

Greetings IAH Members,

Len Hanson, Peg Higgins, Penny Leighton, Dick Stifel and CJ Pelletier have volunteered to bike for cancer research. As members of "Team I'On", they're participating in "LOWVELO", an event created to support the Hollings Cancer Center at the Medical University of South Carolina.



The Hollings Cancer Center's bold mission is to eradicate cancer. It is the largest academic-based cancer research program in SC and the only National Cancer Institute-designated cancer center in the state.



The team will be representing you on November 6<sup>th</sup> and has committed to raising a minimum of \$2,500. 100% of all money donated will go to the Hollings Cancer Center.

They need your support. It is easy to donate. Go to [www.lowvelo.org/rider/peloton/281](http://www.lowvelo.org/rider/peloton/281).

If you prefer to write a check, make it payable to MUSC Foundation and mail it to:

Hollings Cancer Center, 86 Jonathon Lucas Street, Suite MSC955, Charleston, SC 29464

Or you can send it to Len Hanson at 87 Moultrieville Road, Mt. Pleasant, SC 29464

And if you'd like to ride with them, Len, Peg, Penny, Dick, and CJ would welcome you with open arms.

Thanks!

## *Here's what's happening in October:*

### **October 18th 2:00PM - 3:30PM MEN'S BOCCE**

*Herb, Capo di tutti Capo, White has an offer to all IAH men that you can not refuse!*

*Step up and play the ancient game of Bocce, an Italian version of lawn bowling. It was Giussepi Garibaldi, who, while unifying and nationalizing Italy, popularized the sport as it is known today.*

*No skill or athleticism required...the game is easy and fun. It's as much about socializing and having a few laughs as playing the game!*



*We'll meet on the corner of Westlake and Latitude. Bring water, cold drink...maybe a chilled Barolo!*

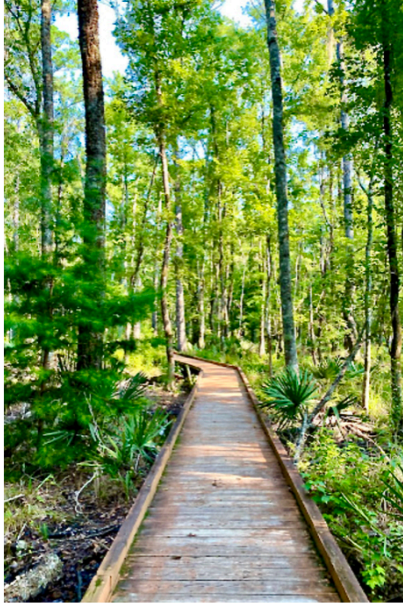
*Covid restrictions: The event will be held outdoors. Any non-vaccinated players should wear a mask. For all others, masks are optional.*

*Remember that this is an Italian game, so please wear your best Bocce outfit!*

**Tuesday, October 19th, 9:00AM - 10:00AM**

**IAH Hiking Group - Caw Caw Charleston County Park**

5200 Savannah Highway, 17South



*Come join us and hike along trails and elevated boardwalks through wetlands, many with trail-side exhibits. Rich in natural, cultural and historical resources, Caw Caw was once part of several rice plantations and home to enslaved Africans who applied their technology and skills in agriculture to carve the series of rice fields out of cypress swamps.*

*Caw Caw is a favored habitat for American Alligators, Swallow-tailed Kites, Bald Eagles, and others as wells a birding hotspot for coastal South Carolina.*

*After our walk, visit the Caw Caw Interpretive Center and see interpretive exhibits, displays, and programs.*

*After the entrance, drive to the main parking lot where we'll meet at 9:10. Entrance fee is \$2.00 per person or use your Gold Pass if you have one. There are restrooms.*

*Libby Eble is our scout leader!*

**Tuesday, October 19th 3:00PM - 4:30PM**

**IAH Board Meeting**



**Tuesday, October 19th, 7:00PM - 8:00PM**

**Film Discussion & Analysis - The Big Lebowski**

*Please join Fred White, our resident l'On film critic and analyst, for an insightful and lively discussion of The Big Lebowski. The film is a comedy directed by the Coen Brothers and released in 1998.*

*This hilariously twisted comedy-thriller stars Jeff Bridges, John Goodman, Steve Buscemi and Julianne Moore. Join the "Dude" and his bowling buddies on their journey that blends unforgettable characters, kidnapping, a case of mistaken identity and White Russians. Enter the visually unique and entertaining world from the creative minds of the Coen brothers and remember: the Dude abides.*



*Please watch the film in advance of the discussion. It is available on several streaming services. This is a Zoom meeting.*



**Wednesday, October 20th 4:00PM - 6:00PM**  
**BROS & BREWS at the Grace & Grit Outdoor Patio**

*A social event for MEN ONLY.*

*Join other IAH members for Happy Hour at Grace and Grit which features tasting flights of Bourbon as well as other drinks and appetizers at reduced prices. Given the close proximity of the seating, participation is limited to fully vaccinated people.*



