



The Islander

February 2015

A Publication of the St. George Island Civic Club

The February meeting will be on the 19th at the Volunteer Firehouse. Bring a side dish and enjoy meeting with fellow Islanders. Social hour begins at 6:30 p.m. with the meal at 7:00. The speaker will be Erik Lovestrand, Franklin County Extension Director Sea Grant Regional Specialized Agent

Shelly Swenson of the Uoff Extension Service Speaks at January Meeting on Heart Healthcare.

Shelly Swenson, a County Extension Agent for Wakulla/Franklin Counties not only spoke at the January Civic Club meeting, but prepared a special low sodium snack to promote February as National Heart Month. Shelley joined the staff of the Wakulla County Extension office in 2008 as a transplant from the Midwest. She had her job expanded to include Franklin County in 2014. Her job is to work with the citizens in



Shelley Swenson

both counties to enhance family life. Her focus areas have been sustainable living, food and nutrition, food preservation and children's programming in this area. Heart disease is the number one killer of both

(See Heart, Page Three)

Kelly Rowland Named as Volunteer of the Year

St. George Island Civic Club President Chris Jensen announced that Kelly Rowland was selected as the Civic Club's Volunteer of the Year for 2014. Kelly was selected based on her volunteer work with both the Club's Winter and Summer Bingo and the SGI Volunteer Fire Department. She coordinated groups of volunteers (about 20 Club members total) for Tuesday Night Bingo.



Kelly Rowland and Civic Club President Chris Jensen with the 2014 Volunteer award.

Kelly also received accolades from Fire Chief Jay Abbott and Fire Department volunteer Bud Hayes for her work as a first responder. Kelly was first on the scene at 2 fires in Appalachicola and worked the recent garbage truck fire in the State Park. Kelly has been a resident on the Island and a member of the Civic Club for 2 years, moving to Florida with her husband while he was with the Florida Highway Patrol.

Full Moon Climb at Cape St. George Lighthouse

The February Full Moon Climb at the Cape St. George Lighthouse on St. George Island will be held on Tuesday, February 3. The Sunset/Full Moon Climb will take place from 6:00 p.m. to 7:30 p.m. and will include light hors d'oeuvres and a sparkling cider toast to the full moon. Cost is \$15.00 for the general public and \$10.00 for members of the St. George Lighthouse Association. The sun will set at 6:19 p.m. and the “Snow” moon will rise at 6:20 p.m. After sunset, people are invited to climb to the top of the lighthouse for a breathtaking view of the full moon, as space and time permit. Cost is \$10.00 for the general public and \$5.00 for SGLA members.



The Cape St. George Light is located in St. George Lighthouse Park at the center of St. George Island, where Island Drive (the road off the bridge) ends at Gulf Beach Drive. Parking is available in lots at either side of the park.

Reservations are recommended; please call the Lighthouse Gift Shop at 850-927-7745.

Club Members Volunteer for Funnel Cake Booth at Oyster Roast

The funnel cake booth sponsored by the SGI Civic Club made \$1,034 for the 5th Annual Oyster Cook-Off that was held January 16th

and 17th.



From left: Phyllis Lewis, Mason Bean, Caryl Collier, Jimmy Lewis Ricky Demont, Kevin Delaney & Mikyla Lloyd (Not Pictured – Steve Childers and David Crenshaw)

It was a cool and windy day in downtown Apalachicola at Riverfront Park with long lines at almost every booth. The event featured a silent auction, oysters galore, shrimp, smoked mullet, hot dogs, hamburgers, local beer, live music, kids' activities, dancing performances and a 5K run!. All proceeds went directly towards paying for the brand new fire truck that was purchase last year and was due to this fundraising event! The Funnel Cake booth raised \$800 in 2014.

