



**November 4**



## Brandywine Canned Food Drive

Donations will be collected Nov. 17 at 9 AM.

Put a bag or box of canned food donations at the end of your driveway for pick-up.

To volunteer to help, contact Brandywine resident Rev. Dave Linka at 252-269-1703.

## Team-It-Up Tuesday

By Susie Garland

October 2: First tournament after the hurricane was held on this date with a good turnout of 19 players participating. With trees down, limbs, twigs, and pinecones prominent on the course, we played 9-holes with “hits and giggles” as Chris described the tournament. There were 7 ladies and 12 men competing in this superball format. Thanks to Steve Sewell for putting it all together. Here are the results. In third place, with a team score of 34: Ed Slachta, Sandy Shaffer, and guest from South Carolina with the Red Cross, Mike Musta. In a card playoff with a 32 score, Christine Bryk, Norm Stoneback, and Tommy Cook placed second. Angela and Ken Zieleck with Richard Reece received first place honors. Thanks to all for your participation while the course is undergoing a major cleanup.



## Sneak Peek: Inside this Edition of Sound Waves

What will you find on the pages of Sound Waves this month?

- Advance Care Directives
- Art Club, Book Club and Bridge Club News
- Carolina East Singers Concerts
- Gingerbread Festival
- Golf Updates
- Leaders Save Lives
- And more! Just turn the page...
- We are stronger when we are connected! All residents are invited to contribute to Sound Waves. Please email [editor.soundwaves@gmail.com](mailto:editor.soundwaves@gmail.com) for more information. The due date for submissions is the 20th of each month.



**November 6**

The next Brandywine Owners Association Quarterly Meeting is Thursday, November 15 at 7pm at the K-Club.

# Principles of Design

By Mat Madsen

My March article quoted Pablo Picasso, “Every child is an artist.”

My May article described “Line of Design.” Art that will draw you in to it, and throughout it.

Now it’s time for “Design,” and you’ll never stop learning this one.

Wherever we look or go, we realize some aspect of design, and this is an integral part of life.

Nature is our first designer, with all of the principles of design known to people, such as a flower, the clothes you wear, and the vehicle you drive. Familiar objects are determined by their design, and they draw each of us to them, for their different designs.

As children we had an instinct for design when we drew or painted. Remember the March quote, and the adults feeling that they could only draw stick people.

The natural sense of design is one of the principle factors that distinguish artists from people of other talents. The artist designs when they draw and paint.

The basic fundamentals of design are shapes, space, pattern, balance, and rhythm. View the mural page on [www.artbymat.com](http://www.artbymat.com). Find the “Home Theatre” photo, top row center. The background was painted first with Latex paint and rollers. This 8’ tall mural was painted with Artists oil paints from tubes. All of these basic fundamentals are illustrated with the major structure in the background, the three fish on the left, and the one fish passing through the structure opening, and this creates rhythm.

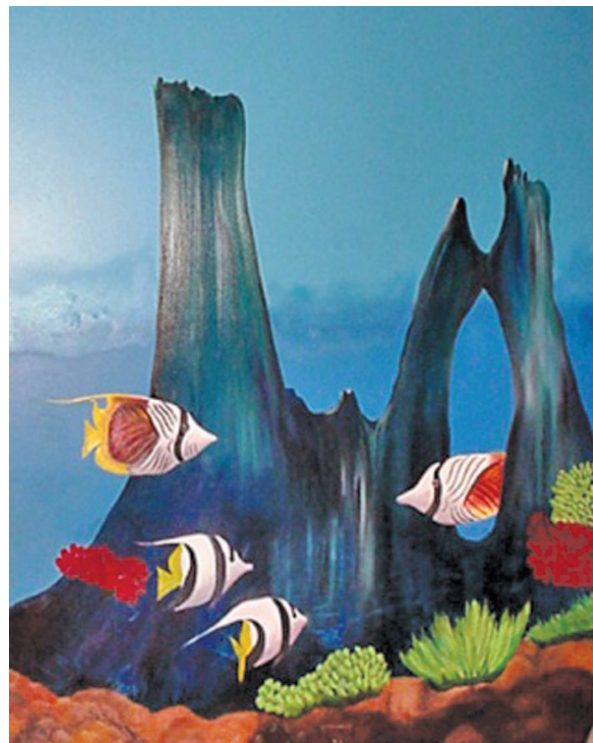
A good rule of design almost always eliminates the unessential elements. It is not always possible to include everything you see for your composition.

When you take a photo of a very good scene, and then print it out for a reference for a drawing or a painting, you then include the essentials for the design, and the line of design effect.

Then choose the art fundamentals, according to your sense of design, that are right for you. You will be pleased with the results, and this is will count on your behalf, as I feel about my own art.

View the Portraits page of my website to see my painting of “Brick and Chunk,” from a photo taken on Atlantic Beach by the pets’ owner. This is an example of including the essentials, by excluding the leashes on the collars, and adding line of design, with their focus on the large wave. Imagine what these two friends are thinking. This painting is now displayed in a home in Yuma, Arizona.

The Art topic for December will be, “Creating Texture and Pattern.”



# Brandywine Food Drive

For the vast majority of Sound Waves readers, we’ve never had to worry about where to find our next meals. But for so many in Carteret County, hunger is a real and persistent challenge.

*So why not do something about it?*

On Saturday, November 17th, we will have another opportunity to come together and help solve a major problem in our area: hunger.

This past Labor Day, over 20 volunteers worked to collect, sort and deliver over 1,600 pounds of food. That was a huge blessing to our community – especially folks Down East.

As a community, we here in Brandywine will have another opportunity on the morning of the 17th. All you need to do is place canned goods in a bag or box in front of your home by 9:00 AM. (Please don’t donate items with glass, plastic or carton packaging.) A team of volunteers will pick-up your canned food donations – right at the end of your driveway.

From there, your donations will be staged for delivery to the neediest of our local area food banks.

This Thanksgiving, let this be an expression of your gratitude for the many, many blessings in your life.

*We could use your help!* Volunteers will meet in the pool parking lot at 9:00 AM to begin collection. Help is needed in collecting canned foods and transporting them to staging areas. Work should be over before noon. If you’re able to volunteer, please contact Brandywine resident Rev. Dave Linka at 252-269-1703.



Brenner Linka helped collect canned food donations in Brandywine during the September food drive.

## Art Lessons

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*R. Mat Madsen*

# Pet Corner



## PetDocks

### Holiday Hazards and Our Pets

By Dr. Todd Worrell

During times of celebration, it is easy to overlook potential hazards to your pet's health and safety. To prevent mishaps, recognize these hidden dangers.

Most cats and young puppies enjoy playing with ribbons, string, and tinsel. Kittens and young dogs and cats tend to be more curious and playful, and appear to see these items as toys that need to be chased, pounced upon, chewed or swallowed. Once ingested, these objects can become tangled up in the intestinal tract. The rough or abrasive material rubs against the walls of the intestine, causing serious damage with each intestinal contraction. This scenario is often a life-threatening requiring immediate surgery for correction.

Dangling cords of various types are tempting to pets that like to play with string, or those that are teething and are interested in chewing. Cats, puppies, and many smaller dogs have extremely sharp teeth that can easily penetrate the insulation around electric light cords or extension cords. This behavior can result in burns to the tongue or an electrical shock that could damage the lungs or heart.

