely rewarding to both.

Both pros give credit for their choice to take up careers in tennis to their parents, who encouraged them to pursue what they love. Well done parents. We thank you.
The Harbormaster Ladies' luncheon
By Marilyn Lippard • Photo by John Muuss

To get into the St. Paddy's Day spirit, 24 ladies donned hats and beads at this luncheon. Tables were festively adorned with iconic shamrocks, gold coins, green beads and rainbows.
The Elrod, Jones & Lawrence Financial Group

Albert Elrod  
First Vice President/Investments

Jere Jones, AAMS®, CFP®  
Vice President/Investments

John Lawrence, AAMS®  
Vice President/Investments

(910) 454-1500 | (877) 816-1236  
5211-2 Eason Street | Southport, North Carolina 28461
The view at 153 feet

By Linda Eyler • Photos by Jack Eyler

You can see the Oak Island Lighthouse (OIL) from surrounding coastal areas, but have you looked at it close up, or climbed to its top? It’s a great outing to learn its architecture and history and marvel at the views 153 feet up.

This lighthouse became operational in 1958. It is North Carolina’s newest and the second youngest in the U.S. This area has had lighthouses since 1795 (Bald Head Island).

OIL has three colored bands — gray, white and black — to distinguish it from other lighthouses. The actual tower, built by a company that specialized in silos, is 142 feet tall, 17-feet in diameter and made of solid, eight-inch-thick, reinforced concrete.

Unlike traditional lighthouses with spiral staircases, OIL requires visitors to climb to the top via eight straight, but steep ship ladders, totaling 131 steps. Since climbers need to hold onto the ladders, a wire cage on a pulley carries supplies and equipment to the top.

The U.S. Coast Guard at its adjacent station is responsible for maintaining the four 2.5-million candlepower aero beacon lenses, which produce four, one-second flashes of light during a 10-second cycle. Each flash is visible at the ocean’s surface up to 16 miles. If you don’t count four flashes, notify the Coast Guard to replace the burnt-out bulb, which typically lasts two to four months.

In 2004, the government deeded the lighthouse and its surrounding land to the Town of Caswell Beach on Oak Island. A nonprofit, all-volunteer organization, Friends of Oak Island Lighthouse (FOIL), preserves and maintains the structure and grounds.

While OIL is structurally sound, water was seeping through cracks and potentially corroding the steel rebar that holds the cement together. To complete the repairs costing $100,000, FOIL borrowed from the Town of Caswell Beach and raised 75 percent of needed funding through its “Keeping Our Light Strong” fundraising campaign. FOIL is continuing the campaign to pay the entire cost and ongoing operational costs.

FOIL also gives lighthouse tours year around. Online reservations can be made at www.oakislandlighthouse.org. Summer tours should be booked four weeks in advance, but only two weeks are needed otherwise.

Through the Brunswick Newcomer Club, members climbed those stairs and admired the structure and views. We thank our volunteer centers, Harry and Joanne DeHaven, for sharing their knowledge and time. Let’s keep this coastal treasure open.
Usually, this space is filled with news of upcoming theater productions from the many community theater companies that call the Wilmington area home. This month, I’m providing some (my) perspective on the spate of theater closings over the last six months.

The “Star News” recently ran a front-page article on this subject. While it is not possible to pinpoint a specific reason for the closing of Browncoat and Level Five theaters, it’s absolutely true that financial stress was a major contributor.

“The best way to stem the tide of theatre closings is for theatre lovers to become patrons.”

The financial challenge of producing a large musical is daunting. Royalties — based on the size of the theater, the number of performances and the popularity of the show — can easily exceed $7-8,000. Some newly released shows top $10,000. There is then the Thalian Hall rental, set construction, the orchestra, sound and costume design and other expenses. One of the largest of these other expenses is the credit card fees for ticket purchases.

All told, it’s not unusual for production costs of a large musical production to top $50,000. And the performers you see in these shows are not being paid! This level of expense strains all companies. And it has a monumental impact on physical theaters such as Level Five and Browncoat that depend on theater company rentals to survive. Non-musicals in smaller venues cost far less to produce but still can exceed $10,000 or $15,000. The trade-off is these shows have house capacities of fewer than 100 seats, making the math very difficult.

