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— POST —

September 2023

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Naomi Watts

Actress & Entrepreneur Hosts Talk At Canoe Place Inn

By Jessica Mackin-Cipro

Actress and entrepreneur Naomi Watts needs little introduction — she's known for her roles in major films like "Mulholland Drive," "The Ring," "St. Vincent," and "King Kong."

As an entrepreneur in the health and wellness space, Watts was the co-founder of Onda Beauty, located in Tribeca, at Canoe Place Inn in Hampton Bays, and on Main Street in Sag Harbor. She is the founder and chief creative officer of Stripes, a brand that offers natural products for women in perimenopause and menopause. And she's starting the long overdue discussion surrounding these topics for women.

On Thursday, August 31, at 6:30 PM, she will be joined by Dr. Suzanne Fenske, Dr. Somi Javaid, and author Jodie Patterson in a conversation titled "Unlocking Intimacy: Navigating Passion in Midlife" at Canoe Place Inn & Cottages in Hampton Bays.

We spoke with Watts to learn more about her mission to help women.

In your upcoming talk "Unlocking Intimacy: Navigating Passion in Midlife" you dive deep into the world of libido and sex drive — a conversation that's been years in the making. Why is it important for you to take topics that surround women and menopause out of the shadows?

Experiencing perimenopause earlier than my peers, I found little discussion about menopause back then. My own journey mirrored my challenging fertility experience, which felt isolating and shameful due to societal views. Realizing others likely felt the same, I recognized the need to change perspectives. It's heartening to see the conversation moving forward, and the reduced shame around menopause now. The menopause movement is emerging, and I hope my generation ends the silence. I celebrate menopause as a natural life phase, not a taboo.

Can you tell us about the panelists Dr. Suzanne Fenske, Dr. Somi Javaid,

and author Jodie Patterson. What knowledge will each woman bring to this conversation?

Dr. Somi Javaid is a board-certified OB/GYN and a leading expert in women's sexual health and menopause. As founder and Chief Medical Officer of HerMD, she is dedicated to improving women's healthcare.

Dr. Fenske holds double board certification in Obstetrics & Gynecology and is also certified in Integrative Medicine. She specializes in complex conditions such as perimenopause, menopause, hormone imbalances, endometriosis, pelvic pain, and PCOS, and is the founder of TaraMD in New York.

Jodie Patterson is a notable author, activist, and beauty explorer. She is globally renowned for her advocacy work and speaks on important topics such as identity, gender, and parenting.

These three warriors are making significant contributions to the fields of women's health, medicine, and social activism. Their accomplishments showcase their dedication to empowering individuals, advancing healthcare, uplifting women's stories, and fostering positive change in society.

You've had much success in the health & wellness space as an entrepreneur. Can you tell us how your own experiences inspired you to start Stripes?

Everything I do, I pull from my own experiences. I struggled, feeling alone and without the information I needed (and wanted) to help me get through the difficult times of feeling far from myself. Our goal at Stripes is to create an inclusive destination for people experiencing symptoms of menopause that encompasses our three core pillars — education, community, and product solutions. These are the pillars we believe can really transform lives.

Our goal is to empower women to dive into this topic with open, honest, and even humorous discussions — no more of those sickly sweet euphemisms. Sure, it might seem weighty at times... but



Naomi Watts at LongHouse Reserve. Photo by David Benthal / BFA

you know what? A good laugh at oneself can help to lift that weight and be a breath of fresh air.

Are there many questions or concerns that women usually have about menopause that aren't commonly addressed? Are women usually prepared?

Did you know there are over 30 symptoms women experience with perimenopause? Most women think of menopause and think hot flashes and night sweats. But there are so many more including sleep issues, anxiety, brain fog, weight gain, changes in libido, changes in your body, dryness (from head to toe!). A popular question we hear is "Why don't I feel like myself anymore?" or "What is happening to me?" It's not surprising to hear after all these symptoms and

changes we can experience! And most of us aren't prepared. Those conversations weren't happening with our parents back in those days. That's why the work we're doing at Stripes is so important so women feel educated, prepared, and supported.

Can you talk a little about Stripes, the science-backed solutions, and the natural, sustainable ingredients you use in your products?

Yes! We know you can walk into a drugstore or pharmacy and find a great lube or maybe even be prescribed a vaginal treatment. But the drugstore and pharmacy aren't the best places for education. And it's not always clear what ingredients are doing what in your products. We have designed all our solutions at Stripes

with the specific symptoms in mind and dedicated ingredients to target those symptoms. Key ingredients in most of our lines are ectoine and squalane, which is a hero hydration combination. At our age, hormone fluctuations can cause incredibly uncomfortable dehydration that comes to life in dry, crepey skin, thinning hair, and yes I'll say it, vaginal dryness! Ectoine pulls moisture to where it's needed the most, and squalane acts like a lid on a pot to keep that moisture in place. We also have additional amazing ingredients like hyaluronic acid, mushroom extract, and vitamin C that all help support and resolve specific symptoms depending on the product itself.

What do you hope those coming to Canoe Place for the event will take away from the experience?

You're not alone. What you are experiencing is normal. And hopefully we have some hot tips, some good laughs, and some solutions to help you feel a little more like "yourself."

How do you like to enjoy your time on the East End? Any favorite places?

Duryea's is great for their lobster salad and supreme sunset. I like Hideaway for their delicious shrimp tacos. Fini Pizza in Amagansett has unbelievable pizza. Tutto Il Giorno in Sag Harbor has fantastic pasta. I also love the Crow's Nest for its gorgeous garden and expansive menu, and Round Swamp Farm and Balsam Farms for groceries and fresh produce. And Lazypoint Variety and Love Adorned in Amagansett are great for gifts.

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Village Beaches

Phillip Lehans's New Photography Book Uses Pinhole Camera To Capture East Hampton Beaches

By Jessica Mackin-Cipro

Photographer Phillip Lehans created the book “Village Beaches,” which includes a series of photographs taken at East Hampton beaches using a pinhole camera. We spoke with Lehans to find out more.

Tell us about your background and your work as a photographer.

I've been a photographer for the last 29 years, ever since I got a camera as a middle-school graduation present from my father. Friends, vacation photos, and landscapes were my main subjects and I got my first taste of the darkroom in high school. That's probably about the time I began to view photography as an art form, when I was hands-on through the whole process. I had always gravitated to the arts but there was something just so fascinating and soothing about the darkroom, and yes, magical. From that point on, I mostly left drawing and painting behind and went all-in on photography. I began stringing for newspapers, studied photog-

raphy in college and went back to school when the medium transitioned to digital. The new technology was really exciting but required a whole different set of skills. Film photography felt as though it was doomed to be entirely phased-out but thankfully it's held on and has even seen a resurgence.