Chocolate contains a chemical called theobromine, which has caffeine-like activities. Unsweetened or baking chocolate contains approximately 10 times the amount of this ingredient than milk chocolate. For the average cat, weighing 11 pounds, the toxic amount of milk chocolate is approximately 11 ounces, but 1-2 squares of baking chocolate or high quality dark chocolate has the potential to be fatal. For a dog weighing 22 pounds, as little as 2 ounces of baking or dark chocolate or 30 ounces of good quality milk chocolate is toxic. Clinical signs of chocolate poisoning include increased excitability, nervousness, vomiting, diarrhea, and in some cases sudden death. In addition to chocolate, avoid exposure to raisins or grapes, macadamia nuts, and the artificial sweetener Xylitol, or products that contain xylitol.

Plants belonging to the lily family are highly toxic to cats. Because of this risk, it is best to prevent your cat or kitten from chewing on peace lilies, Christmas lilies, or other plants belonging to this family. Other seasonal plants that are toxic to cats include daffodils, narcissi, and spring bulbs that are commonly 'forced' to bloom during the winter. Poinsettia sap can be irritating to the mouth and stomach of the cat or dog that chews on or eats the leaves or stems of this festive plant. Despite popular belief, poinsettia is not specifically toxic, but can cause intestinal upset. Some mistletoe species are toxic, causing liver failure or seizures, while other species are only irritating to the GI tract if ingested. It is wise to consider mistletoe to be a hazardous substance and keep it out of reach of pets and children.

Where possible, keep pets out of the kitchen during the hustle and bustle of the season. The last thing you want is for them to get underfoot and get burned or otherwise injured. Try to keep in mind that sudden rich diet changes are likely to upset a pet's stomach. Vomiting and diarrhea are common medical problems that veterinarians see, but especially between

Thanksgiving and New Year's Day. If you feed leftovers that contain a lot of fat, the pancreas may become overworked and inflamed. Pancreatitis usually requires hospitalization and intensive medical treatment and can result in death. Also, if you leave an uncooked loaf of bread to rise on the counter, your dog may be unable to resist eating it. In the stomach, the bread can continue to rise and cause a complete obstruction of the GI tract. You should always make sure that nothing has been inadvertently left within your pet's reach.



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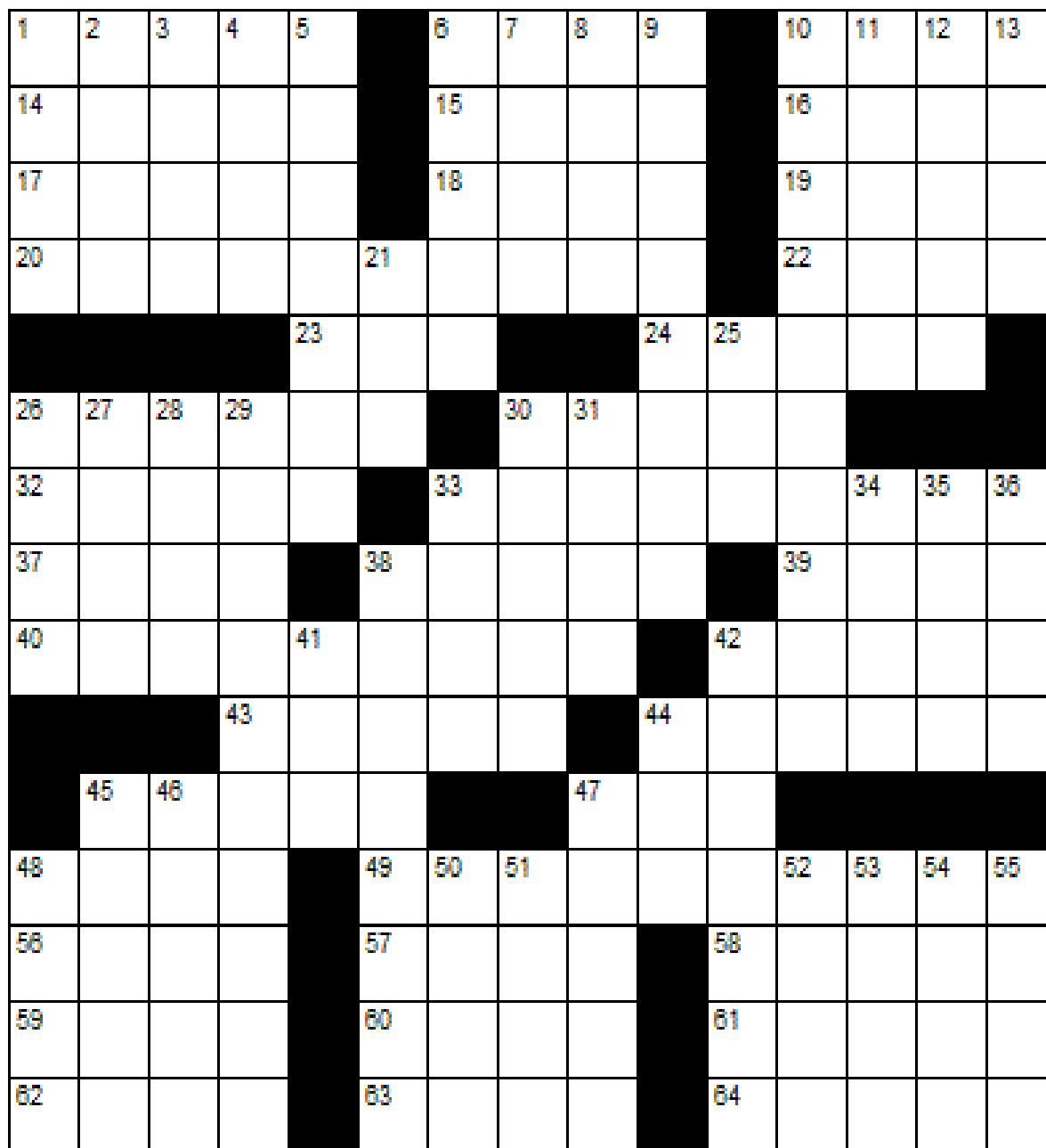
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MAKING SENSE OF INVESTING

**ACROSS**

1. Of the highest quality
6. Leave in a hurry
10. Burrowing marine mollusk
14. Winged
15. Vagabond
16. Unusual
17. Abatement
18. Ends a prayer
19. Annul
20. Thrill
22. Flat-bottomed boat
23. Venomous snake
24. Not earlier
26. Morals
30. Pincer
32. Gleam
33. Vest
37. Assistant
38. Mentors
39. River of Spain
40. Unenthusiastic
42. Lift
43. Kicks out
44. Deformed
45. Poets
47. Soak
48. Killer whale
49. Days gone by
56. Dress
57. Small island
58. Creepy
59. Bobbin
60. Break
61. Motionless
62. Anagram of "Sees"
63. Chops
64. Pantywaist

**DOWN**

1. An exchange involving money
2. Gorse
3. Trail
4. Decorative case
5. Substitute
6. Not dull
7. Unwakable state
8. Foment
9. Lacking expression (voice)
10. Crab or lobster
11. Javelin
12. Elan
13. Cat sound
21. Donkey
25. Altitude (abbrev.)
26. Brother of Jacob
27. Not fat
28. Conceal
29. Unrelenting
30. Enclosures
31. Hotfooted
33. Light bulb unit
34. Death notice
35. Backside
36. Pigeon-\_\_\_
38. Effeminate
41. Rechewed food
42. Lapse
44. Female deer
45. Hillsides
46. Units of land
47. Stairs
48. Monster
50. Feudal worker
51. Shredded cabbage
52. Abominable Snowman
53. Anagram of "Sire"
54. Afflicts
55. Depend



# Chocolate Pepper Cookies

By Monica Sellars

<https://food52.com/blog/14935-good-idea-add-black-pepper-to-chocolate-cookies>

Makes 40 cookies | Prep time: 1 hr | Cook time: 15 min

## Ingredients

- 1 pound bittersweet or semisweet chocolate, chopped and divided
- 12 tablespoons butter, at room temperature
- 2/3 cup brown sugar
- 2 large eggs
- 2 cups all-purpose flour
- 2/3 teaspoon baking soda
- 1 tablespoon freshly ground black pepper

## Directions

Melt 8 ounces of the chocolate and set aside.