The answer to this issue is not a simple one, and costs continue to rise. The Opera House and Thalian Association strive to keep their ticket costs stable, but it’s not an easy thing to do. The best way to stem the tide of theatre closings is for theatre lovers to become patrons. It’s easy to become a season subscriber to either company and they both have exceptional seasons upcoming.

Attending the various fundraising events for these two organizations helps as well. We here in St. James are fortunate that the Activities Committee has developed a great relationship with the Thalian Association. The partnership has resulted in five cabaret events staged at The Members Club. No traveling required! The next one is "Divine Divas" on May 18-19.

The demise of The Red Barn Studio Theater is different. Once the local theater home of Linda Lavin, the theater was turned over to Thalian Association to manage when she moved back to New York in 2013. Recently, she and her husband decided to sell the facility. While it’s possible it will remain a theater, that outcome is unlikely — at least as I write this.

The bottom line is this: If you enjoy live theater, especially if you haven’t been to Thalian Hall yet, pick out a show or two or three over the coming months and support these endeavors. You won’t be disappointed.
MANUFACTURE REBATE ON QUALIFYING SYSTEMS.

SAVE UP TO $1400

DAIKIN EQUIPMENT HAS A 12 YEAR WARRANTY,
THE BEST IN THE INDUSTRY.
36 MONTH • 0% FINANCING

910.842.6589 • www.fulfordhvac.com

Breath Easy
With Our Worry Free Spring Maintenance and AC Tuneups.

New Homes Available In The Hammock!

Located between the gated SeaSide entrance and the SeaSide Club, 36 new lot/home packages are available starting in the high $300s. Models are open! Contact Carol Hobbs 910-619-0777 carol@kenthomes.net for details and to schedule your tour.

Winner of the Guildmaster Award for the past six years for their continued commitment to Excellence in Customer Service. Kent Homes has an overall recommendation rate of 98%, one of the highest in the industry. Kent Homes strives to maintain the most satisfying homebuilding experience possible.

www.KentHomes.net  877-256-5313

Go to www.guildquality.com/kenthomes to see what their home owners are saying.
The St. James Service Club (SJSC) is celebrating its 20th anniversary this year. During its first year, 15 members raised $11,585. Today’s membership of 350 raised $100,000 last year through the many fundraising events. Since its inception, the SJSC has donated more than $1 million to Brunswick County nonprofit organizations.

“Since its inception, the SJSC has donated more than $1 million to Brunswick County nonprofit organizations.”

Paid memberships play an important role in allowing the SJSC to undertake its many endeavors. The club uses annual dues for operating expenses, which include insurance, licensing fees, community center rental fees and incidentals. Historically, the club’s operating expenses have been less than three percent of its total budget.

Another important activity provided by the SJSC is to host speakers of interest to residents at its monthly general meetings. You don’t have to be a member to attend.

Recent speakers include:

- Kathrine White, on behalf of Samara’s Village, a nonprofit formed a year ago to address teen pregnancy and provide support services to teen mothers and fathers in Brunswick County. The mission of Samara’s Village is to educate, equip and empower pregnant and parenting teens and their families. The organization provides a range of integrative and multidimensional services and referrals in a non-traditional setting, including teen childbirth, life skills and infant care classes, immediate need and referral assistance, home visit programs and counseling.

- Four guests — Paul Babinski (president of Liberty Healthcare and Rehab Services), Joseph Hooks (administrator of the current facility), and sales and marketing representatives Blair Lampos and Kimberly Kilday — discussed The Liberty Commons of St. James project, scheduled for construction later this year. The center will give residents of St. James, Oak Island and Southport access to quality short-term rehabilitation, skilled nursing care and assisted living close to their homes. It will be a 96-bed facility and will be located across from the Dosher Wellness Center at the SeaSide gate.

The SJSC holds welcome receptions in members’ homes to acquaint new and more-tenured residents with the club and the St. James community. Information about dates and locations for these receptions, and for the general meetings and activities, is published in the various e-newsletters.

Visit the SJSC website at www.stjamespoanc.org (Clubs and Groups/Service Club) for more information.
Valentine’s Day Dinner Dance a winner

By Dean and Gail Savell • Photos by John Muuss

The annual Valentine’s Day Dinner Dance at the St. James Community Center was a great way for more than 150 residents to celebrate a special evening.

