

THE Kiawah Island CLUB

Summer 2017





THE Kiawah Island CLUB

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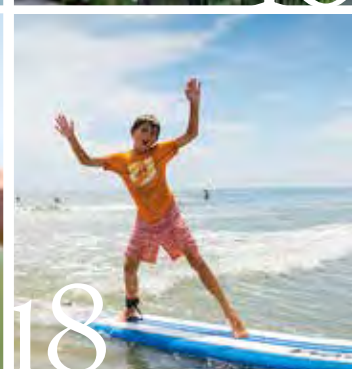
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Do Something for Yourself

FROM THE STONO TO THE CHARLESTON HARBOR, THE WANDO TO THE ATLANTIC OCEAN—THIS AREA IS CHOCK-FULL OF SALTY WATER AND FRESH AIR. MOST BOATERS AGREE THAT TOURING THE OPEN WATER IS GOOD FOR YOUR HEALTH—IT BRINGS A SENSE OF CALM LIKE NOTHING ELSE.



“Life slows down when you are on the water.”

We’ve all experienced the effects of stress—sleeplessness, headaches, stomachaches. However, according to the American Heart Association, there is an even stronger link than we think between mental and physical health. And since most of us cannot completely “eighty-six” stress from our lives, connecting with the natural world can really boost mental and spiritual wellbeing.

“Life slows down when you are on the water,” says Kiawah Boat Club Member Gerry Frey. “We like to go out mid-morning. The winds are calm, and our personal matters are often left on land as we temporarily disconnect from everyday life.”

The Kiawah Island Boat Club began about a year ago. In that time, its Members have grown to appreciate its expansive worth—both as a recreational service and a form of therapy. Members of the Club may reserve a boat from the Club fleet at their leisure, and Members who already own a boat can utilize the amenity to support day-to-day ownership responsibilities like boarding, cleaning, fueling, and minor repairs. Boat Club Manager Sam Allston and First Mate Michael Johnson take the hassle out of the sport for the Club’s seafarers.

“It’s not only nice to have an outlet to get out on the rivers, but Members don’t have to worry about anything. They let us know when and where they want the boat and simply show up. It is clean, fueled up, and turn-key ready to go explore,” explains

Johnson. And the Boat Club Members notice. “When we are on Island, we are on the boat one or two times every week—which is up from essentially zero before joining forces with Sam and Michael. We are exceptionally pleased with their personal attention and friendly service,” commends Bill Nemesi.

But beyond its convenience, the Boat Club serves as a useful resource to learn the area and spend quality time with friends and family. “Sam and Michael are both very knowledgeable of the waterways surrounding Kiawah,” says Michael Bown. “Particularly for us as non-residents, this is very valuable. My family and I are able to travel from Pennsylvania, and not have to worry about finding access to a vehicle that can tow our boat. Once on the water, our cares are gone. We love being out with nature—fishing, swimming, watching the dolphins. There’s nothing else like it.”

When you step off of the dock, slip out of your shoes, and sail away with your nearest and dearest, you’re bonding—creating powerful lifelong memories: simply put, you’re just happier. And once the selfies are taken, inbox is cleared, and iPhone is off, you can really engage, discover the beauty that surrounds you, and perhaps even foster a passion for the lifestyle.

Now, repeat after me: “Sorry I missed your call. I was out on the boat all day!” Break out of the four walls that confine you, meet the guys at Rhett’s Bluff, and breathe easy. No need to ask for permission—it’s for your health.



Find out more about our boats on page 8



BOAT CLUB FLEET

Seafarers in the Membership Level of the Boat Club have their pick of two vessels in the Club fleet, each with its own value. The Scout 210 is best for cruising—touring to Charleston, exploring the nearby waterways, and socializing. The Sportsman 177, on the other hand, is perfect for backcountry fishing. Let the allure of the open water reel you in.