Beat the butter until light and airy. Add the sugar and beat until completely incorporated into butter. Add the eggs one at a time, mixing well after each one.

In a separate bowl, sift or whisk the flour and baking soda.

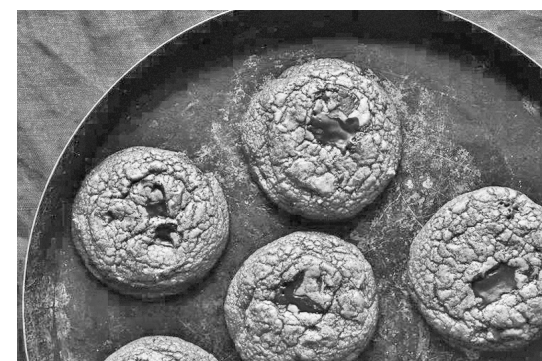
With the mixer on low speed, slowly add the dry ingredients to the butter mixture little by little, until just incorporated. Mix the melted chocolate into the butter mixture. Stir in the remaining chopped chocolate and the ground pepper.

Cover and refrigerate until dough is cool and firm.

Preheat oven to 350° F. Line a baking sheet with parchment paper (or grease generously).

Drop the batter by the tablespoonful onto the baking sheet, about 1 inch apart on sheet.

Bake for 10 to 12 minutes, until crisp outside but still chewy inside.



# New Art Club Starting in Brandywine

By Mat Madsen

I plan on starting an Art Club in January, to add to the existing clubs within Brandywine Bay. This will bring together anyone interested in art, and we can decide about planning future art tours.

My September 15th tour would have been myself, until the last minute when two ladies called to ask about the tour. Of course it was too late to announce their names in the Sound Waves. I told them that the best thing I could do to include them, was to pass them along after they were at my home. Hurricane Florence spoiled everything, including the art tour.

I'll host the first meeting of the Art Club in my home. We can then host our meetings in the other members' homes. This will give each artist in the club the opportunity to view the different types of art, and we can all share our art together.

Before I created Gallerie E in the Brandywine Shopping Center in 2003, I was retired from Rolls-Royce and needed something positive to do. I started attending week-long art workshops at Arts & Things on the Morehead water front. There were large classes of students with excellent instructors. The owners of Arts & Things hosted paintings from different artists, but none from any of the students.

So in 2002, I created what I named as "Art Quest" for a group of us students. We had seven artists, and once a month we met at a student's home. I encouraged each member to have as many paintings to display at an Art Show I planned to hold at the History Place in down town Morehead City on January 25, 2003. I paid to rent the hall, hired two bartenders, provided the food and drink, and we all mounted our paintings the day before the Art Show. I called the Editor of the Carteret News-Times, and he showed up, just as he did for my opening of Gallerie E. Our paintings remained on display for 30 days so that visitors from other functions could view our paintings. We even sold some paintings. My expense, and the experience and encouragement for each of our artists, was well worth the time and effort, as each of us came away with the knowledge that art was worth pursuing.

To participate in the Brandywine Bay Art Club, you do not need to be a practicing artist, but merely interested in art, and you will learn. This experience will be enjoyable and worthwhile for everyone.

For those interested artists who want to be included as a member of the Brandywine Bay Art Club, please contact me at 252-414-2545 or madsen1580@gmail.com during November and December. This will provide us with a list of members for our first meeting in January.



**Brandywine Bay Art Club**  
- Starting in January -  
For anyone interested in art!

Contact Mat Madsen  
252-414-2545



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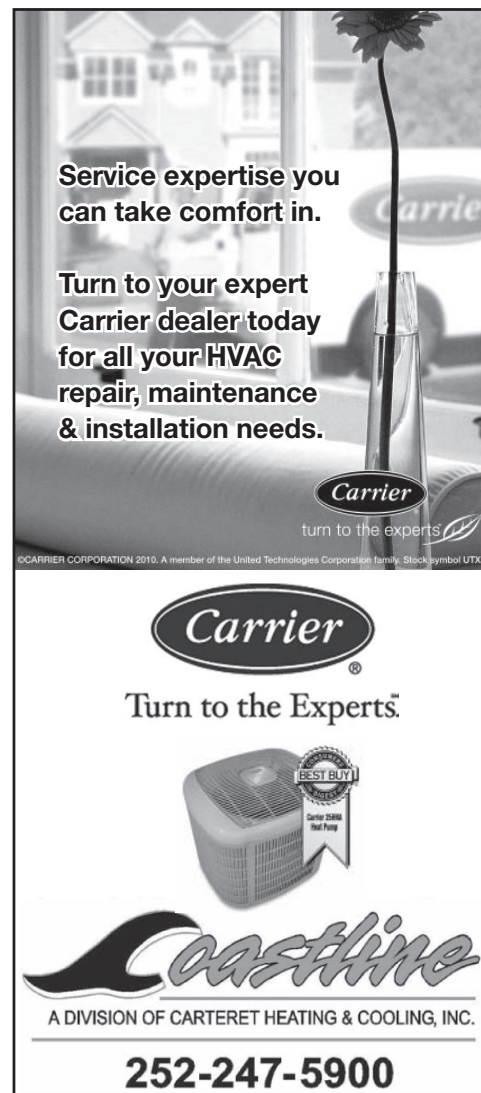
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Carolina Water 800-525-7990

Animal Control 252-728-8585

NC Highway Patrol 800-411-6127

Mosquito Control 252-504-2107



# BOA Board Minutes:

## BOA General Board Meeting, October 8, 2018 at 7:00 PM at Cedarwood Village Clubhouse

The meeting was called to order at 7:10 pm. Board members present were, Nancy Beszterczi, Noreen Barrett, Andy Haines, and Rachel Love-Adrick. Bob White was out of town and did not attend.

Noreen asked for a motion to accept the minutes as written from the September meeting. Nancy Beszterczi made a motion to approve the minutes, Andy Haines seconded. Minutes were unanimously approved.

**Treasurer's Report:** There was no treasurer's report as the meeting was held early in the month. The board did review the bank statements and verified that they balanced.

**Secretary's report:** None

### OLD BUSINESS:

- Hurricane Florence update:** The debris removal is nearly complete. Thank you to everyone for your patience and understanding. A big thank you to Scott Carpenter and Charlie Sabathe for working tirelessly to help the neighborhood recover. Another thank you to everyone that took the time to clear the roads after the storm, check on neighbors, and help clear the ditches for themselves and their neighbors.

### NEW BUSINESS:

- Hurricane Michael:** The board met with Chris Calling and the ponds have been drained and the gates on the pond are open. Scott Carpenter is working on clearing the ditches, and is focusing on areas prone to flooding.

### COMMITTEE REPORTS:

ACC – The board meeting was held early in the month and the September ACC Approvals were not yet available. These will be included in the November meeting minutes.