Can you talk a little about your latest book, “Village Beaches”?

“Village Beaches” was in every way the right project at the right time, a creative response to what was known as the “new normal.” Summer on the East End is always so hectic with most of my time being spent running a photo studio. In-season, it monopolizes the majority of my attention and creative energy. When the pandemic hit, it was basically radio silence. Nothing was happening. As brutal as this was from an income standpoint, it created an opportunity to develop a project and work in a way that attracted me to photography in the first place, as an analog, tangible art

form. Over the summer of 2020, I shot 200 rolls of film for what became a very meditative, ethereal series of images. Using a camera without a viewfinder, screen or any immediate method of feedback was also part of the appeal. Relinquishing a certain level of control shifted the creative process to a more intuitive and naturalistic experience.

You use a pinhole camera to capture the beaches of East Hampton. What made you choose this medium?

I had purchased this wooden pinhole camera years earlier and had used it intermittently for fun. It's not the kind of thing a client generally requests so it spent a lot of time on the shelf. It's a miniaturized version of the origin of photography, a camera obscura, basically a box with a tiny hole in the front, no lens. The pace of the world during the pandemic called for this medium. It's a slow, patient way of working. With exposures ranging from two seconds to a half hour, there can be a lot of down time. With nowhere to go and nothing to do that summer, hustling wasn't really part of the culture. Exposures with longer durations were moments to settle in and absorb my surroundings, which was an excellent use of time.

This became your pandemic project?

Yes, my “pandemic project” is what I affectionately refer to it as. From shooting the first frame to delivering the final manuscript to my publisher took exactly a year. The ritual of setting my alarm every morning for quarter to five established a routine and sense of purpose at a time when I and much of the population was deemed “unessential.” I hadn't done any all-consuming personal work in a long time so for better or worse, the pandemic

response created the environment for me to develop a project and work in a way I wouldn't otherwise have had the capacity to do. All the photography happened in the summer. Through fall and into winter I scanned almost 900 pieces of film for which I put together an abridged demo book. Once I got the green light from my publisher, I began to build the full version, wrote the introduction, and petitioned my friend Michael to write the foreword. By the time all the parts were in order, it was May of 2021 and the East End exploded with its characteristic, seasonal influx.

Have you always had a strong connection with nature?

My connection to nature didn't play as prominent a role in the beginning. The project started out a bit more mechanical, probably because I was getting reacquainted with the camera and feeling out the direction the series would take. I feel guilty sometimes when I don't take full-enough advantage of my proximity to the ocean but a stronger bond came with familiarity. As I became immersed on a more-regular basis, I found myself increasingly in tune with nature's rhythm and the photography almost became an accompaniment. With many of the exposures in the ten to fifteen minute-range, much of the process was out of my hands. All too often, my photography is a lot about the gear, the lighting, the lenses and the accessories. In the case of this book, nature's influence overshadowed the equipment, which was an absolutely refreshing way to work.

What other types of cameras do you often use? We see you do a lot of work with film.

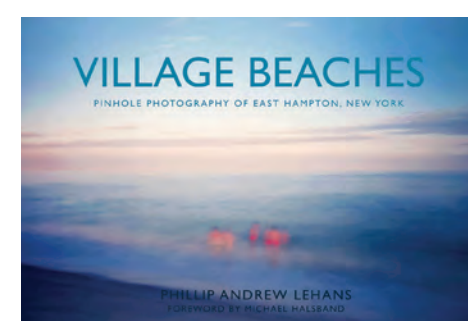
So much of the work I do is digital. It's probably 80/20 digital to film though I'd like to reverse that. Most photography these days call for digital. Clients gener-

ally need photos quickly, almost in real-time. I don't really like how the medium has morphed in to a largely superficial, disposable craft. For this reason, I try and separate my digital “jobs” from my film-based personal-work and art. For more spontaneous and casual shooting I have a couple 35mm Canon film cameras along with a beautiful 1934 Leica. For portrait work, I really enjoy using my Contax 645 and Pentax 67. They're slow to shoot with which feels more deliberate and with the larger film format, the images they produce have more presence.

What about the East End inspires you?

On the East End, I'd say I'm most inspired by the people I meet. It's a very driven population, lots of people pushing themselves, experimenting, creating things, doing their best to chart their own course. Also it's an amazing place to find collaborators, someone trying to find the missing piece for something they're working on. People asking, “How can we make something great?” Even in the off-season, it's not a sedentary population.

“Village Beaches” is available locally at BookHampton and Sylvester & Co. among other specialty boutiques. Prints are available through the artist's website, lehans.com with a select series on display at the Monika Olko Gallery in Sag Harbor.



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Lindsey Stirling

Pop-Violin Sensation Talks Tour, Aerial Training, & The Upside Fund

By Jessica Mackin-Cipro

Pop-violin sensation Lindsey Stirling — known for her mix of hard-hitting violin, electrifying dance, and contemporary beats — kicked off her five-week US summer tour in August. Stirling's North American Snow Waltz 2023 tour is set to kick off on November 16 in support of her incredibly successful album, "Snow Waltz." The tour hits 20+ cities, performing in El Paso, Las Vegas, Atlantic City, and more.

Her recent cover of Led Zeppelin's rock anthem "Kashmir" has also just been released and Stirling's interpretation pays homage to the classic while giving it her own unmistakable spin.

We spoke with Stirling just prior to her US tour to talk about her influences and her non-profit, The Upside Fund, which helps people pay medical debts.

Can you tell us a little about the show?

I feel like every time we go out on tour, we really push the envelope and just try to make new things that fans haven't seen before. We're doing quite a bit of aerial work in it. I've been training in aerial for the last few years. And it's been really fun to add that into the show in creative ways and find ways to play violin on trapezes and hoops... I am pretty proud of the show we've made.

Tell me more about the process of aerial training.

I first started kind of experimenting with aerial stuff in 2020 during the pandemic. I thought, "Hey, this is a perfect time to kind of start to lean into a new skill." And

so I started training in aerial work and it's been really fun in kind of the same way you find your instruments or your style of music. I kind of had to find my apparatus that I love and I ended up really liking the hoop. That's my favorite. But I also do a little bit of trapeze. And, you know, for the first bit it was all about learning to just build the amount of strength that you need.

