

September 2024





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In the economic development, tourism and the preservation of historic Southport: making Southport a destination of southern culture.

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Content for the DSI Newsletter is due by the 20th of the month preceding issue date. Please provide any announcements or ads in pdf or jpg format.

Judy Beers
Newsletter Editor
judy@southcoastnc.com



POINTS OF INTEREST

- CFYC Youth Sailing
- NC Maritime Museum
- Doshier Healthy Food Collection
- September Recipes

Doshier Chief Medical Officer Announces Retirement



G. Thomas Holland, MD announced his retirement as Chief Medical Officer, Doshier Memorial Hospital

Doshier Memorial Hospital announced today that G. Thomas Holland, MD, will retire from his role as Chief Medical Officer at the end of September. Dr. Holland worked as a staff physician at Doshier Memorial Hospital for over 23 years prior to becoming appointed as Chief Medical Officer in November, 2021.

Dr. Holland graduated from the University of North Carolina at Chapel Hill School of Medicine and completed his internship and residency at the Charleston Naval Hospital in South Carolina. Dr. Holland

was Chief of Staff at Doshier from 2009-2011, served as the Director of the Doshier Skilled Nursing Center from 2000-2013, was a member of the Doshier Medical Executive Committee for six years, and served as the Chair of the hospital's Credentials Committee for four years.

Dr. Holland will assist in the transition of new Chief Medical Officer, Dr. Mesha Chadwick, who will begin at Doshier on September 1st. Dr. Chadwick comes to Doshier from Novant New Hanover Regional Medical Center where she served as the Medical Director of the Hospital Regional Transfer Center and as a Physician Advisor. Dr. Holland, who will conclude his tenure as CMO on September 30th, will remain affiliated with the medical staff at Doshier.

Said Doshier President and CEO Lynda Stanley, "Dr. Holland has made innumerable contributions to our patients and community, and I am honored that I had the opportunity to work closely with him while he served as CMO. We wish him the very best in his retirement." ■

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CFYC Youth Program Sails On



We're rolling into late August, and while it's still decidedly summer, it no longer feels like fall is a long way off. For at least one group of kids though, this summer is ripe with memories, newly acquired skills, and hopefully a life-long love of the sport of sailing. You may have seen them if you've been around the yacht basin, up the ICW towards Oak Island, or out at Dutchman Creek Park. Kids focused, not on their phones or video games, but on the tell-tale at the top of their mast or the tension on a sheet as they plot their next tack. Darting around course buoys, and even out to Swabbie Island, in small Optimists (Optis among enthusiasts), 420s and some recently added Sunfish, 87 young sailors now possess skills that will serve them on and off the water for the rest of their lives.

Now in its 31st year, Cape Fear Yacht Club Youth Sailing remains the

only on-the-water youth activity in Brunswick County. Thanks to the passion of Cape Fear Yacht Club members and in partnership with Oak Island Parks and Recreation, the program makes sailing available to residents and visitors at a fraction of the cost of similar programs.

The program enhances the learning experience for participants by adding a Science Technology Engineering and Math (STEM) component. So, when the weather is bad, the instructor team takes the learning indoors where sailors discover how principles of physics, meteorology and environmental science are intertwined with sailing.



While volunteer hours are critical to Youth Sailing's success, financial support for the program comes from the CFYC Youth Sailing Golf Tournament & Prime Rib Dinner. This year's tournament will be on October 14th at Oak Island Golf Club. Last year, this sold-out event raised over



\$31,000 and hopes to break that record this year. If you ever needed an excuse to play a round of golf and have a great meal, supporting Youth Sailing may be the ticket.

South Brunswick County is fortunate to have access to incredible coastal environmental resources. The dedication of Cape Fear Yacht Club members and the Youth Sailing program are making life on the water available to another generation of sailors. For more information, visit Cape Fear Yacht Club - Youth Sailing. (https://www.capefearyacht-club.com/youth_sailing). ■

End of Summer Sale

Huge Discounts



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(One Size)
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Crochet Ole'
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(One Size)
\$48.00 NOW \$20.00



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(One Size with sizing string)
\$40.00 NOW \$18.00



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FOLSOI Annual Meeting & Member Appreciation Event!