The 17-piece Brunswick Big Band, co-directed by Frank Mahoney and Michael Stringer, provided the music for listening, dancing and reminiscing.

Two vocalists and a performance by the Coastal Harmonizers rounded out the evening’s entertainment.

Proceeds from this event, a major fundraiser for Brunswick Big Band, will assist instrumental music programs at local middle schools. Funds will also help underwrite scholarships and pay for copyright fees and free instrument rentals for more than 100 students, many of whom may go on to join high school bands.
The Southport-Oak Island Kiwanis Club is sponsoring a 5k run/walk on April 15. The race will start at 8 a.m. on the Southport waterfront.

The Kiwanis Club is holding this event during its April 14-15 Spring Festival in Franklin Square Park, Southport. The festival will feature more than 150 crafters, food vendors, the sale of Encore Azaleas and other plants, live entertainment and children’s activities. Funds raised from all events will benefit the children of Brunswick County.

Preregistration fees, received before April 15, are $25. Registration fees on race day are $30. Checks may be made to Southport-Oak Island Kiwanis Club. For more information, contact Laura Bachara, race director, at 919-710-7383, or at laura.bachara@gmail.com. Online registration is also available at www.Active.com.

The Brunswick Concert Band will perform a concert at the Woodlands Amphitheater on Sunday, April 30, beginning at 2 p.m. The group is dedicated to expanding instrumental music performances in Brunswick County.

The program will feature marches, Broadway musical selections and favorite classics. The concert is free, but donations to help support the band and its Music Students Assistance Program will be gratefully accepted. Also, we will collect non-perishable canned goods for the Southport/Oak Island Food Pantry.

For more information, visit the website at www.brunswickbands.org.
Days of whine and noses

By Bill Eberle

Can you become a better person by sharing life with a dog?

Every day, I see them. Every day, I am one — a person being walked by a dog. Every day, I stoop over to fill my blue bag with what my pooch has deposited. I don’t complain; that’s what she does, that’s what I do.

I see lots of doggie-person duos, trios, quads and more. I wonder not “Who’s in charge?” That would be like a married man insisting he makes all the big decisions. I don’t even wonder about the bumper sticker which asks, “Who rescued whom?”

It takes so much work to train your human to walk with you, take you to the beach, give you food and water and treats and even ice cubes. What is going on behind all this effort? I think dogs — being pack animals — yearn to belong to a pack. So, they sniff out the kinds of behaviors that convince their humans to adopt them (some humans are more easily trained, either from experience or inclination).

The adoption process begins the first time the dog enters your home, surveys it and thinks, “I could live here” but the adoption process is ongoing, as limits are tested and affection is exchanged.

This is a partial answer to the “why” question that begs to be asked. Some of us — including me — flourish by focusing beyond ourselves. Call it inconvenience for the sake of something or someone.

When we’re outside, in the cold or the rain or both, and the canine member(s) of our household sniff, sniff, sniff but do nothing, we may wonder at our willingness to be inconvenienced. When our property is destroyed (chewed, scratched or buried) or a thunderstorm disrupts our household, we know at some level we were created to forget ourselves, even in small ways.

Then, there’s the “welcome home.” There’s a look we find appealing (head tilt?), or listening to us without interruption or complaint. Sometimes, there’s a snuggle. Sometimes, when we’re under the weather, a cold, wet nose wants to know, “Are you okay?”

I believe that on some level, we like to live in “companionable foolishness,” perhaps the key to lasting relationships of all sorts. Of course, we may have been trained since childhood and through today by a succession of canine companions. I know this is my story.

We put up with the pain that marks the eventual loss of our dogs. Even this may help us become the people we were meant to be, since all relationships this side of heaven have a termination point on earth. But living each day that we DO have is more than worth it.

Wag more, bark less.

Editors’ note: Bill Eberle wrote this article with the assistance of his border terrier Molly and memories of Rufus, Naomi and Fenno.
Purses, hats and shoes
By Gina Mancinelli

A fleeting glance makes my heart swell, of those three things I wear so well.
I ponder long as I peruse, for style, size and perfect hues.
A fit just right upon my feet, color just perfect, a look so complete.
Let me see...is there a purse that might match...one with a buckle or maybe a latch?