SCOUT 210

CENTER CONSOLE

LENGTH: 20' 10"

BEAM: 8' 4"

MAX CAPACITY: 8 PERSONS

FUEL CAPACITY: 59 GAL

POWER: 150 HP YAMAHA OUTBOARD

CRUISING SPEED: 40 MPH

MAX SPEED: 50 MPH



SPORTSMAN 177

CENTER CONSOLE/FLATS

LENGTH: 17' 7"

BEAM: 7' 3"

MAX CAPACITY: 5 PERSONS

FUEL CAPACITY: 20 GAL

POWER: 70 HP YAMAHA OUTBOARD

CRUISING SPEED: 30 MPH

MAX SPEED: 40 MPH





OCEAN PARK
Hideaway

ON THE EASTERN TIP OF KIAWAH ISLAND—NESTLED AMONG TOWERING OAKS AND EXPANSIVE WETLAND—SITS ONE OF THE ISLAND'S NEWEST AMENITIES: MARSH HOUSE.



Since its opening in late May 2016, the facility has served as a respite from everyday drudgery. From its open-air seating and infinity pool, to the quiet hum of neighboring rustling grasses, Marsh House offers no shortage of Lowcountry charm.

"It's the casual atmosphere that is alluring to many Members," says MH Manager Kevin Perez. "It's relaxing—and the Club events hosted there often mirror this intimate vibe." Since its launch a year ago, Marsh House has opened its doors to a handful of Club gatherings, including beer, gin, and wine tastings, fitness classes, painting instruction, and even a fall-inspired Harvest Carnival and Easter Carnival. Marsh House also hosted a riveting episode of the popular cooking show *Top Chef*.

In fact, because of the amenity's extraordinary success, there are many more events in store for the upcoming season. "The Marsh House is sort of a novelty," Perez explains. "It boasts such unique views that no other amenity shares; so, we expect to see more Members utilizing the space and taking advantage of these events throughout the year."

Experience it for yourself. Come breathe in the salty cool air, sit amid friendly faces, and admire the facility's surrounding flora and fauna—including herons, deer, egrets, and even the odd alligator. You won't regret it.

BLUEBERRY *Lemonade*

Planning a summer shindig on Kiawah? Bartender Brian Barnett's Blueberry Lemonade is the perfect party libation. Fresh, fruity flavors marry bitter zest—it's easy to taste why this is the most popular Marsh House cocktail.



Ingredients:

2 oz BLUEBERRY VODKA	6-8 BLUEBERRIES
2 oz FRESH LEMON JUICE	CLUB SODA
1 oz SIMPLE SYRUP	

Directions:

- Muddle 5-6 blueberries in simple syrup
- Add blueberry vodka and lemon juice
- Shake with ice
- Strain into a fresh glass of ice
- Top with club soda
- Stir and garnish with 2-3 blueberries
- Pour yourself a cool glass and find a spot among the shade

Local Sourcing IN KIAWAH KITCHENS



We've checked the culinary forecast, and according to the National Restaurant Association, you can expect to see more natural ingredients, environmental sustainability, and locally sourced foods sweeping the nation's top restaurants in 2017. Throughout the last decade especially, menu trends have shifted from ingredient-based items to concept-based ideas.

"Diners want to know as much as they can about what they're eating, especially when they're at restaurants," says Jeff Clark, director of the NRA's Conserve Sustainability Program. "They want to understand everything—from the way a certain food tastes, to how the farmer grew it, to how far it traveled to get to the plate."

Food for thought: the National Restaurant Association also reports that seven out of ten consumers said they would be more likely to visit a restaurant that offers locally produced menu items, and six out of ten said locally sourced menus are a key attribute for choosing a restaurant.

The idea of utilizing locally grown ingredients is not only buzzing around the industry right now as

In season, the Club purchases anywhere between 70 to 80% of its fresh produce from area farmers

a viable option, but it also yields many benefits for consumers, producers, and restaurants alike: it's economically responsible, it tastes good, it encourages collaboration and fosters relationships within the community, and it's good for the environment. Food that is locally sourced integrates production, processing, distribution, and consumption on a small scale. Where corporate production involves a series of far-away producers and shippers, local food cuts the middlemen in favor of local producers.

What Sourcing Looks Like In Kiawah Kitchens

The Kiawah chefs are pioneers of tastes and ingredient combinations. By looking local, Club chefs are forced to buy with the seasons, rework their menus, and keep an eye on waste.

"We try to stay as local as possible when gathering items for our menus, but that also means being creative. It's more difficult to source great local product in the winter—warmer months definitely bring more variety—so we find ways to account and compensate for the shifts," explains River Room Executive Chef Paul Tinsley.