SGI Civic Club Winter Bingo Begins

Mark your calendars each Tuesday night through the end of March and have fun at the SGI Civic Club's winter bingo. It starts at 7:00 p.m. and ends around 9:00 p.m. It costs \$1.00 a card per game and the club splits the pot between the winner and the club. Door prizes from local businesses too. *(See Bingo, Page Three)*

(Bingo, From Page Two)

Bingo volunteers for the Winter season are:

Week One

Adele Colston
Newt Colston (Banker)
Linda Childers
Steve Childers (Caller)
Chris Jensen
Christie Sherman
Kelly Rowland
Jimmy Lewis (Drinks)

Week Two

Sherri Roberts
Eric Roberts (Caller)
Chris Jensen
Christie Sherman (Banker)
Kelly Rowland
Jimmy Lewis (Drinks)

Week Three

Penny Wilkens (Banker)
Lon Wilkens
Ed Aguiar (Caller)
Chris Jensen
Christie Sherman
Kelly Rowland
Jimmy Lewis (Drinks)

Week Four

Mike O'Connell
Pat O'Connell
Marilyn Bean
Mason Bean (Caller)
Chris Jensen
Christie Sherman
Kelly Rowland
Jimmy Lewis (Drinks)

This will be the basic schedule through March. John Olander is also usually there each night as needed.

SGI Chili Cook-off coming soon

Fire Chief Jay Abbott kicked off the fund raising for the March 7 SGI Chili Cook-off by showing the jackets for sale to Cook-off sponsors. The jackets are dark blue denim with the Chili Cook-off logo and Sponsor



Civic Club members Debby Flowers, Stanley Colvin and Eric Roberts model the Chili Cook-off Sponsor's jackets

logos embroidered on the left side. The jackets are \$100 each through the SGI Volunteer Fire Department at (850) 927-3473.

(Heart, From Page One)

men and women in the United States. Stroke is the third most common cause of death in this country. Food samples of entrees were included to encourage healthier choices during cocktail time! Americans eat more salt (sodium chloride) than we need and we also have higher rates of blood pressure.

The recommended amount of Sodium is less than 1 tsp./day or the equivalent 2,300 milligrams of sodium. An average American consumes 3,400 milligrams/day. Shelly recommends that we seek alternatives to salt, taste your food before eating, eat out less, avoid canned vegetables, avoid processed foods and snack smart by reading food labels for sodium content. Shelly can be reached at sswenson@ufl.edu.

Planting Advice from Les Harrison, Wakulla/Franklin County Extension Director

For the St. George Island homeowners recovering from the holidays, this is a tempting time period to reflect on the previous year or plan for 2015 while letting the landscape take care of itself during this winter's short nap.

In reality, there are plenty of task to complete which will make the upcoming growing season more productive and the work easier.

First on the list of winter's lawn and garden task is taking a soil sample. It is simple, inexpensive, and efficient from both an economic and environmental standpoint. Stop by the UF/IFAS Franklin County Extension Office to pick up a free kit which is used to mail the samples with a processing fee to the UF Soil Test Lab. The kit includes a sample bag, a shipping box, and a submission form.

In January and February, the time it takes to analyze the sample and return the report is usually under two weeks. E-mail responses will arrive even sooner.

Depending on the analysis selected, the report will deliver the sample's soil pH (a measure of acidity or alkalinity), or the nutrients needed and the soil pH. This is useful information in winter's dormant period when preparing for the spring and summer growing season.

The pH range is one of several factors which helps determine the potential success of plants, vegetables and shrubs which will grow in the sampled soil. Similar to salt tolerance, some plants have a preference for soils in a narrow pH range.

People with wood burning fireplaces should be particularly aware. Fireplace ash is very alkaline and an excellent soil amendment, if the soil pH is too low. However, if the soil

pH is too high, then the fireplace ash only aggravates the existing problem of growing plants and grasses which prefer acid soils. Many local soils tend to have a high concentration of phosphate, an important and useful plant nutrient in the right quantities. Having a soil analysis early which identifies the amount of phosphate available gives the homeowner or garden manager plenty of time to locate a source of blend-fertilizer with the correct amount of phosphate.

Excess plant nutrients, including phosphate, are commonly removed from the landscape by runoff and end up in bodies of water. A number of negative results occur when the plant nutrients are out of balance.

By planning and testing now, St. George Island lawns and landscapes will be ready to emerge when the weather warms up. They will show their appreciation by returning in a healthy and strong condition in the Spring of 2015.

To learn more winter landscaping tips for Franklin County yards, contact Les Harrison at 850-653-9337. Les Harrison, is part of the Extension team serving Franklin County.