I've never been a strong person. I've never been able to do pull-ups before. Like the gym was not my strong suit. But it's really cool, when you challenge your body and when you push it — and at the age of 36, for the first time, I can do pull-ups.

So yeah, it's been a really fun. I mean, I guess I've always felt like I was a bit of a circus person at heart. There are circus people and there are non-circus people. The spirit of someone who joins the circus is someone who's pretty adventurous and very curious and willing to just try different things, and fail many times until they figure out how to make something that's maybe never been done before work. And that's why I just love and relate so much to circus people... It's been really cool to lean into that side of me.

Who are your musical influences?

Oh man, my influences are everywhere from classical music to John Williams. "John Williams' Greatest Hits" was the first album I ever bought. Amy Lee from Evanescence was a huge inspiration to me when I was younger and still is today. Also Skrillex, like when he first started coming to the dubstep scene and was kind of taking it mainstream, he inspired me so much.



Photo by Shervin Lainez

Can you talk about your new rendition of Led Zeppelin's "Kashmir"?

We've been performing live on stage and the reaction from the crowd, the energy that you feel from a classic like that, it's just so, so fun.

"Kashmir" has always been one of my favorite rock songs and I'm so excited I got to work with

the legendary producers Howard Benson and Neil Sanderson on imagining a way to bring it to life in my style.

Can you talk about The Upside Fund and how you help people pay medical debts? What was your inspiration for starting this?

I've been doing it for quite a few

years. The inspiration originally came from just having loved ones go through our medical system process and seeing how difficult it is. And, you know, my best friend and my dad both passed away from cancer and I watched them struggle trying to figure out how this system works. It's just heartbreaking what happens to people when they're going through the biggest struggle of their life and they have to then

worry about how to pay for it.

I wanted to help people pay off medical bills and medical debt and that's where it all started. It's been really cool to see it grow over the years. We bought several million dollars of medical debt last year, which is really exciting. And it's just continuing to grow. We're donating money from the merch this tour to The Upside Fund to help continue to make it grow.

James Lane[®]

POST

Co-Publisher/Editor-in-Chief **Jessica Mackin-Cipro**
Co-Publisher/Marketing Director **Ty Wenzel**
Managing Editor **Bridget LeRoy**
Sponsorships & Partnerships **Christine Prydatko**
Sales Director **Denise Bornschein**

Contributors

Heather Buchanan, Lisa Frohlich,
James J. Mackin, Joe Cipro, Ty Wenzel, Bill McCuddy

Contributing Photographers

Lot 21, Rob Rich, Lisa Tamburini, Irene Tully, Richard Lewin

Advertising

Sheldon Kawer, Denise Bornschein, Elizabeth Kellick

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Editor's Note

As summer winds down, we hope you can sit back and enjoy our September issue. Labor Day always makes us reflect on the summer season and take a moment as we enter a quieter time on the East End. We hope that everyone has enjoyed, and continues to enjoy, their summer. We've been so honored to work hard on the issues we produced so far this year, bringing content that we hope will be of interest to all East Enders and visitors.

In this issue you'll find interviews with Naomi Watts and Lindsey Stirling. In our style section we interview Jean Shafroff, Fallon & Ava King, and more. Our Real Estate section highlights Dana Trotter of The Agency and Nicholas Planamento of Town & Country.

Jessica Mackin-Cipro
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Chef Michael White

Michelin-Starred Chef Talks New Venture & The East End

By Jessica Mackin-Cipro

Michelin-starred chef Michael White gained success with culinary achievements including Ai Fiori, Osteria Morini, and Marea in New York City. During Covid he sheltered at his home in Sag Harbor, gaining inspiration from the region and working on his next move. We caught up with White to learn more.

Did you always know you wanted to be a chef?

I grew up in a Norwegian family, so food was always very important. My dad was, and still is, an avid home cook. He absolutely loves to cook. That was really what got my juices flowing as a young person and just hanging out and being in the kitchen with him. I grew up in Wisconsin, and the winters were freezing. We were always inside the kitchen making breads and soups — this really sparked my passion for cooking. At the same time, I was an hour and a half from Chicago and an hour and a half from Milwaukee, so when we would go to those cities, we always went to a fun restaurant or a Rich Melman restaurant, which was something I was intrigued by as a young person. Going to restaurants and seeing the theatrics and the servers — this really started it all.

Any great New York City restaurant stories you can share with us?

Oh my god, I have been doing this for 35 years! Being in New York City, you never know who will enter your dining room. I've cooked for Mick Jagger, Beyoncé, you name it — I have been so fortunate in my career. I have even had Lady Gaga in the kitchen with me. Cooking for Jimmy Iovine at his Valentine's Day wedding was incredible — everyone was there, from Lady Gaga and Dr. Dre to Oprah! It was at David Geffen's house — they built a structure over the pool, which became the dance floor.

You moved to Sag Harbor during Covid. What was that experience like for you? Do you still spend a lot of time on the East End?

I do in the summertime. Being in the Hamptons during Covid was a blessing

for me. It was an important time for me to think about my career and what the next chapter would be for me. I really learned what was important — having a family and spending time with Giovanna and Francesca, but also digging deep down inside and determining what I would do for the next act in my chosen career. We are in a great spot with seven projects in development. Paranza is my most important opening since Marea.

Tell us about Paranza, your restaurant opening at Atlantis Paradise Island.

I have been spending a tremendous amount of time at Paranza, ensuring that we deliver on creating unforgettable experiences for our guests. Award-winning design studio, Jeffrey Beers International, created Paranza's design, that is inspired by both the Bahamas' gorgeous vibrant azure waters, and white sand beaches, and Italy's dramatic coastline, and sophisticated communities. We are fortunate to be able to use extraordinary local products such as conch and grouper. We get the freshest fish right out of the ocean delivered to the restaurant every morning. You can have different experiences here — guests can come in for a special occasion with their family and enjoy the full menu with multiple courses — from crudo to pasta and entrees, or if you are just in the mood for a casual dinner, you can have a simple homemade pasta with a great glass of wine. We want Paranza to be an extension of your home — some nights, you want to sit at the dining room table, and others in the kitchen.

What does your perfect day on the East End look like? Any favorite shops, restaurants, beaches, etc.?