The Beach Club Chef Bobby Trigg adds, "However, because of the milder temperatures in South Carolina, we are able to utilize local farms longer throughout the year."



In addition, the chefs also have to consider the amount of food purchased compared to the amount that is wasted in determining the actual cost of using regional suppliers. Traditionally, locally grown fare is more expensive; however, sometimes local food is priced lower than industrial options due to the lack of middlemen markups. In season, the Club purchases anywhere between 70 to 80% of its fresh produce from area farmers, so tight budgeting and attention to detail play a key role in Club sourcing.

Cassique Executive Chef Doug Blair comments: "The quality of product that we get from local farmers is unsurpassable in almost every respect. Regardless of cost, there's nothing that compares to local, seasonal, fresh produce. It is vital to Voysey's especially because the vast majority of our menu begins with the produce, and the rest is structured around it."

Whether you're a full time Kiawah resident or a seasonal Island-traveler, nothing tops the freshness and taste of South Carolina's own. And regardless of which Club restaurant you're craving, all three—Voysey's, Tides, and River Room—prepare some great local eats.

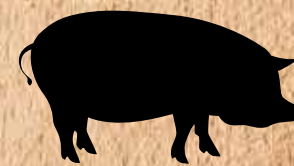


Kitchen TAKEOVER

The event: Voysey's menu is traditionally one of great renown. However, on December 12, the kitchen crew shook things up a bit. Guest pit master Tank Jackson from Holy City Hogs contributed his expertise to the [already adept] staff, and served some mouthwatering local bites including Holy City suckling pigs, Wadmalaw quail, and fresh produce from Spade & Clover Gardens on Johns Island.

Highlight: Dinner guests gathered together at community tables to share in the family-style feast. Members sat with others who they may have otherwise never met, and connected over the sweet potato confit.

Members also got to meet with Tank himself to chat about his farm, his recipes, and his overalls—If you saw him that night, you know what we're talking about.



HOLY CITY HOGS

Holy City Hogs is just a short drive inland from Kiawah on Wadmalaw Island. Owned and operated by Pit Master Tank Jackson, the farm strives to sustainably and humanely—no use of steroids or harsh antibiotics—raise heritage breed pork for some of the area's finest culinary destinations. The pigs roam on woodland pastures, and feed on naturally-occurring fodder like chestnuts, blueberries, and indigenous grasses. Because of this, Tank takes pride in his herd's distinct flavors that coincide with the seasons. (You may also have seen Tank at December's Kitchen Takeover, where he along with the Cassique culinary staff prepared some of his farm-raised pork!)



STOREY FARMS

Storey Farms—located off of Betsy Kerrison Parkway on Johns Island—steadily raises almost 3,000 chickens to supply local restaurants with both meat and eggs, including the Kiawah Island Club restaurants, as well as some big-name downtown joints like High Cotton, Slightly North of Broad, and Husk. Jeremy Storey, Chicagoan-turned-Charlestonian, began chicken farming after spending some time in the food industry as a chef for Alinea, one of the world's most elite and renowned restaurants. His free-range hens are grown via sustainable and ethical methods, and the Club can't get enough of the Storey poultry.



SPADE AND CLOVER

Spade and Clover is a modest eight-acre farm cared for by John Warren just off of Kiawah Island, and yields much of the Club's fresh produce. Warren's heirloom varieties are now staples of the Club's cuisine, including his notable ginger, turmeric, and kale. As an alternative to herbicides, pesticides, and over-fertilization, the farm uses the complementary qualities of each plant, and reaps the benefits of production methods like companion planting, cover cropping, and crop rotation.

Growing up with Kiawah



Kiawah began catering to younger Members back in 2001 as the initiative of Summer Youth Programming—a myriad of activities at the Beach Club, sports clinics, and friendly competitions. Since then, it has evolved into its own branch of the Kiawah Island Club—an entire division dedicated to the growth, recreation, and wellbeing of the Club’s tykes. You can still see remnants of the original toing-and-froing, but it has since matured into a full summer’s itinerary of watersports, jump castles, cooking classes, and unprecedented camaraderie.

At the direction of Kiawah Partners and through the newly formed GoKiawah Department, GoKids was launched in the summer of 2014. Since its inception, GoKiawah Director Kevin LaFountain and Recreation Manager Ellison Black have been devoted to the program’s success. Each summer, the venture has grown into a more sophisticated and versatile program, incorporating more kids and new activities, seasoned to taste with some age-old favorites.