Join the Friends of the Library Southport & Oak Island at their Annual Meeting & Member Appreciation Event: Appalachian Food & Fiction! This event explores the mountain region through stories and recipes. Join celebrity host Deborah Holt Noel, star of the popular PBS show *NC Weekend*, as she talks with panelists Sheri Castle; food writer and star of PBS's *The Key Ingredient*; Chef Jason Talbot, author of the cookbook *Modern Appalachian Cuisine*; and award-winning novelist Teri M. Brown, author of *Daughters of Green Mountain Gap*.

The event will take place Tuesday, September 10, from 1:00 - 3:00 pm, at the Southport Community Building, at 233 E. Bay St., Southport. All are welcome and attendance is free! To reserve your seat, click the link below or call 910-457-6237.

FOLSOI Annual Meeting & Member Appreciation Event @ Southport Community Building - Library Events - Brunswick County Public Library (libcal.com)

Visit our website at folsoi.org for library schedules and registration information. Enjoy visiting our Once More Bookstore at Southport Realty, 727 N. Howe St. in Southport Monday through Friday from 10:00am – 4:00pm and on Saturdays from 10:00am – 12noon. Donations are accepted at the side door on 8th Street on Tuesdays and Saturdays from 10:00am – 12noon.

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2024 PERFORMANCE SCHEDULE

<u>Date</u>	<u>Location</u>	<u>Event/Charity</u>	<u>Time</u>
April 27th	Whittler's Bench, Southport	Cape Fear Cruisers Car Show Brunswick Toy Run	11am - 2pm
May 11th	Oak Island Moose Lodge	Bill Smith Dog Park For The Moose Lodge	3pm - 7pm
June 30th	Woodlands Amphitheater	St. James Town 25th Anniversary	TBD
July 13th	Lone Rider (West Oak Island)	TBD	530pm - 830pm
July 26th	Oak Island Moose Lodge	Samara's Village	7pm - 10pm
September 14th	Brunswick Forest	Project Dignity	TBD
September 19th	Garrison Lawn	Maritime Museum Fundraiser	5pm - 7pm
September 28th	Woodlands Amphitheater	Banding Together / New Hope Clinic	TBD
October 4th	Oak Island Moose Lodge	At Liberty Connections	7pm - 10pm
October 12th	Ocean Isle Pier	Brunswick Toy Run	TBD
October 26th	Whittler's Bench, Southport	Cape Fear Cruisers Halloween Car Show	11am - 2pm
November 9th	Oak Island Moose Lodge	Fan Appreciation Evening	5pm - 9pm

For Questions Or To Schedule Our Services, Please Contact:
Randy Lewis
(703) 403-2047

Rev. 3
4/18/2024

#GiveHealthy Food Collection Event Brings in nearly 500 Pounds of Donations



L-R: Sarah Cuddy BWC Intern and Kaitlyn Beringer, BWC Event Liaison, Doshier Organizational Development Specialist Megan Shrewsbury, and Girl Scout Troop 2169 Leader Kelli Tittle stand with a table full of community food donations. Last month, Doshier Memorial Hospital, in partnership with

the Brunswick Wellness Coalition (BWC), hosted a #GiveHealthy drive-through food donation event. Between staff support and community donations combined, 485 pounds of food and \$135.00 in cash donations were collected. BWC staff coordinated distribution to the food pantry located on the Brunswick Community College (BCC) campus and to students in the Brunswick Interagency Program (BIP), which serves people with special needs.

BWC Executive Director, Dr. Leigh Lane, said, “We thank everyone who took the time and the care to fill an urgent need at the BCC food pantry and to help BIP students receive high quality, nutritious selections. Healthy eating habits are key in helping individuals learn and reach their full potential while lowering the risk of

Doshier President and CEO Lynda Stanley said, “We are touched by the generosity of our community and staff and how their support made this event successful. We would also like to thank our event volunteers, including the members of the Doshier Wellness and Engagement Committee, Sarah Cuddy and Kaitlyn Beringer from the Brunswick Wellness Coalition, and members of the local Girl Scout Troop 2169.” About Doshier:

Doshier Memorial Hospital, a critical access hospital in Southport, operates a network of medical and surgical services in their local area, including five primary care clinics, a walk-in clinic, a general surgery practice, and a women’s health clinic, a nationally recognized Wound Care Center, cardiac rehabilitation, and a full spectrum of therapy

services, with physical, occupational, and speech. Doshier’s hospital services include a 24-hour Emergency Department and a 25-bed inpatient care unit. Doshier offers a comprehensive orthopedics and joint replacement program, utilizing robotic technology for many procedures. For more detailed information on service lines, visit Doshier.org.