*Joe Fanelli ginned up this event!*

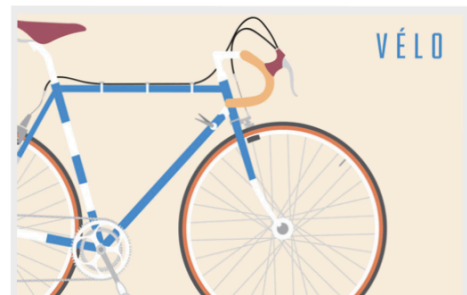


**Thursday, October 21st**  
**8:30AM - 9:30AM**  
**IAH Biking Group**

*Hop on your bike and join our IAH biking group. Meet us at the l'On Club parking lot every Thursday morning for an hour ride. All levels are welcome. Please be sure to bring a helmet and water. We will be passing in and out of l'On so participants can stop when they want.*

*Len Hanson keeps our Bike Group rolling!*

*The group will depart from the club promptly at 8:30AM.*



**October 21st at 5:00PM - 6:00PM**  
**IAH Happy Hour at Community Table**



*Grab a cool drink, some delicious appetizers and celebrate with your fellow IAH members at Community Table.*



*Cha Ching...Happy Hour pricing on wine and appetizers*

*Cheers to Peggy Watt for putting this together!*

**Friday, October 22nd, 7:15PM - 8:15PM**

**Candlelight Jazz with Heather Emrich and Frank Duval**

Join us for an evening of classical Jazz performed by l'On's own vocalist, Heather Emrich, and pianist, Frank Duvall.

Heather began her musical studies in classical voice in Munich and went on to study jazz at the Berklee School of Music Workshop in Umbria, Italy. She has performed at The Gibbes Museum grand opening, Roper Hospital's annual gala, College of the Building Arts annual gala and many more high-profile events.



Heather's accompanist, Frank Duvall, toured with Buddy Greco. When Frank lived in New York City he performed in jazz clubs and off-Broadway shows. Currently Mr. Duvall owns Frank Duvall Music. He divides his time between performing throughout the southeast on both bass and piano and teaching at College of Charleston.

From Cole Porter to Chick Corea, come enjoy this talented duo perform an evening of jazz.

Covid Restrictions: Our gracious hostess has requested only vaccinated guests attend. Thank you for your understanding and cooperation.

**Sunday, October 24th at 3:30PM to 5:00PM**

**Bocce & Booze**



Come play the ancient game of Bocce. There's a reason the game has endured for centuries. It's easy and fun. We'll meet on the Bocce court in Avant Garden on the corner of Westlake and Latitude.

Bring your beverage of choice. No skill is required but a sense of humor helps!  
Bocce Queen Kathy Coffman is in charge of this event.



**Tuesday, October 25th, 9:00AM - 10:00AM**  
**Introduction to TAI CHI featuring Mary Gillium**

*Interested in learning about Tai Chi? Here is the opportunity, right here in I'On.*

*The session will be led by Mary Gilliam who has been a physical therapist for 25 years on graduating from MUSC. She has shifted her focus five years ago to wellness and co-owned a wellness studio in Edenton, NC before moving to I'On this year.*

*Mary is an instructor in yoga, Tai Chi, Pilates, meditation and therapeutic exercise. She has graciously volunteered to introduce our members to Tai Chi and share the benefits of these exercises for wellness.*

*Wear comfortable clothing. Footwear is optional.*

*The event will be held outdoors. Please practice social distancing. Masks are optional.*



**Tuesday, October 26th, 4:00PM - 5:30PM**  
**Wine Tasting - The Wines of Southern Italy**

*Join friends and discover the variety and pleasure of quality wines from Southern Italy lead by our very own sommelier, Lori Feehan.*

*This wine region stretches south of Rome through the toe and heel of Italy's famous boot and has produced excellent wines since the Greeks crossed the sea and planted vines there some 3,000 years ago.*

*Most people are more familiar with the wines of Northern and Central Italy (Piedmont and Tuscany), but there is increased interest in the wines from the Southern Italian regions of Campania, Basilicata, Puglia and the islands of Sicily and Sardinia.*



*Carol (Caggiano) Degnen has organized this event.*

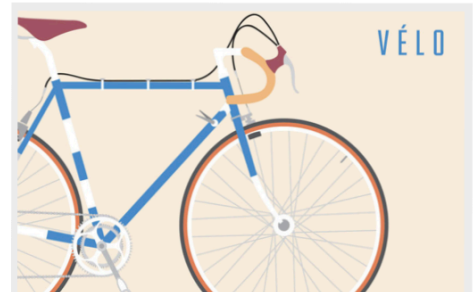
*Covid Restrictions: This event is being held in a private home and our host has requested only vaccinated guests attend. Thank you for your understanding and cooperation.*

**Thursday, October 28th**  
**8:30AM - 9:30AM**  
**IAH Biking Group**

*Hop on your bike and join our IAH biking group. Meet us at the I'On Club parking lot every Thursday morning for an hour ride. All levels are welcome. Please be sure to bring a helmet and water. We will be passing in and out of I'On so participants can stop when they want.*

*Len Hanson keeps our Bike Group rolling!*

*The group will depart from the club promptly at 8:30AM.*



**CLICK HERE** to go to the IAH Website and signup for these and other events and programs.

*We're always searching for new subjects and activities that interest you.  
Please email your ideas to Joe and Peggy, your IAH Programs co-chairs.*

*We look forward to seeing you soon!*

*Joe Fanelli: [j\\_fanelli@yahoo.com](mailto:j_fanelli@yahoo.com)*

*Peggy Watt: [peggy.watt@comcast.net](mailto:peggy.watt@comcast.net)*





*A community of friends enjoying enriched, vibrant and independent lives together.*