A coupon perhaps will lower the price. I rifle my purse like a cat searching mice.
Drawstring, shoulder or hobo no matter, my search has my cart growing higher and fatter.
I survey my options to cover more ground...no time for chit chat, no horsing around.

So where is the hat for my purse and my shoes? Red, purple or green a shade in the blues?
I search high and low, look left and to right, and that’s when I spot it, a sweater of white.
This would look great with some pants in a print...paisley, or stripes, maybe dots...just a hint.

Something is needed to pull off this look. My cart is now loaded with jewelry I took, to match this outfit that I
think’s a winner...the color, the fit...it makes me look thinner.

Still missing a hat, just can’t let it go, so onward I march through each aisle and row.
Panama, floppy or straw with a feather? My hair’s looking great thanks to the weather.

I came in for a gift for a girlfriend of mine, but left with some jewelry an outfit and wine.
Blame can’t be mine, I’ll not sing the blues. Just can’t stop loving purses, hats and new shoes.
Freshman 15: Fact or fiction?
By K. Frances

The ad says, “St. James Plantation, When You Want It All.” Do we really have it all or do we have too much of a good thing? After living at St. James for more than a year, I began hearing frequent conversations about weight gain from both men and women. Weight gain made obvious by having a little more trouble buttoning a favorite pair of jeans or finding a little more to pinch around the middle.

This may remind us of our college freshman year experience of weight gain often referred to as “Freshman 15.” But is it real, and can it be related to life at St. James and other similar communities?

“Is the Freshman 15 rule real, and can it be related to life at St. James?”

A study from the Institute for Health Policy titled, “The Effect of Retirement on Weight,” found that the average person added 0.24 to their body mass index upon retirement. That small index change means roughly two-four pounds of weight gain.

This is similar to findings from a National Institute of Health (NIH) study that found Freshman 15 measurements closer to 2.7 pounds, rather than 15 pounds, but that some weight gain is real. The NIH study listed three major factors for the weight gain, including increased beer (or other alcohol) consumption, less regular meals and stress.

Another study from the University of Iowa’s College of Medicine mentioned that these same factors apply as many people are less physically active once they retire and have less structured meal times or change their eating patterns. Moving, leaving friends and family behind and re-establishing in a new community is known to be stressful.

But the major cause of weight gain has less to do with retirement than with the aging process. Our metabolism slows as we age, due largely to decreasing muscle mass, explained Dr. Desmond Ebanks, founder of Alternity Healthcare, a medical practice that focuses on older patients.

Are we doomed to eat less each year to maintain our weight, or do we need to become marathon runners in our golden years? Perhaps not, if we adopt a relatively simple life-style change. In her “Strong” book series, nutrition and geriatric researcher Miriam Nelson, Ph.D., suggests that focusing on muscle mass rather than intense aerobic exercise or calorie-restricting diets can give retirees the metabolism boost they need to enjoy an active senior lifestyle (within moderation).

Specifically, Dr. Nelson recommends doing some type of strength-training twice a week. You can get stronger and begin converting bulky fat to lean tissue without losing a pound, and this alone will change the shape of your body. Many active seniors spend hours working on small muscles like the biceps and triceps. This does little to build overall muscle mass. Use compound exercises like squats, deadlifts, pull downs, dips and abdominal work. These exercises build the largest muscles of the body and bring about the metabolic changes we’re after.

So, next round, try carrying those golf clubs.
With your new home comes new responsibilities – like protecting your new investment with the right amount of homeowners insurance. That's where we can help.

Like a good neighbor, State Farm is there.

CONTACT AN AGENT TODAY.

Discover why over 17 million homeowners trust State Farm.

Will Rogers, Agent
4330 Southport Supply Rd.
Southport, NC 28461
Bus: 910-477-6530
www.willrogersinsures.com

Josh M Landon, Agent
1112 E Cutlar Crossing Ste 104
Southport, NC 28461
Bus: 910-383-1303
www.joshinsuresme.com

SUNAIR® HAS THE RIGHT RETRACTABLE AWNING SYSTEM FOR YOU!

EXPAND YOUR OUTDOOR LIVING SPACE AND MORE...