L-R: Reagan and Emmjay from Girl Scout Troop 2169 sort food donations.

About Brunswick Wellness Coalition:

The Brunswick Wellness Coalition is a united group of individuals and health-minded leaders with the mission to improve the health of the Brunswick County community, and the vision of becoming the healthiest county in North Carolina. BWC is funded through Healthy People, Healthy Carolinas, an initiative of The Duke Endowment. To learn more, visit the website: brunswickwellness.org or Facebook: @Brunswick-Wellness. ■

Maritime Museum September Programs



The North Carolina Maritime Museum at Southport will be closed on Sunday and Monday, Sept. 1 and 2 (Labor Day), which is its regular schedule, but also closed to the public on Tuesday and Wednesday, Sept. 3 and 4. When it reopens on Sept. 5, it will operate on its fall/winter schedule: Tuesday to Saturday from 10 a.m. to 4 p.m.

The museum staff has some special programs planned throughout the month of September. The full list is below. Please let me know if you would like any additional information, images or for me to connect you with program participants.

SKIPPER’S CREW: Totally Turtles

Sept. 7, 10 a.m.-3 p.m.
Designed for all ages, but specifically geared toward younger patrons, Skipper’s Crew features hands-on activities and crafts focusing on combining arts and history. Lights will be dimmed and interactives muted during the first two hours to provide a calmer environment for those with sensory sensitivities. Programs run from 10 a.m. to 3 p.m. The program is free, but donations are appreciated.

THIRD TUESDAY: Federal Navy at Fort Fisher

Sept. 17, noon
Join presenter Rod Gragg on Sept. 17 at noon for a program about the

Federal Navy at Fort Fisher. The presentation is part of the museum’s Third Tuesday lecture series, which is held at the Southport Community Building, 223 E. Bay St. Lectures are geared for ages 16 years and older.

Admission is free and open to the public; however, reservations are required since seating is limited. For more information or to register, call (910) 477-5151 or visit ncmaritimemuseumssouthport/events.

DEEP DIVE INTO HISTORY: Torpedoes of the American Civil War

Sept. 21, 10 a.m.-3 p.m.
Delve into the fascinating development and use of torpedo technology during the American Civil War. The program is part of the museum’s free Deep Dive into History drop-in series, which gives visitors a greater understanding of our shared past through costumed interpreters and artifacts. The program runs from 10 a.m. to 3 p.m. and is designed for all ages. Registration is not required. For more information, call (910) 477-5151 or visit ncmaritimemuseumssouthport/events.



Spring Historical Southport Bicycle Tours 2024

Tuesday, September 3 – 8:30 AM
Monday, September 30 - 8:30 AM
Wednesday, October 9 – 8:30 AM
Monday, October 21 – 8:30 AM

* Additional tours available upon request and availability with four or more participants. Bring friends and family for your own personal tour!

Tour fee \$35.00 with bike and helmet rental.
* Limited number of bikes will be available.

Tour fee \$30.00 bring your own bike and helmet (required).

Reservations and information call:
The Adventure Kayak Company, Inc
910-454-0607
807 Howe Street Southport, NC 28461
www.theadventurecompany.net

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 limit one per customer

3

mad bucks
 spend \$100

\$10

earn \$10 mad bucks
 saturday, sept 21st only

4

sunday funday
 take the day off

have fun

& be grateful
 sunday, sept 22nd

5

all about kids
 save

10%

on jellycats plush toys,
 bunnies & friends
 monday, sept 23rd only
 limit one per customer

6

pillow party
 save

10%

on pillows
 tuesday, sept 24th only
 limit one per customer

7

sparkle & shine
 save

10%

on jewelry
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a little self care
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Give Your Grill a Boost

3 tips to make summer meals deliciously memorable



Photos courtesy of Shutterstock

Southwest Pork Chops

- 2 tablespoons Watkins 1868 Organic Grilling Chili Lime Seasoning
- 2 teaspoons Watkins Organic Black Pepper
- 2 teaspoons cooking oil of choice
- 1/2 teaspoon Watkins Fine Himalayan Pink Salt

- 8 pork loin chops (about 2 1/2 pounds)
- hot sauce (optional)

Combine chili lime seasoning, black pepper, cooking oil and pink salt. Spread mixture evenly over pork chops. Cover and refrigerate at least 30 minutes. Heat grill to medium heat. Grill pork chops 4-5 inches from heat source, turning frequently, until no longer pink when cut near bone. Serve with hot sauce, if desired.