Absolutely! I love going up to Balsam Farms in my '47 Chevy, buying corn and tomatoes, and just hanging out with family and friends. The Hamptons feel like being back in Wisconsin — being surrounded by sweeping farms is very comforting. I love going to the new Carissa's in Sag Harbor for a beautiful croissant and coffee. Gosman's is my go-to for fish. My wife loves going to the Candy Kitchen for ice cream. One of my favorite things to do on the weekends is



Photos by Korah Duncombe

to go yarding. Back home in the Midwest we used to call it rummage sales. I always find something great that fits right into our home. Going to Shelter Island is also something I enjoy doing — and a must-visit for me is Marie Eiffel.

What are your go-to dishes when cooking on the East End?

Obviously fish. The black bass is fantastic out here. Corn is incredibly sweet right now, and the tomatoes are perfect. The seafood is really the star of this region. Having the ability to go out and get calamari is amazing — we are very fortunate to have Block Island so close to us. Bringing fresh tuna home and making crudo is wonderful. I love entertaining at home and having small dinner parties. As soon as the weather changes as we approach fall, nothing is better than eating outside on a crisp night.



Kiss & Tell

By Heather Buchanan

Bye, Mom

When I arrived at the funeral home to pick up my mother's ashes, I found as I went to fill out the form that I couldn't remember how to spell "daughter." It is a complicated spelling for a complicated relationship. Perhaps it's because losing a mother when you are not yourself a mother has a certain finality to it. Even the word "losing" seems an odd choice.

You lose your glasses or your keys or your virginity. Lost implies you will find it again,

behind the couch or in the lint trap or after a decade without sex. I imagine my mother in heaven lying on clouds of single socks.

I took the urn and put it in the passenger seat with the seat belt fastened. Both precious cargo, and the threat of a spill impossible to explain at the car wash. As my mother had been wheelchair and bed bound for a long time I wondered if she might like to stop along the way, for miniature golf or wine tasting or just a morbid spin around King Kullen in a grocery cart.

I decided with my own brand of spirituality to set her down on the lawn under the tall verdant trees, which had witnessed centuries of mortal comings and goings to just listen to the wind and a bit of Frank Sinatra and be surrounded by roses and candles. Atonement perhaps.

For anyone who has taken care of a parent during a long illness, death is a relief cocktail with a maraschino cherry of guilt. I can remember the times of anger and resentment of my life, which was put on hold or cancelled to care for her and considered spitting in her chai latte when I had Covid. But then I remember the photograph of her in her wheelchair in the nursing home, her face slack, unable to communicate while wearing a t-shirt which said, "I Am A People Person." Both belly-laughing and soul-crushing.

Moments like these proliferate. As I walked with my sister to the memorial her phone rang to the ring tone of "Staying Alive." She acknowledged the irony of answering Staying Alive to the call telling you your mother died. "You're probably

gonna want to change that," I said.

When a parent says, "You know I had to walk two miles in the snow to school?" it was actually true for my mother. She was the 11th of 11 children born to a midwife in Poplar Bluff, Missouri. She had to leave home to go west to get an education at age 13. This is where she honed her mothering philosophy, "I just figured you girls would make your way in the world." For her, it was literally the world at her fingertips, which gave her freedom. She became a stewardess at National Airlines where these beautiful young women had to put up with "coffee, tea, and metoo."

They used their savvy and social skills to navigate these "friendly skies," when they could say to any suitor, "Sorry Dear, off to Havana." My mom was on the first jet flight to Miami in December of 1958. She kept the commemorative perfume and pictures from that flight.

It was a pilot who set her up with my Dad on a blind date and he would have been blind not to see the potential in this

independent beauty.

Mom continued her love of travel after marriage and children and a prone to explosion on rear impact Pinto. She opened The Travel Store in Darien, Connecticut in the '70s and was proud to not only give travel advice to her clients but to provide a workplace for women where they could pursue a career and still take care of family. Ultimately, she retired to take care of my Dad until he died and finally ended up near me in Sag Harbor Village.

She embraced small town life and when she fell on the sidewalk and two nice men in construction helped her to her feet, her doctor said, "Lee, you have to find a better way to meet men." The people in the grocery store were always super helpful when she lost her keys and polite when she remembered they were in her bra.

I believe I have quite a bit of carry-on luggage to unpack in this notion of being her daughter but when I see the picture of her waving from the stairs up to the first jet I think, "Take Flight! Bye, Mom."



Photo courtesy The Wheatleigh

Fall Getaways

The Newbury Boston & Wheatleigh In Lenox

By Joe Cipro

“Where are you off to next?” is the question to ask this fall, and you will definitely want to have a good answer. Whether it’s a long weekend getaway to somewhere close, or a month-long journey to far off lands and exotic ports of call, travel awakens our curiosity for adventure and broadens our perspective. With the summer season winding down on the East End many of you may be left wondering “Where to?”

Recently we took a jaunt to Massachusetts and had the pleasure of visiting two of the over 400 Leading Hotels of the World. Each with its own unique character, you will be transported to a place far from ordinary where you’ll experience the elegance of luxury hospitality.

THE NEWBURY BOSTON

First stop, The Newbury in Boston’s stunning Back Bay neighborhood. The hotel is prominently located at the corner of

Arlington and Newbury streets, directly across from the famed Boston Public Garden. This magnificent hotel has hosted distinguished travelers and Bostonians for nearly 100 years since it opened its doors as one of the first Ritz-Carlton properties in the U.S. back in 1927.

During an extensive two-year refurbishment prior to opening in May 2021 the team at the Newbury had the unique challenge of honoring the history and tradition of the building while adding a chic contemporary appeal. The result is a stately modern elegance that captures the sophistication of its classic New England charm while bringing it into the 21st century.

Once you’ve settled in and begin to explore the property you’ll notice beautiful curated works of art specifically chosen for each space hanging in the public areas.

The Newbury offers some of the best restaurants in the city, starting with the

bright and lively social atmosphere of Contessa, where you can enjoy delicious, elegant Italian cuisine, artfully presented and expertly prepared. The squash carpaccio, tuna crudo, and lobster pasta are sensational. Maybe it’s the cozy feeling of sipping one of the finely crafted signature cocktails offered at the Street Bar, while perched on a rich leather bar stool looking out over the Boston public garden, that you seek. We suggest either the signature martini or the pink flamingo, and take it from us, this is a fantastic way to spend a Sunday afternoon.

Steps away from designer boutiques, art galleries, and posh patio cafes, the Newbury offers access to world-class shopping and dining off campus as well. Don’t forget to stop by Tiffany & Co. adjacent to the lobby entrance on Newbury Street. This location offers many special pieces you won’t find at some of the larger retail locations.