“We want kids to come back year after year,” says LaFountain. “As the children grow older, their interests shift—so we’re constantly reevaluating, and trying to offer new activities and scheduling formats.” For example, over the past few summers, the program has added Foodie Fun (a sought-after kids cooking class), more off-island excursions, and Family Bingo Night to meet the budding demand. Though, it’s not just the diverse agenda that keeps the kids involved.

GoKids participant—and new counselor beginning summer 2017—Kate Stamoulis values more than just the creative goings-on: “GoKids has such a special place in my heart because of the friendships I’ve not only created, but retained. It’s a community, and it has kept me coming back for seven years.”

And while GoKids is ultimately designed to foster these connections, the program also offers valuable tools for children to utilize in the future: lifelong lessons to be nurtured and referenced in time. “Not only do some of our activities challenge the kids—force them to break out of their comfort zones—but they also entail face-to-face interaction, physical activity, and teamwork,” explains Black. “In addition, most of our days are spent outside. The kids really get a sense of what Mother Nature has to offer, and learn to value her playground outside of a smartphone.”

“We want kids to come back year after year.”

This summer, keep an eye out for some new formats and more activities geared toward teens, including more off-island excursions and adventures. “I am really excited for all of the new experiences this year will bring, especially as a counselor,” says Stamoulis.





Kiawah Island Club Photo Contest

Kiawah Island is 10 miles of paradise—sandy beaches, hidden trails, and home to over 300 different species of wildlife. Club Members are privy to some of the most beautiful sights in the world.

Over 200 photos were submitted for the Kiawah Through the Lens Photo Contest. Here are the best.





Freddi Weiner



Michael Frenza



Annie Hurt



Kimball Kraus



Ann Gridley



Christine Dorrestein

Landscape Winners

“Pastel Reflection at Sunset” by Freddi Weiner

Freddi Weiner believes that beauty is everywhere, but finds particular inspiration from the Lowcountry and Kiawah Island. She is a graduate of the University of Maryland, where she received a Bachelor of Arts degree. She specializes in nature and landscape photography. Some of her work can be found locally at The Home Store at the Sanctuary Hotel.

“Full Moon over the Ocean Course” by Kimball Kraus

Kimball Kraus often rises before dawn, eager to see what she can photograph in the first morning light. At dusk, she is frequently out again, checking the moon and the tides, hoping for clouds, assessing the light, and trying to guess where the sky will be most glorious. Years of spending time here has taught her that, on Kiawah, the sky, the clouds, the ocean, the sand, the lagoons, the marshes, the trees, the shrubs, the grasses and, most of all, the ever-changing light, are always glorious—somewhere!

“Ocean Drive” by Annie Hurt

Annie Hurt graduated from the College of Charleston in 2013, but currently lives in Chicago studying another creative passion: graphic design. Kiawah is her favorite escape, and in addition to photographing its immense beauty, she looks forward to spending holidays on the Island with her family.

Wildlife Winners

“Ocean Course Bobcats” by Michael Frenza

Michael Frenza has lived in various places during his life, including Syracuse, NY for 35 years, Raleigh, NC, and Kiawah Island, SC—where he calls it “a photographer’s paradise.” He caught this shot on the 13th Championship tee box of the Ocean Course.

“Heading Home” by Christine Dorrestein

Christine Dorrestein has had a love of photography since an early age. She enjoys photographing wild animals in their natural habitats, including birds, turtles, deer, bobcats, alligators, and bears. As an amateur wildlife photographer, she is committed to recording events that occurred in nature at a specific time. She takes great joy in nature’s bounty.

“Dolphins Stranding” by Ann Gridley

Ann Gridley has had a long-time interest in photography. The Kiawah Island Photo Club has spurred that interest and given her the opportunity to learn over the past eight years. For this photograph, she was fortunate to be on a cruise with Captain Chad when they witnessed one of the most spectacular sights on Kiawah: dolphin stranding. They work in groups to corral the fish—in this case, mullet—and then leap into the air, landing on their right sides. They land partially in the water and partially on the beach. From then on, it is a race between pelicans and dolphins to snag the fish in the air.



