

LAKE
Oconee
NEIGHBORS



**HARVEY AND
BERNIE KART
LAKE OCONEE
ORIGINALS**



Best Version Media

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Crystal Pittman Photography



Best Version Media®

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FEEDBACK/IDEAS/SUBMISSIONS:

Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 15th of each month. Go to www.bestversionmedia.com and click "Submit Content." You may also email your thoughts, ideas and photos to: cclark@bestversionmedia.com.

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CONTENT SUBMISSION DEADLINES:

Content Due:	Edition Date:
May 15	June
June 15	July
July 15	August
August 15	September
September 15.....	October
October 15	November
November 15	December
December 15.....	January
January 15	February
February 15	March
March 15.....	April
April 15.....	May

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DEAR RESIDENTS,



Hello Lake Residents!

Last month's issue commemorated our first year of publication — an instance of coming full circle, if you will. Well, in a less direct way, this month's issue also commemorates a kind of closure...this time manifested through the larger-than-life persona of Harvey Kart, subject of our feature article.

It was about this time last year — right after our first issue had been sent out — that Harvey took the initiative to reach out to me. As a seasoned publisher of many decades and dozens of periodicals, Mr. Kart magnanimously sought me out to heap praise and congratulations on the Lake Oconee Neighbors team for our humble little foray into the Lake Country magazine market. He completely understood the challenges we faced, and offered some truly inspirational words of support and encouragement that have remained with me to this day.

And I'm happy to relate that Harvey proved to be representative of the support and encouragement we'd receive from the Lake Country as a whole. As I mentioned in last month's letter, the fact is that without the generous and enthusiastic sponsorship of lake area businesses, all of our efforts would be for naught. We've always viewed ourselves as a community publication, a way to bring people together in the lake area, to give our readers a deeper understanding of the folks and industry that make this such a special place to live.

So after reading about our sponsors, go ahead and reach out to them! They're the best in their respective fields, they're the people you know and trust in your neighborhood, and they've shown themselves to be huge supporters of community-minded enterprises like our own. We realize how fortunate we are to have them in our corner — and once you've done business with them, you'll know exactly how we feel!

Now jump into May with both feet, and know that both Lake Oconee Neighbors and our sponsors have your back in whatever endeavors you pursue. It's a special month: we honor our country's heroes with Memorial Day, we celebrate Mom on Mother's Day, and we watch proudly as schoolkids of all ages march into their futures after completing another academic year. All this in just 31 days!

Apologies for the length of this rambling missive — but I'm genuinely excited about everything I've detailed here! Turn the page and you'll understand why...

As always, thank you for being here with us in Lake Oconee Neighbors!

Cathy Clark
Publisher



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HARVEY AND BERNIE KART: LAKE OCONEE ORIGINALS

By Joe Choynski

In the courses of our lives, we meet a lot of different kinds of people.

We meet the “do-ers,” those people who seize upon opportunity — the ones who produce, and create, and enhance. We meet the “characters,” those vibrant personalities who embrace their own quirks and somehow shine brighter from the result. We meet the “family folks,” those who prize their closest relations — both genetic and social — more than anything, those who earn our trust and admiration by their single-minded devotion to loved ones.

And every now and then...we meet people that embody all of these different facets.

People like the Karts.

If you’re a local, you’ve very likely seen Harvey Kart; he’s hard to miss. Sometimes it’s the bright magenta hats, sometimes it’s the pink bathrobe (not a typo), but regardless of the exact ensemble, Harvey dresses with unique flair and style. He and his wife Bernie are fixtures at Del Webb, a locale that allows them to pursue their impressively active lifestyles, engaging in local activities and community with warmth and humor.

“The way I see it, we all face a lot of everyday stress and strains,” explains Harvey. “So I’ve always enjoyed making folks laugh, whether it’s with my unusual outfits or my unusual humor.” He chuckles. “I’m like a Lake Oconee version of Patch Adams.”

Harvey and Bernie moved south 14 years ago, having previously lived in Pittsburgh, where Harvey had been a prolific publisher for decades. “I published medical trade papers, papers targeting

registered nurses, teen newspapers, baby boomer lifestyle newspapers, consumer health newspapers and other materials of that nature,” relates Harvey. “I was involved in digital media as well, creating a website that targeted widowed, separated and divorced individuals.”

For her part, Bernie was also involved in the medical trade — in a very hands-on way. “Bernie was a nurse in Pittsburgh for many years,” recounts Harvey. “Like many of her colleagues, she’s one of those rare individuals whose commitment to her profession, and more importantly to the people she served, never wavered. She followed a career path similar to many others of her generation. She attended a two-year diploma program through the Pittsburgh Hospital School of Nursing, then spent the next few decades serving in some of the area’s finest hospitals.”