Beautification –no report due to Hurricane Florence.

Drainage – The crew is working as fast as possible to clear ditches. They are estimating that it will take another two weeks to address all of the ditches. If you can, please clear out your ditches.

Gates – The 70 exit gate broke during Hurricane Florence. The board has decided to continue to leave the gates open due to the number of contractors in and out of the neighborhood. We are working on getting the spare gate put up.

Cameras – The camera at the 24 exit was damaged by a contractor.

Boat Storage – no report due to Hurricane Florence.

Recreational Area – no report due to Hurricane Florence.

The meeting adjourned at 8:40 pm.

The next meeting will be November 15, 2018 at 7pm at the K-Club.

Respectfully submitted by Rachel Love-Adrick, October 22, 2018



## Changes to the 2018 Brandywine Directory

**New to the neighborhood?** Contact Ann Webster to get your welcome packet and set up your gate access code with your phone number.

**Need a new gate entry device?** Contact Ann Webster to purchase a new gate entry card or clicker.

Ann Webster | 252-646-5586 | brandywinewelcome@gmail.com

**Moving away?** Please give your gate cards to the next owner.

### CHANGES

Barry and Doreen Beer..... 116 Carefree Lane..... 804-638-4280

# Thank

# YOU

Many, many thanks to the Board Members, Committee Volunteers, and other neighbors who did so much for our neighborhood before, during, and after Hurricane Florence. You have dedicated an incredible amount of time and energy to keeping us informed, coordinating cleanup efforts, and doing many other behind-the-scenes tasks that we don't even know about! All of this, while also taking care of your own homes and families. Your loyalty to your neighbors is off the charts!

"A big thank you to Scott Carpenter and Charlie Sabathe for working tirelessly to help the neighborhood recover. Another thank you to everyone that took the time to clear the roads after the storm, check on neighbors, and help clear the ditches for themselves and their neighbors." – BOA Board Members

"I can't speak highly enough of my fellow board members. The storm clean-up was a massive undertaking from an organizational point of view. We worked together as a team and kept in constant contact. In particular, I would like to acknowledge Nancy Beszterczi and Scott Carpenter for being our hands on coordinators with the contractors." –Noreen Barrett

"I always look forward to reading our monthly Community Newspaper, but this time I found it necessary to respond to the (October) article by Noreen Barrett. When we got home from our evacuation, we found someone had cut all of the branches from our driveway. We asked several people if they had done it, and all said no. It was wonderful to read that we had some Morehead City Police Officers in the neighborhood for the storm, and they did the very welcomed and appreciated task of making the roads passable and our driveway open for us to drive into. It has not been an easy time for many of us, and all kindnesses are appreciated. Thanks to all for their parts in making this a more endurable disaster for our neighbors."

– Carol Angeli

# Travel Photos from France and Spain

Muriel Thatcher and friends traveled to France and Spain in September. Here are some photos from their adventure!



We visited Loic and Christelle in Lyon, France



We visited Amaia in the Basque region of Spain



CYAN MAGENTA YELLOW BLACK



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Left to right: Will Johnson, Kate Johnson Green & Zoey Green, Sybil Britt & Bill Johnson

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# Tarheel Traveler Comes to New Bern



WRAL's Scott Mason has been travelling throughout North Carolina since 1997 meeting interesting characters, learning fascinating stories and discovering delicious food. On Sunday, November 11 at 2pm at the New Bern Historical Society's annual Lore Lecture, he'll share some of what he's learned presenting *Tarheel Traveler, Journeys Across North Carolina*. This is a free presentation. No tickets or reservations are necessary. Doors will open at 1pm. There will be a reception following the lecture.

Scott Mason is a broadcast journalist with 35 years of television experience. He has won dozens of awards for documentaries, writing,

and feature reporting, including three National Edward R. Murrow awards and 20 regional Emmys. The Electronic News Association of the Carolinas has twice named Scott North Carolina Television Reporter of the Year.

Scott has worked as a reporter and bureau chief for network affiliates in Chattanooga, Tennessee; Winston-Salem, North Carolina; and Dayton, Ohio.

In 1991, Scott joined the PBS affiliate in Richmond, Virginia, where he created, wrote, produced, and hosted a weekly news magazine. *Virginia Currents* won more than 100 awards for journalistic excellence during Scott's tenure. The United States Information Agency distributed the program to embassies worldwide.

Scott's success caught the attention of WRAL-TV, the NBC affiliate in Raleigh, North Carolina. In April 1997, Scott became the station's Documentary Producer. He researched, wrote, and produced ten documentaries before adding his talents to the nightly news team as a reporter specializing in features.

Today, Scott is known as the Tar Heel Traveler. His Monday-Thursday series on WRAL takes viewers along the back roads of North Carolina where he meets memorable characters, finds out-of-the-way places and unearths fascinating historical footnotes. The series has become so popular it has led to Tar Heel Traveler half-hour specials, which Scott produces each quarter.

Scott has also published two books about his television adventures: *Tar Heel Traveler: Journeys Across North Carolina* (2010) and *Tar Heel Traveler Eats: Food Journeys Across North Carolina* (2014), both published by Rowman & Littlefield Press.

Scott's third book is *FAITH and AIR: The Miracle List* (2017, Light Messages Publishing), a creative nonfiction account of people he has profiled during his career who say they have experienced miracles.

The Dr. Richard K. Lore Lecture is presented annually by the New Bern Historical Society as a free event for all those interested in area history. It is in memory of, and is named for the Society's long-time historian.

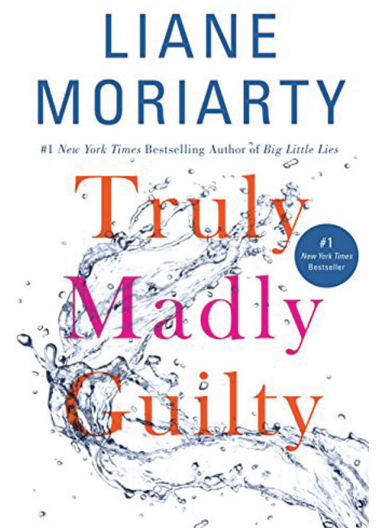
Join the New Bern Historical Society and hear this fascinating speaker, Sunday, November 11th for this free event. No tickets or reservations are necessary. This lecture is presented by the New Bern Historical Society in partnership with Tryon Palace and is made possible by funding from the North Carolina Humanities Council, a statewide nonprofit and affiliate of the National Endowment for the Humanities.

The mission of the New Bern Historical Society is to celebrate and promote New Bern and its heritage through events and education. Offices are located in the historic Attmore-Oliver House at 511 Broad Street in New Bern. For more information, call 252-638-8558 or go [www.NewBernHistorical.org](http://www.NewBernHistorical.org) or [www.facebook.com/NewBernHistoricalSociety](http://www.facebook.com/NewBernHistoricalSociety).

# Brandywine Book Club Notes

By Melinda Brown

When the Brandywine Book Club ladies recently met, we were glad to catch up with friends and find out how we all fared during Hurricane Florence. We also discussed the book, *The Good Daughter*, by Karin Slaugter. Her books are always quite suspenseful and this book was no exception. It is about a traumatic event and how events of the past have impacted the characters' current actions and feelings. Our next book is the mystery, *Truly Madly Guilty*. It is written by the best-selling author Liane Moriarty. We meet the second Tuesday of each month and welcome new members. Contact Melinda Brown at 247-1055 for further information.