The Club's PGA POWERHOUSES



Just over a year ago, the Kiawah Island Club aced it when Dylan Thew, PGA Head Golf Professional at Cassique, and Lee Stroever, PGA Head Golf Professional at River Course, became its two newest assets.

Tournament play has always been a part of the guys' lives, even as children when they first learned the game. Coincidentally, they both shot a score of 115 in their very first tournaments—Thew as a 15-year-old and Stroever, 13. As adults, they've both maintained their love of the sport. Throughout 2016, Thew and Stroever continued to prove their invaluable worth to the Club by scoring well in a number of regional and prominent tournaments, playing alongside some well-known professionals including big names like Morgan Hoffman, Jim Furyk, and Ben Martin.

Playing predominately in the Carolinas PGA section, Stroever and Thew have competed on Kiawah, and in areas of Charleston, Hilton Head, North Carolina, and Florida. Stroever also worked towards qualifying for the US Open while also participating in a Professional Member event in Florida. Thew has partaken in many tournaments in the area placing first in the Professional Championship at Sea Pines Country Club & Belfair and second at the Area Challenge at Osprey Point. "The Professional Championship was special because it was my first victory in the South Carolina section," Thew shares with us.

While the two often play events individually, they've also teamed up as a pair and in foursomes—and when they have opportunity to play together, they are a mighty force. On a particular occasion, Stroever notes, "My favorite event of the year was a one day four-ball professional scramble at Tobacco Road Golf Club in North Carolina. I teamed up with Dylan Thew, Mike Perkins, and one other golf professional. Tobacco Road is a very unique course with many blind shots and elevation changes which made it a perfect fit for this format. It was a fun course with great company and one of those days that I will remember for a long time. The icing on the cake: we won the tournament."

Though, the game isn't all positive. Any golfer can attest to the personal challenge and frustration the game offers—and unlike many team or contact sports, golf requires its players to remain collected. In football, for example, a linebacker relieves his stress by making a big hit or sacking the quarterback. In hockey, a goalie snatches a screaming puck out of the air to save an opponent's score. In contrast, a golfer spends four to five hours walking, waiting, and thinking—knowing the next shot could make a positive or negative difference in the outcome of the match. "My father introduced me to self-hypnosis when I was younger in order to cope with pressure. I focus on my breathing patterns, use a lot of visualization techniques, and stick to my pre-shot routine. I also use positive affirmations regularly and try to smile as often as possible when playing," says Thew.

Recovering from a shank shot or missed putt is arguably what makes or breaks a score, and often determines how a player finishes the round. It's no secret that golfers are emotionally invested—a bad shot lowers confidence, increases anxiety, and breaks focus. However, Stroever's advice is to "play every shot like you've never hit a bad one. The key is to believe that each new shot is an opportunity—though, sometimes that's easier said than done!"

As a whole, the Club has been fortunate to welcome Thew and Stroever to the Kiawah team. There's a lot to be learned from each of them, from technique, to sportsmanship, and how to play under pressure. Who knows—maybe someday we'll be able to say that we knew them "back when."



UP YOUR GOLF GAME



The Kiawah Island Club opens the much-anticipated golf training center in Cassique that provides Members a facility catered entirely to improving their game—mentally, physically, and technically.

“We are excited to have a dedicated area for the Membership to enhance their play. It’s a professional, fully-functional facility that has everything golfers need for this caliber of Membership,” says Carol Preisinger, Director of Golf Instruction.

River Course Head Professional Lee Stroever adds, “It is structured to provide a holistic approach to improvement with state-of-the-art technology being used for club fitting, fitness, and instruction. All aspects of the center are the same standard as the other Kiawah Island Club facilities, and our goal is to help golfers play and feel better for years to come.”

The center, aptly named PAD—Performance and Development—is modeled after similar types of facilities at top clubs across the country, taking the best aspects of each. Specifically, inspiration was drawn from Baltusrol, Jupiter Hills, and Caves Valley. In addition to three hitting bays outfitted with the

latest golf technology, there is a golf fitness and club repair area. The fitness area is designed for golfers to specifically improve their golf-related fitness—like flexibility, core strength, and balance—and is equipped to conduct TPI screenings, which can be used to help develop fitness programs specific to each athlete.