Upcoming Events

Appalachicola Golf Cart and Pet Parade

Friday, February 6 at 5:30 p.m. For More Information and to register for dog parade contact Pamela Ashley at

Kayd@HabitatFranklin.org or call (850) 653-3113.

Apalachicola Mardi Gras Parade

On Saturday, February 7 beginning at 252 Water St, Apalachicola, Mardi Gras is going to the dogs! The Mystic Krewe of Salty Barkers, a parade unit of dogs and their people, invites you to join in the (*See Mardi Gras, Page Five*)

(Mardi Gras, From Page Four)

Apalachicola Mardi Gras Parade.



This year's theme is Barkaritaville - dress yourself and your dog in tropical parrothead costumes and celebrate Mardi Gras Apalachicola style! You may walk, ride in golf carts, pull wagons, push strollers, or come up with any other unique form of transportation. The parade, for the benefit of the Franklin County Animal Shelter and the Apalachicola Dog Park, begins at 1:00 pm at the Bowery and winds through town, ending at Bowery Station, where the party will continue with music, dancing, Cajun food, and contests. Registration is \$5.00 per person. Dogs, of course, are free. For information or to pre-register, call 850-670-5064. Laissez les BONE temps roulez!

Appalachicola - Bob Milne Ragtime Piano



On Saturday, February 7 at the Dixie Theatre, 21 Avenue E, Apalachicola. If you haven't seen or heard Bob in the 15

years he's been playing the Dixie, don't wait any longer, he's truly amazing and back for his 16th year. For more information call 850-653-3200 or go to info@dixietheatre.com

20th Annual Forgotten Coast Chef's Sampler



On Sunday, February 8 at 66 Fourth Street, Apalachicola, come enjoy the 20th Annual Forgotten Coast Chef's Sampler. Beginning at 6:00 pm, chefs from all over the Forgotten Coast will prepare their most creative dishes. Sample an array from our area restaurants. For more information call (850) 653-9419 or email at info@apalachicolabay.org for tickets.

St. George Island Home Tour

On Friday, February 13 through Saturday, February 14 join the St. George Lighthouse Association for a tour of seven special Island homes. The tour features distinctive homes from beach to bay. A kick-off event will be held on Friday, February 13 from 6-8 pm at the St. George Island Fire Station on Pine Street. For more information go to www.sgitourofhomes.com

Appalachicola Mardi Gras Ball

Join in on the Franklin County Mardi Gras Festivities on February 14 as the Franklin *(See Mardi Gras Ball, Page Six)*

(Mardi Gras Ball, From Page Five)
County Habitat for Humanity hosts its annual Mardi Gras benefit celebration in Apalachicola. The group will host a Mardi



Gras Dinner and Ball on Saturday, Feb. 14 at 6:30 pm. at the Armory in Historic Apalachicola. For More information or to reserve a seat or table, email Kayd@HabitatFranklin.org or call (850) 653-3113.

Doo Wops & Beauty Shops



On Saturday, February 14, at the Dixie Theatre, 21 Avenue E, Apalachicola, enjoy 34 West for their 3rd Season at the Dixie. These folks are top notch, great and more fun than a barrel of monkeys! For more

information, call 850-653-3200 or go to www.dixietheatre.com

St. George Island - Daytime Astronomy Workshop



From Sunday, February 15 through Saturday, February 28 (weather permitting) 11:00 a.m. to 1:00 p.m., the Dr. Julian G. Bruce St George Island State Park presents Daytime Astronomy: Sunspots. The sun is the earth's most stable energy source. For two weeks we will observe the movement, quantity, and development of sunspots. We will be gazing through a high powered telescope equipped with solar filters to safely observe the sun. Come join us for this family friendly event in the campground at Volunteer Campsite #2. The program is free with your paid park entry. For more information about any of our programs please contact the Ranger Station at (850) 927-2111. Dr. Julian G. Bruce State Park is located at 1900 East Gulf Beach Dr., St George Island.