## Sound Waves online:

[brandywineowners.org/homeowners/sound-waves](http://brandywineowners.org/homeowners/sound-waves)  
Extra printed copies of the current paper are available at the K-Club and the Golf & Shore Properties office.

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# LGA News

By Susie Garland

10/4: Ace of the Month. With the aftermath of Hurricane Florence, and having to postpone this tournament two times in September due to scheduling conflicts, we were able to play September Ace of the Month on this day when the front 9 became accessible. Conditions drastically changed with the back 9 closed, so we played the front 9 twice. There were six players competing for September Ace, with a total of 10 players coming out to play today. Here are the results. In the low putts competition, Mickey Friend and Anne Lynes each had 36 for third place. In second place, with 33 putts, Bernie Moreno and Loretta Beaulieu tied. Congrats to Pat Barber who came in first with 32 putts. Way to go. In the low net (Ace) competition, Loretta came in third with a net 75. There was a second-place tie, each having a net 71: Mickey and Angela Zieleck. Toot the horn and ring the bell: A low net of 66 gave Nelda Kessler the win. That pink ball cooperated and behaved as it should. Woo-Hoo, Nelda. At the end of the round, pizza was ordered and enjoyed by all.

10/11: Hurricane Michael made an appearance with wind, rain, and all the rest. Game cancelled.

10/18: Our last Ace of the Month tournament was played on this date with seven players competing for October Ace, and a total of 12 players (including five Aces) coming out to play on this brisk fall day. Once again, we played the front 9 holes twice. Here are the results. In the low putts competition, March Ace, Janice Ghelli, had second low putts (33). April Ace, Susie Garland, and Diane Mantho tied for low putts, each having 32. For low net (Ace), Loretta Beaulieu and Angela Zieleck tied for second place with a net 72. In a card playoff with Mickey Friend, each having a net 70, Nancy Bullet took the win. Congrats, Nancy. We are very proud to add your picture with the other Aces. Mickey's named was picked in the 50-50. Pizza was ordered for lunch as the K-Club kitchen was closed. Stay tuned for the Ace of the Year results in next month's column.



# Martha's Mission Cupboard Golf Tournament

By Jack Yankey

The volunteers at Martha's Mission would like to thank everyone who came out to play in our first golf tournament. We had 15 teams with 60 players participating. We raised \$4,285.00 for the Mission. We also would like to give a special thank you to Brandywine Bay Golf Course and their staff for making this a success. The raffle prizes, 50-50 drawing, and the silent auction were a big hit. We are looking forward to the second annual tournament in 2019. We also want everyone to know that our thoughts and prayers are with you during the aftermath of hurricane Florence. See you next year!



**Feeding the Community**

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Telephone 252-726-1717  
[www.marthasmission.com](http://www.marthasmission.com)

# Appreciation Day

By Susie Garland

In appreciation for getting the course back to being playable—front 9 for now—Chris and Kathy held a barbecue on October 5th for the workers and men who helped cut the trees and clean up debris. The LGA decided to contribute our thanks as well. Some of the gals made side dishes and the LGA donated the cake decorated with Thank You, complete with some “fallen pine trees” in the corner. Thanks to Loretta Beaulieu and Bernie Moreno for designing the dessert. Yum! Yum!



# MGA Happenings

By Vince Moreno

October 10, 2018: Our first of the month tournament was held today. It was organized by our General Manager, Steve Sewell. The game was individual low gross and low net. We had a small group of fifteen players. And the first place winner for low gross with a score of 77 was Joe Rudder. First place winner for low net with a score of 58 was James Whitfield. Second place winner for low gross with a score of 77 was Bob Colbourne and Tom Normyle took second place for low net with a score of 60. The closest to the pin winner was Richie Leinthall. Lunch was done by Luigi's. All went well, thanks to Steve Sewell. This made it another good day for the MGA.



First Place Low Gross Winner, Joe Rudder  
First Place Low Net Winner, James Whitfield



Second Place Low Gross Winner, Bob Colbourne  
Second Place Low Net Winner, Tom Normyle



Closest To The Pin Winner, Richie Leinthall



By Susie Garland

October 16: Brandywine members of the Crystal Coast league played at The Emerald on this date. Kudos to the following players who came in on the winning side. Third flight, first gross: Pat Barber. Second gross: Anne Lynes. In the second flight, Brenda Leinthall captured second low net. Mickey Friend won first low gross in the first flight. Congratulations, ladies. You done good!

## Leaders Save Lives Scholarship Program

The American Red Cross is looking for student leaders.

Leaders Save Lives is an opportunity for students to directly impact hospital patients and gain skills that will last a lifetime. Students will be asked to show leadership by hosting a winter blood drive and in return may become eligible to win a scholarship\*, earn volunteer hours, receive a gift card award\* and so much more!

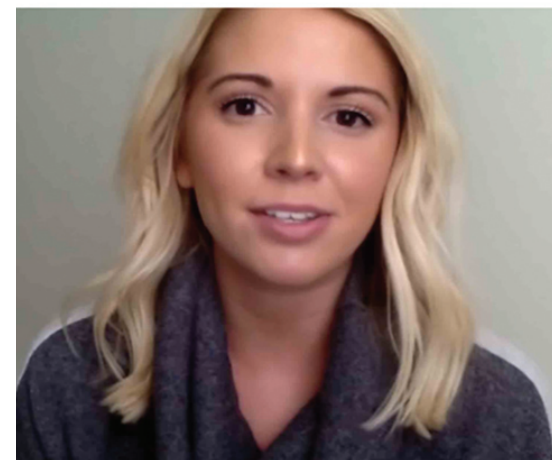
Do you want to be a student leader? This is a unique program for high school and college students who want to help save lives with the American Red Cross. By hosting a blood drive while school is out of session, you'll get the opportunity to win a scholarship, a meaningful leadership experience, a gift card award and the accomplishment of helping ensure a reliable blood supply. This leadership program is also a great way to rack up on volunteer hours.

### How You Can Get Involved

1. Sign up to host a blood drive. Your drive must be scheduled while school is out of session during the program time frame: Winter: Dec. 15, 2018 – Jan. 15, 2019
2. Form a recruitment team to help make your blood drive a success.
3. Recruit your friends and family to donate at your blood drive.
4. If your blood drive collects a minimum of 25 pints, then you will earn a gift card and be entered to win a scholarship!\*

\*See Red Cross website for complete details.

Ready to Get Started? Submit a registration form if you are interested in hosting a blood drive. You will be contacted by an American Red Cross account manager. Go to: [redcrossblood.org/LeadersSaveLives](http://redcrossblood.org/LeadersSaveLives)



**LEADERS SAVE LIVES**

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## Volunteer for the BOA!

Join the Nominating Committee or volunteer for one of the open positions on the BOA Board in 2019.

Contact a current Board member for more information.



## ALL ABOARD!

By Noreen Barrett

## Dear Neighbors:

Finally, we are seeing the light! Slowly but surely, our cleanup efforts are coming to an end. Contractors are still within the community working on individual homes and we extend our best wishes to those still feeling the effects from Hurricane Florence. The residual storm debris piled at the Hwy. 24 entrance will eventually be picked up by the FEMA contractors. We have taxed these contractors to the fullest and they have warned us that their next pass-through is the final. There can be absolutely no dumping at this area. Continuous dumping may jeopardize final pickup and add more expense to the BOA to clean up the area.