The facility also offers club-customization. Featuring top manufacturers, Members are able to test and compare clubs to determine the best fit for them. Because of this, golfers leave with equipment tailored specifically to their needs, and a better sense of how their club can affect their performance.

“Even the best teachers in the world can struggle to help students reach their maximum potential without the correct equipment. Playing with the wrong equipment is like a swimmer swimming with weights. It is possible, but more challenging. The proposed

radar technology allows the instructors to accurately measure and compare current products from industry leaders, and dial in the combinations needed to produce the desired results for the student,” explains Cassique Head Golf Professional, Dylan Thew.

Aside from the fitness and club-fitting benefits, users now have a way to monitor their progress, collect data, set goals, and measure their improvement through the use of state-of-the-art technology. In addition, golfers have access to video analysis software with the ability to send video lessons or results, including a comparison tool to professionals.

Combined with the other perks, the Club expects this facility to be popular. Not only will it largely help to develop Members’ play, but it also serves as a resource for golfers to gather and share tips.

KNOWING WHAT TO PRACTICE IS SECOND ONLY TO “HOW.”



GOLF TIP FROM CAROL PREISINGER, DIRECTOR OF GOLF INSTRUCTION

You may have an “intention of motion” to repeat on every shot, but the majority of practice time should be RANDOM. Create REPETITION to learn the skill (Blocked practice), and RANDOM practice to perform the skill. On the golf course, each shot is from a different spot, to a different target, with a different club = RANDOM. Not the same club to same target, over and over.

Warm up, find a rhythm, and select these 4 clubs: Driver, 5 hybrid, 8 iron, and PW. Stay true to your intention/swing thought. Imagine the fairway, tee it up and swing the driver. Next, pick a target green and use the hybrid. Next, swing 8 iron to another target, then PW to another target. With a Pre-shot routine, repeat the process 5 times. Now you’re ready to play the front 9 on the practice tee with your full set, and imagination. This “random” practice should total 70% of your practice time and transfer your skill to on-course performance!

MORE THAN JUST YOUR BASIC *Spa Day*

Fancy keeping that just-off-the-beach summertime glow all year long? Sasanqua is offering more options than ever to boost your fresh, vibrant look.



The Club Spa is built on a foundation of health and wellness, incorporating more and more services aimed at renewing the body, mind, and spirit. "Ultimately, our goal is to help people look as good as they feel, and feel as good as they look," says Spa Director Amy Matinchek.

In addition to its exfoliating facial, wrap, and massage selections, Sasanqua now goes beyond the limits of conventional spas by offering treatments and services that can only be administered by a licensed medical professional. Enter Dr. Diana Antonovich—the spa's new savvy doctor who specializes in creating and preserving natural beauty. Dr. Antonovich is well-known among the Lowcountry's ultra-glam locals for her gentle touch and cautious path.

As a highly-esteemed Assistant Clinical Professor with the Medical University of South Carolina and sought-after doctor with MUSC Health, Dr. A brings her extensive experience, expertise, and interest in the areas of cosmetic dermatology and skin rejuvenation to Kiawah Island Club.

"She's so passionate about her craft, and it shows," reveals Matinchek. "The feedback from Members has been overwhelmingly positive, and they're generally surprised at how thorough, patient, and grounded she is. She's just like one of the girls!"

All of Dr. Antonovich's treatments available at Sasanqua are nonsurgical, minimally invasive, highly effective, and in many cases, able to achieve similar results as plastic surgery. Her new medi-spa menu

combines medical grade products with industry-leading skincare technologies for a completely customizable regimen tailored to individual needs. Whether it's Botox and Juvederm fillers, or Kybella and collagen stimulators, each spa-goer experiences a personalized, adaptable approach. Especially when these options are used in conjunction with other professional spa services and home maintenance programs, future damage is often preventable.

*Dr. A is so **PASSIONATE** about her craft, and it shows.*

"We've seen first-hand how these products create visible results and enduring change in our patients' skin, even since Dr. Antonovich's first clinic on Kiawah in August 2016," continues Matinchek. "She's so cognizant of modern trends in an industry that is ever-changing, keeping our Club Members on the cutting edge of anti-aging skincare."