Eatpoint - Snakes of N. Florida Lecture



Apalachicola National Research Reserve announces the creation of a new monthly natural history lecture series, "Reserve (See Anerr, on Page Seven)

(Anerr, From Page Six)

Wednesday”, that explores the ecology, geology and natural history the Florida Panhandle. Lectures will be held the third Wednesday of each month from 2:00-3:00 p.m., at the Apalachicola Research Reserve Nature Center in Eastpoint. On February 18th, at 2:00-3:00 pm. Gibby Conrad will talk about snakes found in north Florida. Lectures are free and will be held at the Apalachicola National Research Reserve, 108 Island Drive, Eastpoint, Florida. This course is intended for the general public and registration is not required. For more information contact Gibby Conrad at (850) 670-7702.

Appalachicola - African-American History Festival



H'COLA's 12th Annual African-American History Festival is scheduled for Feb. 20-22 at Franklin Square 6th Street between L & M Avenues. This event is a celebration of African-American history, life, music and culture. This outdoor, family-oriented event is filled with varied artists and entertainers, children's activities, arts, history, education, health & wellness and more.

There will be live entertainment throughout the two day event. Admission is always free. For more information go to www.hcola.org

Apalachicola - DINO! A Salute to Dean Martin: Tony Partington

Saturday, February 21 at the Dixie Theatre, travel back in time to honor the "King of Cool." When "politically incorrect" didn't exist and you weren't drunk if you could lie on the floor without holding on. Tickets at the Dixie Theatre are \$25 and can be reserved by calling the box office at 850-653-3200.

Elvis & Friends do the Dixie



On Saturday, February 28, Elvis returns to the Dixie Theatre. Returning with his Follow That Dream Band, audience favorite Todd Herendeen is back for his 6th Season-yea! For more information call 850-653-3200 or go to www.dixietheatre.com

Snowbird Appreciation Day



(Continued from Page Seven)

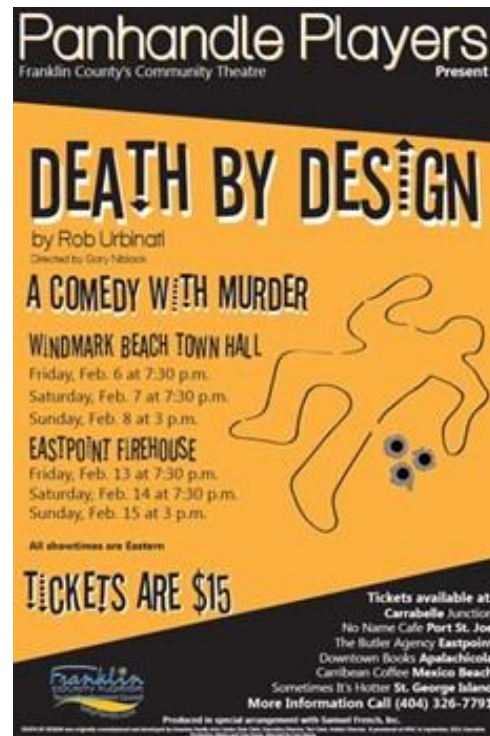
Snowbird Appreciation Day will be held on Tuesday, February 10th. The event is sponsored by the St. George Island Business Association, who invites all winter visitors in the area to enjoy an evening out on St. George Island. If you consider yourself a visitor to the area, you're welcome to participate! This year's Snowbird Day consists of happy hour, dinner and live music.

The event is being held from 4:00-6:00pm at Black Marlin's Bar & Grill at 212 East Bayshore Drive. Price is \$12 per person. Pre-registration is not required. Guests will pay in person upon arrival. Happy hour (cash bar) starts at 4:00pm along with live music. Low Country Boil dinner will be served at 5:00pm.

If you have any questions, please call 850-927-5039.

Panhandle Players Present Death by Design

The Panhandle Players will present *Death by Design* over two weekends in Franklin and Gulf Counties. Set during a weekend in an English country manor in 1932, *Death by Design* is a delightful comedy with murder. Edward Bennett, a playwright, and his wife Sorel Bennett, an actress, flee London and head to Cookham after a disastrous opening night. But various guests arrive unexpectedly – a conservative politician, a fiery socialist, a nearsighted ingénue, a zany modern dancer – each with a long-held secret. When one of the guests is murdered, it's left to Bridgit, the feisty Irish maid with a macabre interest in homicide, to solve the



crime. See the show at the WindMark Beach Town Hall in Port St. Joe Beach February 6th - 8th and again February 13th - 15th at the Eastpoint Firehouse. Evening performances begin at 7:30 p.m. and matinee performances begin at 3 p.m. ET.