The Association to date has never encountered a clean-up effort of this magnitude. It was stressful, exhausting and most especially expensive. Invoices are still being turned in for drainage and final clean up. Due to the resourcefulness and fiscal management of our previous boards, we had the money to pay our contractors. In the New Year when everything has been tallied, it is becoming more evident that an assessment of some type will be levied on each homeowner to replace the dwindled coffers. We appreciate everyone's understanding regarding this situation.

I can't speak highly enough of my fellow board members. The storm clean up was a massive undertaking from an organizational point of view. We worked together as a team and kept in constant contact. In particular, I would like to acknowledge Nancy Beszterczei and Scott Carpenter for being our hands on coordinators with the contractors. We hit some bumps in the road but overall I think the process was very effective.

Speaking of board members, it's time to establish the BOA's nominating committee for the soon-to-be vacated seats on the board. There will be 3 vacancies in the spring. Typically, the nominating committee will begin their search in the New Year and present candidates in the few months leading up to the Annual Meeting in the spring. Please consider your time and talents to serve on the board. It's a wonderful opportunity to get to know your neighbors and also give back a little to our wonderful neighborhood.

As we look at our changed landscape in the aftermath of the storm, one constant remains, and that is the K Club. They took a beating themselves but have worked tirelessly to get things back to normal, first by opening 9 holes, in what I thought was an incredibly speedy manner, and then got the other 9 open just recently. More good news now comes down the pipeline with the opening of the clubhouse restaurant, "The Library Branch" due to hap-

pen very soon. Seasoned restaurateurs from the Morehead City area will be heading this endeavor and we wish them well.

Come see what's new at the Clubhouse at our next quarterly meeting on Thursday, November 15 at 7:00 pm. Look forward to seeing everyone there.

All the best,  
Noreen.

## Carolina East Singers Christmas Concerts

By Libba Shelton

The Carolina East Singers, under the choral direction of Susan Gillis Bailey, will perform their Christmas Concert Saturday, December 1 and Sunday, December 2, 2018. The concert will begin at 4:00 pm at First Presbyterian Church, Morehead City.

The 60+ voice choir will be performing Dan Forrest's *Te Deum* and many classic Christmas favorites. The choir will be accompanied by an orchestra.

Tickets are \$10.00 in advance and \$15.00 at the door. They are available from any choir member or at these local organizations: In Morehead - First Presbyterian Church or Williams Hardware; In Atlantic Beach - The Pool & Patio Store, Atlantic Station Shopping Center; and in Beaufort - Pet Provisions or First Citizen's Bank.



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# 6th Annual Gingerbread Festival December 8-9, 2018

After much consideration, the Crystal Coast Hospice House Board of Directors has made the decision to hold the 6th Annual Gingerbread Festival December 8-9, 2018 but change the primary focus from a FUND-raiser for the hospice house to a FUN-raiser holiday event for the community. The Gingerbread Festival has become a tradition in our community and we think it will be the perfect event to brighten everyone's spirits!

We are aware that the recent storm and the damage has had a huge impact on our community. Therefore, we are cancelling both of our ticketed events, which includes the Preview Party on Friday evening and Cookies and Cocoa with Santa on Sunday afternoon. But the Holiday magic will abound Saturday & Sunday, as we come together to create a winter wonderland for the entire community to enjoy.



Charlie Miller, Executive Director of Crystal Coast hospice house stated, "SECU Crystal Coast Hospice House has resumed normal operations after being evacuated before the storm and is once again serving patients and families after Hurricane Florence. We are so happy that we could help our community by being a fuel staging area and a place of rest for the Carteret County Sheriff's Department during and through the aftermath of the hurricane. We are grateful that our facility suffered almost no damage from the storm. We are even happier that we are able to continue our mission of providing an inpatient hospice house to our service region and ensuring exceptional care management and perpetual funding for facilitates, services, programs and future expansion."

The 2018 Gingerbread Festival will be held on December 8 & 9, 2018, featuring a Gingerbread Village created by local artists, individuals, schools and community groups, spectacular Crab Pot Christmas Trees designed and decorated by individuals and corporate sponsors, Santa visits, Reindeer Games for kids of all ages, and Festive Holiday music and entertainment. All free.

Kyra Moore, Chairperson of the 2018 Gingerbread Festival said, "2018 marks our 5 year anniversary since opening the doors at SECU Crystal Coast Hospice House, and we have been incredibly blessed over the years by the generosity of our community. After all our community has been

through, we saw it as a great opportunity to give something back – so we are committed to providing a fun holiday event and hope you will join us in Baking Spirits Bright."

For more information follow us on social media or contact Kay Coole at 252-808-2244 or [kay.coole@cchhnc.org](mailto:kay.coole@cchhnc.org)

*SECU Crystal Coast Hospice House is a not-for profit organization Our current goals and objectives are to raise community awareness about the hospice house; educate the public and referring agencies about hospice care; ensure that the facility provides a peaceful, caring and beautiful setting for all future patients and families; and to seek necessary funding to fulfill our mission to serve the residents of the Crystal Coast. To Learn more about the house or the 2018 Gingerbread event, visit [www.cchhnc.org](http://www.cchhnc.org).*



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# Advanced Health Care Directives: What They Are and Why They Are Important

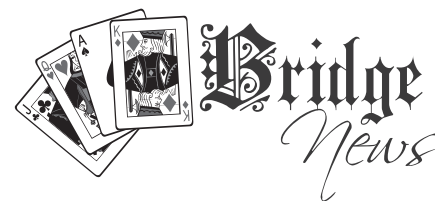
By Dale McAndrews, Licensed Clinical Social Worker – Retired

Advance Care Directives are a way to put our end-of-life wishes in writing. They are used ONLY when we cannot express our health care decisions. We often think about advance care directives being for the frail and elderly with a terminal illness, but we all need to prepare for the unexpected health changes that might occur in the future, such as a sudden heart attack, an accident, or a worsening chronic illness. It is when we are in good health that the conversation with our loved ones should begin. Often family members have very different views on treatment and so it is important that yours be heard and put in writing by completing advance care directives.

The two primary components of advance care directives are Health Care Power of Attorney (HCPOA) and Living Will. Although the terms are often confused with Last Will and Testament and Power of Attorney, health care directives are strictly for health care decisions. A Health Care Power of Attorney allows you to name a person or persons you want to make health care decisions for you if you aren't able to make them yourself. A Living Will allows you to state in writing health care/treatment you would want or refuse.

The State of North Carolina has developed forms for HCPOA and Living Will. Both documents can be recorded with the State, and once completed, copies should be given to health care providers and anyone named as a HCPOA.

I will be happy to answer any questions on directives and also assist with completion of the forms. Contact me by email: [dmcandrews1953@hotmail.com](mailto:dmcandrews1953@hotmail.com) (please put "directives" in the subject line). You can also find more information online at the NC Secretary of State's office at [sosnc.gov](http://sosnc.gov)



By Pat McMahon

Our new Bridge season is under way...We took a break from the K-Club as there is no kitchen staff and Chris has his hands full with course cleanup...I think most of us enjoyed our lunch at the Riverside Cafe in Morehead.