A SUNAIR® Lateral Arm Awning offers the ideal solution for creating a comfortable outdoor environment the whole family can enjoy. Imagine being cool on your deck and protecting your family from the sun’s harmful rays. Finally, you can enjoy cookouts and entertaining the way it is meant to be with a Sunair® Retractable Awning.

ADDED BENEFITS!

• Energy savings – reducing cooling energy
• Sun protection from harmful UV rays
• Add value to your home without the cost of a permanent installation

Contact Wilmington Awning & Shutter, Inc.
1046 S. Kerr Avenue
Wilmington, NC 28403
910-799-2782
info@wilmingtonawning.com • www.wilmingtonawning.com

Family Owned and Operated Since 1976

Renee's Fine Jewelry
602 N. Howe St Southport, NC 28461
(910) 457-7714 - www.ReneesFineJewelry.com

SUNAIR® HAS THE RIGHT RETRACTABLE AWNING SYSTEM FOR YOU!

EXPAND YOUR OUTDOOR LIVING SPACE AND MORE...

A SUNAIR® Lateral Arm Awning offers the ideal solution for creating a comfortable outdoor environment the whole family can enjoy. Imagine being cool on your deck and protecting your family from the sun’s harmful rays. Finally, you can enjoy cookouts and entertaining the way it is meant to be with a Sunair® Retractable Awning.

ADDED BENEFITS!

• Energy savings – reducing cooling energy
• Sun protection from harmful UV rays
• Add value to your home without the cost of a permanent installation

Contact Wilmington Awning & Shutter, Inc.
1046 S. Kerr Avenue
Wilmington, NC 28403
910-799-2782
info@wilmingtonawning.com • www.wilmingtonawning.com

State Farm

With your new home comes new responsibilities – like protecting your new investment with the right amount of homeowners insurance. That’s where we can help.

Like a good neighbor, State Farm is there.

CONTACT AN AGENT TODAY.

Discover why over 17 million homeowners trust State Farm.

Will Rogers, Agent
4330 Southport Supply Rd.
Southport, NC 28461
Bus: 910-477-6530
www.willrogersinsures.com

Josh M Landon, Agent
1112 E Cutlar Crossing Ste 104
Southport, NC 28461
Bus: 910-383-1303
www.joshinsuresme.com

SUNAIR® HAS THE RIGHT RETRACTABLE AWNING SYSTEM FOR YOU!

EXPAND YOUR OUTDOOR LIVING SPACE AND MORE...

A SUNAIR® Lateral Arm Awning offers the ideal solution for creating a comfortable outdoor environment the whole family can enjoy. Imagine being cool on your deck and protecting your family from the sun’s harmful rays. Finally, you can enjoy cookouts and entertaining the way it is meant to be with a Sunair® Retractable Awning.

ADDED BENEFITS!

• Energy savings – reducing cooling energy
• Sun protection from harmful UV rays
• Add value to your home without the cost of a permanent installation

Contact Wilmington Awning & Shutter, Inc.
1046 S. Kerr Avenue
Wilmington, NC 28403
910-799-2782
info@wilmingtonawning.com • www.wilmingtonawning.com

State Farm

With your new home comes new responsibilities – like protecting your new investment with the right amount of homeowners insurance. That’s where we can help.

Like a good neighbor, State Farm is there.

CONTACT AN AGENT TODAY.

Discover why over 17 million homeowners trust State Farm.
Our award-winning designs provide energy efficiency and innovation that will enhance your lifestyle, while offering thoughtful planning and quality craftsmanship for today and for a lifetime. That's why today’s home is a Logan home.

The Logan Homes Design Studio offers hundreds of choices to customize your home. Come explore...

800.761.4707  |  LoganHomes.com
Schedule a conversation with a doctor in one convenient click

Click. Find a doctor. Make an appointment. Done.

Making time for your health is easier than you think. With MyNovant.org, you can find one of our expert primary care providers in your area and make an appointment whenever it’s convenient for you. After your visit, you’ll have secure access to your personal health record and innovative tools to manage your health – online and on your time. It’s just one of the many ways Novant Health is personalizing healthcare to fit your needs.

Visit MyNovant.org anytime, day or night, to find a doctor and schedule an appointment.