In the mood for a more personalized experience? You can add one of their package offerings to your stay such as tea for two in your room or a museum tour. If you’re booking a suite with one of the original wood-burning fireplaces you’ll want to schedule a fireplace butler who will come to your room to stoke a fire with kindling of your choice and serve an assortment of campfire inspired snacks from the hotel’s culinary team. They’ll even toast the marshmallows for you! What could be more perfect for a cozy autumn getaway than that?

The Newbury is a quintessential luxury hotel experience that is not to be missed.



Contessa. Photo by Ken Fulk

WHEATLEIGH

Once the days start becoming shorter and the crisp chill of the autumn breeze sets in, you might start thinking about a serene mountain retreat. Captivating views and world-class fine dining can be found, tucked in to the beautiful rolling hills of the Berkshire Mountains. If this sounds like the luxurious, restful getaway you’ve been craving, then Wheatleigh in Lenox is just what you’re looking for. This 19-room luxury hotel built in 1893 in the style of a Florentine palazzo is one of the many historic mansions of the Berkshires from the Gilded Age. Just a scenic two-hour drive from either Boston or New York City, the Berkshires have been a preferred destination for many influential artists, writers, and captains of industry for well over a century. That legacy and tradition is imprinted in the fabric of the community to this day as the Berkshires remain a

thriving arts center with ample year round activities to enjoy from hiking and skiing to hot air ballooning.

At Wheatleigh they seamlessly unite the past and present. An opulent gilded age aesthetic meets the creature comforts of accessible modern luxury. While you’ll surely be eager to explore all the wonderful places and activities the Berkshires have to offer, we chose to start by unwinding at Wheatleigh in one of their magnificent suites.

The interiors are spectacular and the breathtaking views from your private terrace will amaze. The suite is adorned with custom furnishings and English limestone baths. The antique soaking tub is sure to melt all your stress away, and if there’s any tension left after a nice relaxing bath you can book an in-room massage.

Wheatleigh also offers world-class dining in a warm, intimate setting. Sample exquisite, refined cuisine in the glass-covered portico overlooking the Berkshire Mountains, created by husband and wife team Nate and Elizabeth Grant. New to the Wheatleigh team, but not to the Leading Hotels of the World family, Nate spent 10 years at San Ysidro Ranch as the executive chef. His wife Elizabeth was the pastry chef at Rosewood Miramar Beach and was part of the culinary team to earn a Michelin star there. The dining experience here is exceptional, whether you’re in the mood for a tasting menu in the portico, ordering a la carte in the main dining room, or grabbing a casual bite in the library, you’ll be amazed at the sophisticated cuisine from this culinary power couple.

Exploring the many towns and historic sites of the Berkshires is a must. Take in a concert at neighboring Tanglewood, steps from Wheatleigh their fall concert lineup has something for everyone. Meander the hiking trails and watch the foliage turn. Explore nearby Great Barrington to shop the cozy boutiques and visit art galleries. You can tour the Edith Wharton Museum and the Norman Rockwell Estate or leisurely drive the winding tree-lined country roads. The choice is yours and the options are plentiful.



Photo courtesy The Newbury

Dragon Hemp

A Talk With Founder Kevin Menard

By Jessica Mackin-Cipro

Dragon Hemp, located on Main Street in Sag Harbor, was founded by Kevin Menard, LAc, a Sports Medicine Acupuncturist. The brand specializes in CBD-hemp and medicinal herb based formulas. We caught up with Menard to learn more.

Tell us about your background in Sports Medicine.

Sports Medicine Acupuncture integrates advanced sports and orthopedic injury assessment with principles from Traditional Chinese Medicine (TCM) and Western sports medicine. Using this holistic approach, I can pinpoint injuries and their origins, especially when noting postural imbalances during static and active movements. This method remains anchored in the core values of TCM, balancing its simplicity and depth.

On the East End, many patients come to me for relief from musculoskeletal issues, particularly

those stemming from exercise or sports-related injuries. The blend of ancient wisdom and contemporary techniques has proven effective, especially with athletes from teams like the East Hampton men's soccer and the Mighty Montauk Sharks rugby. These experiences have honed my expertise and inspired the creation of Dragon Hemp.

Tell us more about what inspired you to start Dragon Hemp.

Chinese herbs have potent healing properties, but their taste and smell often alienate clients. Personally and professionally, I've felt their benefits. Discovering CBD in 2018 was eye-opening for its clinical benefits, from pain to anxiety, insomnia, and more; yet, intuitively, I felt merging it with Chinese herbs could elevate its healing prowess. Combining them, I found they enhanced each other's therapeutic effects — CBD activated the herbs, while the herbs boosted CBD's efficacy via diverse pathways, from improving circulation to reducing inflammation.



Thus, Dragon Hemp was born.

I first combined Broad Spectrum CBD with Chinese herbs in capsules for pain relief and performance. Then, I evolved to use full spectrum CBD, crafting tinctures, balms, and gummies that blended efficacy with palatability. By 2021, with advances in the NYS hemp industry, I could finally produce top-quality, efficacious, and guaranteed Dragon Hemp products.

And what brought you to Sag Harbor?

The short answer? Hurricane Sandy. After completing my Masters in Science for Acupuncture in New York City, I had plans to practice in Tribeca. But the storm devastated my apartment, and my family relocated to Water Mill. This twist of fate led me to establish my base in Sag Harbor, where I fortuitously found my office and never left.

After starting Dragon Hemp, it became evident that a physical store was essential. Even though interest in CBD was rising, there was a clear gap in understanding its benefits and application. This gap widened when considering the enhanced effects of CBD mixed

with Chinese herbs. Sag Harbor, known for its embrace of wellness and arts, was the ideal spot. Our Apothecary is a center of learning for CBD and cannabis. With a setting that blends traditional Chinese herbs and modern remedies, our well-informed team is always available, guiding customers toward the right solutions.

Tell us about the name. How did you come up with it?

Dragon Hemp is the fusion of Traditional Chinese Medicine and innovative cannabinoid medicine. The dragon symbolizes health, wellness, and good fortune, while hemp represents the promise of modern cannabinoid therapy.

Can you tell us about any specific success stories you've heard from someone who has benefitted from your products?

Countless individuals have experienced transformative benefits from Dragon Hemp products. Their stories are a testament to our product's efficacy. For example, Brendon, a local hockey player in his mid-30s, has faced numerous severe injuries over



Photos courtesy Dragon Hemp

the years. After a recent shoulder injury, surgery seemed inevitable. Yet, within just a week of using Dragon Hemp's recovery tincture and Cooling Balm, his pain vanished. His surgeon confirmed Brendon didn't need surgery and urged him to continue his new regimen, citing an unprecedented recovery.