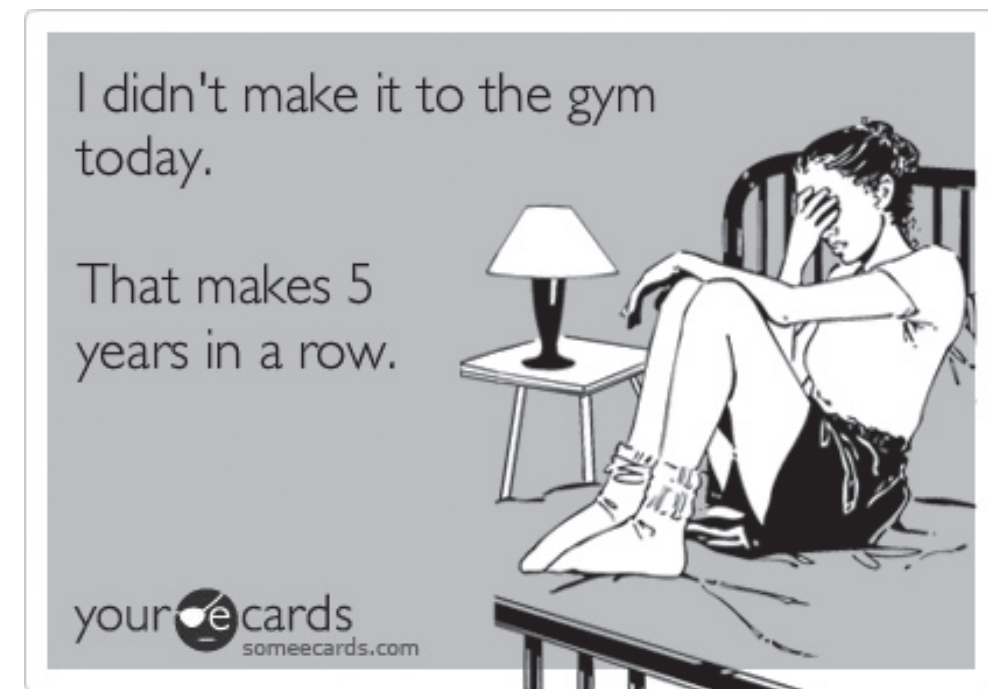
I know three ladies that reaaally enjoyed the Bridge day, and why not? All big scores, with the winners being:

1st place...JJ Johnson

2nd place...Gail Vaughan

3rd place...our delightful sub, Betty Knish

Congrats Ladies!



Bridge play is the 2nd Wednesday of the month...Come join us! We don't want to have all this fun alone...If interested in learning more about K-Club Bridge, contact: Co-Directors: Pat McMahon (726-7994) or Dolly DiMarco (240-3547).



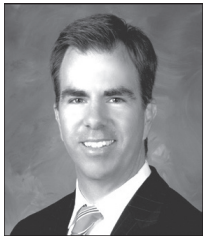
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# Beware of Stock Fraud in the Wake of Hurricane Florence

By Greg Patterson, Financial Advisor, Atlantic Wealth Management

First, our thoughts and prayers go out to everyone as we recover from Hurricane Florence. We continue to be amazed at the resilience of our community and the spirit of service among our people. This month, we would like to pass along the following information from FINRA (Financial Industry Regulatory Authority) that was published after the storm:

It may not be possible to predict when the next natural disaster will take place. What you can count on is that when it happens, scammers will try to take advantage of the situation. The tips below will help you protect yourself at any time.

Financial fraud routinely follows on the heels of disaster. Hurricane Florence and its aftermath are no exception. We are issuing this Alert to warn investors that investment scams may come your way touting stocks and other investments with the promise of huge gains in the wake of Florence.

Don't be surprised if you receive unsolicited phone calls, emails and texts, including from messaging apps, about investments that exploit a variety of hurricane-related opportunities. Best bets for scams include stocks associated with clean-up, rebuilding and breakthroughs in science and technology that purport to address current and future flood-related issues. While it is conceivable that some of the claims being made may be true, many could turn out to be bogus—or even scams. This Investor Alert explains how to spot and protect yourself from potential investment scams.

## Spotting Potential Hurricane Florence Investment Scams

Unsolicited communications about investments that exploit the latest natural disaster frequently include:

- price targets or predictions of swift and exponential growth;
- the use of facts from respected news sources to bolster claims of a price run up; for example, that some percentage of the billions of dollars it will take to rebuild after Florence will contribute directly to a company's bottom line;
- mention of contracts or affiliations with federal government agencies or large, well-known companies;
- standard corporate developments, like contracting with a supplier, presented as major events;
- statements about how much easier it is for low-priced stocks to skyrocket in value in comparison to higher-priced stocks; and
- pressure to invest immediately, such as "You must act now!"

## How to Avoid Getting Scammed

To avoid potential scams, make sure you get the information you need to make a wise investment choice.

- **Investigate before you invest.** Never rely solely on information you receive in an unsolicited email, text message or cold call from a smooth talking "analyst" or "account executive" promoting a stock. It's easy for companies or their promoters to make glorified claims about new products, lucrative contracts or the company's revenue, profits or future stock price. Use FINRA BrokerCheck® to check registration status and additional information on investment professionals and firms.
- **Find out who sent the message.** Many companies and individuals that

tout stock are corporate insiders or are paid to promote the stock. Look for statements (usually found in the fine print) that indicate cash payments or the receipt of stock for disseminating a report on the company.

- **Find out where the stock trades.** Most unsolicited stock recommendations involve stocks that can't meet the listing requirements of The NASDAQ Stock Market, the New York Stock Exchange or other U.S. stock exchanges. Instead, these stocks tend to be quoted on an over-the-counter (OTC) quotation platform like the OTC Bulletin Board (OTCBB) or the OTC Link Alternative Trading System (ATS) operated by OTC Markets Group, Inc.

Companies that list their stocks on registered exchanges must meet minimum listing standards. For example, they must have minimum amounts of net assets and minimum numbers of shareholders. In contrast, companies quoted on the OTCBB or OTC Link generally do not have to meet any minimum listing standards (although companies quoted on the OTCBB, OTC Link's OTCQX and OTCQB marketplaces are subject to some initial and ongoing requirements).

- **Read a company's SEC filings.** Most public companies file reports with the SEC. Check the SEC's EDGAR database to find out whether the company files with the SEC. Read the reports and verify any information you have heard about the company. But remember, the fact that a company that has registered its securities or has filed reports with the SEC doesn't mean that the company will be a good investment.

If you're suspicious about an offer or if you think the claims might be exaggerated or misleading, please contact us. We are here to help!

## Additional Resources

- FINRA Investor Alert: Stock Spams and Scams
- IRS Newswire: IRS Warns of Scams Related to Natural Disasters
- IRS: Florence Relief Page
- SEC Press Release: SEC Provides Regulatory Relief and Assistance for Hurricane Victims

<http://www.finra.org/investors/alerts/beware-stock-fraud-hurricane-florence>

###

*Greg Patterson is a financial advisor located at Atlantic Wealth Management, 712 Bridges Street, Morehead City, NC 28557. He offers securities and advisory services as a Registered Representative and Investment Adviser Representative of Commonwealth Financial Network®, Member FINRA/SIPC, a Registered Investment Adviser. He can be reached at 252-515-7800 or at greg@myatlanticwealth.com.*

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# November is American Diabetes Month

The American Diabetes Association sponsors American Diabetes Month.

Diabetes is one of the leading causes of disability and death in the United States. One in 10 Americans have diabetes — that's more than 30 million people. And another 84 million adults in the United States are at high risk of developing type 2 diabetes.

Depending on your age, weight, and other factors, you may be at higher risk of developing type 2 diabetes. The good news is that making healthy changes can greatly lower your risk.