As nonsurgical options continue to evolve for the better, the Kiawah Island Club plans to remain a frontrunner in aesthetic options and mature its relationship with the Medical University of South Carolina. And since Sasanqua values its commitment to exceptional service, you can expect to be heard, prioritized, and greeted with a smile every time you stop by.



Plugged in to the Sports Pavilion:

FITNESS TRENDS ON KIAWAH



Members (and staff) at the Sports Pavilion can be seen counting their steps with a FitBit or other comparable equipment.

Consistent updates and synchronization with movement and food trackers like FitBit make these apps more useful than ever. Protip: the foods you eat on a regular basis impact your health more than exercise alone. Enter the smartphone age of apps that now allow you to track your diet, like a digital food journal, and make suggestions on what you should eat and how much of it. Apps like MyFitnessPal (used and recommended by Beckstrom), Fooducate, and Lose

It are all part of this data-driven revolution to help individuals reach their goals.

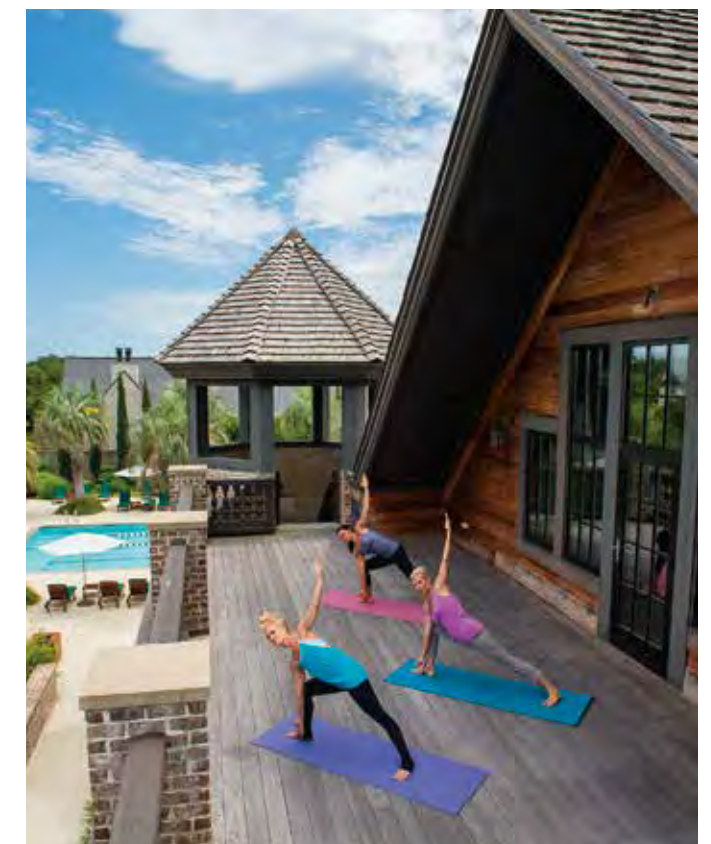
“We want to see people succeed,” says Beckstrom. “We do what we can at the Sports Pavilion to keep up with changing trends, but everyone’s fitness journey is different. It’s all about the process of facing yourself, exploring what makes you tick, and making necessary adjustments along the way.”

Zumba. Crossfit. P90X. The newest fad on the market seems to pop up—and out—faster than you can say “Fitbit.” However, in the past few years especially, knowledge has grown tremendously in regards to physical health and wellbeing. The fitness realm has never been so scientific, technologically sophisticated, or engaging. And that, of course, is a good thing: the more workout options you have, the better those options are, and the lesser the chance you’ll burn out from boredom. And according to the team at the Sports Pavilion, it’s these new options that are holding you accountable and keeping you interested in your health!

One of the biggest trends seen on Kiawah is the growing desire for group fitness, including a variety of classes ranging from low impact yoga and pilates to interval training like Tabata Conditioning. “Complacency in the gym is never good,” explains Scott Bacza, Sports Pavilion Manager. “We’re always looking to add or alter classes to meet the needs of our demographic. We receive quite a bit of requests for more variety, and we find ways to change things up.”

Assistant Manager Kirk Beckstrom adds, “Group fitness is so important because it holds people liable for their workout: it’s planned and doesn’t require additional training. You need to know your body and if it can handle that certain class, but otherwise, it’s generally 60 minutes of ‘this is what you’re doing.’”