Peppery Beef Kebabs

- 1 pound sirloin, cut into 1-inch cubes
- 2 tablespoons Watkins 1868 Organic Grilling Steak Seasoning or Watkins 1868 Organic Grilling Salt Free Steak Seasoning
- 1 teaspoon Watkins Organic Ground Black Pepper
- bell peppers, cut into chunks (optional)
- onions, cut into chunks (optional)

- mushrooms, cut into chunks (optional)
- cooked couscous or rice

Sprinkle sirloin with steak seasoning and black pepper. Thread beef onto skewers along with bell peppers, onions and mushrooms, as desired. Heat grill to medium-high heat. Grill, turning occasionally, until meat is cooked to desired doneness, 5-7 minutes. Serve atop cooked couscous or rice.

FAMILY FEATURES

Make sure your grill game is on fire this summer. The right prepping, seasoning and grilling techniques can help you serve your favorite foods in the tastiest ways all summer. Consider these helpful tips from the flavor experts at Watkins.

Seasoning with Staying Power

The first step for impressive flavor is proper preparation. For dry seasoning, blot meat or sliced vegetables (such as zucchini) with paper towels to dry. Then rub 1-2 teaspoons of vegetable oil over each piece to help your seasoning or dry rub stick. For marinades, after mixing – but before adding the meat – reserve 2 tablespoons of marinade liquid to baste meat while on the grill. If you’re dicing meat (except for shrimp), do so before adding it to the marinade so each piece can soak in as much flavor as possible. Finally, no grilling menu would be complete without burgers. Adding a seasoning tailor-made for this all-American classic, like Watkins Organic Hamburger Seasoning, brings an unforgettable boost of flavor. You’ll want about 1 tablespoon of seasoning for each pound of ground meat – just be sure to mix in thoroughly before you make your patties to distribute the flavor evenly.

Flavor for All Your Favorites

While most people think of meats for grilling season, there are so many ways to spice up all your favorite foods and



Grilling Game a Flavor Boost

beverages. For fajitas, you can use chili lime seasoning for the meat and put it on the rim of your lemonade or margaritas, too.