**What Is Prediabetes?** Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Approximately 84 million American adults—more than 1 out of 3—have prediabetes. Of those with prediabetes, 90% don't know they have it. Prediabetes puts you at increased risk of developing type 2 diabetes, heart disease, and stroke.

**What Causes Prediabetes?** Insulin is a hormone made by your pancreas that acts like a key to let blood sugar into cells for use as energy. If you have prediabetes, the cells in your body don't respond normally to insulin. Your pancreas makes more insulin to try to get cells to respond. Eventually your pancreas can't keep up, and your blood sugar rises, setting the stage for prediabetes—and type 2 diabetes down the road.

**What are the Signs & Symptoms?** You can have prediabetes for years but have no clear symptoms, so it often goes undetected until serious health problems such as type 2 diabetes show up. It's important to talk to your doctor about getting your blood sugar tested if you have any of the risk factors for prediabetes, which include:

- Being overweight
- Being 45 years or older
- Having a parent, brother, or sister with type 2 diabetes

- Being physically active less than 3 times a week
- Ever having gestational diabetes (diabetes during pregnancy) or giving birth to a baby who weighed more than 9 pounds
- Having polycystic ovary syndrome

Race and ethnicity are also a factor: African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, and some Asian Americans are at higher risk.

You can get a simple blood sugar test to find out if you have prediabetes. Ask your doctor if you should be tested.

If you have prediabetes, losing a small amount of weight if you're overweight and getting regular physical activity can lower your risk for developing type 2 diabetes. A small amount of weight loss means around 5% to 7% of your body

weight, just 10 to 14 pounds for a 200-pound person. Regular physical activity means getting at least 150 minutes a week of brisk walking or a similar activity. That's just 30 minutes a day, five days a week.

In Morehead City, Carteret Health Care offers diabetes education and support through the CHC Diabetes Learning Center.



References –

<https://www.cdc.gov/diabetes/basics/prediabetes.html>

<https://www.carterethealth.org/diabetes-care>



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# “Ancient” Brandywine Newsletters Discovered

By Marilyn Zmoda

For a little Brandywine history, check out the following excerpts from some previous Brandywine Bay newsletters written by Chuck Allen. Do you see any enduring themes? I do!

NOVEMBER 1988

The Road and Drainage committee has several minor problems to correct and complete. Chairman, Ed Graef is working on these now. There is going to be a work session on Saturday. Meet at the golf crossing near Moses Brown's house. Bring a rake. Your help is needed--repeaters welcome. The good hard work this Committee is doing affects all of us.--PLEASE HELP!

We have learned that the tennis courts and swimming pool will be completed soon with a new agreement.

From Golf Pro, Bill Howe: “We moved into the golf shop October 15 and have had a very positive reaction from everyone.” He has ordered some nice merchandise, which includes ladies' and men's apparel. Hot dogs, sandwiches, and cold drinks are available in the Snack Bar.

Almost a dozen residents went to the water rate meeting at Pine Knoll Shores recently. Our spokesman, Paul Maxson, had figures to show the increase requested was far greater than needed. The Water Company promised a water tower to improve water taste and fire protection.

Two new families welcomed.

DECEMBER 1988

Paving of the extension of Lord Granville Drive is complete. It is a beautiful road and will shorten the time to reach our areas for the Rescue and Fire Departments.

Also paving is being done on Oakmont Drive and Oakmont Court. Eastchester Drive is finally paved. Road Committee held a work detail recently to clear the deep ditches along Cedarwood, out to Hwy 24 and near the new tennis courts. Several loads of branches, etc. were picked up. Five residents showed up to help.

GOOD NEWS!! Cedarwood has 22 condos occupied and the Honours have listed 93 lots. Next year our income from assessments should be about \$50,000. A fine increase.

The first annual BBLGA championship was held last month, followed by a luncheon and meeting at the home of President, Lois Karnstedt.

The Ladies Bridge Club meets each month at the Galley Stack Restaurant.

# This Before That?

By Monica Sellars

I recently was lured into clicking on a link to an article about what to do if you are concerned about dry hair; after all, cooler weather is coming and dry hair is a concern. (Sure, it's ok to roll your eyes.) The one thing I remember from the list of seven things is to use your conditioner before the shampoo. The idea is that the conditioner protects the hair from the drying effects of the shampoo, and the shampoo washes away the excess conditioner and leaves you with full, bouncy hair. After trying this method twice, I must say that my hair does have more volume. It's surprising; I've been using shampoo first for years and never considered doing it any other way.

After this successful switch, I started to wonder whether there are other things that I could try doing in a different order. So I did some cursory internet searches, and here's what I found out.

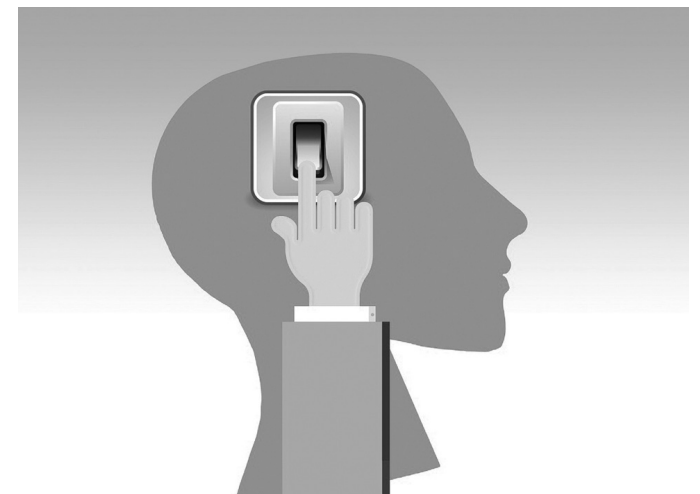
Brush or Floss? When it comes to whether you floss or brush your teeth first, research apparently indicates that it does not matter which order you use. Just be sure to brush and floss regularly. Also, proper flossing technique is important; run the floss up and down the sides of each tooth.

Dust or Vacuum? The classic question of whether to dust or vacuum first is quickly answered on the internet by Martha Stewart and others who definitively say, “dust first, then vacuum.” The rationale is that when you dust, you dislodge dirt particles that then settle on the floor, so you need to vacuum after dusting to pick up those fallen particles.

Coffee or Breakfast? I usually eat breakfast first, and then follow up with my mug of coffee. And as it turns out, that seems to be the general recommendation of those on the internet. The reasons vary on the different websites, and I don't know how to decide which theory is accurate. You can look it up too, and decide which makes the most sense to you. One site suggests that the ideal time for coffee is between 9:30 and 11:30 AM.

Oil or Vinegar? If you are making a quick salad and using oil and vinegar as your dressing, which do you put on first? I found that the internet has equally enthusiastic opinions for each side of this debate. The most convincing argument for me, though, was from the Cooks Illustrated site, where they provided comparison photos of lettuce that had been dressed both ways. The vinegar-first lettuce was less wilted than the oil-first lettuce after 15 minutes. However, it seems to me that if you are quickly dressing your salad with oil and vinegar, you are probably eating it right away, so perhaps it does not really matter. The overall consensus, though, was that mixing the two into vinaigrette is the superior option, versus separate oil and vinegar application.

Maybe it is the change in seasons that makes me more aware of opportunities for other changes or new perspectives. I'm certainly a creature of habit. My routines make my days easier because they let me be on “auto pilot” for a few minutes; no options need to be weighed, no decisions need to be made. But I think that, now and then, it's a good idea to be mindful of what has become habit and consider another approach. A different way can actually become my new favorite way!



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