Similar to group fitness, technology has offered beginners and experts alike a new form of accountability. The fitness industry in general has seen technology impact training across the board: from fitness-based apps, to web-based coaches and trainers, to applications like real-time heart rate and calorie monitoring. Bacza mentions that most of the





MOM ON THE MOVE



Not all who wander are lost: Kim-Marie Evans can attest to that. This fab mom of four travels at least one week every month and has been to 23 different countries including Rwanda, Haiti, and Cuba. With her sunglasses on and stroller in tow, Evans treks near and far with her children—Macie, JJ, Wilson, Keaton, and no nanny—to experience anything and everything the world has to offer. With a background in Broadcast Journalism, she is now an acclaimed expert on luxury travel, both as a Contributing Travel Editor for *Greenwich Magazine* and the writer of her own, personal travel blog, *Luxury Travel Mom*.

When and how did your blog, *Luxury Travel Mom*, begin?

When I had my fourth child, I was going crazy stuck at home. It was hard for my husband to commit to any travel plans because of his job, so I just started making plans for the five of us and sending him the itinerary. As you would expect, traveling alone with four small children wasn't easy. Though my husband would join us for as much of the trips as he could, he often arrived late or left early, so I regularly flew alone.

I realized that people were fascinated that I continued traveling with four small children, so I started writing travel advice for a website for Traveling Moms. I developed a following, and eventually launched my own website, *Luxury Travel Mom*.

What kind of response have you received?

I find that the most heartfelt feedback has been about the Mommy and Me trips. Moms are inspired to take just one of their children and have a trip just for the two of them. There is something magical that happens when you and your child go away alone—they share stories you never hear. Without the chaos of siblings and husbands, you get a chance to see your child in a way you just can't at home. I've had many moms tell me that my stories inspired them to book their own trips.

How do you keep things interesting for your audience?

I try to incorporate humor and the shared humanity of travel. My stories aren't about the thread count of the sheets or the caliber of the champagne; they are about sucking the marrow out of life. My favorite quote is from Emerson: "Live in the sunshine, swim the sea, drink the wild air." I try to bring a sense of awe and joy to what I write.

What's the most challenging part of traveling with four children?

The hardest part of going anywhere with four kids, across the globe or just to the mall, is the fighting. They fight over everything: who sits where, who got headphones, who's breathing. The key is to bring snacks and lots of distractions. I'm also a huge fan of bribes.

How about the most rewarding part?

We've been doing this for about 10 years now, and my kids have had experiences that have shaped their lives in ways I could never have imagined. Keaton learned to water ski in Mauritius, and Macie was with me when a spy in Cuba followed us. We have created priceless memories together.

What is something you can't live without when you're traveling?

Cozy socks. Airplanes are so cold and I can't get comfortable without a huge pair of fuzzy socks.

What are some things that have surprised you?

When the kids were little I was always surprised at how shocked people were that I traveled with them. I think it's very American that we keep kids home. In other countries, you'll find kids dining at fine restaurants late into the evening with their parents. They don't need chicken nuggets and an iPad, either. The best thing that has come from taking my children around the world is their understanding of how similar we all are as people. They have been to the finest hotels in Paris and stayed at orphanages in Haiti, and they know that kids are kids no matter where they are or how they live.

So, what's next?

I look forward to spending time on Kiawah at our home in Cassique. I'll also be visiting Napa Valley. This one is with a girlfriend, but it's really for an assignment!

One of the perks of my job is that sometimes I'm asked to travel without the kids. My son just saw me pull out my passport to finish a booking, and he is not happy with me. But I never leave them for long, and thank goodness for Facetime.

Do you have a favorite destination that you'd recommend to other moms?

I'm currently in love with Mexico. I think it got a bad rep for a while: Zika, some violence, etc. But the Riviera Maya is a stunning white beach on the Caribbean. The hotels are all family friendly, and the service in Mexico is so warm and authentic.

What advice would you give to moms who are hesitant to travel with their kids?

Start small. I started with Florida. I would plan flights that were manageable, and I love JetBlue with their non-stop snacks and TV screens. Find a destination that is fun for you, too. Bottom line: the kids might enjoy Universal, but if you don't love rides, you won't like it. Remember that family travel is not necessarily a vacation: it's relocation. Bring their favorite snacks and toys, and quit while you're ahead.



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