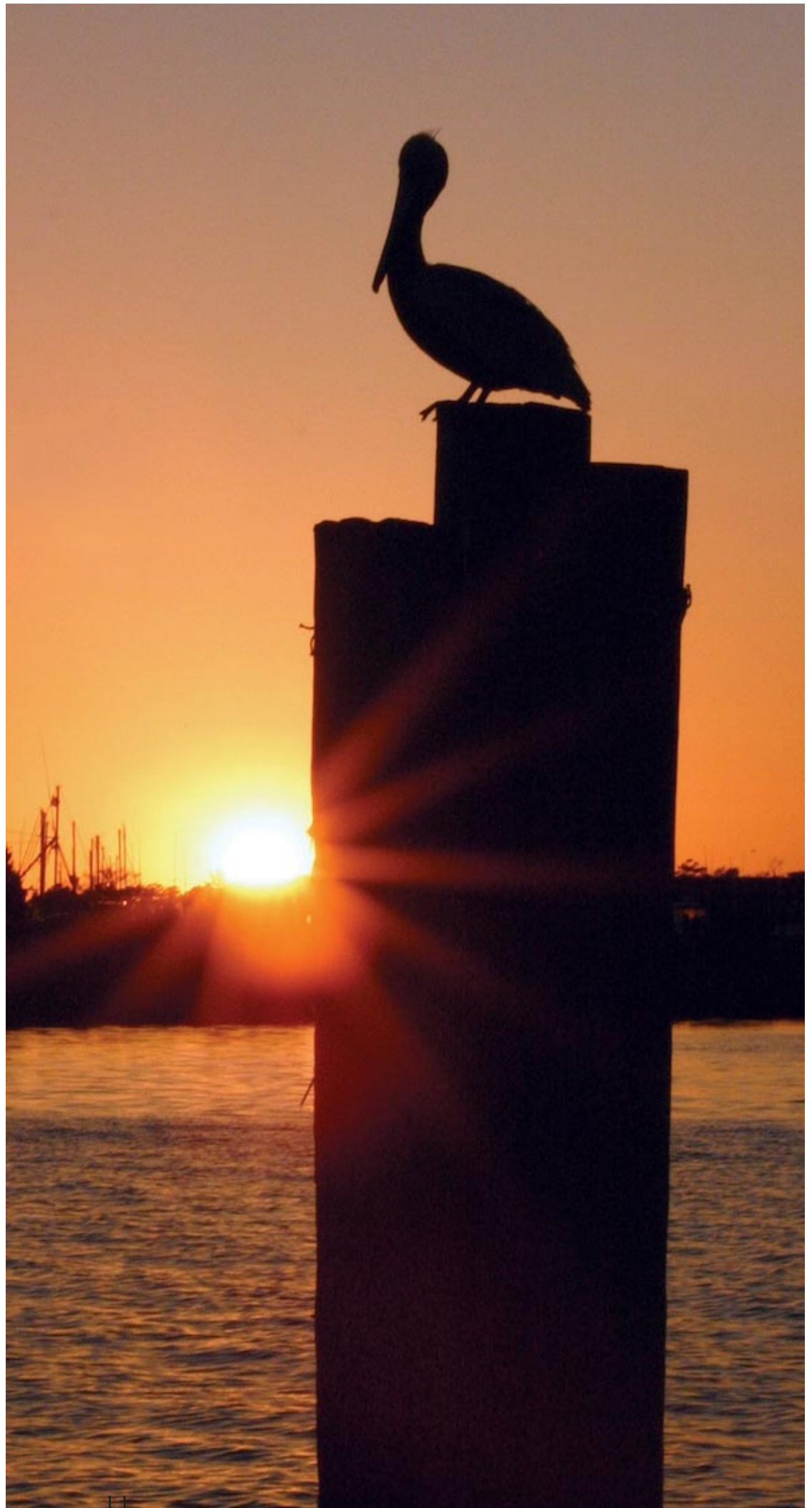
You can also switch it up and roast potatoes instead of fries to go with a well-seasoned burger. Try peppercorn Parmesan seasoning for a complementary flavor. If you're looking for a finishing touch for steak, mushrooms make a perfect enhancement and you can use the same steak seasoning to prepare them.

A Showstopping Side

Grilled corn makes a fresh, juicy side for summer meals. For tender kernels and a milder char flavor, leave the husks on, soak the corn in water for 20-30 minutes and grill over medium-high heat for 15-20 minutes. For more char and caramelized flavor, remove the husks and grill over medium-high heat for 8-10 minutes, turning frequently.

After grilling, remove the husks (if needed) and lightly coat the corn in butter before seasoning. Corn can work with a range of flavor profiles – get creative with Watkins Organic Mesquite, Chili Lime or Peppercorn Parmesan seasoning blends to make your most memorable corn yet.

Whatever you add to your menu, enjoy finding new summer staples. For more flavors and grilling inspiration, visit watkins1868.com.





When submitting ads & articles for the DSI Newsletter, *please remember...*

- ◆ Ads/articles are due by the 20th of the month prior to publication!
 - ◆ Send your ads as a PDF and JPG. (At least a PDF).
 - ◆ Remember the ads usually publish at the very end of the month prior (FYI on timing of message).
 - ◆ Make sure if you are promoting an event that you are following all City, State & CDC guidelines as well as you include all relative information on who to contact for questions.
 - ◆ One ad or article per month as a standard guideline.
 - ◆ Realtors should not submit ads for specific properties.
 - ◆ DSI has the right to reject any material that is not deemed appropriate for public viewing.
- When ads/articles are submitted, they are included in our newsletters to almost 500 emails. And...put on our "Events" page on our website and on our social media pages. By submitting your material, you agree to all these vehicles.
- Please submit your material to:
LPukenas@DowntownSouthport.com and
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