Talk a little about the quality of your ingredients and how you source your organic US grown hemp.

We don't compromise on quality. Every ingredient we use, from our cannabinoids to our Chinese herbs, is sourced from the finest organically-grown US hemp. And it's not just about ensuring top-notch quality; it's about trust. That's why every batch is rigorously lab-tested, with results available

online. Scan the QR code on our product packaging to view the corresponding Certificate of Analysis. With Dragon Hemp, you experience unmatched quality, taste, and efficacy in every product.

Where do you manufacture your products?

Our core manufacturing partners hail from North Carolina and Colorado, each dedicated to cultivating organic hemp on small-scale farms.

When you have downtime on the East End, how do you like to spend your time?

Practicing various forms of martial arts, long walks on the beach, swimming in the ocean, and hanging with my four rescue dogs: Dylan, Chase, Scout, and Alfie.

Beauty & The Beach

Boutique Beauty Brands With A Conscience

By Heather Buchanan

Igrew up in an era when we were cleaning our faces with Noxzema, taking our make up off with baby oil and using petroleum jelly to moisturize our lips and lubricate squeaky door hinges. There was little concern or curiosity about the products we used on our bodies. Now there is a not only great scrutiny about beauty products and their ingredients but brand identities and manufacturing processes. This has given rise to some very successful boutique brands, which capture not only the countenance but the conscience.

Sunday Riley, which has had a pop up at Barry's Bootcamp in Southampton, has been a new Hamptons favorite for both women and men. From across the pond, this multi-tasking skin care line is "powered by science and balanced by botanicals." The eponymous brand, which was founded in 2009 by Sunday Riley, was one of the first using green technology. The

brand values include sustainable beauty and cruelty free skincare along with being B-Corp certified which means meeting the highest standards of verifiable social and environmental performance, transparency and legal accountability to balance profit and purpose. They are also Green-Lab certified and focus on supplier and ingredient integrity. (I wish some of the dating apps had candidates with such certified profiles.) Sunday Riley also is Plastic Neutral through their packaging and partnership with CleanHub an organization which works with the collection and environmentally responsible disposal of non-recyclable plastic.

A fan favorite is Good Genes Lactic Acid Treatment. After a summer of sweat, sunscreen, and photo-worthy make up, this deep exfoliant cleans skin and leaves it smoother and more radiant with skin brightening licorice. As dermatologists have been documenting the benefits of Vitamin



C, The C.E. O. 15% Vitamin C Brightening Serum is another bestseller with its hydrating antioxidant formula to even skin tone. For a moisture rich experience there is Juno the anti-oxidant and Superfood Face Oil with 9 cold-pressed vitamin-rich superfood and seed oils which can also be used on nails and dry hair ends. The line, which is created with 100 percent pure plant extracts without synthetic fragrance or preservatives, make it a choice of those with sensitive skin. They also offer virtual consultations. Sunday Riley will even be used on runway models as the official skincare partner of Milano Fashion Week.

Another Hamptons favorite skin care line is EVE LOM at the Love Binetti pop up at Matriark House in Sag Harbor with special gifts with purchase. Inspired by remedies learned from her herbalist grandmother and drawing on decades of experience as the most in-demand facialist in London, the founder Eve Lom developed a philosophy of skincare that honors the delicate balance of skin and promotes a holistic approach to skin health. Sent out into the garden to forage for powerful botanicals as a child, she discovered the skin-healing properties of chamomile, clove, and eucalyptus, key ingredients she used years later to develop her signature blend of aromatic oils that fuel her iconic, original cleanser balm that hydrates skin for up to 12 hours.

For those of us who still use (horrors) soap, this is a revolutionary



idea. The Daily Protection with broad spectrum SPF 50 sunscreen is a Hamptons summer and Palm Beach winter must have. The secret fountain of youth for EVE LOM is the popular Radiance Repair Retinol Serum. Using spa grade

botanicals, the goal is improving skin from the inside out, combining sustained efficacy with sensorial indulgence. For frequent fliers, the travel sets are perfect and also for men, the Men's Daily Ritual is your go to glow. Their journey to

sustainability includes both their packaging and renewable energy sources used at production facilities.

So go out and put your best face forward, guilt-free.



The Bills Are Piling Up

Bill Boggs Joins Bill McCuddy For Some Sitdown Comedy

He's been everywhere. Talked to everyone. Bill Boggs had one of the most watched television shows in New York history. It was called "Midday Live." Sinatra, Sammy, Belushi, Martha, Brooke, Carly Simon, Elliot Gould (hilarious YouTube video when you're done reading here), and Jerry Lewis are just the tip of a giant show business iceberg.

And he writes books. The latest is a sequel featuring his alter ego and pal Spike the

Wonder Dog. "Spike Unleashed" is set partly in the Hamptons. You should pick it up because you might be in it. There is some interest in it becoming an Adult Swim-ish animated series. Speaking of animated, even at 82 there is nothing sedate about Boggs. He's fast, funny, and over a meal at Main Prospect in Southampton, a perfect dinner companion for Hamptons history.

Here are a few moments from the comedy team of Boggs and McCuddy.

Bill Boggs: The first time I came out to the Hamptons was in 1975.

Bill McCuddy: Was there electricity?

Boggs: There was this thing you had to wind up. Some people had kites.

McCuddy: Which Hampton?

Boggs: My friend Dr. Robert Levine who lives now in East Hampton had rented a house in Westhampton right near the beach. I grew up in Philadelphia and we always went to Ocean City, New Jersey. Love the beach. And I love swimming.

McCuddy: 1975 there was a huge disco in Westhampton.

Boggs: Called Marrakesh, and to this day I can hear "The Hustle" and it totally reminds me of every night at that disco. What really brought me out here was a long-distance romance with a woman who lived in Munich. We met at the New York Marathon and it was love at first sight.

She went back to Europe. We spent Thanks-

giving in a castle in Ireland, and in the middle of the night I woke up with this idea for a book. It was about our relationship. So I got a deal and enough money to rent a house in the Hamptons. And I pulled it off. The book was called "At First Sight." So I came out here and met a realtor named Bill McCoy. He took me to a shack on stilts at the beach. Roy Scheider had it the year before. Two little bedrooms, one little bathroom, and a deck around the house. It was on the biggest sand dune on the East End, in Sagaponack, on John White's farm.

