

# SEASIDE GAZETTE

October 2011



## President's Message Drew Gillespie

We want to give a big thank you to several people that have been very helpful to us. City Council member Doris Williams has been a stalwart for us on several important issues to help us gain the tranquility we moved here for. She has attended many meetings with us and forcefully carried our concerns to City Hall. Hank Thomas has also been receptive to our requests. A very special thank you goes out to Bryan Thomas at Crow Creek and our neighbor Jim Teets who owns One Stop Auto Service for helping us as sponsors in the Mixed Golf Tournament. More on them in the golf report.

The Annual meeting is November 12. Please make every effort to attend this important meeting. I am sure you will be especially interested in Treasurer Larry Shoffner's report. We'll have juice, coffee, and donuts.

**Neighborhood Watch Alert:** If you see someone in here that is not a resident and doesn't "look right", call the police. That is the police forces normal advice. We do know someone is walking through here and not cleaning up after their dog.

**Street parking at night:** One of the rules here is that there is no parking on streets

after dark, unless you have a permit to do so. Permits can be obtained by calling Chicora. Friendly warning might be left on your windshield if you violate the rule. After a lot of violations, we will issue fines. There is a safety reason for the rule. Our streets are narrow and dark in places. Your car could easily be hit because it was not seen until too late. A great place to park overflow parking is the clubhouse.

**Speeding:** Some residents use our streets as a race track. Please stop. There are a lot of walkers here, and in the summer there are grandchildren. This is the third time I have written about this problem. We really do not want to install speed bumps.

The Golf League just concluded a great season. Co-chairs Gary Kumerfield and Chuck Granger did a wonderful job. They always had a big turnout, and they put on a magnificent end of season banquet. Dan Boarman is Golfer of the Year. Congratulations Gary and Chuck!

Larry Shoffner is Landscape Chairman, as well as Treasurer, and has the common areas looking better than ever. He changed landscapers and the difference shows. Thanks Larry!



## Lifestyle

Barbara Hicks



The Clubhouse is now 10 years old and needed some repair work, which had been scheduled to be done. It was power washed on October 23<sup>rd</sup> and is now nice and clean. The furniture was also cleaned as well as both the front and back gates. The gates were cleaned in preparation for the letters being re-painted as time and weather has darkened them quite a bit. The HVAC system was found to be much too large for the Clubhouse, causing a moisture problem and creating a mildew problem. There were four units and two of those units have been removed from the system. We now have the correct size. The mildew has been removed and the areas cleaned and re-painted. It is so much more comfortable in there now that the HVAC is sized correctly.

The Social activities are still very active and are the following.

Men's Card Night- Occurs alternating Wednesday nights. Please e-mail Gary Kumerfield for information at [gk@jayscompany.com](mailto:gk@jayscompany.com). They are very willing to teach you the games if you need help and the men have a lot of fun.

Couples Bridge occurs on the opposite Wednesdays from the Men's Card Nights. Please contact Carol Friz at [cfriz@gmail.com](mailto:cfriz@gmail.com), for information. All are welcome.

Ladies Bridge is now being played on Monday afternoons at 1:30 PM. Please contact Judy Kumerfield at [jp@jayscompany.com](mailto:jp@jayscompany.com) for information. Form a foursome and join in or get on the list as a substitute and you are sure to be called.

On Thursday afternoons there is a group of ladies that have a card day. If interested contact Georgiann George at [fredgeorge@peoplepc.com](mailto:fredgeorge@peoplepc.com), for information.

We have a Seaside Dine Out group that visits a different restaurant once a month and is another wonderful way to meet your neighbors. We send out flyers to everyone with the information at least a week before the event. Carol Adams is in charge at [caroladams@gmail.com](mailto:caroladams@gmail.com).

Another thriving group is the Book Club and is mentioned elsewhere in the Newsletter. Betsy Brewer Chairs the club and has challenged some men to join the ladies.

There are two Christmas events planned. The first to occur is Betsy Brewer's Annual Ladies "Drop-In" luncheon which is scheduled for December the 9<sup>th</sup>. All ladies in the neighborhood are invited and we will send out a flyer to remind you as the date gets closer. Betsy did make one request and that was "Do not bring a dish," as she has the food covered. All are welcome and it is such fun.

The second is our annual Seaside Christmas Party at the Clubhouse on December 10<sup>th</sup>. All families are welcome. We will send out a flyer soon with the particulars so please set aside this date and come join your neighbors for a delicious Christmas Dinner. This year the meal is being catered so you just have to show up with an appetite. Judy and Gary Kumerfield have taken on the task of making the arrangements and would welcome help afterward with kitchen duty.

Barbara



## Geek Speak Frank Fleischer

In our community, we all understand and appreciate what a Mulligan is. Our grandchildren understand it as a “do-over”. Many of us would really like a computer Mulligan to undo our computer ills. Well actually there is one. It is called “System Restore”. Intended for when you download a poorly behaving program, something bad off the internet, or upgrade a new driver and now nothing works right (note, these maladies frequently coincide with visiting grandchildren—don’t know why). It is actually fairly easy to do and should be considered when your computer suddenly starts acting oddly all of a sudden. Please notice that on the newer operating systems, you may have to turn this feature on—a good thing to do.