Doors open 30-minutes prior to showtime. Tickets are \$15 each and are being sold at Downtown Books in Apalachicola, The Butler Agency in Eastpoint, Sometimes It's Hotter on St. George Island, Carrabelle Junction, No Name Cafe in Port St. Joe, and Caribbean Coffee in Mexico Beach. Seating is limited for both locations and those planning on attending are encouraged to purchase their tickets in advance to insure they get a seat. For more information call 404-326-7791 or visit the Panhandle Players online at www.PanhandlePlayers.com or on Facebook.

Jack & Jill Golf Tournament



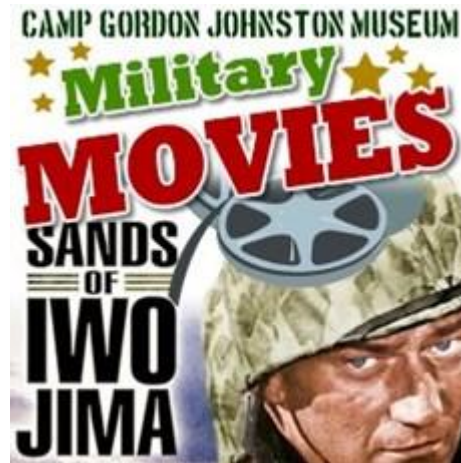
Come enjoy the day with your sweetheart, before your special Valentine's Day dinner. Saturday, Feb. 14th. Shotgun start at 11 am. \$100 per team (2-player Scramble format). Questions, please call (850) 697-9606. After the tournament enjoy dinner at St. James Bay's own Crooked River Grill from 5:30 pm to 9 pm featuring great specials starting at \$17.95 + tax. Choices are; Chicken with Mushroom Sauce, Five-Spice Salmon, Roasted Pork Tenderloin, 8oz Filet Mignon, 16oz Sweetheart Ribeye, ALL served with; Caesar Salad, Vegetable Medley & Mashed Potatoes. Reservations are required. Call (850) 697-5050.

School of Art: Quilting

Learn how to Machine Piece a Traditional Quilt Block on February 25, 9-4pm. This workshop will teach no-template piecing techniques to make a three block table runner or wall art. At the end of this one day class the top should be finished and ready to be quilted at another time. For more information, call 1-855-272-5224.

Movie Showing at Camp Gordon Johnston WWII Museum

“Sands of Iwo Jima” will be shown in the Camp Gordon Johnston WWII Museum movie theatre on Saturday February 28.



Marine Sgt. John Stryker (John Wayne) is despised by his own men for his rough attitude and exhausting training regimen. As the war in the Pacific progresses, though, they begin to respect Stryker's hard-edged outlook on war and his brutal training methods, as it has helped them prepare for the harsh realities of the battlefield. They'll need all of Stryker's battle tactics if they want to survive what will end up being one of the bloodiest engagements of the war: the Battle of Iwo Jima.

The movie begins at 10:15 on Saturday morning at 1001 Gray Ave., Carrabelle. Free popcorn will be served. Admission by donation and is appreciated! For more information, call 850-697-8575 or go to campgordonjohnston.com

Thanks to the Franklin County Tourist Development Council for Upcoming Events. <http://www.saltyflorida.com/events/>

Challenge to Civic Club Members

The Board of Directors challenged Club members at the January meeting to reduce our ecological footprint by bringing their own reusable plates, flatware and glasses to the Club meetings.

Please visit our website:
www.sgicivicclub.org for the latest news
from St. George Island and the surrounding
area. Email us at sgicivicclub@gmail.com
Dues are \$20 per person and can be mailed
to SGI Civic Club, P.O. Box 451, Eastpoint,
FL 32328. Now is the time to pay the dues
for 2015.

2015 Board of Directors

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Steve Childers schilders1946@hotmail.com	

The Islander is edited by Eric Roberts,
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**Here are some pictures from the
December 2014 Christmas Party:**



Susan McClendon, Marilyn Bean & Newt Colston



Lois, Christie, Kelly, Stewart and Ray



Sherri Roberts, Phyllis Lewis and Pat Blackburn