Hamilton Fish and I split it the first year. Then the next year Dr. Bob Levine split it with me. From '78 to '83 no one sat on my beach. We were far enough away from Main Beach that no one would lug a chair down.

McCuddy: No one even walked by?

Boggs: Sting would go walking by. And for those six years we paid \$2000 a season.

McCuddy does a spit take.

Boggs: And this is what I want to say that's so funny.

McCuddy: Please.

Boggs: People would say, in 1978, the Hamptons aren't as nice as they used to be. (Both laugh.) Here's another funny thing. It was so sought after, we didn't have a telephone. There were no cell phones. The only phone we had was in Bob's Lincoln. So if we needed to make a call we went down, started his car, and made the call.

McCuddy: You didn't want a phone?

Boggs: The first year we had a phone everyone called saying "Can we come stay with you?" And it was so annoying we got rid of it. We didn't want visitors.

McCuddy: No one?

Boggs: Some people had open invitations. Teri Garr came out once. Gregory Hines. But for the most part, no visitors. You know who did come out once? Andy Kaufman. I went to see his show at Carn-

egie Hall. The one with milk and cookies. Andy had been on "Midday." And he liked it because they tried to throw him off the air and I stood up for him. So he came out on a Sunday with his girlfriend. And that was great. Just sat on the beach the whole day with Andy Kaufman.

McCuddy: Tell the "Midday" story.

Boggs: If you see the movie "Man On The Moon" with Jim Carrey you see him thrown off a TV show. That's a recreated moment from my show. He was doing Latka, the character from "Taxi," and the executive producer of the show wanted him to act normal and he wouldn't break character. So the producer had him dragged out. And I said "No, what are you doing?!"

McCuddy: Was there any drinking at any of these parties?

Boggs: (Laughs.) There were some legendary Monday morning hangovers. Once it was so bad we couldn't drive back to the city. We had to fly back. Then I got a show called "Saturday Morning Live" and so by the summer of '84 I was working six days a week and couldn't come out anymore. And it was upsetting. It was luxurious, even with one little bathroom. Because it was the front row and how often do you get to live on the front row?

McCuddy: You have a place here now. What's the biggest change?

Boggs: The East Hampton I remember was not a brand-name kind of place. You didn't have tourists taking selfies in front of stores.

McCuddy: Anything else?

Boggs: These days I'm not on the beach. I'm in Springs. And I have a phone.

Yes, he does. Just don't call him. He still doesn't like visitors.

"Spike Unleashed: The Wonder Dog Returns (As Told To Bill Boggs)" is in bookstores and online. And perhaps, coming soon as an animated series.

END OF SUMMER SILENT DISCO DANCE PARTY

Saturday, September 2

7-10PM Rain Date: 9/3

\$15 (\$12 for Members)

Groove to the beat of your favorite tunes under the stars as Guest DJ's spin the most danceable songs from the 70's to today, broadcast to wireless headphones.

Wine, beer, and snacks will be available for purchase at Louise & Howie's Coffee Bar featuring Tutto Caffè, located in the front lobby.

Photo: Jessica Dalene Photography



GUILD HALL
158 Main Street
East Hampton NY, 11937

631.324.0806
GuildHall.org
@Guild_Hall

SHILLING

A Celebration With James Lane Post & Costa Brazil At Canoe Place Inn

James Lane Post and sustainable beauty line Costa Brazil celebrated the August issue with a cocktail party at Canoe Place Inn & Cottages. The August issue featured an interview with Costa Brazil founder Francisco Costa on the cover of the style section. Guests enjoyed canapés from Canoe Place’s Good Ground Tavern, wine by Ultimate Provence, and signature cocktails from Origen Holistic Spirits served by The Cocktail Collective.

Canoe Place Inn & Cottages opened its doors in Hampton Bays last summer. It is located on the site of America’s oldest inn, dating back to 1679 and has been host to Teddy and Franklin D. Roosevelt, Cary Grant, Lucille Ball, Albert Einstein, Babe Ruth, and many more. In-room bathroom amenities are by Costa Brazil, which are also included in the full-service Onda spa.

Photos by Alena Kostromina / Lot 21





Guild Hall's 2023 Summer Gala. Photo by Jessica Dalene for Guild Hall

JLP Snaps



HamptonsFilm presented a private screening of "Flower" starring and produced by Misty Copeland. Photo by Chloe Gifkins/HamptonsFilm



The East Hampton Historical Society's annual Summer Lecture Luncheon with Interior Designer Stephen Sils and David Netto. Photo by Rossa Cole



Alex Papachristidis, Samantha Rudin, Governor Kathy Hochul, Dan and Estrellita Brodsky at ARF's Bow Wow Meow Ball. Photo by Lisa Tamburini



Antigua & Barbuda Hamptons Challenge Regatta held its four-day family festival. Photo by Sean Zanni



HamptonsFilm concluded its 2023 SummerDocs series with a screening of Magnolia Pictures' "Joan Baez: I Am A Noise." Photo by Jessica Dalene / HamptonsFilm



Saint James Tea Weekend with Katie Austin, Ellie Thumann, and Brooks Nader. Photo by JD Deutsch



Sag Harbor Moms Demand Action group, a part of the New York chapter of Moms Demand Action, gathered at Welfer Estate Vineyard. Co-hosts Emily Onkey, Joey Wölfler, Meredith Burns, and Zara Tisch. Photo by Francesca Zdanio



East Hampton Library held its 19th Annual Authors Night fundraiser. Katie Couric and Misty Copeland. Photo by Eugene Gologursky / Getty Images for East Hampton Library



818 Tequila & Vacation® hosted summer staycation at Montauk Beach House. Photo by Sophie Sabara



The fourth annual Hamptons Interactive Brunch was held at Baron's Cove. LeeAnne Locken, Vanessa Gordon. Photo by Madison McGaw / BFA



The Watermill Center's 'the BODY' Summer Benefit. Photo by Miguel McSongwe / BFA



Christie Brinkley at the Summer Benefit Luncheon for Solving Kids' Cancer at Tutto il Giorno in Southampton. Photo by Sonia Maskowitz



Rejuvenation Health founder Dr. Gerry Curatola hosted a health event in East Hampton. Photo by Richard Lewin



NYC Second Chance Rescue held its Paruparazzi event at The Baker House 1650. The Udell Family including Candy Udell (right), an honoree at the event. Photo by Lisa Tamburini