### For the XP operating system:

Click Start, click All Programs then Accessories, then System Tools, and finally System Restore.

You will be shown a dialogue box that will give you choice of Restoring your computer

or Creating a restore point (you might want to do this periodically. The software picks points occasionally but try selecting one just to see how it works). You will be shown a calendar with restore points available. To restore, select a date before your computer started misbehaving and hit Next. If the problem goes away, you are done. If not, try an earlier date. If it still does not work, then just like golf, you may have a more serious problem than a free Mulligan can solve.

### For Vista or Windows 7 operating systems:

Click on Start, Type “restore” in the search box. Press “Restore your computer to an earlier time” and follow directions—hopefully with good results. Unfortunately, the newer operating systems give you more “Geek Features”, which means you need to select which drives you would like to restore. Unfortunately, this often means you have to set this up first. Follow the directions to set up a restore point. Now you are set for your grandchildren to visit.

Frank



## Golf Report Gary Kumerfield and Chuck Granger

On August 3<sup>rd</sup> we played “Low Net” and there was a tie for first play between Slamming Swinging Don Robertson & guest Tony Augustine, both shooting a net 65.

On the 17<sup>th</sup> we played the “Stableford” game & the winner was the always steady Rex White with Fred George coming in second.

The last match in Aug. was played on the 31<sup>st</sup>. The Smoking Hot team of Mark

Kendricks & Don Robertson shot a net 63 to win the “Two Man Low Net” game.

On September 14<sup>th</sup> we played “Captains Choice” & the winning foursome was the group of Fred George, guest Tony Augustine, guest Bob Myrick & George Alala.

On the 28<sup>th</sup> of September we played the “Stableford” game again & the winner was

Mark Kendricks shooting an 80 with 6 points- his best league round of the year!

That ends our year of being your chairmen of the Seaside Golf League. We thank everyone for playing & look forward to the new season with Buzz Oakley & Larry Etzkorn at the helm. On October 17<sup>th</sup> we had our end of year Golf Banquet at the Amenity Center & enjoyed a nice dinner with many door prizes. The "Golfer of the Year" honor

was awarded to Dan Boarman. Remember that all men in Seaside are more than welcome to join us at Crow Creek every other Wednesday. The course is in great shape & we have a lot of fun with different games played. If you want to play please e-mail either Buzz [jeoakley@msn.com](mailto:jeoakley@msn.com) or Larry [letz08@aol.com](mailto:letz08@aol.com).

All the best,

Chuck Granger & Gary Kumerfield

### AND MORE GOLF!!!!

Our 2<sup>nd</sup> annual Mixed Golf Tournament was held on May 21<sup>st</sup> and was a wonderful success! We played Captain's Choice at Crow Creek Golf Club and had the awards banquet at our Amenity Center. The winning team was Tricia and Rex White, Chuck Granger & Marty Slapnik. In second place was the team of Betty and Dave Kranstuber, and Marie and Dick McKibben. This year's winning team is engraved on our new awards trophy in the Amenity Center along with last year's winners Larry Shoffner, Ray Rouse and Marie and Dick McKibben. All had a great time. You are encouraged to come out next year for a lot of fun!!

Our sponsors played a very large part in making the tournament such a success and truly deserve mentioning. They are Hoskins, The Officer's Club, Martini's, Midtown Bistro, IHOP, Damon's, Friendly's, Carrabba's, Applebees, Martin's PGA,

Pizzeli's Italian Kitchen, Mike Passmore at Possum Trot, Int'l Kitchen, Buffalo Wild Wings, and Bryan at Crow Creek. We want to recognize two of our neighbors that made special donations of their services as well, for the tournament. Jim Teets & Peggy Connor own One Stop Auto Sales and Service on Hwy 90 in Little River. They donated four oil change and tire rotations. They have very qualified technicians and can truly be trusted. Terry & Marty Slapnik own the Liberty Tax Service at Gator Hole Center and were very kind to offer a tax return to give away. They, as well, have a good reputation around here. Please keep these folks in mind when you chose what business to visit or service to use. And when in these businesses, please tell them how much you appreciate their sponsorship of our tournament!

2011 Mixed Golf Committee: Gary Kumerfield, Rex White, and Fred George

**Congratulations Gary and Chuck on a job well done for the Golf League!!**

**Congratulations Gary, Rex, and Fred on the Mixed Tournament!**

Please remember our sponsors!



## Restaurants



Dine out is going great! In the last several months we have been to Joe's Bar and Grill and The Flying Fish. Both restaurants received us very well. Please check out the photos at the end of the newsletter. You can see what a great time everyone had. The food was most excellent and the wait staff could not have been nicer or more attentive. In each case they added to the fun.