Talk to Harvey for just a short while and you’ll soon discover he’s Bernie’s biggest fan and supporter. “Some people understand that there is little glamour associated with being a nurse. The hours can be irregular and grueling. But most days, you interface with the best and brightest doctors in the country as they apply the latest procedures to patients with cancer, heart disease, or other devastating health issues. I’ve estimated — with great pride, I might add — that Bernie has assisted in nearly 100,000 surgeries in her career.”

Both Harvey and Bernie continued their respective professions after moving south, a journey that took them first to Florida, then Atlanta. “Make no mistake, we found much to like about both locales,” Harvey asserts, “but in all honesty, neither ever really felt like home. We were looking for a nice place to live out the rest of our lives. And what we we found in Del Webb, and the Lake Country, was a community whose motto seems to be ‘Live, Laugh, and Love.’ We found a home.”

When the family relocated, Bernie recommenced her nursing career, working in surgical centers for several more years before retiring in 2012. Harvey continued publishing — and continues to this day, though his recent focus is on the digital format. “Earlier this year, I started a website, LakeOconeeHealth.com, and a Facebook page called Lake Oconee Health,” Harvey beams. “Together, they form an online health and wellness publication, offering valuable content for both sides of the stethoscope. My goal is to arm consumers with knowledge to better prepare them when they choose health care providers.



"I enjoy working," he continues. "And particularly enjoy when a prospect has no idea that I have a 35 year history covering health care — then I wind up mentoring them as they navigate what's become a very complicated, volatile field."

But operating the website, Harvey admits, has been just the "cherry on top of the cake" — that cake being life on Lake Oconee. "There's just something about this place...don't ask me to explain it. Certainly the climate here tops that offered in Pittsburgh, and we've been welcomed with open arms by everyone we've met. But it has been as if our roots were never severed up north, which meant we simply weren't able to put down fresh ones here.

"That all changed when Bernie and I visited Del Webb and met the Lake Oconee community; we fell in love immediately. For us, it was like a scene out of the movie *Cocoon*: we figuratively jumped into the pool, and came out feeling all fresh, new and exhilarated." (Harvey then recounts how, on that first visit, he wanted to literally jump into the Del Webb pool — "but our agent, Nikki Howard, thought it would make a bad first impression...since we were fully clothed.")

The Karts' passion for their new home continues to run deep. "This place has everything we were looking for...and a whole lot more," Harvey enthuses. "The ambiance is so real that I almost expect to see Andy and Opie Taylor walk past my house and invite me to go fishing. Believe me, the community is that genuine and the people made me feel like I am perpetually walking into Cheers and my name is Norm.

"The scenery is breathtaking and the lake offers a variety of activities, from fishing and swimming to just walking along the shore to — if you'll excuse my baby-boomer, '60s hippy history — 'be one' with nature."

With so much to do around the lake area, active couples like Harvey and Bernie find even their considerable energy capacities



being stretched to the limit. "This is a community in the truest sense of the word, with a list of things to do that, if it were your bucket list, would keep you active well beyond your 100th birthday," says Harvey. "I always look forward to lakeside sunset socials, bocce ball, pickleball, tennis, line dancing, table tennis and water volleyball. Plus, I love engaging with people online, through my websites and social media."

The activity doesn't end at the lake shore, either. "I love singing in a variety of choirs," Harvey effuses. "Whether it be at church or with the Lake

Country Chorus (formerly Reynolds Chorus), it's something I have enjoyed since the 6th grade. I've done volunteer work at The Glen, in the memory impaired unit, and it's been extremely rewarding."

But Harvey maintains that his absolute favorite time is the time spent with family. "My daughter Kristen and son-in-law Mark reside in Dunwoody, with our grandchildren Karter and Kenzie — and I'd be remiss if I didn't mention their dog Camo. We try not to miss many of their activities, and of course, we love when they come visit us out here on the lake. They love it as much as we do; it makes a special place even more special."

Harvey checks his watch; he's due on the pickleball court very soon. "We like to keep moving, keep going. Living out here in Del Webb gives us the opportunity to do that; it's just so important to keep active. If I could impart just two messages on people that I meet, the first would be, 'It's about attitude, not age.'"

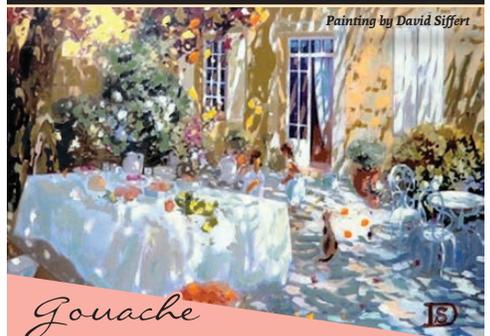
And the second?...

He winks and smiles as he reaches for a bright pink fedora. With an exaggerated flick of the wrist, he pops it on his head.

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