The Opening Of 'Change Agents: Women Collectors Shaping The Art World' at Southampton Arts Center. Christina Mossaides Strassfeld, Folasade Ologundudu, Kate Forwle, Fusun Eczacidas, Xiaoyu Weng, Christine Mack, Mickalene Thomas, Neda Young. Photo by Rob Rich/societyallure.com



French Heritage Society's Summer Soiree. Kenneth Fishel, Maria Fishel, William Van Ness, Ann Van Ness, Gaetan Bruel, Elizabeth Stribling. Photo by Annie Watt Agency



Youth America Grand Prix held an event in Amagansett. Renee Cox, Tinu Najja. Photo by Richard Lewin



Empowers Africa held its 2023 annual film festival in partnership with the Southampton Arts Center. Martha McGuinness, Bonnie Pfeijfer Evans, Kim Charlton. Photo by Rob Rich/SocietyAllure.com



Georgina Bloomberg at Rand Luxury's annual Hamptons Concourse. Photo by Rob Rich/SocietyAllure.com



Jill Zarin's Luxury Luncheon by Ticket2Events. Ally Shapiro, Jill Zarin. Photo by Madison McGaw / BFA



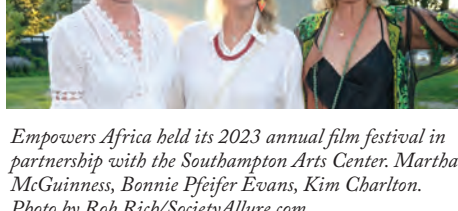
Liev Schreiber at The South Fork Natural History Museum's 34th annual Summer Gala. Photo by Sean Zanni for Rob Rich/SocietyAllure.com



Hope For Depression Research Foundation kicked off its annual campaign in Southampton. Photo by Rob Rich/societyallure.com



Southampton Animal Shelter Foundation's 14th Annual Unconditional Love Gala. Jean Shafiroff and Beth Stern. Photo by Lisa Tamburini



Amy Juliette Lefevre, Christie Tyler, Coco Basseby at John Hardy's mid-summer cocktail event. Photo by Madison McGaw / BFA



Wags & Walks & Animal Haven held a gathering at Grey Gardens. Ryan Kaplan, Sarah Alister, Jared Seligman, Blair Trader Newell. Photo by BFA



Sonya Sklaroff hosted an art reception at Montauk Beach House. Photo by Wil Weiss



Duryea's annual Pétanque Tournament was held at the Duryea's Orient in partnership with Domaine Ott. Photo by Eduardo Amorim



Milly & The Surf Lodge celebrated with a dinner hosted by Rachel Zoe. Amy Green and Rachel Zoe. Photo by Zev Starr-Tambor



El Museo del Barrio celebrated in the Hamptons. Alexandra Fishel, Bradley Fishel. Photo by Rob Rich / societyallure.com



New York Academy Of Art held its Summer Drawing Party at The Pridwin Hotel & Cottages. Naomi Watts. Photo by BFA/Carl Timpone



Asbanti (above) and Fat Joe performed at Calissa. Photo by Rob Rich / societyallure.com



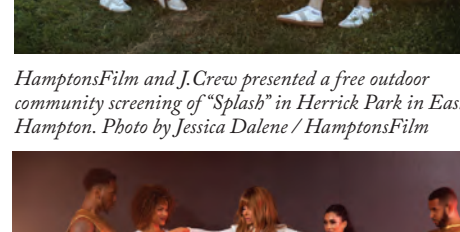
A soiree for Weill Cornell Medicine's Children's Health Council. Danielle Rayman, Alison Bernstein, Casey Weiss, Erika Feil-Lincoln. Courtesy photo



HamptonsFilm and J.Crew presented a free outdoor community screening of "Splash" in Herrick Park in East Hampton. Photo by Jessica Dalene / HamptonsFilm



Southampton Hospital Foundation's annual Summer Party "A Night At The Colony Hotel." Joey Wölfler, Tamron Hall, Sarah Wetenball, and Rachel Zoe. Photo by Sean Zanni / PMC



Paula Abdul performed at Northwell Health's fifth annual Summer Hamptons Evening (SHE). Photo by Northwell Health, Jared Siskin / PMC



Candace Bushnell at LongHouse Reserve's Midsummer Dream Summer Benefit. Photo by Sean Zanni / PMC



The second annual Kids Cancel Cancer, benefiting the Samuel Waxman Cancer Research Foundation, at The Clubhouse in East Hampton. Abey Fuks, Hayley Silvers, Dr. Samuel Waxman, Mischa Abend, and Ava Litman. Photo by Jared Siskin/PMC



Karen Pittman at Ballroom Marja's Summer Party in Bridgehampton. Photo by Rommel Demano / BFA



Southampton Arts Center's annual SummerFest gala. Kate Bartlett, Emira D'Spain, Ava Dash, Andrew Warren, Ming Lee Simmons, and Aoki Lee Simmons. Photo by Patrick McMullan / PMC



Bryan Greenberg and Jamie Chung hosted G.H.Mumm Champagne "Perfect Pairing" at Sunset Beach on Shelter Island. Photo by Rob Rich / societyallure.com



The Jazz Soul Celebration benefitted The Bridgehampton Child Care & Recreational Center. Tamron Hall, Bonnie Cannon, Tamara George. Courtesy photo



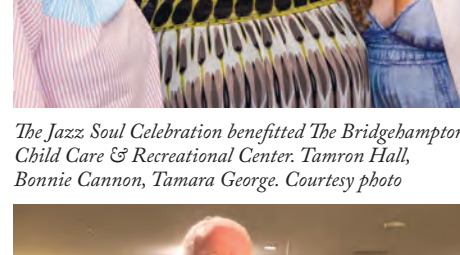
The Southampton African American Museum held its Founder's Circle Fundraiser. Jean Shafiroff, Antoine Harper, Aisha Christain. Photo by Rob Rich / societyallure.com



Frank Family Vineyards held its 30th anniversary dinner at Fauna. Rich and Leslie Frank. Courtesy photo



Amy Juliette Lefevre, Christie Tyler, Coco Basseby at John Hardy's mid-summer cocktail event. Photo by Madison McGaw / BFA



Milly & The Surf Lodge celebrated with a dinner hosted by Rachel Zoe. Amy Green and Rachel Zoe. Photo by Zev Starr-Tambor



Liev Schreiber at The South Fork Natural History Museum's 34th annual Summer Gala. Photo by Sean Zanni for Rob Rich/SocietyAllure.com



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