Carol Adams sends out a flyer to the neighborhood well in advance of any dine out event. Sign up and come on out for a

great neighborhood time and meet your neighbors.

Also, check out Chipper's Grill. It is in the Food Lion/CVS center where there used to be a Chinese place. BBQ is very good as are all the sandwiches whether it is hamburgers, Philly cheese steak, or any of the other selections. He makes the BBQ himself. He also makes great pickles. Be sure and try them. Good place to enjoy a meal or they do take out very well. For convenience and good food, give them a try.



## COOKING MYTHS



Here's some food myths from Cooking Light.

**MYTH:** Eating eggs raises your cholesterol levels.

**TRUTH:** Dietary cholesterol found in eggs has little to do with the amount of cholesterol in your body.

The confusion can be boiled down to semantics: The same word, "cholesterol," is used to describe two different things. Dietary cholesterol—the fat-like molecules in animal-based foods like eggs—doesn't greatly affect the amount of cholesterol circulating in your bloodstream. Your body makes its own cholesterol, so it doesn't need much of the kind you eat. So, cutting eggs out of your diet is a bad idea; they're a rich source of 13 vitamins and minerals.

**MYTH:** The only heart-friendly alcohol is red wine.

**TRUTH:** Beer, wine, and liquors all

confer the same health benefits.

The so-called French Paradox elevated red wine to health-food status when researchers thought it was the antioxidants in the drink that protected the French from heart disease.

More recent research, however, has shown that antioxidants aren't the answer after all. Alcohol—the ethanol itself—raises levels of protective HDL, or good cholesterol, which help protect against plaque buildup in the arteries and reduce clotting factors that contribute to heart attack and stroke, according to Eric Rimm, ScD, associate professor of nutrition at the School of Public Health at Harvard University. Any kind of beverage that contains alcohol, when consumed in moderation (and that means one to two drinks a day), helps reduce heart disease risk.

**MYTH:** Adding salt to the pot adds sodium to the food.

**TRUTH:** Salt added to boiling water may actually make vegetables more nutritious.

Public health messages encouraging us to shake our salt-in-everything habits are, in general, good; sodium is a potential problem even for non-hypertensive people. But it's easy to overlook how sodium can actually help in recipes.

“Salt in the cooking water reduces the leaching of nutrients from vegetables into the water,” says Harold McGee, author of *On Food & Cooking*. That means your blanched broccoli, green beans, or asparagus likely retains more nutrients. “It also speeds up the cooking process so you don't lose as many nutrients from overcooking.” McGee recommends using about 1 teaspoon of salt per cup of water. The amount of sodium absorbed by the food is minuscule.

**MYTH:** Added sugar is always bad for you.

**TRUTH:** Use the sweet stuff to ensure that sugar calories are far from “empty” calories.

Sugar is essential in the kitchen. Consider all that it does for baking, creating a tender cake crumb and ensuring crisp cookies. Then there's its role in creating airy meringue or soft-textured ice cream. Keep in mind that other sweeteners like “natural” honey are basically refined sugar anyway—and they are all metabolized by your body the same way, as 4 calories per gram. Sugar also balances the flavors in healthy foods that might not taste so great on their own. Don't go overboard, of course. Most health experts suggest that added sugar

supply no more than 10 percent of your total calories—about 200 in a 2,000-calorie diet.

**MYTH:** All saturated fats raise blood cholesterol.

**TRUTH:** New research shows that some saturated fats don't.

Just when we'd all gotten comfortable with the idea that there are good-for-you mono- and polyunsaturated fats (like those found in olive oil and walnuts), along comes new research calling into question the one principle most health professionals thought was sacrosanct: All saturated fat is bad. Researchers have long known that there are many kinds of saturated fats, and they are handled differently by the body when consumed. Stearic acid, a type of saturated fat found naturally in cocoa, dairy products, meats, and poultry, as well as palm and coconut oils, does not raise harmful LDL cholesterol but boosts beneficial HDL cholesterol levels.

**MYTH:** Fried foods are always too fatty.

**TRUTH:** Healthy deep-fried food is not an oxymoron.

Here's how frying works: When food is exposed to hot oil, the moisture inside boils and pushes to the surface and then out into the oil. As moisture leaves, it creates a barrier, minimizing oil absorption—when the frying is done right. Meanwhile, the little oil that does penetrate the food's surface forms a crisp, tasty crust. To keep foods from soaking up oil, fry according to recipe instructions. For most foods, 375°F is optimal. Oil temperatures that are too low will increase fat absorption.

A fool and his money are soon elected.

If you ever injected truth into politics you have no politics.



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**East Coast Lane – Jimmy & Diedri Harley**

**Ocean Pointe Court – Bill & Barbara Frank**

**Seafarer Way – Lew & Joanne Janes**

**Sea Island Way – Fred & Georgiann George**

**Sea Vista Lane – Larry & Polly Shoffner**

**Tradewind Court – Rex & Tricia White**

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